



Small Group Training

Small Group training is a great way to get your players more 1 on 1 attention and work on the key elements of skating.

Sessions:

Participants: Max 4

Length of Sessions: 30 Minutes

Levels: Squirts- High School

Times and Dates: Please Contact Weezy for availability

Philosophy

The best way to go fast is to first slow down.

In my WSA Skating System we teach each part of a skating maneuver separately. We then combine the parts to create the whole (completed) move. There are dozens of hockey maneuvers. Each maneuver has many parts. For example there are at least 40 parts to the move called, "The Forward Stride". After teaching the parts, we now introduce one other elements, such as the puck. Technique blows up - at least for awhile. The brain must assimilate the added element and transfer this information to the muscles. Now we add another element, such as skating fast with the puck. Technique blows up again. Apply this building block process to all the hockey maneuvers and you'll understand why it takes years to teach and years to master hockey skating.

The process:

- Learn first to execute a maneuver correctly.
- Then correctly and powerfully.
- Then correctly, powerfully, quickly.
- Then correctly, powerfully, quickly with the puck.

Costs:

Packages	1 Session	5 Sessions	8 sessions
Costs	\$50.00	\$200.00	\$250.00

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