

Technical & Tactical Elite Power Skating Program

Program Details

Technical Components

Apply and improve skating skills to perform in game situations

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| <ul style="list-style-type: none">• Extreme Forward & Backward Edge Control• Foot Speed / Acceleration / Stopping• Forward Striding - Technique & Speed• Forward & Backward Crossovers | <ul style="list-style-type: none">• Backward Striding - Technique & Speed• Skating Agility & Mobility Drills• Drill Progression - Without to With Pucks |
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Tactical Components

Game like tactical skating drills to test player's individual skills and hockey sense

Offensive tactical skating (allows players to make plays and create opportunities to score goals)

- Drive skating, evasive skating, puck protection, and deking
- 1 on 1, 2 on 1, 1 on 2 situations

Defensive tactical skating (allows players to learn when and how to pressure or contain)

- Playing 1 on 1 or odd man rushes



Group 1: Southland

**Monday, August 14th to Friday, August, 18th
Bantam Div 1, AA, AAA & Midget Div 1, AA, AAA**

10:15 to 11:30 PM

\$329 Per Player

Register and Pay online at **www.tuckerhockey.com**

or call

Tucker Hockey at **403-998-5035**