



MACKENZIE ICE HOCKEY CLUB
U16 Hockey Skills Clinic
1st June - 3rd June 2019 - Lake Tekapo



Time	SAT 1st	SUN 2nd	MON 3rd
6 :00			
:30			
7 :00	7.00 Staff Open Rink	7.00 Staff Open Rink	
:30	7.30 Dynamic Warmup & change Get playing sweater & name sticker	7.15 Dynamic Warmup & change 7.30 Goaltenders only session	7.30 Staff Open Rink 7.45 Dynamic Warmup Change
8 :00	Goaltenders only session	8.00 On-ice Session 3	
:30	8.30 On-ice Session 1	Shooting Skating / Shooting SAGs	8.30 On-ice Session 5
9 :00	Skating / Movement Puck Control Small Area Games (SAGs)		8.30 - 9.00 - X Ice Jamboree Repeat games learnt
:30	10.00	10.00	9.00 - 9.30 - Team 3 v 4 (30mins) 9.30 - 10.30 - Team 1 v 2
10 :00	Alpine Springs and Spa Open for players and parents	Alpine Springs and Spa Open for players and parents	10.30
:30			10.45
11 :00			Wrap up Collect Sweaters
:30			
12 :00	At the new Tennis courts	At Tennis Courts / Community Hall	
:30	12.30 Off-ice Session 1 Agility/ Communication Hand-eye Coordination	12.30 Off Ice Session 3 Postional Play - Off & Defence Tips to help this happen	Alpine Springs and Spa Open for players and parents
13 :00	13.30 Off-ice Session 2 Power / Strength Off-ice Skill Devpt	13.15 BBQ Lunch Coaches, Parents & Players	
:30	14.30	14.00	
14 :00			
:30			
15 :00			
:30	15.30 Dynamic Warmup Change	15.30 Dynamic Warmup Change	
16 :00	16.00 On-ice Session 2	16.00 On-ice Session 4	
:30	Skating / Puck Control Passing / Receiving SAGS	Revision Assess Ind/Group weaknesses and provide drills to suit	
17 :00		17.30	
:30	17.45 Shower and Food	18.00 Goaltenders only session	
18 :00	18.00 Game with MIHC players Adults only - Vistors \$20 / head No Clinic Players	Alpine Springs and Spa Open for players and parents	
:30			
19 :00	19.30		Updated 1/3/19
:30			
20 :00	Alpine Springs and Spa Open for players and parents		
:30			
:30			