

**~Blades n Motion Skating School~
2018 Fall Mite Development Class**

SIX WEEK session will~

~ Introduce **1st year Mites** to basic skating skills needed for an entry level hockey player

NOTE – Skaters in Mite Development need to be able to skate the width of the rink and get up from a fall independently

~ Provide a refresher & warm up for **2nd and 3rd year MITES.**

Players grouped by ability to keep skill development challenging!

Class curriculum to include:

*Forward Skating Technique

*Stopping

*Edge Development

*Forward Crossovers

*Agility & Balance

*Developing Speed & Quickness

*Control Turns

*Transitions from Forward to Back

*Backward skating

*Entry Level skating with pucks

Parents need to be patient and supportive as the time frame required to accomplish these basic fundamentals varies from skater to skater. Your child's success in both skating and hockey depends on their ability to execute basic skating skills.

2018 Fall Blades N Motion Mite Development Class

LOCATION

Doug Woog Arena, South St Paul, MN

DATES

October 13 – November 17, 2018

FEE

\$90.00

DAY / TIME

Saturday / 9:30-11:00am

****Skaters will be assigned designated lesson time**

Skaters will receive 30 minutes of instruction and 30 minutes of practice time.

OUR GOAL: To provide a FUN & ENJOYABLE introduction to skating fundamentals & proper skating technique.

Questions

Blades n Motion Director ~ Barb Yackel ~ 651-283-4467

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