

WINTER



BREAKFAST CLUB

JANUARY 13 - MARCH 17

SUBURBANHOCKEY.COM • 248-478-1600

ADULT HOCKEY

Skills and Conditioning Series

*Professional coaching for men
& women of all ability levels*

10 WEEKS • 10 CLASSES

SUBURBAN ICE - FARMINGTON HILLS

Thursdays 6:00 - 7:20 AM

**SUBURBAN ICE - ROCHESTER &
JOHN LINDELL ROYAL OAK**

Thursdays 6:30 - 7:50 AM

THE PROGRAM

SKATING - individual skating technique to improve balance, agility, quickness, speed, and control

HOCKEY SKILLS - stickhandling, passing, shooting, and stick checking skills

TEAM CONCEPTS - offensive and defensive zones, individual and team positional play

GOALTENDERS - shots, shots, and more shots in all situations. When do you get a chance to practice? Here's a great chance to refine your skills, receive tips and feedback, and learn more about your position as it relates to the game!

Excellent for youth coaches to learn new drills and how to teach the game.

Players are grouped by experience and skill level and the instruction is tailored to challenge every player to get better

\$275 per player
Goaltenders FREE

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REGISTER!**

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