

LOOKING TO DEVELOP YOUR HOCKEY SKILLS THIS SPRING AND SUMMER?

WARD HOCKEY SKILLS

@ RISTUCCIA ARENA

(Skating, Shooting, Puck control, Individual
Positional Skill Development)

SPACE IS LIMITED. SIGN
UP NOW!

CALL OR EMAIL US FOR
DETAILS.

“ACHIEVE YOUR
DREAMS”

SPACE IS LIMITED! CALL NOW

Our Mission is simple. At Ward Hockey Schools our goal is to offer a more privatized hockey school or skill session for the young player looking to develop his or her skills and hockey sense. We specialize in a more 1 on 1 based hockey school, by keeping our numbers low and development high. Our skill training and game situational drills will challenge each player and help them better understand the game. Understanding the game of hockey is the first step, bringing that knowledge to the game is the second and making the right decisions on the ice is the result. Players must learn to play with confidence and passion in this game to be successful. Each player will leave our program a better, smarter hockey player. **"Achieve your Dreams"**.

Ward Hockey Schools is proud to offer spring and summer skill sessions for 2010.

10 Weeks

(No May 19th, June 23rd or July 21st)

WEDNESDAY Night - May 5th—July 28th

5-6 pm—02, 01, 00, 99, 98, 97

6-7 pm—96, 95, 94, 93, 92, 91

Cost \$199



(781) 241-2302- PETER@WARDHOCKEYSCHOOLS.COM
PO BOX 541273- WALTHAM, MA 02454



WARD HOCKEY SCHOOLS

PO Box 541273

Waltham, Ma 02454-1273

781-241-2302

OFFICE@WARDHOCKEYSCHOOLS.COM

Player info:

Last Name: _____ First Name: _____ D.O.B _____ Age: _____ Sex: _____

Address: _____ City: _____ State: _____ Zip: _____

Height: _____ Weight: _____ Position: _____

Current Team: _____ Phone: _____ Email: _____

Parent/guardian info:

Mother: _____ Father: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____ (Please Write Clear)

Emergency info:

Emergency Contact: _____ Relationship: _____

Emergency Number(s): _____

Ward Hockey Programs: (please select)
Session : _____ (Payment Due in Full with Application)
(Example: WHS1-LTP) Please choose
Please make checks payable to Peter Ward

Weds Night Skills (Spring/Summer) 2010
@ Ristuccia Arena – Wilmington, MA
May 5th-July 28th 2010

WHS-Weds1 -5-6 pm – Mite Major - Bant Min
WHS-Weds2 -6-7 pm – Bant Maj - Midget Maj
Cost \$199

PLEASE READ AND SIGN:

All registrations will be confirmed via email. Please mail this form with a check or money order to Ward Hockey Schools, LLC (WHS), P.O. Box 541273 Waltham MA 02454-1273. A 100% PAYMENT is required to hold a spot for any camp session. All payments are non-refundable after May 5, 2010. If a refund is necessary prior to this date, a \$30 administration fee will be charged and you will receive a refund of the remaining amount. Final payments for any camp session are due one week prior to the camp start date.

If a player becomes injured and cannot complete camp, a credit will be given with a doctor's note. This credit will be prorated accordingly and valid towards any Ward Hockey program within one year. Refunds will not be given to any player who leaves camp, is absent from camp or is expelled for any reason.

All campers must provide current physical and immunization records. All WHS documents must be complete and submitted prior to all program start dates. All campers are required to have full hockey equipment to include sneakers, shorts and t-shirts for dry land training.

Both participant and parent acknowledge the inherent risks associated with hockey as a contact sport and agrees that Ward Hockey Schools or any of the principals, officers, employees, agents, directors or instructors will not be responsible for any accident, damage, injury or loss, however caused, negligent or otherwise, at any time and expressly releases any and all of the aforementioned parties from all claims arising from any accident, damage, injury or loss or as a consequence thereof.

Parent/ Guardian Signature: _____ **Date:** _____

Skills

Our skills help develop individual skill techniques for Forwards and Defensemen. Utilizing the station approach: Promote fun and development: Maximize ice use and player interest: Increase skill development with increased repetitions: Give your organization a competitive advantage. We can provide any number of coaches to attend your skills sessions.

Stickhandling (All Ages)

Body Position
Stick Length
Hand Position
Hand Movement
Controlling the puck while stationary or in motion
Dribbling
Agility with the puck
Puck Protection
All types of Dekes and Fakes
High speed skating with the puck

Passing (All Ages)

Forehand
Backhand
Indirect Passing
Area Passing
Accuracy (Tape to Tape)
Controlling the Puck
Timing
Judgment (Keeping it simple)
Communication
Support

Skating Skills (All Levels)

Developing individual skating techniques for Forwards and Defensemen.
Body Position
Edge Work
Take-Offs (Stops and Starts)
Long Strides
Crossovers
Power Turns
Balance and Agility
Backward Movement
Backward Crossovers
Pivots
Quickness Drills
Acceleration

Overspeed Skating Clinic (Peewee and Up)

High speed skating and skill development.
Increase speed and acceleration.
Speed with creative thinking and reacting drills.
Working outside the comfort zone and expanding your limits.
Resistance training.
Players will learn to carry, shoot the puck at a high rate of speed.
Quickness and explosive starts (Concentration on 1st Strides).
Tight turns and accelerated movements.
Lateral quickness drills.
Agility and foot speed drills.

Speed and Shooting Camp (All Levels)

All drills and learning activities are performed at a high tempo.

Foot Speed with and without the puck

Shooting – (Wrist, snap and slap shots)

Catching and releasing quickly

Finding shooting and scoring lanes

Quickness and Agility work

Foot work – lateral movement

Confrontational drills in small areas (i.e. 1 on 1's, 2 on 1's, 2 on 2's)

High speed stick handling skills

Players will be placed into groups by position and ability.

Concentrating on individual player positional skating and skill work.

Checking Clinics (All Ages)

Ideal for all ages (Great for squirts turning Peewee)

Receiving a check

Giving a check

Balance

Leg power

Timing

Confidence

Proper aggressiveness

Learning when to check and not over check

Game situational drills