

<p style="text-align: center;">4. OPTIMAL DEFENSEMEN CAMP – 1 DAY Tuesday, April 1st</p>
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1.5 hours of specialized skating, passing, shooting and checking relating to the individual offensive and defensive skills of playing defence. Specialized instruction will also include offensive and defensive tactics and team play such as 1 vs. 1's, 2 vs. 1's, 3 vs. 2's, confined area play, Breakouts and an emphasis on teaching offensive skills.

Limited enrolment to ensure high quality instruction. Males & Females Ages 9 - 14

Head On-Ice Instructor: Billy Keane

<u>SESSION</u>	<u>AGES</u>	<u>DATE</u>	<u>TIMES</u>
1	9 - 14	Tuesday	2:10pm – 3:40pm

COST: \$39.00 (G.S.T. exempt) Full Equipment Required.