

# BUDS 4 HOCKEY

Basic Understanding & Development Skills for Hockey

## July Clinics

**FRITZ DIETL ICE RINK - Mites & Squirts**

**Wednesdays, July 7<sup>th</sup> – 28<sup>th</sup> 6 - 7pm**

**Saturdays, July 10<sup>th</sup> – 31<sup>st</sup> 10 - 11am**

**Go online to purchase & reserve your spot.**

- ✓ **Power skating drills**
- ✓ **Increasing speed with puck**
- ✓ **Puck movement drills**
- ✓ **Stick-handling and shooting**
- ✓ **Cross-Ice Scrimmaging**

Goalie training is available through our partner *Active Goalies*.

Please contact [activegoalies@gmail.com](mailto:activegoalies@gmail.com).

**All packages can be used at Palisades Center Rink.**

**Full equipment required**

**2021 waiver must be signed for both arenas**

**PRIVATE LESSONS AVAILABLE**

**[BruceFowler@Optonline.net](mailto:BruceFowler@Optonline.net) 845-406-5235**