

CAHA ACCELERATED SKILLS



Summer 2018

30 Years of Tradition Continues

Northwoods Credit Union Arena (Cloquet)

3-Week Skills Hockey School

On-Ice Instruction

Each session will begin with warm-up agility drills and advance into competitive skill areas that will include:

- Power Skating
- Stick Handling
- Shooting
- Passing & Receiving
- Starts & Stops
- Team Plays

Players will also participate in station work: dividing into groups daily (Forwards, Defensemen & Goalies). Emphasis will be placed on developing each player's fundamentals of hockey

Hockey Staff

Dave Esse- Former CEC Boys High School Hockey Coach (32 years of teaching hockey schools), USA Hockey District 11 Coach-in Chief

Kyle Young- Former CEC Boys High School Hockey Coach (23 years of teaching hockey schools), CAHA Player Development Board Member

Instructors will also include:

- **CEC Lumberjack High School Players**
- **Other Guest Instructors**

3-Week Skills School 2018

ADVANCED MITE/U-8 and SQUIRT/U-10

Ages: 6-11 years old (Boys & Girls)

Mondays through Thursdays

June: 11, 12, 13, 14
18, 19, 20, 21
25, 26, 27, 28

On-Ice: 11:00-12:15pm

Cost: \$280.00 (Jersey Included)

3-Week Skills School 2018

PEEWEE/U-12 and BANTAM/U-14

Ages: 11-15 years old (Boys & Girls)

Mondays through Thursdays

June: 11, 12, 13, 14
18, 19, 20, 21
25, 26, 27, 28

On-Ice: 9:30-10:45am

Cost: \$280.00 (Jersey Included)