



Prep School Elite **Summer Hockey Skill Development** **8 - Week Session** **By Coach Recommendation Only**

The Stone Bros. Hockey 8-week Progressive Skill Development Program is designed to strengthen skills needed to excel at the Div 1 High School level. Each daily session will provide a balanced routine of training and latest on-ice skill development techniques to allow for position specific advancement. SBH provides training for every position on the ice for individual skill and team skill play.

All Stone Bros. Hockey instructors have played college hockey in NESCAC, ECAC or NCAA; some at the professional level. More importantly, each is certified to the SBH system of skills training and has made the transition to professional instructors. We train skaters from youth to high school to Juniors and College bound players.

Location & Dates

Bolton Ice Palace

July 12, 19, 26
August 2, 9, 16, 23 & 30

Land: 6:00 – 7:00PM
1 hour per week

Ice: 7:30 – 9:00PM
1.5 hours per week

Cost:
\$325 per player
Jersey Included

Registration Deadline:
June 20, 2009

Contact:
Kevin Stone
(603) 566-2919
kevin@stonebroshockey.com
Paul Stone
(860) 233-2314
paul@stonebroshockey.com

Curriculum – Prep Varsity Level

SBH is careful to only allow Div I Prep level players to these sessions. This is a crucial element as many of the drills require similar skill levels which will aid in player progress.

***** To be accepted into this program, you must have your coach contact any of the SBH contacts listed and recommend you to the program. *****

On-Ice

- 1st focus – edge balance, posture, hand and hip positioning to create stride power and speed. Specific edge training for each position.
- Focus on a high tempo, high pace session, every session
- High Tempo flow through each zone
- Over-speed training
- Forwards position specific training – wing and centers, including face-offs
- High level defense training – skating, passing, evasion techniques, recovery
- Defensive coverage, while forwards are trained on how to combat the coverage
- Shooting – 1-timers (forwards and backwards), deflections, snap/slap with proper edge position
- 1 on 1 Battle Training – puck protection, making space
- Forward, Defense & Neutral Zone concepts – offense and defense
- Advanced puck handling
- Advanced passing – pass to space, drop and block, soft chip and break, etc...
- Goalies – ready-stance, passing, puck play, communication, while reinforcing mobility, balance, angles

Land Training

- Dynamic warm-up techniques
- Plyometric Training for strength, speed and agility
- All training is hockey specific by certified trainers (non-ice staff)



Instructors



Kevin Stone – Defense

- 11 yrs. Elite Level Skills Instruction
- Suffield Academy
- Assumption College

Paul Stone – Offense

- 8 yrs. Elite Level Skills Instruction
- New Hampshire College
- Current CT High School Asst. Coach

Russ Stone – Offense

- 3 yrs. Elite Level Skills Instruction
- Avon Old Farms
- Connecticut College

Scott Zygulski – Defense

- 8 yrs. Elite Level Skills Instruction
- Culver Academy
- Boston College
- Red Wings Draft Pick

Jared Waimon - Goaltending

- Div. I Sacred Heart University
- Trinity College Goalie Coach 2008
- Connecticut Crease Co-Owner & Goalie Coach

Bill Stone – Offense

- 5 yrs. Elite Level Skills Instruction
- Suffield Academy
- University of Lowell

Derek Wahl – Offense

- 3 yrs. Elite Level Skills Instruction
- Worcester State College
- AHL Linesman, IIHL Linesman
- ECAC Referee



Stone Bros Hockey
www.stonebroshockey.com
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