

MAY/SEPTEMBER: (WASECA)

DRYLAND- Combination of skills training with age appropriate strength and conditioning. Skills training will heavily focus on individual skills: shooting, stickhandling, and multi-tasking (hands, feet, vision).

Goals:

- Develop confidence to control the puck & make plays
- Develop a harder shot, quicker release and accuracy
- Build endurance, agility, and strength

What to Bring:

Helmet
Stick
Gloves
Workout Clothes
Tennis Shoes

Watch for DRYLAND & STREET HOCKEY schedule to be emailed from your team coordinators when it is available!

STREET HOCKEY- Variation of ice hockey that is fun for all ages! Players will be divided evenly each game. To avoid injury, slap shots, physical contact, and raised sticks are not allowed. *Location:* Outdoor rink in Waseca, weather permitting.

What to Bring:

Helmet
STREET HOCKEY STICK (do not bring your ice hockey stick)
Gloves
Elbow pads
Knee pads
Rollerblades
Workout Clothes

JUNE/JULY: (OWATONNA)

ON ICE- Skills training will heavily focus on individual skills: skating, puck-handling and game situations. *SKATING FOCUS:* mechanics, edgework and balance, tight turns, crossovers, forward and backward transitions, etc. *PUCK-HANDLING FOCUS:* develop confidence with the puck (soft hands, quicker hands, range of motion) and focus on a player's ability to handle a puck while maintaining their skating speed and vision. Both under speed and over speed drills will be run, helping players gain confidence with and without the puck. *SMALL AREA GAMES/CONCEPTS:* Create situations where player's will learn how to utilize their skills in game settings. **Full hockey equipment/gear required.

12U/PeeWees/1 st YR Bantams	10U / Squirts	8U / Mites
June 12 th 6:45 – 7:45pm	June 11 th 7:45 – 8:45pm	June 11 th 5:15 – 6:15pm
June 18 th 7:45 – 8:45pm	June 13 th 7:45 – 8:45pm	June 13 th 5:15 – 6:15pm
June 20 th 7:45 – 8:45pm	June 16 th 11 – 12pm	June 16 th 9:45 – 10:45am
June 23 rd 9:45 – 10:45am	June 19 th 8 – 9pm	June 19 th 6:45 – 7:45pm
June 26 th 6:45 – 7:45pm	June 25 th 7:45 – 8:45pm	June 25 th 5:15 – 6:15pm
July 7 th 9:45 – 10:45am	June 27 th 7:45 – 8:45pm	June 27 th 5:15 – 6:15pm
July 10 th 6:45 – 7:45pm	July 9 th 7:45 – 8:45pm	July 9 th 5:15 – 6:15pm
July 16 th 7:45 – 8:45pm	July 11 th 7:45 – 8:45pm	July 11 th 5:15 – 6:15pm
July 18 th 7:45 – 8:45pm	July 14 th 11 – 12pm	July 14 th 9:45 – 10:45am
	July 17 th 8 – 9pm	July 17 th 6:45 – 7:45pm