



Pee-Wee and Bantam 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.

****This curriculum includes 1 hour per week of land training** utilizing techniques to teach players at these age levels how to train safely. Dynamic warm-ups, basic plyometrics and advanced neurometric training are offered.

Location & Dates On-Ice Curriculum – Pee-Wee & Bantam Ages

Bolton Ice Palace

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

**Land: 3:00 – 4:00PM
1 hour per week**

**Ice: 4:30 – 6:00PM
1.5 hours per week**

**Cost:
\$290 per player
Jersey Included**

**Registration Deadline:
June 20, 2009**

**Contact:
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Pee-Wee's

- Powerful cross-over's through turns – keep the edges stuck to the ice
- Hand and hip placement to set up acceleration
- Explosive starts, urgent transition
- More advanced backward skating for defense specific players
- Forward specific skills – puck pick-up on the boards, urgency through the slot, etc.
- Passing and timing drills through all zones
- 3 on 0, 3on 2 concepts
- Flow drills (depending on numbers of players) small space flow at a minimum
- Introduction to over-speed training
- **Checking:** Checking bags are used for safe training and confidence generation
 - Jump training for edge strength and balance
 - Angling for proper body position and safety
 - Leg drive through the check – attack the triangle!
 - Challenge training – hockey is 1 on 1 battles all over the ice
- Shoot to score – look at what the goalie shows you, make the goalie move first, etc.
- Intro to all shot types with proper foot/edge position
- Goalies – learn to focus down-ice, more advanced angling techniques, learn to be part of the play, communication

Bantams

- Much like the Pee-Wee's in skill drill designs for support of mechanics
- High intensity – **get ready for High School!**
- Big focus on a high tempo, high pace session, every session
- Added challenge drills
- High intensity over-speed training
- High level defense training – skating, passing, evasion techniques, etc.
- All types of shots – 1-timers (forwards and backwards), deflections, snap/slap with proper edge position
- Advanced puck handling
- Goalies – passing, puck play, communication, while reinforcing mobility, balance. stance



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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