

VINEYARD HOCKEY CLINIC

ALL SESSIONS ARE CO-ED

U10 and U12 Summer Clinics

Small Area Game skill development. No standing in lines, learning by playing. Multiple games will be played in small groups. Each game will have a purpose with skill development hidden in each game.

Skill Sessions: 8/3, 8/4, 8/17, 8/18, 8/19, 8/31 and 9/1
U10 – 12:30pm – 1:30pm
U12 – 1:40pm – 2:40pm

3X3 Games: 8/6, 8/20, 9/3
U10 – 1:40pm
U12 – 2:50pm

U14 Summer Clinics

20-30 Minutes of high tempo edge work, acceleration and power skating. The balance of the time will be Small Area Competitive games designed to let the players teach themselves through high energy competitive play.

Skill Sessions: 8/3, 8/4, 8/17, 8/18, 8/19, 8/24*, 8/31, 9/1
2:50pm

3X3 Games: 8/6, 8/20, 8/26*, 9/3
4:00pm

*4:40pm start time

U18 Summer Clinics

20-30 Minutes of high tempo edge work, acceleration and power skating. The balance of the time will be Small Area Competitive games designed to let the players teach themselves through high energy competitive play.

Skill Sessions: 8/3, 8/4, 8/17, 8/18, 8/24*, 8/25**, 8/31, 9/1
4:00pm – 5:00pm

Games – Boys: 8/4, 8/14*, 8/18, 8/25, 9/1
5:00pm – 6:00pm
6:10pm – 7:10pm

*5:50pm

**4:40pm

Games – Girls: 8/6, 8/14*, 8/20, 8/27*, 9/3
5:10pm – 6:10pm

*6:15pm – 7:15pm

** 4:40pm – 5:40pm

Power Skating

U12 and older. High tempo edge work, acceleration and power skating, with and without pucks!

8/5, 8/19 and 9/2
1:40pm – 2:40pm

Goaltender Clinic

U10 and older.

12:30pm – 1:30pm

ALL SESSIONS \$25.00. DROP IN, OR SIGN UP FOR ONE OR MORE SESSIONS. EMAIL GEOGHAN COOGAN TO SIGN UP AT MVYHCOACH@GMAIL.COM. ALL SESSIONS WILL BE DIRECTED BY GEOGHAN WITH GUEST COACHES ON A WEEKLY BASIS.