

OMHA Coaching Day

Skating / Goaltending



Join us for practical, hands-on, coaching clinics created by Hockey Canada and the Ontario Minor Hockey Association.

Hosted by Mount Brydges Minor Hockey

Skating

Efficient and effective skating is the foundation for all other hockey skills. Skating ability is directly related to puck control, shooting, and checking, and improving a player's skating ability works towards improving all aspects of his/her game and greatly enhance their enjoyment of the game. Curriculum includes: Balance & Agility; Edge Control; Striding; Backward Skating; Turning & Crossovers

Goaltending

Goaltending is a specialized position that minor hockey coaches often find challenging to lead and teach. Learn the foundation of technical skills including skating, stance, moving, positioning, save selection and puck control. Along with the technical aspect of goaltending, coaches will be introduced to practice utilization, communication and specific drills related to goaltending.

Details:

Date:	Saturday, November 3, 2018
Location:	Caradoc Comm Centre & Tri Township Arena
Cost:	\$80

Itinerary:

Time:	Module
9:00	Registration
9:15	Skating, off ice
11:00	Skating, on ice
12:20	Break
1:00	Goaltending, on ice
3:00	Goaltending, on ice
4:50	Wrap up

To Register:

<https://ehockey.hockeycanada.ca/ehockey/ClinicDetail.aspx?cid=126164>

Clinic Contact: Andrew Gartly, (519) 521-2193

<mailto:andrew.gartly@vipond.ca>

For more information on OMHA development programs contact: kinghockey@execulink.com

For information on OMHA coach development:

<http://www.omha.net/page/show/884931-coaches>



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