

## **RJs 2 DAY EXTREME OVERSPEED SKILL SPECIFIC SMALL GROUP CLINICS**



### **Focused & Determined Players Only!**

The Wolf Pack program is expanding into full travel hockey. This growth is going to give NWHL and NIHL players a great opportunity to become impact players where they may not have been in the past. The challenge and expectations for both levels will be much greater than in the past. To get the most out of your hockey experience you need to work with greater focus and purpose than the competition.

These 2 day a week sessions are geared to prepare passionate players off and on ice to better compete now and in the future.

Each session with review *perfect* execution of all essential Sumo skating fundamentals, and then will apply them to featured skills each week. Week 1 and week 2 will be skating, stick skills/moves and shooting mechanics.

Example:

#### Day 1

- Meet at 5:30 for pre ice mental and physical prep meeting. Stretching, strength, stick work, imagery. SUMO-Fully warmed up before going on ice.
- Run on ice 6:40 to 8:00-quick warm up
- Video
- Skating Component Sumo Review (posture, fore/back mechanics, crossover-under, acceleration...add pucks-overspeed)
- Stick Skills Grids-10 Moves-Add speed 5 ft rule- 1 on 1
- Shooting to Score Progressive Mechanics- See list
- After skate- Review Video

#### Day 2

- Meet @ 3:00 prepare as above
- On ice @ 4:15 to 5:30-Quick warm up
- Skating Component Review-Add Overspeed-Pucks
- Review moves...1 on 1s
- Shooting from various positions and degrees of difficulty
- Small area game purpose and performance-play without puck

Levels- **Pee Wee & Bantam players**

Times: all Mondays are on ice 6:40 to 8:00 PM Wed

Dates—

Program # 232128 (A,B,C,D,E,F)

Session 1-A-June **21 & 23**

Session 2-B June **28 & 30**

Session 3-C July **5 & 7**

Session 4-D July **12 & 14**

Session 5-E August **2 & 4**

Session 6-F August **9 & 11**

Price- \$50.00 per each 2 day session

Maximum 18 players

## **Keys Areas We Will Be Working On Throughout the Summer**

For example, below are listed some of the key areas that prevent efficient and maximum skating ability, areas that the Sumo system focuses on correcting.

- **Poor knee bend and posture**
- **Poor understanding and use of edges and weight distribution**
- **Strides do not start with full weight on driving leg and under the body**
- **Unfinished leg extension due to poor knee bend**
- **Unfinished extension creates a hitch resulting in no final toe snap push**
- **Hitch results in slow, and high return to next stride**
- **Bobbing up and down eliminates power and speed**
- **Inability to lock inside and outside edges (we use edge marking) loses thrust off acceleration and crossover/unders**
- **Incorrect arm swing**
- **Foot position for proper backward strides**
- **Tremendous compromise once a puck is on the stick**

**Stick handling-** Take perfect skating posture, hand position and stick fit to improve stick quickness, dexterity, and effective time creating moves to be much more effective in all puck related areas. 1 on 1 moves to success

**Passing and Shooting to score-** Systematically learn the proper posture, arm lever motion, head position, weight distribution on inside and outside feet and in stride for wrist shot, snap shot, slap shot and backhand efficiency, accuracy and better production. Drastically increase stick/puck conversion and shot release coming from passes in 6 degrees of angle difficulty and in motion.

**Checking-** Sadly...This skill is very under taught, if taught properly at all. In being trained by one of Canada's premier coaches I learned that there is a specific 20 plus step by step system that enables all sizes of players a better ability to handle the rigors of body contact, without the fear that particularly ends many young players career prematurely. A combination of using the Sumo skating system with a number of foot, arm, stick and angle tactics enables all sizes of players to compete on a safer and more level playing field.

**Small Game Training-** Play with and without puck, body position, give and go etc

Sessions to be run by Randy Jordan-Please call (847 285 5501) or e mail [rjordan@heparks.org](mailto:rjordan@heparks.org) for a more in depth description of the progressive plan.

**Assistant Manager Ice Operations/Hockey Director**  
**- USA Hockey Master Level Coach- 2007 AHAI Coach of the Year**

### **REMEMBER:**

**It takes 10,000 perfect repetitions to make something a conscious habit,  
100,000 to become an automatic response**

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