



## **SUMMER SKILLS SESSION**

**Tuesdays & Thursdays June 25-July 25**

No session July 2<sup>nd</sup> and 4<sup>th</sup>

- **Mites and Squirts** - 5:00-6:00pm \*except July 23<sup>rd</sup> & 25<sup>th</sup> 9:00-10:00am
- **PeeWee and Bantams** - 6:10-7:10pm \*except July 23<sup>rd</sup> & 25<sup>th</sup> 10:10-11:10am

All 8 sessions \$320 or any 5 sessions \$250

The HSA Summer Skill Development program is designed to build up the complete foundation of the player's hockey skill set. We cover posture, balance, edge work, offensive and defensive sequences, puck handling mechanics, puck moving mechanics, as well as positional skills (forwards and defensemen). Instructors will utilize small area games and other game play to challenge the players' skill set in a competitive environment.

### **3 on 3 BATTLES**

3 on 3 hockey is a unique opportunity that improves overall skill and game strategy by challenging players both offensively and defensively. Players will work on their skating, shooting, and knowledge of the game all while having fun.

### **Squirts, Pee Wees, Bantams**

**Mondays**

June 24-July 29 4:10-5:30pm \*except July 22<sup>nd</sup> 5:40-7:00pm

All 6 sessions \$150 or drop in \$30