



www.familynightout.com

\$150.00 8 wks

\$24.50 drop in

6015 S. 240th St.
Kent, WA 98032
Fax- 253-852-2932

www.kentvalleyhockey.com

Monday's

6:30pm – 8:00pm

June 20 & 27,

July 11, 18 & 25,

August 1, 8 & 15.

253-850-2400, x-10

Kent Valley Ice Centre PRESENTS

Individual Hockey Skills

**Shoot To Score & Make the Save
with Passing & Stickhandling**

Directed by Danny Lorenz & Les Grauer

Begin training NOW to prepare for next season. Get a competitive edge on the players you will be competing against. Each day you will have 90 minutes of concentrated training to improve your individual skills to score more goals or make more saves.

Don't wait - it may end up being too late.

Stickhandling

Handle the puck like you have never been able to before. Learn single-dekes, double-dekes, toe drags, puck flips, backhand slides, escapes, 360 Gretzky curls, moves through your skates and 180 dekes. Stickhandling is a very important skill to develop. Stickhandling will bring your game level to its peak because you will be able to beat your opponent one on one; you will be able to see your teammates in the open and you will be able to buy time and space in order to make a play. As your stickhandling develops, you will become a more creative and unpredictable player and your confidence level will increase dramatically. You will have more fun playing hockey than ever before because you can keep the puck on your stick until you decide what to do.

Passing

Hockey is a team sport and you have to be able to give and receive passes in order to excel at the game. Passing is a far quicker method of moving the puck than skating, and you should always quickly advance the puck to open teammates whenever possible. Learn to make precision 'tape to tape' passes using a variety of different types of forehand and backhand passes: saucer, ½ slap, one touch, area, and off the boards.

Shoot To Score

A hockey team will get about 30 shots on net in a game. This means the average player gets about 2-5 shots in a game. Therefore, every shot should be as good as you can make it. There are 3 keys to a scoring shot: Quickness; Speed; Accuracy. Learn to set up to get away a quick hard accurate shot.

Make the Save

Learn techniques and angles to position yourself better and how to focus better on the puck to keep it out of your net. Work on the different types of saves: stick-saves, glove-saves, blocker-saves and kick-saves and improve reaction time while maintaining proper balance and position. Learn how to watch plays develop and anticipate where the puck is going and be able to get there before the puck gets there by having better focus on the puck.

Registration Form Information:

[Attach Receipt Here](#)

Player's Name

Address

City

State

Zip Code

Home Telephone

Primary Cell or Work Telephone (please specify)

Primary Email

I hereby agree that KVIC, its officers, servants, agents and employees shall not be held liable for any and all injuries resulting directly/indirectly from his/her participation in ice skating, playing hockey and/or receiving instruction on the ice, or otherwise, in and about the premises. I further agree to indemnify and save KVIC, its officers, servants, agents and employees harmless from all costs and expenses that may result from any breach of this agreement.

Signature of parent/legal guardian if less than eighteen (18) yrs. of age

Date

www.kentvalleyicecentre.com

www.kentvalleyhockey.com