

**Vancouver Girls Ice Hockey (VGIH)**  
*Weekly Hockey Skills Development, Sport Specific Training & Conditioning*  
*On & Off-Ice Program for FEMALES (aged 9 yrs. thru Adult)*  
**July 22 thru August 13, 2011**

**GENERAL INFO:** We are accepting registration for up to maximum of 20 (minor aged) players & 2 (minor aged) goalies for each session (below) so please pre-register in advance, so our lesson plans can be effective for ALL players of the various age and skill groups! Thank you for your cooperation☺

### **Players (Forward & Defense)**

**Group A: 9-11 yrs.** –*The On-Ice portion of the program(s)* for this group will focus on basic skills development, player technique and form. There will be a significant amount of Skating (including Power Skating), Puck Control, Passing and Shooting fundamentals, as well as individual and small group tactics for this group.

*The Off-Ice portion of the program(s)* will involve hockey specific training. Players will be developing and improving basic functional movements and coordination, flexibility, reading & reacting drills, multi-directional quickness & agility, overall speed, aerobic & anaerobic systems training, and strengthening core stability. In addition, there will be some instruction for warm-up techniques and post practice and game rest & recovery.

**Group B: 12-16 yrs.** *The On-Ice program* for this group will focus on basic to intermediate skills development, player technique and form. There will be a significant amount of Skating (including Power Skating), Puck Control, Passing and Shooting Fundamentals, as well as individual and small group tactics for this group. There will be more advanced skills and drills for those players needing to be challenged (pending individual skill level and experience), for this age category.

*The Off-Ice portion of the program(s)* will involve hockey specific training. Players will be developing and improving functional movements and coordination, flexibility, reading & reacting drills, multi-directional quickness & agility, overall speed, aerobic & anaerobic systems training, and strengthening core stability. In addition, there will be some instruction for warm-up techniques and post practice and game rest & recovery. Some players (pending age & fitness level) may also engage in some basic resistance and/or weight training exercises.

**Group C: 17 yrs. – Adult.** *The On-Ice program* for this group will focus on basic skills development, player technique and form. There will be a significant amount of Skating (including Power Skating), Puck Control, Passing and Shooting Fundamentals, as well as individual and small group tactics for this group. There will be more advanced skills and drills for those players needing to be challenged (pending individual skill level and experience), for this age category.

*The Off-Ice portion of the program(s)* will involve hockey specific training. Players will be developing and improving functional movements and coordination, flexibility, reading & reacting drills, multi-directional quickness & agility, overall speed, aerobic & anaerobic systems training, and strengthening core stability. In addition, there will be some instruction for warm-up techniques and post practice and game rest & recovery. Some players (pending age & fitness level) may also engage in some basic resistance and/or weight training exercises. Some players (pending age & fitness level) may also engage in some resistance and/or weight training exercises, including more advanced drills and techniques.

## Goaltenders

NOTE: Goalies will be grouped according to experience, skill and in some cases age, pending the numbers. The On-Ice & Off-Ice portions of the program will focus on skills, drills and conditioning specific to the position of goaltending. A goalie coach will be on-hand to give sport specific instruction, coaching and feedback, as required, pending number of goalies registered in the On-Ice & Off-Ice program(s). More information is available, upon request.

### **Program #1: On & Off-Ice**

**Cost: \$175 plus HST \*SAVE 10% by registering for all the sessions NOW!...NOTE: 10% Savings deadline: July 23, 2011**

**Weekly Training Sessions- 11 TOTAL:**

**5 On-Ice sessions- 1 session weekly (see schedule)  
6 Off-Ice sessions- 2 sessions weekly (see schedule)**

### **Program #2: On & Off-Ice**

**Cost: \$159 plus HST\*SAVE 10% by registering for all the sessions NOW!...NOTE: 10% Savings deadline: July 23, 2011**

**Weekly Training Sessions- 9 TOTAL:**

**5 On-Ice sessions- 1 session weekly (see schedule)  
4 Off-Ice sessions- 2 sessions weekly (see schedule)**

### **Program #3: Off-Ice ONLY**

**Cost: \$105 \*SAVE 10% by registering for all the sessions NOW!...NOTE: 10% Savings deadline: July 23, 2011**

**Weekly Training Sessions- 6 TOTAL:**

**6 Off-Ice sessions- 2 sessions weekly (see schedule)**

### **Program #4: On-Ice ONLY**

**Cost: \$89 \*SAVE 10% by registering for all the sessions NOW!...NOTE: 10% Savings deadline: July 23, 2011**

**Weekly Training Sessions- 5 TOTAL:**

**5 On-Ice sessions- 1 session weekly (see schedule)**

**\*\*Drop-In Session- On-Ice ONLY\*\***

**Cost: \$20.00 (incl HST) per session (CASH ONLY)  
5 On-Ice Sessions available- see dates & times below**

**\*\*\*Please note that *space is limited for drop-in players*, as first priority will be given to those players who register for the Programs 1 thru 4 (as above), and the spaces remaining for the drop-in players will be issued on a first-come first-served basis each week before each On-Ice session.**

### **Typical On-Ice Session may include:**

- skating & edge control (fwd & bwd)
- quickness, multi-directional movement & reading & reacting
- puck protection & stick handling
- checking/angling- 1 on 1, and 2 on 1's
- passing & small group tactics- offense & defense
- shooting & shot selection
- goaltending Instruction & feedback for goalies
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### **Typical Off-Ice Session may include (\*\*pending age\*\*):**

- Core strength & flexibility
- Foot speed & agility drills/exercises
- Coordination & balance drills/exercises
- Anaerobic & Aerobic training
- Strength, power & plyometrics \*\*pending age\*\*
- Circuit training
- Goalie specific drills for goaltenders



**OFF-ICE Training & Testing Services -provided via Coast Kinetics Inc. in BBY, BC**

**...for more info about Coast Kinetics Inc. see company website at: [www.coastkinetics.com](http://www.coastkinetics.com)**

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|--------------------------------------------------------------------------|-----------------------------------|
| 1) FMS & HOCKEY CANADA TEST COMBO PKG with written report                | <b>\$139.00 plus HST/player</b>   |
| 2) Functional Movement Screen (FMS) Testing including written report     | <b>\$75.00 plus HST/player</b>    |
| 3) Hockey Canada Fitness Testing including written report                | <b>\$75.00 plus HST/player</b>    |
| 4) Sport specific Nutrition, Hydration and Fitness Consultation Services | <b>\$65.00/hr plus HST/player</b> |
| 5) Infrared “DETOX” Sauna Services- 30 Minute sessions                   | <b>\$25.00/session plus HST</b>   |

**Other Hockey Training Products/Services**

***Hockey Player Development Training Diaries:***

- (A) 13 Week Program Blocks (recommend new training diary every 13 weeks- 13 wks \* 4 cycles= 52 weeks)  
**\$25.00 each plus HST**
- (B) 26 Week Program Blocks (recommend new training diary every 26 weeks- 26 wks \* 2 cycles= 52 weeks)  
**\$49.00 each plus HST**
- (C) 52 Week Program Blocks (recommend new training diary every 52 weeks- 52 wks \* 1 cycle= 52 weeks)  
**\$99.00 each plus HST**

***\*\*PLEASE NOTE\*\****

***Any group bookings of 3 players or more players, purchased at the same time for any of the above On-Ice & Off-Ice Products and/or Services (excluding Programs #1 thru #4), include price reductions!!...contact LeAnn O’Bray at (604) 603-5225 for more information and details!! ☺***