INFORMATION PACK

HOCKEY ACADEMY

BY O'BRIEN ICEHOUSE

WELCOME TO HOCKEY ACADEMY

Having successfully enrolled into the Hockey Academy, your Hockey Academy coaches look forward to seeing you have some fun developing your skills over the next term (and hopefully longer). This information pack will give you a basic rundown of what to expect throughout your time in Hockey Academy.

Established in 2010, Hockey Academy was created alongside Skate School to offer an avenue for people to enter the world of Ice Hockey and Ice Sports. In the last twelve months, the Hockey Academy has taught over one thousand students aiming to deliver world class coaching services.

The Academy is committed to expanding and evolving our classes to set the benchmark for Hockey Programs in Victoria; all for the benefit of our students.

INTRO TO HOCKEY

The 'Intro to Hockey' term encourages development by taking participants through a series of skill levels in general skating techniques before introducing stick and puck skills.

In the first six weeks of the term you will learn the skills needed to skate like a hockey player. While six weeks may seem like a long time to focus just on skating, remember: we are basically re-teaching you how to crawl, walk, and then run with skates and on ice.

After you have grasped the basic concepts of hockey skating, we introduce puck-handling, passing and shooting techniques.

The last week of the term is where you can show off how far you have progressed in a 'Scrimmage' session (friendly game of hockey).

Because the course is only for a term, the coaches will progress through each component fairly quickly, so we always encourage questions and feedback as well as extra individual skating and training sessions.

Below is a basic rundown of the individual components we will cover throughout the term. These are also the individual components that we will assess and give you feedback on:

- Fundamental Hockey Stance
- Forward Skating Strides
- Backwards Skating Strides
- Balance and Strength Development
- Using your edges
- Tight Turns and Crossovers
- Pivoting
- Hockey Stop
- Basic Puck Handling Techniques
- Passing/Shooting Techniques

ON THE FIRST DAY

On the day of your first class, be sure to come in at least 30 minutes early – this will give you enough time to get yourself sorted and geared up ready to be on the ice on time. When you arrive, you will be greeted by the ticketing staff that will confirm your registration and issue you with your Access Card (more details in your 'welcome' email).

After this, the ticketing staff will direct you to pick up your skates from skate hire (please ask for the hockey skates) and head underneath the grandstands to say 'hi' to the coaches and to grab your gear. To give you a start, we have attached a basic rundown of the gear and how to put it on properly, but don't worry; the coaches will always be around to give you a hand.

WHAT TO BRING

We provide all of the protective equipment you will need while you are training with the Hockey Academy. Our sessions can be pretty intense so bear in mind there is a good chance that you will get sweaty.

Our recommendation is that you bring some light gym wear (e.g. compression gear or shorts and t-shirt) to wear underneath the protective gear, and some clothes to change into after your session.

You should also bring some long socks to be comfortable in your skates, a water bottle to keep you hydrated, and a towel and toiletries if you wanted to use our showers after your session.

WHAT TO REMEMBER ON THE ICE

Hockey is fast, and can sometimes be a fairly aggressive sport. That being said there are some 'unwritten' rules to make sure everybody is safe & happy on the ice. These rules not only apply to the Hockey Academy, but are generally a standard in hockey facilities around the world.

RULES

- Do not get on the ice until Ice Technician closes the 'Zamboni' double doors.
- Always Keep helmets on (for obvious safety reasons).
- Do not take a shot if the goalie is not ready or has their back turned.
- Keep the doors on the benches closed and latched while on the ice.
- Do not take a shot if someone is behind the net or fishing pucks out of the net.
- Return the hire gear exactly the way you found it after each session.
- Do use your ice time wisely! You only get an hour of ice time a week so make the most of it.
- Don't take yourself too seriously. Keep it cool & be in it to have fun.

COACHES

Left to right:

MATT ARMSTRONG
TOM POWELL
JOSEPH NYAMUKA
ROB CLARK
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CONTACT

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