



SKILLS FOR HOCKEY

VALUES FOR LIFE

## **Summer Hockey Development Skills and Tactics for Defenders - Session 2**

### **Daily Schedule**

<b>Time</b>	<b>Activity</b>	<b>Location</b>
9:15 AM* *Monday July 27 <sup>th</sup> Only	Registration	Rutland Arena
10:15 to 11:00 AM	Power Skating	Rutland East Arena
11:15 to 12:15 PM	Work Out	Rutland Arena
12:45 to 3:00 PM	Ice Session	Rutland West Arena

\*Rutland Twin Arena, 645 Dodd Rd, Kelowna, BC V1W 5H1