

2026 Hockey Clinics

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Under the direction of Kevin Cunningham and Sea Captains players

Sessions will cover the following:

***Skating (All Levels)**

- Edge skating/Footwork
- Keeping shoulders square for better shooting/defending
- Skating forward and backward / crossovers

***Puck Control (All Levels)**

- Stick handling
- Puck Protection
- Passing and receiving

PeeWee-High School

Creating Space/Taking Space Away

- How to create time and space for better play making and shooting
- Basic cycling

***Movement Without The Puck**

- Recognize and move to open ice
- Driving net/Back checking

***Defenseman Focus**

- Gap Control
- Defensive zone coverage with partner
- Stick on puck
- Breakout passing
- Shooting
- Offensive and defensive zone coverage
- Forechecking
- Neutral zone possession, flow and regroup
- Basic situations (2 on 1, 3 on 2)
- Game situations
- Full and small ice games

All ages Mite-High School:

6-7pm : Mite—Pee Wee

\$245/ session

**Combo session 1 and Session 2
\$455.00 (must register for the combo
registration to get the discount)**

**7:10-8:20pm: Bantam—High
School**

\$280/session

**Combo session 1 and Session 2
\$520.00 (must register for the combo
registration to get the discount)**

Session 1: 4/15-6/3*no classes 4/22

Session 2: 6/17-7/29

**Skaters may be regrouped after first week
based on ability level.**

All skaters must have a waiver on file

Full hockey equipment is required

Multi Program/Family discounts

**Registration must be done online at rose-
gardenicearena.com under Youth**

instructional hockey tab

**Sibling discounts with codes Sibling2 for 2
skaters/classes or sibling3 for 3 or more
skaters/classes**

No make-ups, or refunds

**Some payment methods may include a
transaction fee**