



CSAHA POWER SKATING AND EDGES PROGRAM

run by



"Skating is without a doubt the most important skill in ice hockey; if you can't skate, you can't play the game."

The **CSAHA Power Skating and Edges Program**, run by **Finesse Hockey**, will focus on improving each athlete's quickness, speed, agility, and power through repetitions in a series of drills that progress throughout the program. Players will develop a more efficient and explosive stride, learn how to utilize their edges to generate speed, learn how to pivot and transition effectively, develop advanced edge control, and will be challenged to perform elite skating maneuvers and master them at full speed. The CSAHA Power Skating and Edges Program will focus on improving each athlete's quickness, speed, agility, and power through repetitions in a series of drills that progress throughout the program.



THE PROGRAM WILL SPECIFICALLY FOCUS ON IMPROVING:

- Skating technique (stride, efficiency, and power)
- Explosive acceleration
- Speed and quickness
- Edge control
- Change of direction
- Forward, backward, and lateral mobility
- Skating with puck control

PRICING

12 sessions for \$240 (\$20 per session)

Players who sign up for the whole program will receive video feedback and analysis comparing their first and last sessions.

DATES

The program will consist of **12 sessions** throughout the season on Monday afternoons from 4:25pm – 5:25pm at Sertich Ice Center.

November: 19th

December: 10th & 17th

January: 14th, 21st, & 28th

February: 11th & 25th

March: 4th, 11th, 18th, & 25th

6 sessions for \$150 (\$25 per session)

Single sessions for **\$30 per session**

For further information about **Finesse Hockey**, please visit <https://finessehockeyco.com/>

FINESSE STAFF

The skating program is for players of **all ages and skill levels** and will be run by the Finesse Hockey staff, who have playing experience throughout the **amateur, junior, college, and professional** levels.