



# Mite & Squirt Summer Hockey Skill Development 8 - Week Session

The Stone Bros. Hockey 8-week Progressive Skill Development Program is designed to strengthen basic skills needed to excel at the fast-paced game of Hockey. Each daily session will provide a balanced routine of age appropriate training and latest on-ice skill development techniques to allow for a solid foundation to progress comfortably to the next level.

Stone Bros. Hockey philosophy is based on the belief that all great hockey players begin as strong, fundamental skaters. Players must demonstrate the most basic mechanics of skating before progressing to the next level of adding power, speed, and puck control.

## Location & Dates

## Curriculum – Mite & Squirt Age Groups

### Bolton Ice Palace

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

6:00 – 7:30pm  
1.5 hours per week

**Cost:**  
\$250 per player  
Jersey Included

**Registration Deadline:**  
June 20, 2009

**Contact:**  
Paul Stone  
(860) 233-2314  
Kevin Stone  
(603) 566-2919

### Edge/Balance and Acceleration

**Building a solid foundation focuses on proper mechanics to help players find success and fun in the game. These include:**

- Balance and posture – knee bend and body position for agility and mobility
- Leg Drive and Leg Recovery to develop powerful strides
- Weight shift and crossovers
- Forward and backward skating to develop speed
- Hockey specific maneuvers with and without puck
- Goalie specific training; angles, position, stance with shooters

### Stick handling, Passing and Shooting

**This development process takes skills learned from edge/balance and acceleration and combines them with stick handling, passing and shooting. These include:**

- Puck control techniques and puck protection
- Proper passing; giving and receiving techniques to make a better team player
- Age and strength appropriate shooting methods
- Weight shift in shooting
- Stations Training – keeping their short attention span in control while they learn
- Goalie specific training; angles, position, stance with shooters

## 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
- IHL Linesman
- ECAC Referee



Stone Bros Hockey  
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