



Clinic Topic

- Skating - Balance-Blades-Bounce - Building a better base

Skill Emphasis

- Skating skills- Balance, Agility, Strength/Power, Speed
- Balance, Edges, Knee bend
- Ready position, Blade control & Balance

A *Knight* is idealized as
brave in battle,
loyal to their crest and
willing to *sacrifice* self for the greater good

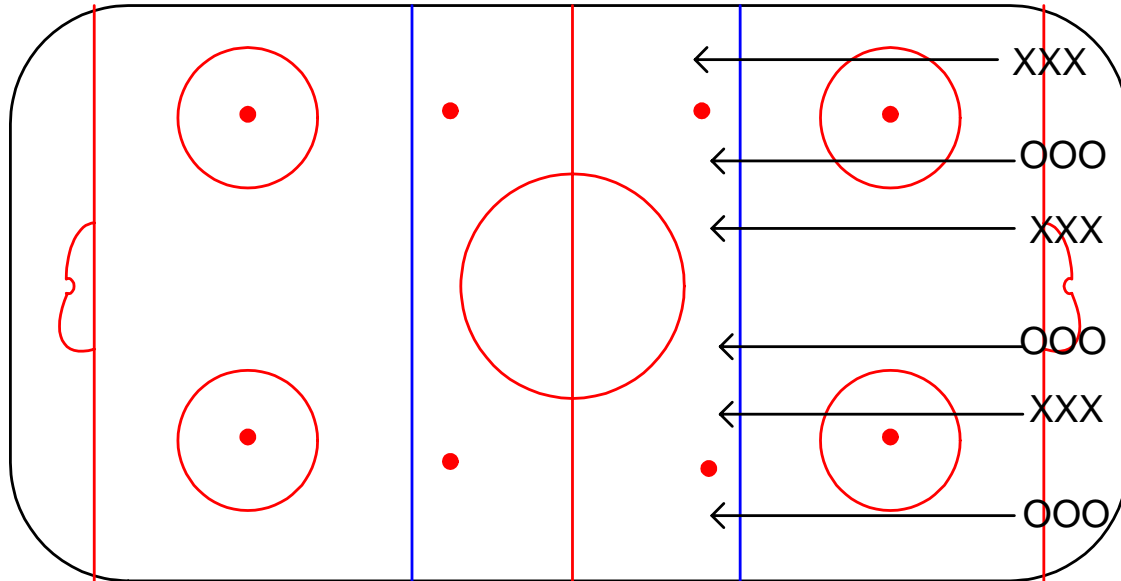
KNIGHT HOCKEY





Skating

Drill - 6 Lines & full ice drills



Balance, Edges, Knee bend

- Ready position
- Blade control
- Balance

Middle of blade

- Glide
- Spinning wheels
- One foot
- Shoot duck

Inside edges

- Scooter Heel skate
- C cuts
- C turns
- Jump from edge to edge
- Two-legged jump

Outside edge

- Walk on edge
- Big C cuts

GAMES

- Knee touch tag
- Pom Pom pull away (Special rules)
- Races to pucks

