

Off Ice Skills Program

Program Mission:

Proper form on key hockey skills will be taught during these sessions. Learning and refining these fundamental skills off the ice will not only give players the guidelines to practice at home or in our gym, but will translate to on ice performance as well.

Highlights:

- Proper technics on various **shooting** styles
- **Fundamental stick handling**
- **Creative stick handling courses**
- **One Touch and Saucer passing**
- **Slideboard Stride work**
- **Grip strength exercises**
- **Upper body mobility**

Exclusive York Devils prices!

5- 1 Hour long sessions (4 player max): \$200 per player

Monday: 2 sessions} 530-630pm / 635-735pm
Friday: 1 session} 6-7pm

Lead instructor: Matt Doyle - YIHC Director - YIA Skills coach - York APC personal trainer - Hockey Fit/Hockey Strong Instructor

Contact Matt- 717 654 7835/ mc.doyle@icloud.com

Guest Instructor: Alex Doyle - EHL Philadelphia Revolution captain - NCAA D3 commit

BECOME A MORE SKILLED PLAYER TODAY!

