



**We challenge players to reach their true potential, one player at a time.**

*Impact Hockey helps players develop skills that will give them confidence in their game.*

**CORE SKILLS**

- Skating —
- Puck Control —
- Shooting —
- Thinking —

- #1 SKATING** is the foundation that we build from. Lay the groundwork today for the demands that the next level will bring.
- #2 PUCK CONTROL** becomes easy after practicing with limited time and space.
- #3 SHOOTING** correctly and quickly will allow players to improve scoring percentage.
- #4 THINKING** the game — learn to anticipate where the play is going to be, instead of reacting to where it is now.



**Impact Hockey** blends dynamic skill drills with small game situations to create an atmosphere that is fun and developmental.

*In school, a student tends to improve test scores through studying.  
Not by simply taking more tests.  
In hockey, a player tends to improve game skills through practicing.  
Not by simply playing more games.*

**INDIVIDUAL ATTENTION**

There will be a maximum of 24 skaters per group, with a **6-to-1** player-to-instructor ratio.

There will be a maximum of four goalies per group, with a **4-to-1** player-to-instructor ratio.

**EXPERT INSTRUCTION**

Impact Instructors are experts at connecting with young players and showing them how to improve their game.

**ON ICE**

Players are separated by ability into small group stations. Each session is broken down into thirds, with a focus on the following core skills:

SKATING	PUCK SKILLS	POND HOCKEY
posture/balance	head up	creativity
full extension	quick hands	competition
full recovery	quick shot	anticipation
turns/transitions	accurate shot	quick transition

**OFF ICE**

Players are separated into stations, with a 20 minute focus on each of the following core skills:

SHOOTING	PUCK SKILLS	SPEED/AGILITY
flex/curve lesson	head up	explosion
grip/hand position	quick hands	balance
eyes-up accuracy	puck protect	flexibility
quick release	pass & receive	core strength

**BUFFALO CIVIC CENTER**

All sessions will be held at the Buffalo Civic Center.

- NHL 200' x 85' Ice Sheet
- Stick Handling Circuit
- Obstacles/rebounders for puck skills
- Shooting Zone
- Record Boards for top scores at each level
- Plyometric Tubes/Benches/Boxes
- Russian Boxes
- Stride Boards
- Speed/Agility Ladders
- Fully Equipped Weight Training Room

Questions? 952.545.PUCK (7825)  
Email: ogie@impacthockeyplayers.com

**REGISTRATION FORM**

Please **circle** which level your son/daughter will play in next hockey season (2010/2011):

BOYS	GIRLS
HS Boys	HS Girls
Bantam	U14
Peewee	U12
Squirt	U10
Mite	U8
	U6

HS Boys—\$545  
HS Girls, Bantam, U14, Peewee, Squirt—\$445  
U10, U12, U8, U6, Mite—\$345

June 14 – July 29, 2009

**PAYMENT**

Total enclosed payment: \_\_\_\_\_

Please make checks payable to **Impact Hockey** and mail to the address below. If you wish to pay with Visa or MasterCard, please fill in card information below.

Credit Card #: \_\_\_\_\_

Exp. Date: \_\_\_\_\_ CVS#: \_\_\_\_\_  
*(CVS# is the last three digits on the back of your card)*

Mail this form along with payment to:  
Impact Hockey  
PO Box 26271  
Minneapolis, MN 55426

or register online at  
**impacthockeytraining.com**