

WAYZATA HOCKEY CLINICS – 2019 SPRING CLINICS



SKATING AND SCORING CLINIC:

This clinic will focus on improving players overall skating skills (proper skating technique, stride, utilizing edges for speed) and refining shooting techniques and tactics, such as utilizing a quick release, wrist shot, backhand, snap shot, and more.

Mites/Squirts/Girls U8-U10 (Mondays and Wednesdays)
5 weeks / 10 hours (twice a week)

DATES: April 15, 17, 22, 24, 29, May 1, 6, 8, 13, 15

TIMES: 5:15 – 6:15pm

Peewees/Bantams/Girls U12-U15 (Tuesdays and Thursdays)
5 weeks / 10 hours (twice a week)

DATES: April 16, 18, 23, 25, 30, May 2, 7, 9, 14, 16

TIMES: 6:30 – 7:30pm

ALL SESSIONS ARE AT PLYMOUTH ICE CENTER

Cost: \$220 (Register by January 31, 2019 and receive 10% off).

DEFENSE & CHECKING CLINIC:

Checking can be defined as using physical force and/or body positioning (without breaking the rules) to either gain possession of the puck or to disrupt the opposition's play. There is a great deal of danger in throwing a check. It is not that you can get hurt (although that is always possible) but rather that you can get burned by putting yourself out of position.

We will teach the proper technique of body checking and playing defensive hockey, including body positioning, receiving a check, shoulder check, covering, gap control, angling, steering, etc.

Peewees and Bantams (Mondays and Wednesdays)
5 weeks / 10 hours (twice a week)

DATES: April 15, 17, 22, 24, 29, May 1, 6, 8, 13, 15

TIMES: 6:30 – 7:30pm

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Cost: \$220 (Register by January 31, 2019 and receive 10% off).

To register, go to www.wayzatahockeyclinics.com or <https://wyha.sportngin.com/register/form/666826590>.

Sun.	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
APRIL						
14	15 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	16 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	17 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	18 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	19	20
21	22 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	23 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	24 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	25 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	26	27
28	29 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	30 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	1	2	3	4

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Sat.
MAY						
28	29	30	1 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	2 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	3	4
5	6 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	7 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	8 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	9 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	10	11
12	13 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	14 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	15 5:15-6:15pm Skating and Scoring Clinic (Mites/Squirts/Girls U8-U10) 6:30-7:30pm Defense & Checking Clinic	16 5:15-6:15pm Skating and Scoring Clinic (PW/Bantam/Girls U12-U15)	17	18