

The Seven Oaks Minor Hockey Association Body Contact Clinic(born 1998-1999)

This Session was designed and modeled after the USA Hockey Coaching Education program on Introduction to Body Contact. The program is an introductory session of approximately three hours of off-ice (classroom and Gymnasium) instruction and five hour sessions of on-ice instruction. The on-ice session will include body contact drills and skills for players to both introduce them to the concept of hitting and better prepare them for the following hockey seasons.

Among the topics covered will be:

- Respect for the rules
- Agility Skating
- Angling Concepts
- Stick Checks
- Body Contact confidence through repeated skill development drills
- Leverage of body blocking
- Puck-handling skills while fending off players
- Shot Blocking
- Shoulder Checks

The program will run for five days Monday through Friday August 29 – Sept 2, 2011 inclusive 6:00 P.M. at the Maples Multiplex arena.

There will be three off ice classroom instruction sessions, which will show video, discuss the concepts of body contact, and allow players to prepare themselves off ice through dry-land training (Monday August 29, Wednesday August 30, and Thursday September 1, 2011) Please wear runners and shorts.

The coach to player ratio is approximately 6 players to every instructor. The program has **very limited space** (30 spots) available.

The cost of the program is \$120.00. To sign up for this clinic please email somhacamps@shaw.ca with Player's Name and Date of Birth and contact details for the family so you may be contacted to confirm your entry.

