

Forwards & Defense Clinic

BE DOMINANT AT DEFENSE
BE AWESOME AT OFFENSE

This clinic is intended to get PeeWee, Bantam & incoming high school players ready for their upcoming tryouts.

*Player's must be from one of the following birth years:
2009-2013.*

Prerequisite: Must have played one year select or travel hockey.

Lead Instructors:

Dean Nelson

Shjon Podein

Matthew Buoniconti

Stars & KCIC Staff to assist.

Forwards focus on:

- Individual Skills
- Skating & Agility
- Shooting & Scoring
- Zone Entries
- 1-on-1 moves vs. Defense
- Cycling Options
- Offensive Zone Creativity
- Acceleration through the zone/reaching top speed with puck
- Puck protection technique attacks



Defense focus on:

- Individual skills
- Skating & Agility
- Shooting from the point
- Breakouts
- Zone positioning
- Gap control
- Defending one-on-one man rushes
- Improve foot work
- Improve body positioning & body playing skills

Bring shorts, t-shirt and tennis shoes for off-ice conditioning. **Flip-flops are not acceptable.**

Off Ice will also be part classroom

Bring a snack! Concessions will also be available.

Date: August 5-8, 2024

Time: 1:00pm-5:30pm

Group designations & times TBD upon registrations.

Age Groups: 2009-2013

Cost: \$225

Groups F&D will be maxed at 25

2 hours on ice, 1 hour off ice

4 goalie spots available – FREE!

Reserve spot by e-mail

dnelson@kcicecenter.com

Player Name: _____ DOB: _____

Hockey Level: _____ Fwd or D: _____

Parent Names: _____

Parent E-Mail: _____

Parent Phone Number: _____

To register please e-mail Dean Nelson:
dnelson@kcicecenter.com, mail in this form
or turn in at KCIC.