



THE
HOCKEY
- C - L - U - B -
ELITE TRAINING CENTER



2013 Players

2v2

- **Mondays** 5:30 or 6:30

- Starts September 30th and finishes March 9th

- 20 games total

- Includes Jersey's, Water Bottle, Trophy, Refs, Score Keeping & Music!

At The Hockey Club - Elite Training Center

40 Engelhard Dr. Aurora

- 6 players per team

\$400 + HST per participant

To Register email info@thehockeyclub.ca

Or call 905-503-8447

Message from Hockey Canada.

Scaling the playing surface to the size and speed of young players increases skill development and enjoyment of the game by increasing puck touches, shots per player, shot on goal, completed pass, saves and time on ice.

Increase player engagement:

- Puck touches per player: 2x greater
- Shots per player: 6x greater
- Shot on goal per minute: 2.75x greater
- Pass receptions: 5x greater
- Pass attempts: 2x greater
- Puck battles: 2x greater

Acceleration increased by 10%

8U skating acceleration speeds increased as the ice surface size was reduced. Average skating acceleration speeds were 10% faster in small ice hockey compared to full ice hockey

What Does it Mean?

Effective skating, especially at higher levels, is a combination of turns, pivots, starts and transitions. It's said that the NHL's No 1 skill isn't top speed, it's the ability to change speeds and accelerate quickly.

Cross Ice hockey trains players to skate the game, rather than simply skating fast in straight lines. It provides more acceleration, more agility, and more engagement. It also doubles players' puck handling opportunities

This league is designed to increase passion for the game!

- To be great at something... first you must love it. -