

DYNAMIC HOCKEY DEVELOPMENT

Spring Development Program

Program Details

The primary focus of this program is individualized player development. Throughout the first couple of weeks we will prioritize creating a strong skating foundation to ensure that each player is not only able to acquire but execute each skill progression.

Skating Foundation Target Areas:

Flexion (Ankles, Knees & Hips)
Neck & T-Spine Rotation (Separating Upper & Lower)
Proper Weight Shift
Loading/Transferring Weight

Development Sessions:

20 Sessions (April 4th-July 8th)

2-3 Instructors per/session

Goalie Instruction provided by Dave Rathjen (ATC)

Position specific work to be introduced

Small area games at the conclusion of each skate will be centered around the skill(s) worked on throughout the session in order to help players to connect the dots in game situations

Dynamic Hockey Instructors:

Lead Instructor: Kane Lafranchise

(Director of player development - NAX & Player Development Coach with the Sherwood Park Crusaders - AJHL)

Lead Instructor: Brayden Toma

(Shooting Development Coach with Dynamic Hockey)

Lead Instructor: Tyler Palmer

(Head Trainer for the Spruce Grove Saints - AJHL & Director of Off-Ice Development & Defensive Tactics Coach for Dynamic Hockey)

Associate Instructor: Colin Smith

(Player Development Coach for the Spruce Grove Saints - AJHL & Offensive Tactics Coach, Specializing in Forward Development for Dynamic Hockey)

Associate Instructor: Adam Sergerie

(GM of the Sherwood Park Crusaders & Player Development Consultant for Dynamic Hockey and a number of programs in the Edmonton Area.)

Drop In Instructors: Kyle Chipchura, Matt Tassone, Adam Stuart & David Shlemko

All Skates at KC Twin Arenas (5:15-6:15pm Tues/Thu)