

O'Neil Hockey Skills and Drills

O'Neil Hockey offers weekly high intensity skill development sessions for mite through U18 and adult players. During each drop in session, players are grouped by age and ability to meet individual needs.

O'Neil Hockey Skills and Drills sessions are \$35 per session. Instructional concepts include:

- Power skating techniques
- Stride mechanics
- Inside and outside edge control
- Quick starts and stops
- Stick handling
- Passing and shooting mechanics
- Body contact
- Game awareness
- Cross-Ice rewards



Interested? Please contact
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Join us on Facebook!

With over 30 years of coaching, playing, and refereeing experience, Coach Mike and his staff of USA Hockey instructors will help you bring your skills to the next level.