

OMHA / NCCCP Clinic

Skating IS



Hosted by Simcoe Minor Hockey

Skating

Efficient and effective skating is the foundation for all other hockey skills. Skating ability is directly related to puck control, shooting, and checking, and improving a player's skating ability works towards improving all aspects of his/her game and greatly enhance their enjoyment of the game. Curriculum includes: Balance & Agility; Edge Control; Striding; Backward Skating; Turning & Crossovers

Details:

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|-----------|--------------------------|
| Date: | Monday November 11, 2019 |
| Location: | Talbot Gardens |
| Cost: | \$45 |

Itinerary:

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| 5:30 PM | Registration |
| 5:45 | Off ice |
| 7:15 | Break |
| 7:30 | On Ice |
| 9:00 | Wrap Up |

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| Contact: | Gord Malo |
| Email: | gordon.malo@goodcas.com |

To Register:

<https://ehockey.hockeycanada.ca/ehockey/ClinicDetail.aspx?cid=127879>

For information on OMHA development programs contact: kinghockey@execulink.com

For information on OMHA coach development: <http://www.omha.net/page/show/884931-coaches>



COACHES
HELPING
COACHES

