

## Champions Hockey Academy

Hello Adult Hockey League Players,

On behalf of Metro Ice Rink, I will be putting on a Hockey 101 clinic for adults; learning the basic fundamentals and strategies of the game. Lessons will start this Thursday night, April 29th and run for 5 straight Thursdays, ending May 27. Lessons will start at 8:15pm and end at 9:45pm. Cost is \$125 for the 5 weeks. If you cannot make it every night or just wish to participate on certain nights, the cost is \$25 per session. I have been the head instructor at Champions Hockey Academy for 4 years. I've completed 13 years professionally; The last 3 years in Germany and the previous 10 years in North America, with my last being the captain of the Iowa Stars.

Each lesson will focus on:

- 1) 15-20 minutes power-skating including forward and backwards stride, turning, stops and starts, crossovers, pivoting, and all of these with puck control.
- 2) 10 minutes passing including forehand, backhand, one touch, saucer pass, and indirect pass. This will include learning how to receive the puck as well.
- 3) Puck control/stick handling. Different techniques will be taught including learning how to roll your wrist, curl and drag, using your feet, and using different props on the ice (i.e. stick men, stick tubes, and golf balls).
- 4) Shooting and goal scoring with emphasis on wrist shot, backhand shot, catch and release shot, and peanut butter shot. Goal scoring will include what shot to use when you are skating and when you are absorbing pressure. Screening and tipping will be covered as well.
- 5) Puck protection. Various techniques on protecting and shielding the puck will be covered.
- 6) Team play. How to defend and how to create offense.

Each day we will concentrate on different areas. On week five, we will review all areas and hopefully those that missed previous lessons can pick it up on that day. I hope that I am not overwhelming you with all of this information; I think it can be a great experience if you would like to learn a little more knowledge of the game. I will not be there to give you orders but to give you the drills and techniques while you will work at your own pace. I look forward to your participation. Feel free to call or e-mail me and I can answer your questions.

#757-621-1922 E-mail [martywilford3@hotmail.com](mailto:martywilford3@hotmail.com)

Thanks so much,  
Marty Wilford