

The EHD Checking and Battle Clinic is a 4 week program covering a wide range of checking skills and concepts including:

Body Checking Technique

Gap Control

Lateral Mobility

Angling/Mid Ice Engagement

Skating/Edge Control

Denying Passing Lanes

 Reading Pressure Points

 Supporting Your Partner

 Net Front Play

Initiating Body Contact

Receiving Body Contact

Awareness and Respect

Small Area Battle Drills

 And Many More Tricks of the Trade!

Body contact is a key part of this fast and physical game. To be able to perform at the highest level of your ability, it is crucial to be able to give and receive body contact, while reducing the risk of injury.

We look forward to improving each player’s confidence and abilities when giving and receiving body contact!

This camp is open to players born in 2005, 2004 and 2003

Cost: $125.00

Tuesday Nights April 4,11,18,25

6:30pm-7:20pm

24 Player Maximum

Call 603-775-7423 to enroll!