

**JOHN LINDELL
ICE ARENA
ROYAL OAK**

**WOMENS
PT SKATE**

February 1st—March 21st

Wednesday Evenings starting at 9:15pm

\$100 if registered by February 8, 2012

***OR* Drop-In for \$17 a session**

- Week 1**—Power Skating, Puck Handling, and Individual Tactics
Week 2—Tight Turns, Cross Over/Under, Passing, and Team Tactics
Week 3—Stops, Starts, Shooting, Individual and Team Tactics
Week 4—Backwards Skating, Multi-Tasking Drills, and Tempo/Dynamic Drills
Week 5—Transition Skating, Defensive Play, Gap Control, and Down Low Battles
Week 6—Skating/Passing/Puck Handling Drill Progressions, and Small Area Games
Week 7—Over Speed Drills, Small Arena Games, Controlled Full Ice Scrimmage
Week 8—Positional/Game Simulated Drills, Small Area Games, and Full Ice Scrimmage

WOMENS PT SKATE REGISTRATION FORM

Name _____

Age _____ D.O.B. _____ Years of Experience _____

Phone Number () _____ Cell Number () _____

E-Mail Address _____

Payment: Cash Check Check # _____ (Payable to the City of Royal Oak)

Please send all questions to Mark Cannon 248.246.3950 mcannon@suburbanice.com