



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>
9:30 to 9:45 AM	Registration	Rutland East Arena
10:00 to 11:00 AM	Dryland	Rutland Field
11:15 to 12:15 PM	On-ice Skills	Rutland West Arena
12:30 to 1:30 PM	On-ice Skills	Rutland West Arena
1:45 to 2:30 PM	Power Skating	Rutland West Arena

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