



“Hockey Basics 1” Program - Spring 2007

7–Week Basic Hockey Skills Instructional Program

Starts: Sunday, February 25, 2007 @ 4:15 PM

Minimum Registration Requirements:

- **Must be able to skate – this is NOT a learn to skate class**
- Fill-out program application and pay fee to Ice House
- Equipment Requirements: gloves; elbow pads; shin guards; ice hockey helmet with full face shield; athletic protective cup (recommended).
- LTP Jersey and stick & skate rental (if needed) are included
- CLASS IS LIMITED TO A MAXIMUM OF 60 SKATERS

Hockey Basics 1 - Program Format

- ~ 5 minutes – Warm-Ups and Stretching
- ~45 minutes – Hockey Skills Instructional Time (see lessons below)
- ~10 minutes – Class “Free Time” or individual coach instruction

Weekly Lesson Plan– USA Hockey Skills Progression

- Week #1- Forward Skating /Balance /Edges: February 25, 2007 4:15 – 5:15 PM
- Week #2- Starts / Stops / Turns: March 4, 2007 4:15 – 5:15 PM
- Week #3- Backwards Skating/Transitions: March 11, 2007 4:15 – 5:15 PM
- Week #4- Stick Handling / Puck Control: March 18, 2007 4:15 – 5:15 PM
- Week #5- Passing and Receiving: March 25, 2007 4:15 – 5:15 PM
- Week #6- Shooting / Rules / Penalties: April 1, 2007 4:15 – 5:15 PM
- **April 8, 2007 – NO CLASS: HAPPY EASTER & SPRING BREAK...**
- Week #7 - Team Play / Scrimmage: April 15, 2007 4:15 – 5:15 PM
- **Next (Spring) Session Starts: Sunday, April 22, 2007 at 4:15 PM**

Important Contact Information:

- Cary Ice House (919.460.2756)
- Coach Greg: email: xwndycty@nc.rr.com / 919.455.4046 (cell)

