

SUMMER CLINIC—BE A PLAYMAKER

Puck Protector

Clinics Start June 7th, 2010

Schedule

See Registration Form

Open to:

Girls Hockey, Blue Mites, Squirts, Peewees, Bantams, High School, and featuring a Goaltender specific program

INDIVIDUAL SESSIONS:

FOUR, 60 MINUTE
SESSIONS/100.00

PAIRED SESSIONS:

FOUR, 60 MINUTE
SESSIONS/75.00 PER
PLAYER

Remember, when you're not practicing somewhere, someone is, and when you meet him - he will win.

Location:

VFW All Seasons Arena
Bismarck, ND

For more info. or to register call or email

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Playmakers stand out for two reasons. The first is their ability to beat a defender and/or move the puck – the second in their ability to finish. In both situations the player is relying on their puck handling skills to see them through. Possibly one of the most essential yet overlooked skills from Junior hockey down to the youth ranks: puck handling sets a player apart from the pack.

Puck handling is one of the easiest skills to improve off ice. The Kwik-Hands™, 4 level program stresses proper form and repetition creating the muscle memory for skilled puck handling.

What to expect

- **Improved stick eye coordination**
- **Stronger wrists and forearms**
- **Improved motion and control**
- **More confidence with the puck**