

**HARRISON RECREATION DEPARTMENT**

**FREE YOUTH HOCKEY CLINIC / LEAGUE -**

**INSTRUCTIONAL PROGRAM TEACHING THE PRINCIPLES & FUNDAMENTALS OF HOCKEY FOR 3<sup>RD</sup> – 5<sup>TH</sup> GRADE PARTICIPANTS AT THE SOLLAZZO CENTER.**

PROGRAM WILL ALSO FOCUS ON AGILITY AND ENDURANCE TRAINING.

**CLINIC** WILL BE EVERY WEDNESDAY BEGINNING DEC. 14<sup>TH</sup> (4 – 5PM). PLASTIC/FOAM STICKS AND NETS ARE INCLUDED.

**LEAGUE** WILL BEGIN ON SATURDAY MORNINGS (9 – 10AM) FEBRUARY 11- MARCH 24.

PLEASE CONTACT THE SOLLAZZO CENTER OR STEVE CASTELLANO ([MOEKID33@VERIZON.NET](mailto:MOEKID33@VERIZON.NET)) WITH ANY QUESTIONS.

**1) AGILITY – 5 DOTS**

- HOUR GLASS – BOTH FEET
- FIGURE 8 – RIGHT FOOT ONLY
- FIGURE 8 – LEFT FOOT ONLY
- FIGURE 8 – BOTH FEET & SPIN

**2) AGILITY – LADDER (ONE FOOT, BOTH FEET, SIDE-SIDE)**

**3) PASS TO PARTNER**

**4) STICKHANDLE**

- AGAINST WALL (FOREHAND & BACKHAND)
- THROUGH CONES

**5) CORNER DRILL PASS TO WINGS**

- CORNER TO SLOT AND SHOOT AT GOAL
- CORNER TO BREAKOUT WING

**6) GIVE & GO**

- CORNER TO FACEOFF CIRCLE & SHOOT

**7) MUSICAL PUCKS**

**8) SPRINTS**