

Stockton Colts Skills Development



Tuesday Night Spring Skills

April 7 - June 2, 2015

Sign up First Night on April 7, 2015

Group 1 Mites-PeeWees (2008-2003)

5:45-7:00pm

Group 2 Bantam-Midget (2002-1997)

7:15-8:30pm

Drop in per Session: \$25.00

Full Program: \$180.00

Technique training designed for hockey players of all ability levels. Program includes the following:

- Balance
- Over Speed Drills
- Backward Skating
- Powerful Crossovers
- Powerful Strides
- Agility/Edge Control
- Speed Training
- Puck Control/Handling
- Skating With Pucks
- Explosive Starts & Acceleration
- Resistance Drills
- Lateral Mobility
- Tight Turns/Pivots
- Cross Ice Games



Come Early and Shoot Pucks outside at the Shooting Pads Set up!

Oak Park Ice Arena • 3545 Alvarado Avenue • Stockton • CA