

U14 - 2008 MYHA PRE-TRYOUT HOCKEY CLINICS

Tryouts for the 2008-09 hockey season are just around the corner. Sharpen your skills by registering for MYHA's Pre-Tryout Clinics! The clinics will focus on the proven program developed by **Eric Johnson and Adam Kragthorpe**, MHS Girls' Varsity Coaches & Impact Hockey Training's lead instructors. Eric, Adam, and the Impact Hockey staff will be leading the clinics along with MYHA coaches.

MYHA's Pre-Tryout Clinics consist of 6 on-ice training sessions focused on improving the following skills:
Puckhandling/Passing/Shooting

- *Small area games* - challenges players to get their heads up while handling the puck in traffic
- *1 on 1 drills* – requires puck protection and turning away from pressure to create time and space
- *Scoring Drills* – Teaches high percentage shots & moves
- *Over speed skating w/puck* – forces players to handle the puck at a higher speed
- *Passing drills (stationary & standing still)* – emphasizing the proper technique of giving and receiving passes

Play without puck/Checking/Angling

- *Small area games* – develops critical defensive skills such as staying on the defensive side of the opponent, playing man-on-man and taking away time and space
- *1-on-1 drills* – focuses on the importance of proper angling and checking technique

Speed:

- *Over Speed Skating* – improves speed and balance by getting players to execute drills at top speed without worrying about falling or making mistakes.

The six Goalie Clinics will cover all aspects of Goaltending with emphasis on the following: Basic Stance, Net Work, Save Selection, Staying Square to the Puck/Horseshoe, Puckhandling, Helping out the Defense, and Rebound Control. The sessions listed below will consist of U14, U12 & U10 goalies. Goalies are also expected to attend their general clinics free of charge.

The General clinic and Goalie clinic fee is \$105 per player.

There is a separate registration form on the website link at www.tonkahockey.org

U14 Clinic Schedule

Date	Ice	Dryland	Location
Sat 10/4	10:30-11:30AM	N/A	Pagel
Sun 10/5	2:00-3:00PM	N/A	Pagel
Sat 10/11	2:30-3:30PM	N/A	Rink B
Sun 10/12	7:50-8:50PM	6:50-7:30PM	Pagel
Mon 10/13	6:40-7:40PM	5:40-6:20PM	Pagel
Mon 10/20	5:30-6:30PM	4:30-5:10PM	Pagel

U14, U12 & U10 Goalie Schedule

Date	Time	Location
Sun 9/28	2:00-3:00PM	Pagel
Wed 10/1	5:30-6:30PM	Pagel
Sat 10/4	11:40-12:40PM	Pagel
Sun 10/5	10:30-11:30AM	Pagel
Sat 10/11	7:30-8:30PM	Pagel
Sun 10/12	10:30-11:30AM	Pagel