

20 Players Max \$80

8:00am - 8:30am *(Off Ice)* 9:00am - 10:15am *(On Ice)* 

## HYPER D ACADEMY

IGLOO ICE RINK 3033 Fostertown Road Mount Laurel, NJ 08054

March 10, 2024
March 17, 2024
March 24, 2024
March 31, 2024
April 7, 2024
April 14, 2024
April 21, 2024
April 28, 2024
May 5, 2024
May 12, 2024
May 19, 2024
May 26, 2024
June 2, 2024
June 9, 2024
June 16, 2024

## **PROGRAM CONCEPTS**

- Proper Skating Posture To Maintain A Proper Stride & Posture
- Developing "Ownership Of Your Area" For A Dman
- Confidence With The Puck On Exits & Reloads
- Utilizing The Offensive Zone Blue Line
- Proper Puck Management
- Line Rush For: Activating Up Ice
- Line Rush Against: Defending Off The Rush
- Angling
- Contain Contact Compete
- Winning Net Front Battles

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