



TUNE UP FOR TRYOUTS!

PRE-SEASON ON-ICE TRAINING OPPORTUNITIES

2018

SEPTEMBER

MONDAY		TUESDAY		WEDNESDAY		THURSDAY		FRIDAY		SATURDAY	
26	27	28	29	30	31	1					
2	3	4	5	6	7	8					
			ON ICE: SKATE SHOOT SCORE! 2007, 2008, 2009 6:30-7:50PM		ON ICE: GAME SKILLS 2004, 2005, 2006 4:30-5:50PM						
9	10	11	12	13	14	15					
	ON ICE: GAME SKILLS 2007, 2008, 2009 6:30-7:50PM		ON ICE: SKATE SHOOT SCORE! 2004, 2005, 2006 6:30-7:50PM								
16	17	18	19	20	21	22					
	ON ICE: SKATE SHOOT SCORE! 2004, 2005, 2006, 2007 6:30-7:50PM		ON ICE: CHECKING CLINIC 2004, 2005 6:30-7:50PM		ON ICE: GAME SKILLS 2008, 2009 4:30-5:50PM						
23	24	25	26	27	28	29					
			ON ICE: SKATE SHOOT SCORE! 2007, 2008, 2009 6:30-7:50PM		ON ICE: GAME SKILLS 2006, 2007 4:30-5:50PM						

ALL ON-ICE SESSIONS WILL TAKE PLACE AT CORNERSTONE ICE CENTER.

SKATE-SHOOT-SCORE!

At the Skate-Shoot-Score! Clinic players get the chance to take their stick handling and shooting skills to the ice. Emphasis in this on-ice clinic is to refine skating stride and efficiency with focus on shooting techniques and scoring goals! Must register in advance online.

CHECKING CLINIC

At this on-ice clinic, players will learn the skill of body checking and gain confidence to give and receive checks as they enter (or continue) play at the Bantam level. We will focus not only on checking but angling, pinning, puck protection, take away space and more. This clinic is open to players with birth years of 2004 and 2005 only. Must register in advance online.

GAME SKILLS

Let's put it all together and get ready to play some hockey! In this on-ice clinic we will work on the core skills of the game: edge work, positional skating skills, shooting, stickhandling, passing, transitions, etc. We will conclude this clinic with some 3x3/4x4 scrimmage time to practice these skills in game situations and feed the competitive spirit.

You do not need to be a Route 1 member (or pay the membership fee) for on-ice programs.
All 1 hour and 20 minute on-ice clinics are \$20 per session.

REGISTER ONLINE AT www.route1hockey.com/register
Email ajaitken@route1hockey.com with for additional information.