



BODY CONTACT PRIVATE CLASSES

CLASSES

- ★ 1 hour long
- ★ Max. 4 players per class
- ★ For ages 10 and up

FEATURES

Step #1 – Positioning and Angling

- The first step in teaching Checking is to learn how to control skating and establish position to approach the opponent from an angle minimizing time and space for the opponent.

Step #2 – Stick Checks

- The second step is to effectively use the stick, poke checking and sweep checking, lifting and locking the opponent's stick.

Step #3 – Body Contact

- The third step is to use the body to block the opponent's way or take away the skating lanes of another player. The correct stance and effective use of leg strength are important parts of these techniques.

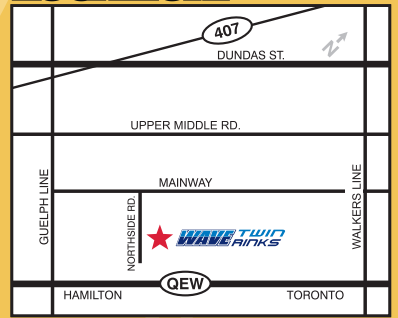
Step #4 – Body Checking

- The fourth and final step is actual body checking. This step includes teaching techniques to check and receive a body check as well as safety and rules.

**SAFE,
EDUCATIONAL,
PROFESSIONAL
INSTRUCTION**



LOCATION:



1179 NORTHSIDE RD, BURLINGTON, ON L7M 1H5

PRICING

+HST (2011-12 Prices)

Single Classes: **\$125** / 4 Players

Book 4 Classes: **\$400** / 4 Players



More information available online at
WWW.WAVEHOCKEY.CA

To book your sessions, please contact us at
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