

**THE KIDS AREN'T THE ONLY ONES
GETTING ALL THE FUN!
HULL HOCKEY IS PROUD TO OFFER
ADULT SKILLS TRAINING FOR
2022-2023.**



Join Hull Hockey - the fastest-growing skill development company in the state of Colorado - in our new adult skills training program.

Edge Work - Forwards & Backwards ✓

- Inside Edge
- Outside Edge
- Hip Mobility & Flexibility
- Body Control & Posture
- Isolating Upper Body From Lower Body

Stride Work - Forwards & Backwards ✓

- Full Extension & Full Recovery
- Body Control & Posture
- Isolating Upper Body From Lower Body

Puck Handling Basics & Fundamentals ✓

Speed With The Puck ✓

Rapid Changes Of Direction ✓

Passing & Passing Mechanics ✓

Shooting & Shooting Mechanics ✓

- Body Weight Transfer
- Changing The Angle
- Quick Release (Back Foot)
- Shooting In Stride
- Catch & Release

...Lots More!

Plus, before each session you'll be able to communicate with the coaches on what you'd like to work on specifically so that each skate is highly beneficial to each participant.



WHEN & WHERE?

NOVICE / BEGINNER

TUESDAY'S AT THE ICE RANCH

FROM 12:00-1:00PM

THREE SESSIONS PER MONTH.

OCTOBER 4TH - MARCH 14TH

October: 4th, 11th, 18th

November: 1st, 8th, 15th

December: 6th, 13th, 20th

January: 3rd, 10th, 17th

February: 7th, 14th, 21st

COST = \$600

[15 Total Sessions, plus bonus pop-up sessions scheduled throughout the season. Each participant will also receive a Hull Hockey practice jersey]

MID-LEVEL / ADVANCED

THURSDAY'S AT THE ICE RANCH

FROM 1:00-2:00PM

THREE SESSIONS PER MONTH.

OCTOBER 6TH - MARCH 16TH

October: 6th, 13th, 20th

November: 3rd, 10th, 17th

December: 1st, 8th, 15th

January: 5th, 12th, 19th

February: 2nd, 9th, 16th

COST = \$600

[15 Total Sessions, plus bonus pop-up sessions scheduled throughout the season. Each participant will also receive a Hull Hockey practice jersey]

INTERESTED?

Email Hull Hockey at khullhockey@yahoo.com
to reserve a spot.

SPOTS ARE LIMITED!