

# A "World Class" Technical & Tactical Elite Power Skating Program

## A Partnership of Tucker Hockey & Wally Kozak

Wally Kozak's coaching experience at all levels of hockey, including Olympic Hockey, offers added expertise and value to this new program level of power skating development. Wally's "tactical skating expertise" in the area of game situations and group tactics will augment Rex's specialized teaching in the area of technical power skating, to take players and their game to the next level. Working together their programs will enhance one another for the development of the "Complete Player".

### Program Details

#### Rex Tucker - Technical Skating Head Instructor

##### Technical Components

Apply and improve skating skills to perform in game situations

- Extreme Forward & Backward Edge Control
- Foot Speed / Acceleration / Stopping
- Forward Striding - Technique & Speed
- Forward & Backward Crossovers
- Backward Striding - Technique & Speed
- Skating Agility & Mobility Drills
- Drill Progression - Without to With Pucks

#### Wally Kozak - Tactical Skating Head Instructor

##### 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, 2 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

**Skating with the Best!**

### **Tucker Hockey Spring Group Program**

#### **Westside Rec Centre**

**Bantam Div 1, AA, AAA & Midget Div 1, A, AA**

**Saturdays; April 14th to June 23rd -No Session May 19th**

**4:30 to 5:45 PM**

**\$499 Per Player**

**Register and Pay** online at **[www.tuckerhockey.com](http://www.tuckerhockey.com)**

or call

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