



EXPLOSIVEPOWER.NET *phone / fax* 508 . 792 . 2439 *email* info@john-dillon.com

Applied Skills Spring Clinic

Mondays

(7 Weeks)

May 6th thru June 24th, 2019

(No clinic May 27th)

6:00pm-6:50pm

Birth Years 2009-2003

Full equipment required.

Location: Worcester Buffone Arena

284 Lake Ave, Worcester, MA

Cost is \$350.00

This **Fifty minute (approval needed)** “Applied Skills Clinic” focuses on applying the skating skills learned in the “Int/Adv Clinic” to the game. In the game of hockey, the player is always trying to create time and space. Our Top Coaches who have played high level Hockey including Div. 1 College and pro will teach evasion techniques, protect the puck techniques, back checking techniques, zone entries, regrouping, angling, eagle turns, stopping, spin moves, reverse turns and shooting techniques as it applies to the game of hockey. We will teach where and when to use these techniques on the ice. There will be small games to reinforce the techniques learned each week. We will only allow 24 players. The first 24 approved who send in registration with payment will accepted to be fair to everyone. Each student is encouraged to purchase a notebook and write down what they are learning after each session to improve skill retention.

OUR PHILOSOPHY

It is our mission to improve each student's skating and hockey skills, while having fun at the same time. We want to develop their minds as well as their bodies, to teach students that with hard work and determination, they can achieve their goals and reach their full potential.

We realize that practice does not make perfect but permanent; therefore, we correct our students so they can form proper muscle memory and improve their skating skills by doing the drills and exercises correctly. We don't just run drills but use exercises as well to train and retrain the muscles to improve performance. We recognize each student's needs and customize the clinics by individually pointing out what he or she needs to do to improve. In order to facilitate better learning, we limit enrollment with a low student to teacher ratio (5:1 or better).

JOHN DILLON

In 1997, John Dillon placed 4th Nationally, 4th at Easterns and was the New England Regional Champion in his respective Category as a Competitive Figure Skater. He was the assistant coach for the Holy Cross Women's Hockey Team in 2003. His Figure Skating and Hockey background set him apart. John has apprenticed with Steffany Hanlen (NHL Power Skating coach). He works with many hockey organizations, Division 1 College, Professional and NHL players. John helps players of all levels develop their skating and hockey skills.

EXPLOSIVE POWER SKATING AND HOCKEY SCHOOL 93 Pineland Avenue, Worcester, MA 01604