

RINK

TRAINING CENTRE

TMHA Pre-Season Development

DEVELOPMENT OBJECTIVE

The RINK Training Centre's Pre-Season Development Program was created to provide players with detailed instruction in the foundational skills that they need to play the game. With this in mind, the program will provide players the opportunity to develop both skating skills and puck skills through a focused progression on fundamental Power Skating, Shooting, Stick Handling, and Puck Protection techniques.

STRUCTURE

Week #1: August 19th - August 22nd

MALE | RINK 1

- Group 1: POWER SKATING (2012-2010)
5:30pm - 6:30pm
- Group 2: SHOOTING/SCORING (2012-2010)
6:45pm - 7:45pm
- Group 3: SHOOTING/SCORING (2009-2006)
8:00pm - 9:00pm

FEMALE | RINK 2

- Group 1: POWER SKATING (2011-2009)
6:15pm - 7:15pm
- Group 2: SKILLS (2010-2007)
7:30pm - 8:30pm
- Group 1: BATTLE & COMPETE (2006-2003)
8:45pm - 9:45pm

STRUCTURE

Week #2: August 26th - August 29th

MALE | RINK 1

- Group 1: SKILLS (2011-2009)
Passing / Puck Handling / Shooting
5:30pm - 6:30pm
- Group 2: SKILLS (2008-2005)
Passing / Puck Handling / Shooting
6:45pm - 7:45pm
- Group 3: BATTLE & COMPETE (2009-2006)
Puck Protection / Battles on the Boards / Intro to
Body Contact / 8:00pm - 9:00pm

FEMALE | RINK 2

- Group 1: SHOOTING/SCORING (2010-2007)
In Tight Scoring / Wrist Shots / Quick Release
6:00pm - 7:00pm
- Group 2: SHOOTING/SCORING (2006-2003)
In Tight Scoring / Wrist Shots / Quick Release
7:15pm - 8:15pm
- Group 3: BODY CONTACT (2006-2003)
Angling / Checking / Receiving Contact
8:30pm - 9:30pm

TO REGISTER: Visit www.transconahockey.com

The Transcona Preseason Camps are conducted out of East End Arena at 517 Pandora Ave E, Winnipeg, MB R2C 0A5, Winnipeg, Manitoba. The RINK accepts a total of 18 athletes/group to participate in each of these programs. Players should be motivated & willing to compete against other players at a high level.

SATELLITE CONTACTS

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