



## SUPPLEMENTARY CLASSES

### PUCK CONTROL

A class for students to work on puck control through diverse exercises.

### POWER SKATING

The power skating class is a skill orientated class for all skill levels. In order to attend this class, you should have at least completed 1 term of Intro. Aimed at improving power and quickness to make you faster, more balanced, and confident. Execute drills at your own pace and step up to each challenging skating drill.

### SNIPERS ALLEY

The Alley is designed for players who are serious about taking their shooting to the next level. In these sessions, players will receive instruction on proper technique and quality high intense shooting repetitions. The goal is to enhance the forehand wrist shot, back hand shot, snapshot, and the most loved "slap shot". Classes are limited to 2 shooters per hour, maximizing shooting time, whilst allowing sufficient rest time between shooting sets.

### OFF-ICE CONDITIONING

This course will cover a range of hockey specific off-ice training techniques and principals; helping players develop knowledge that will enhance on-ice weaknesses. Become faster, stronger, and more stable skater, which will allow faster progress on your hockey journey. Please contact the hockey academy directly for more information at [hockeyacademy@obrienicehouse.com.au](mailto:hockeyacademy@obrienicehouse.com.au)

