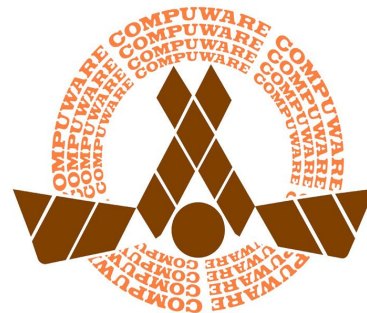


Compuware

Learn to Play Hockey



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 & 2 levels) to the Compuware House League. Participants must have some prior skating class experience.

Are you already playing hockey?

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!

Program Description

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

Instructors include Compuware Skating Professionals and Compuware AAA Tier 1 & 2 Hockey Coaches. Our Program is also fortunate to have additional assistance from current players in the Compuware AAA Tier 1 Hockey teams and the Plymouth Whalers OHL team (when available). Instructors will emphasize skill development-skating, stick handling, passing and shooting-creating a sense for the game in a FUN environment.

Every player will receive a limited edition COMPUWARE Hockey jersey and two complimentary passes to a Sticks & Pucks public session.

Equipment

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

Priority Registration

Because our LTP program fills quickly, priority will be given to: 1) participants currently enrolled in the LTP or LTS programs, 2) players or siblings of players in the Compuware Youth Hockey, AAA, Tier 1, Tier 2 or Alumni, then 3) new enrollments.

All participants must register for USA Hockey online at www.usahockey.com. This is a \$35 yearly membership fee (\$5 goes to MAHA) and must be completed prior to LTP registration.

Class Day & Time

Wednesdays 6:10-7:00 pm

Session Dates & Prices

Winter II	1/4 – 2/29	<i>(no 1/25)</i>	8 wks	\$104
Spring I	3/7 – 5/2	<i>(no 4/11)</i>	8 wks	\$104
Spring II	5/9 – 6/13		6 wks	\$78



Register Online for Learn to Play

www.compuwarearena.com

(734) 453-6400

**For more information contact
Skating Director, Jennifer DeJohn
jenniferd@plymouthwhalers.com**



Compuware 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

Beginner: This group includes a structured lesson plan with written evaluations that provide a strong foundation of skating know-how and confidence building. Skills include proper stance, marching, t-pushes, two-foot glide, forward swizzles, snowplow stop and backward skating. Players will be introduced to the puck once skating basics have been completed.

Intermediate: This group includes a structured lesson plan with written evaluations and the introduction of new skills such as moving snowplow stop, forward one-foot glides, forward stride, turning, backward swizzles and lateral marching crossovers. From this solid base, the fundamental skills of skating, puck handling, passing and shooting can be properly taught.

Advanced: This group includes a structured lesson plan with written evaluations and the introduction of new skills such as forward crossovers on a circle, inside and outside edges, tight turns with speed, stops and starts, backward c-cuts, mohawk turns, stationary and moving puck handling, open ice carry, forehand and backhand passing & receiving, use of feet to control puck and stopping with the puck.

Groups will work through several FUNDamental skills stations each week!

Register Online for Learn to Play Hockey

www.compuwarearena.com

(734) 453-6400

For more information contact

Skating Director, Jennifer DeJohn

jenniferd@plymouthwhalers.com

