

**Spring  
2012**

# New Programs

## Tucker Hockey

Programs that Deliver Results

**Register  
Now!**

# ADULT

## Skills Development Clinics

### Shooting Clinic

The ability to shoot the puck in various game situations is an invaluable skill. Hockey players should have a complete arsenal of shots. This 4 session program will cover the wrist shot, snap shot, slap shot, flip shot and backhand shot from both stationary and moving situations, as well as one-timers and shooting under pressure.

Session 1: Friday, March 23<sup>rd</sup> - 8:00 to 9:15 PM; Father Bauer

Session 2: Tuesday, March 27<sup>th</sup> - 8:30 to 9:45 PM; Shouldice

Session 3: Thursday, March 29<sup>th</sup> - 10:00 to 11:15 PM; Shouldice

Session 4: Saturday, March 31<sup>st</sup> - 8:00 to 9:15 PM; Norma Bush

\$179 for Clinic or \$50 per session

First 20 skaters registered

### Passing & Puck Control Clinic

After Shooting, the second greatest offensive skill is passing. The ability to give and receive a pass is essential for good offensive play. This 3 session program will cover how to give and properly receive a pass on the forehand as well as on the backhand. It will focus on stationary passing, moving passing, touch passing, weave passing and give-and-go passing. This program will also cover proper techniques for handling the puck, as well as stationary and moving stickhandling, stick fakes, deking, toe drags, puck protection and keep-away.

Session 1: Saturday, March 24<sup>th</sup> - 9:00 to 10:15 PM; Father Bauer

Session 2: Wednesday, March 28<sup>th</sup> - 8:30 to 9:45 PM; Father Bauer

Session 3: Friday, March 30<sup>th</sup> - 9:00 to 10:15 PM; Father Bauer

\$129 for Clinic or \$50 per session

First 20 skaters registered

### Game Positioning and Controlled Scrimmage Clinic

A player's ability to proactively position him or herself on the ice is a valuable offensive and defensive skill. A complete hockey player not only sees what is currently happening on the ice, but can anticipate what is going to happen and position him or herself properly. This 3 session program will improve a player's on-ice awareness and game positioning skills. Offensive components will include face-off alignments, puck support, breakouts, forechecking and offensive zone strategies/tactics. Defensive components will include face-off alignments, defensive side positioning, man-on-man coverage, and defensive strategies, tactics and zone coverage.

Session 1: Wednesday, March 28<sup>th</sup> - 10:00 to 11:00 PM; Father Bauer

Session 2: Friday, March 30<sup>th</sup> - 10:30 to 11:30 PM; Father Bauer

Session 3: Saturday, March 31<sup>st</sup> - 9:30 to 10:30 PM; Norma Bush

\$99 for Clinic or \$40 per session

First 20 skaters registered

Register online at  
[www.tuckerhockey.com](http://www.tuckerhockey.com) then call  
**Tucker Hockey at 403-998-5035**  
to complete payment.



### TOP 5 REASONS TO ATTEND:

- Fitness and Fun
- Improve Skating and Hockey Skills
- Pass on New Drills/Teach Points to your kids
- Reduce your stress/reward yourself
- Step all over your Hockey Buddies!

# Improve Your Hockey Skills!