

**AMHA Summer Ice Schedule: July 8 – August 1<sup>st</sup>**

**Age group breakdown – Skaters should skate within the age group for which they will be moving into this upcoming season. Bantams who become High School eligible can skate during the summer as both Bantams and High School. Those who are interested in asking for your child to be evaluated for a possible move-up next season should skate with the age group for which they are currently eligible. No formal move up evaluations will take place during summer hockey. If you have any questions related to which level please, contact Fred Van Bergen.**

**U10 - Includes all players 10 years old and younger including Mites, Squirts and AMHA Learn to Play level 2. Learn to Play skaters must be birth year 2014 or older (meaning 2013, 2012, etc.). Please contact LTP Coach Fred Van Bergen with questions on learn to play skaters taking part in summer program. [amhaplayerdevelopment@ameshockey.com](mailto:amhaplayerdevelopment@ameshockey.com)**

**U14 - Includes all players 14 years old and younger including Pee Wees, Bantams and Learn to Play Level 2 that are age appropriate and preparing to move into their appropriate age level team.**

**AMHA High School Team Night: All AMHA eligible High School Players.**

**Goalies - Will have skating, movement and individual drills geared towards the Goalie Position.**

**Week 1**

July 8th

U10 7:00-8:00 PM Power Skating

U14 8:15-9:30 PM Power Skating

July 9th

U10 7:00-8:00PM Individual Skill Drills

U14 8:15-9:30 PM Individual Skill Drills

July 10<sup>th</sup>

AMHA High School Team Night 8:45-9:45 PM

July 11<sup>th</sup>

U10 7:00-8:00 PM Team Drills

U14 8:15-9:30 PM Team Drills

**Week 2**

July 15th

U10 7:00-8:00 PM Power Skating

U14 8:15-9:30 PM Power Skating

July 16<sup>th</sup>

U10 7:00-8:00 PM Individual Skill Drills

U14 8:15-9:30 PM Individual Skill Drills

July 17th AMHA High School Team Night 8:45-9:45 PM

July 18<sup>th</sup>

U10 7:00-8:00 PM Team Drills

U14 8:15-9:30 PM Team Drills

**Week 3**July 22<sup>nd</sup>

U10 7:00-8:00 PM Power Skating

U14 8:15-9:30 PM Power Skating

July 23<sup>rd</sup>

U10 7:00-8:00 PM Individual Skill Drills

U14 8:15-9:30 PM Individual Skill Drills

July 24th AMHA High School Team Night 8:45-9:45 PM

July 25<sup>th</sup>

U10 7:00-8:00 PM Team Drills

U14 8:15-9:30 PM Team Drills

**Week 4**July 29<sup>th</sup>

U10 7:00-8:00 PM Power Skating

U14 8:15-9:30 PM Power Skating

July 30<sup>th</sup>

U10 7:00-8:00 PM Individual Skill Drills

U14 8:15-9:30 PM Individual Skill Drills

July 31st AMHA High School Team Night 8:45-9:45 PM

Aug 1<sup>st</sup>

U10 7:00-8:00 PM Team Drills

U14 8:15-9:30 PM Team Drills

**Power Skating: Power Skating, Edges, Speed and Quickness drills, Cross Overs, Backwards Skating.**

**Individual Drills: Puck Handling, Passing, Shooting, Back Checking, Fore Checking, Rules of the Game.**

**Team Drills: Positions on the Ice, Small Area Games, 3 on 3 Game night.**