

S.S.K. HOCKEY **INSTRUCTION**

With Doug Poirier

SKILLS and DRILLS 2024

@ Temagami Arena

18 Hours on Ice Instruction (12 Sessions)

4 to 9yrs MONDAYS: October 14th to December 30th, 2024

6:00 to 7:30pm

10 to 16yrs THURSDAYS: October 17th to December 31st, 2024

5:30 to 7:00pm

Skating - Shooting - Passing

Balance, power, weight distribution, stance, edge control (turning, stopping, transition),
speed, puck control, passing, and shooting.

\$7.00 per session or pre-pay \$75.00 for all 12 sessions

Contact: **Doug Poirier**

sskhockey08@mail.com or call/text 647-449-5167