



SPRING HOCKEY

in Kalamazoo

with Detroit Red Wings' Pat Ferschweiler*

KOHA has teamed up with the **Ferschweiler Hockey School** to offer a spring camp/clinic for players preparing for Tier 1 (AAA) & Tier 2 (A/AA) tryouts.

10U/12U/14U * Mondays (April 9, 16, 23, 30) & Wednesdays (April 11, 18, 25, May 2)

10U -> 5:45-6:45pm **12U** ->6:55-7:55pm **14U** -> 8:05-9:05pm (*Lady Kwings 2003 & older too*)

\$225 LIMITED SPOTS AVAILABLE PER DIVISION

*Price includes Jersey * ALL ICE TIMES AT WINGS WEST*

SKATING

Throughout the 8 sessions we will focus on skating technique, with the thought that practice makes permanent, but perfect practice makes perfect. Any technical flaw in a skater's stride acts as a limiting factor in how good that skater can become.

Specific Skating Skills we will work on:

- Forward/Backward Strides
- Explosive Starts
- Back Power Starts
- Power Turns
- Stopping
- Forward/Backward Crossovers
- Overspeed Training
- Edge Development

INDIVIDUAL PUCK SKILLS

Throughout the 8 sessions we will focus on individual puck skills while also further developing fundamental aspects of the game.

Specific Stick/Puck handling Skills:

- Stick handling
- Shooting (wrist shot, slapshot, backhand)
- Passing
- Body Contact/Checking
- Gapping/Angling
- Cycling/Puck Protection
- Positioning
- Attack Zone Triangle

ONLINE REGISTRATION OPENS FEBRUARY 19 @ www.koha.com

Pat Ferschweiler - Current Detroit Red Wings Assistant Coach, former WMU Bronco Assistant Coach--Built the Russell Stover AAA Hockey program and served as coach for the U-18 Boys. As head coach of Team USA's U17 team, Pat and his staff led Team USA to its third straight U17 Five Nations crown in August 2017. Pat has trained elite, travel and house players for more than 25 years. Played in IHL for eight seasons and is a former Bronco player and captain from 1990-1993.

*Coach Ferschweiler will be on the ice based on availability/NHL schedule