



Learn to Play Hockey

Cross-Ice Practicing and Playing

The USA Hockey Cross-Ice instructional program is based on a model of practicing and playing hockey across the ice surface as compared to practicing and playing lengthwise along the full length of the ice surface. This program is designed to be the natural progression from Learn to Skate classes (Hockey 1 - Hockey 6) to the Compuware House League.

The Compuware Learn to Play Hockey program is also a great way to get additional ice time and instruction for those currently playing youth league hockey!



Equipment

Full hockey equipment is required. This includes: helmet, mouth guard, gloves, elbow pads, shin/knee pads, chest pads, cup, socks, pants, hockey skates, and hockey stick.

Program Description

Players of all ages will be evaluated by instructors during the first class and divided into two or three groups based on number of participants, skill level and age. Each class meets once a week and is 50 minutes.

Instructors include players from the Plymouth Whalers (when available) and Compuware Arena Professionals. The role of the instructor is to emphasize skill development-skating, stick handling, passing and shooting-creating a sense for the game in a fun environment.

Every player will receive a jersey, one pass to a Plymouth Whalers regular season home game and two complimentary passes to a Sticks & Pucks public session.



Levels Offered *(see reverse page for Hockey 1-4 level requirements)*

Beginner: Must have completed at least one session of Learn to Skate classes and/or equivalent to Hockey 1.

Intermediate: Must be able to demonstrate forward stride, backward skating and/or equivalent to Hockey 2.

Advanced: Must be able to demonstrate forward & backward crossovers and/or equivalent to Hockey 4 level.

Class Day & Time

Wednesdays 6:10-7:00 pm

Session Dates & Prices

Summer	August 4-25, 2010	4 weeks	\$50
Fall	Sept. 15-Oct. 27, 2010	7 weeks	\$88
Winter I	Nov. 3-Dec. 15, 2010	6 weeks	\$75



To Register for Learn to Play Call:

(734) 453-6400

www.compuwarearena.com

For more information contact

Skating Director, Jennifer Hancock

jenniferh@plymouthwhalers.com



Learn to Play Program

Program Objectives

- To learn the basic skills required to play the game of hockey.
- To develop an understanding of basic teamwork through participation in a variety of activities and adapted game situations.
- To have fun while playing hockey and engaging in physical activity.
- To create and refine basic motor skills.
- To be introduced to the concepts of cooperation and fair play.

Program Benefits

- Group sizes become smaller which means learning and teaching will become more effective.
- Playing on a smaller rink results in increased puck possession time for each player.
- The feeling of being an important part of the action increases because of the size of the rink.
- Hockey sense, or understanding the principals of the game, is being developed at a young age.
- Children who begin their hockey training in this environment have an outstanding hockey experience.

Level Reference *(Written by USA Hockey for the USFS Basic Skills/Learn to Skate Program)*

Hockey 1

Sit on ice & stand up
Proper hockey stance
March forward across the ice
Forward two-foot glide, one time skater's height
Scooter pushes or T-push
Dip or squat
Forward swizzles, 6-8 in a row
Snowplow stop
Backward skating across the width of the ice

Hockey 3

Forward C-Cuts on a circle, right & left
Hockey turns with speed in and out of turn, right & left
Forward slalom
Forward stop and starts
Backward V-Stop
Lateral marching crossovers

Hockey 5 & 6 written by Jennifer Hancock - call for details

Hockey 2

Backward stance
Skating forward using full strides
Forward one foot glides, right & left
Backward hustle, small alternating backward steps/pushes
Backward swizzles, 6-8 in a row
Glide turns, both directions
Moving snowplow stops using both feet

Hockey 4

Forward one foot pushes on a circle, right & left
Forward crossover glides, hold feet in crossed position 2 counts
Forward crossovers, clockwise & counter clockwise
Alternating backward C-Cuts in a line
Backward one foot glide, 1x skater's height, right & left
Mohawks, right to left & left to right
Hockey stop

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The Learning Experience
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Compuware's
Learn to Play
Hockey Program!

