

Red Deer Minor Hockey Coaches Clinics 2008-2009

Hockey Alberta has developed in conjunction with Bjorn Kinding, one of the world's best skill developing instructors, a new comprehensive checking skills course. In this course coaches attend a seven (7) hour course that reviews and educates them on the basic tools they require to teach:

- Review of basic lead up checking skills, skating, angling, body positioning
- How to body check
- How to take a body check
- Drills that implement these skills
- Principals of respect for your opponent, sportsmanship and human values

The clinic emphasizes basic checking skills and the importance of having players develop confidence, self-esteem and an awareness of the checking process.

CHECKING SKILLS CLINIC

DATE: December 15 & 16, 2008 COST: \$150.00
TIME: 6:30 pm – 10:00 p.m. LOCATION: Livingstones Church

**** On ice Session will be December 15 from 5:15 – 6:30 pm at the Enmax Centrium with classroom to follow.**

**Participants will need to bring their skates, helmet, and hockey stick.*

Checking Skills Clinic

Please complete the entire form below. Registration is accepted at the Red Deer Minor Hockey office; D1, 4725 – 43 Street, Red Deer, Alberta, T4N 6Z3.

Please Print Clearly

NAME: _____

ADDRESS: _____

TELEPHONE: (res) _____ (bus) _____

SIGNATURE

PRINT NAME

TEAM ASSOCIATED WITH (*FOR RED DEER MINOR HOCKEY COACHES*)