

## Spring 2017 – Shooting

In the **Spring Shooting Program at The RINK**, we are looking to help build confidence in each player's shot through detailed repetition, feedback and game simulated drills. Players can expect to frequently shoot the puck in each session with a specific shooting topic every week. This is a different tempo session as players are here to work on specific shooting mechanics. Game simulated drills will focus on the shooting topic for the day.

### DEVELOPMENT OBJECTIVE:

All sessions have players working on shots they will use in game situations. Each shooting technique will progress throughout the program to continue to challenge players to expand their skills.

Repetition is the key to improving your shot and players often do not get the chance to shoot enough in practices and games. Many of the best players in hockey only shoot the puck 3 or 4 times a game. Our practices are designed to instruct and correct shooting technique while keeping players engaged by providing feedback on their mechanics.

### DAILY STRUCTURE:

#### 1 x 20 Minute Interactive Boardroom session (Cognitive)

*These sessions will take place in our on-site boardroom.*

#### **Session Includes:**

**10 minute interactive discussion** using video to enhance retention of skills

**10 minute** for Journal development, focusing on key topics from the session.

*Players will be responsible to have their journals with them each week for this portion of our program.*

These sessions will focus on the keys to enhancing learning and skill acquisition:

**a) Lecture      b) Reading      c) Audio/Visual      d) Demonstration      e) Discussion**

#### 1 x 50 Minute On Ice Sessions (Associative/Automatic Response)

**LOCATION: The Rink Training Centre** (91 Lawson Crescent).

**COACH/ATHLETE RATIO:** 1:6

**MAXIMUM STUDENTS:** 12

### PROGRAM DATES:

Week of March 27 – June 25 (13 weeks)

All ice times will be 50 minutes with a 20 minute interactive boardroom session included:

Age Group	Day	Boardroom	On-Ice
'08-'09	Friday	5:30 p.m.	6:00 p.m.
'07-'06	Monday	7:30 p.m.	8:00 p.m.
'07-'06	Friday	7:30 p.m.	8:00 p.m.
'05-'03	Monday	8:30 p.m.	9:00 p.m.

**COST: \$572.00/+GST**