

District 9 CEP Clinics 2014

All at Archer House, 212 Division St. S., Northfield, MN 55057

Parking: on Division Street, between the Archer House and the river, or at public lot a block up on Washington St.

Level 3	Saturday, October 11	8am-4pm
7:30-8:00am	Register/Check-in	
8:00-9:45am	Clinic—USA Hockey, the challenge of coaching, and available resources	
10am-11:30am	Level 3 On-ice—carpool to Northfield Ice Arena, Hwy 3 South at 1280 Bollenbacher Dr. Pick up lunch and bring back to classroom	
Noon-1:45pm	Level 3-specific curriculum	
1:45-4:00pm	Clinic wrap-up—triage, practice plans and principles, final questions and checkout	

Level 2	Saturday, October 11	8am-4pm
7:30-8:00am	Register/Check-in	
8:00-9:45am	Clinic—USA Hockey, the challenge of coaching, and available resources	
9:45-11:15am	Level 2-specific curriculum Pick up lunch on way to ice	
11:45am-1:15pm	Level 2 On-ice—carpool to Northfield Ice Arena, Hwy 3 South at 1280 Bollenbacher Dr.	
1:45-4:00pm	Clinic wrap-up—triage, practice plans and principles, final questions and checkout	

Level 1	Sunday, October 12	8am-4pm
7:30-8:00am	Register/Check-in	
8:00-9:45am	Clinic—USA Hockey, the challenge of coaching, and available resources	
10am-11:30am	Level 1 On-ice—carpool to Northfield Ice Arena, Hwy 3 South at 1280 Bollenbacher Dr. Pick up lunch and bring back to classroom	
Noon-1:45pm	Level 1-specific curriculum	
1:45-4:00pm	Clinic wrap-up—triage, practice plans and principles, final questions and checkout	

Good \$5 breakfast served at The Tavern, next to the Archer House

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On-ice Sessions

Level 3—10:00-11:30am

Main goals—advanced team play, testers

Position-specific

Forwards

Defense

Goalies

Tests—Backward chase, Czech drill, 2-2 cross-ice

Station practice—3 stations: have three clinic participants run an ADM practice

Level 2—11:45am-1:15pm

Main goals—advanced individual skills, basic team play

Position-specific

Forwards

Defense

Goalies

Station practice—4 stations: have four clinic participants run an ADM practice

Level 1—10:00-11:30am

Main goals—first steps

Equipment check

Getting on the ice

Habits

- Skating
- Hands
- Competition

Station practice—6 stations: have six clinic participants run an ADM practice