



Nick Mueller's Flying B Hockey Training



Power skating at its finest!

Monday August 1 – Thursday August 18 (Buffalo Civic Center)

Players will learn skills and techniques to become better overall skaters, which will make them faster, stronger, and more confident on their skates.

Points of Emphasis

Players will work on:

- Skating with a deep knee bend, and extending their stride to improve skating form.
- Becoming more efficient with power turns, cross overs, forward, and backward skating.
- Doing challenging courses to feel more comfortable in their skates.
- Game like situational awareness
- Improving "Hockey sense"

Session Layout (4 per week)

Monday- Stride work and technique.
Forwards and backwards. Edge work.

Tuesday- Crossovers, Powerturns, Escapes,
Transitions. Stops and starts. Game like
drills

Wednesday- Overspeed, agility, and
building skate comfortability.

Thursday- Stride work, edge work, or
overspeed at start. Small area games, and
competition

Additional notes: Wilson Anderle
will also be coaching for camp.

Nathan Mueller will be working with
goalies before we get to drills and
games and will help with drills as
well.

Session Times and Groups

Monday-Thursday

Mite/Squirt/U10 10:00AM-11:00

Peewee/U12 11:15AM-12:15

Bantam/U15/High School 12:30PM-1:30

Cost Per Skater

\$360 per skater

Payment methods

Check (Preferred)

Venmo

If you are available during this time frame,
and are interested in registering your
skater, send Nick Mueller the following
information **By email** at
nmuell17@gmail.com

Reply with:

- Skaters first and last name
- Age they will be participating in the
upcoming season (Squirt/U10- High
school Boys/Girls)
- Parent or Guardian Phone number
and preferred email.
- Preferred Payment method
- Initial that you have read and
accept the liability waiver
- Any other questions

Deadline for sign up is **July 29th**. I will
send out confirmation email on the
29th with any updates.

Nick Mueller's **Flying B Hockey Training**

Goalies Wanted!!!

The Flying B Hockey Program is looking for goalie signups for the August training.

The Goalie Fee is
\$200

Practice will consist of about 20 minutes of training with Nathan Mueller. They will then have about 25min of drills and live shots. Then finish with game like situations.

Contact Nick Mueller with any additional questions!