



**Speed**  
**Quickness**  
**Agility**  
**and**  
**MORE**  
**SPEED!**

## **Columbus Hockey Academy**

**Weekly from March 20th to May 25th, 2017**

The Hockey Academy is designed to provide the dedicated hockey player the ability to improve their skills sets throughout the Spring months. The emphasis will be to focus each 90 minute on ice session on developing hockey skill sets: Passing, Shooting, Skating (Edge Control, Speed, Power) and improve these for each individual player. Additionally the Hockey Academy will emphasize overspeed training; the importance of time and space and how to gain both under pressure; utilizing the players body to protect the puck; angling: body contact (non-checking) and checking (2004 and above). Each session will build on the previous and all sessions will be high tempo as a means of building strength and conditioning while becoming a more complete hockey player.

Open to Travel Players only birth years 2000 to 2007. Each skate is \$30. During registration you will be able to select each date you want to skate.

**Head On-Ice Instructor - Greg Austin**

**Birth Years - 2000 to 2007**

**\$30 per skate**

**For More Information & to Register [CLICK HERE](http://www.cvent.com/d/pvq3qj)**

**or copy and paste this link into your browser:**

**<http://www.cvent.com/d/pvq3qj>**