



DINO UPDATE

Eric Johnson's Impact on the DinoMights Through 3-Week Elite Training at Impact Hockey

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Impact Hockey is one of my favorite events each year with the DinoMights because it gives us the chance to train and invest in specific players at the Squirt, Pee wee, and Girls levels. While not every player is able to attend, those invited are introduced to new drills, skills, and exercises that help them both sharpen their abilities and deepen their understanding of the game.

It's always exciting to watch our second-year players compete, battling for the puck, working on shooting mechanics, and improving their stickhandling. The practice plans and drills are not only valuable for the players but also for us as coaches, since many can be adapted and used in our own practices throughout the season.

Another highlight of Impact Hockey is learning from Coach Eric Johnson. EJ has been a trusted leader and mentor within the DinoMights community, and it's inspiring to watch him break drills down to the basics,

“Impact helped me improve my crossovers and my weight transfer with my shot.”

making them easier to teach and more effective for our players. His energy keeps both kids and coaches anticipating what's coming next.

Back when I first started on staff, Impact Hockey looked a little different. At that time it was a one-week camp with early mornings, van rides across town, and a full day of on-ice and dryland training. It was intense, and the kids left sore but smiling! Today, Impact has evolved into a three-week camp with sessions twice a week, giving players more time to absorb what they're learning while still working just as hard.

No matter the format, Impact Hockey continues to be a highlight of our summer, thanks to the generosity of EJ, who donates the ice time every year and continues to invest in the next generation of DinoMights.

“Impact Hockey helps players develop important skills, and it also gives me new drills and fresh perspective from someone who really knows the game.”

