



HOLIDAY SKILL SESSIONS

**ADVANCED SKILLS FOR DEFENSEMEN: DEC 27, 28, 29, STOWE ARENA.
10:00 AM - 11:15 AM (\$100)**

This session focuses on developing skills used by the highest-level defensemen. Some of the skating skills and concepts include efficient backward crossovers and transitioning for power, lateral movement backward slides and Heel turns. We will also focus puck-handling skills, which include the Slide Delay, Puck protection and various escapes. Finally, we will focus on certain shooting skills including Sliding across the Blue line, shooting through traffic, One timers, Shooting in Stride

**ADVANCED SKILLS FOR FORWARDS: DEC 27, 28, 29, STOWE ARENA.
11:30 AM - 12:45 PM (\$100)**

This session focuses on specific skills that will help a forward develop into a more unpredictable, and effective offensive player. There will be a large emphasis on different shooting techniques, which include; shooting in stride on the inside leg and outside leg, using one-timers, creating opportunities from below the goal Line, and shooting using screens. Other offensive skills include puck-handling techniques such as the slide delay, puck protection and various types of skating techniques and escapes.

**TO REGISTER:
PLEASE GO TO WWW.KELLIANHOCKEY.COM. THE
LINK TO THE PROGRAMS IS RIGHT ON THE FRONT
PAGE.**