

ADULT PATHWAY

STEP

1 BEGINNER

THE 'BEGINNER' ICE HOCKEY CLASS ENCOURAGES DEVELOPMENT BY TAKING PARTICIPANTS THROUGH THE BASIC SKILLS OF SKATING BEFORE INTRODUCING STICK AND PUCK SKILLS AND THEN INTO YOUR FIRST EVER GAME. THIS ENCOURAGES FUN, LEARNING AND MAKING NEW FRIENDS. .

STEP

2 ADULT INTERMEDIATE

DESIGNED FOR THOSE WHO HAVE COMPLETED THE BEGINNER CLASS, THIS CLASS IS THE NEXT STEP IN THE PATHWAY AND FOCUSES ON PERFECTING SKATING TECHNIQUES, EDGEWORK, STICK SKILLS AND COMPETITION BASED DRILLS. WE WILL BE BREAKING INTO STATIONS TO WORK THROUGH A VARIETY OF SKILLS PER SESSION TO MAXIMISE YOUR DEVELOPMENT.

STEP

3 ADULT ADVANCED

ADULT ADVANCED IS OUR MOST COMPLETE CLASS COMBINING SKATING, PUCK CONTROL AND SHOOTING. THE CLASS TARGETS AND BREAKDOWNS THE DEVELOPMENT OF SPECIFIC SKILLS LEARNING THROUGH GAME LIKE DRILLS AND SITUATIONS.

STEP

4 GAME PLAY

THE CONCLUSION OF THE ADULT PATHWAY. A GAME DESIGNED FOR STUDENTS TO APPLY THE SKILLS THEY'VE ACQUIRED IN THE HOCKEY ACADEMY TO REAL GAME SCENARIOS. PLAYERS AND TEAMS WILL RECEIVE COACHING ON STRUCTURE IN ALL THREE ZONES OF THE ICE, HELPING TO DEVELOP THEM INTO WELL ROUNDED PLAYERS FOR PREPARATION FOR JOINING A LOCAL LEAGUE.