

5 Skills Clinic

The 5 Skills in Hockey...

LEARN THEM... WORK THEM... PERFECT THEM...

- ❖ Skating
- ❖ Passing
- ❖ Shooting
- ❖ Puck handling
- ❖ Battles

This clinic focuses on 5 hockey skills including skating, passing, puck handling, shooting and battles geared for U10-U14 Players. All drills will be designed to be executed in a high-tempo manner, so that skills are learned and developed at full speed rather than half speed. Development and refinement of these basic skills will allow you to read the ice, set up plays, react quicker and make better decisions in high-tempo game situations.



Innovative training techniques will be used to incorporate the 5 skills of hockey into your game.

Camp will feature on ice rotating stations.

Bring shorts & tennis shoes for off-ice conditioning and skills games.

Flip-flops are not acceptable.

Coaching Staff:

Gary Emmons - KC Jets Head Coach

Connor Bowman - KC Jets Asst. Coach

Dean Nelson - KCIC/KC Stars Hockey Director

Jets Players & KCIC Staff will also assist

Player Name: _____ DOB: _____
Hockey Level: _____
Parent Names: _____
Parent E-Mail: _____
Parent Phone Number: _____

Date: June 24 - 27, 2019

Time: 1:00pm-5:30pm (Approximately)

Cost: \$225

Age Groups: U10, U12, U14 ('05-'10)
Split into 2 groups

4 goalies - free

E-Mail dnelson@kcicecenter.com to reserve spot.

Camp limited to the first 30 players per group.

To register please e-mail Dean Nelson dnelson@kcicecenter.com, mail in this form with a check to KCIC - 19900 Johnson Dr. Shawnee, KS 66218, or turn in at KCIC.