

REGISTER AT: www.thetruehockeyprogram.ca

2023 MARCH BREAK - SHOOTING PROGRAM - \$369.95 + HST.

- **8 x 1 Hour Shooting Sessions - 5 x 1 Hour ON-ICE Sessions supported by 3 OFF-ICE Sessions.**
- **MARCH 13, 14, 15, 16, 17, 2023.**
- **HRM 4 Pad Center, Bedford, NS**

INCLUDES:

- **12 SHOOTERS ONLY PER ON-ICE SESSION - 3 SHOOTERS PER INSTRUCTOR.**
- **5 x 1 Hour ON-ICE Sessions supported by 3 OFF-ICE Sessions.**
 - **The 3 OFF-ICE Sessions to be scheduled individually & separately from the ON-ICE Sessions.**
- **OFFICIAL INSTRUCTIONAL VIDEOS.**
- **OFFICIAL INSTRUCTIONAL BOOKLET**
- **OFFICIAL H-Puck.**

A) NEW & RETURNING STUDENTS - U7 to U18 Shooting Program Times:

1. 9 AM TIME SLOT
2. 10 AM TIME SLOT
3. 11 AM TIME SLOT

Player will develop a powerful explosive wrist shot & snap shot through their Hockey Stance.

Backhand will be introduced.

Introduction to Key Hand and Foot Placement for stronger control.

The hockey player will now understand 'Time & Space' and the feeling of truly shooting the puck to SCORE!

B) ADVANCED RETURNING STUDENTS - Intense aggressive game like shooting for the real scoring experience!

1. 12 NOON TIME SLOT
 - 6 Players only – Specific to the DEFENSE POSITION
 - 6 Players only – Specific to the FORWARD POSITION

C) RETURNING STUDENTS - THE 'DANGEROUS' BACKHAND

Add a new dimension to your arsenal with the dangerous backhand!

1. 1 PM TIME SLOT
 - 12 Players only.

PROGRAM INSTRUCTORS:

- Greg Gravel - Program Director and Shooting/Scoring Specialist
- Donald MacLean – NHL/KHL/AHL - Pro Shooting Specialist.
- Richard Ujvary - Hockey Development Specialist - Amateur & Pro
- Mike Almond - Hockey Development Specialist - Female Hockey
- Robert MacLean - Minor Hockey Development Specialist.