



**OPT-IN PROGRAM**

# **Hockey Skills Program**

**RJMHA U8 & U9 PLAYERS**



**REGISTER ONLINE**  
[RICHMONDJETSMHA.COM](http://RICHMONDJETSMHA.COM)

## **Want to take your skating to the next level?**

Our new Jets opt-in winter skills program is designed for dedicated U8/U9 players who want to become more than just an average player and to take their game to new heights. Our winter hockey skills development program is designed to focus on offensive and defensive skills for all players to develop into a more complete player, in a FUN, fast paced and rewarding environment.

Under the direction of our Hockey Program Director **Tim Preston** from **Impact Hockey** and lead instructor **Keenan Scardina**, this 10-week program will be broken into two, 5-week segments.

**The first 5 weeks will be targeted to developing offensive skills:**

- Shooting mechanics
- Scoring situations
- Puck Skills - Evasiveness and deception
- Puck protection and net drives

**The second 5-week phase of the program will target defensive skills:**

- Checking
- Angling
- Gap Control
- Puck battles
- Mobility and transition skating

Both offensive and defensive elements to the game are critical components to a player's continued development and growth.

## **RJMHA U8 & U9 Players**

**Tue Jan 4th to  
Tue Mar 8th**

**Inclusive 10-week program (no drop-ins)**

**3:45pm - 4:45pm &  
4:45pm - 5:45pm**

## **RIC Gardens**

*\*Note - ice times will alternate each week between the U8 & U9 groups*

**Online Registration Opens Thursday Dec 7th at 7:00PM**