



**S4 SKILL Development**

**SKATING | SHOOTING | SCORING | STICK HANDLING**

**EXPLOSIVE Speed for Hockey**

**ELITE POWERSKATING & SKILLS CAMP**

**Powerskating & Skills Series 1**

**Sunday October 28, 2018 – Kinsmen Arena A**

**By: Serdachny Power Skating & Hockey**

<b>Group</b>	<b>Birth Year</b>	<b>Time</b>
Session 1	2010/2011	10:45am to 11:45am
Session 2	2009	12:00pm to 1:00pm
Session 3	2007/2008	1:15pm to 2:15pm
Session 4	2006/2005/2004	2:30pm to 3:30pm

**S4 SKILLS**

This program & initiative is provided free of charge to all players & coaches. This program was created and developed by Steve Serdachny founder of the Stollery Family Day classic and the SE Blades Skating club. It is made possible by the generous support of the Stollery Family Day Classic tournament. This special Hockey Edmonton event is dedicated to promoting active, healthy kids who care and play the greatest game in the world. It supports the world class Stollery Childrens hospital and promotes kids staying active through the game of hockey. Special thanks to our partners that help make this happen. ATB Financial, Murray's Trucking, B-Wright, Dolce Vita homes, D'Amores Mercato, South Edmonton Blades Skating Club, Hockey Edmonton, Serdachny Powerskating & Hockey. S4 Skills is the ultimate program for players wanting to elevate their game and skills! This specialized program has been specifically developed for our players to learn and develop skills for success. S4 Skills is specifically designed to give serious players the competitive edge they need for ultimate skating and hockey performance. Players will train with purpose with the S4 Skills hockey specific skating and skills instruction.

**BECOME QUICKER STONGER FASTER!**



SERDACHNY POWERSKATING & HOCKEY will be providing this unique and dynamic skating and skill development program. The program focuses upon Skating and Elite hockey skill development. This program teaches and emphasizes proper technique, form, speed and skill as they apply to the game of hockey. All camps will provide and implement a positive and productive learning environment for the students to gain maximum benefits.

Too many times skills are taught by demonstrating the end result. When students fall short of achieving them they do not know why. There are basic building blocks to learning all skills. With better understanding and clear knowledgeable instruction, they are able to accelerate their learning and develop their skills to a new plateau.

Serdachny Powerskating & Hockey is player centered for maximum learning potential. The system will demonstrate excellent technique but will not stop there. It teaches students of all skill levels to break down their skating, stick handling, passing and shooting into crucial components. The students are shown how to strengthen weak areas, so they can continue to grow and develop their skills and move onto more advanced abilities. The overall program has been designed to stretch and develop the ability of the player. This is a program for serious hockey players and is not a learn to skate program.

All sessions will be high tempo but allow each player to be challenged and develop at their own individual pace. The program will not only improve the student's skills but equip them with the tools for MAXIMUM PERFORMANCE ON ICE.

### **ELEVATE YOUR SKATING**

This high intensity hockey specific skating and advanced hockey skill development program will help you achieve the maximum performance you need for excellence on ice.

- Advanced skating technique training
- Increased Mobility, Speed and Quickness
- Maximum skating efficiency/Lengthening your stride
- High velocity turns and pivots
- Explosive Starts
- Agility & lateral mobility
- Puck Speed Explosive Speed Development
- Skating Dexterity
- Advanced Individual hockey fundamentals and skill development



Featuring:

- Specialized skating instruction for hockey
- Positive and productive learning environment
- Excellent experienced instruction

S4 instructors have a very high commitment to excellence. They expect the best from their players and are dedicated to providing the best developmental experience for every athlete. Our program is designed to take players to another level of learning, to inspire and instruct them to their best performances ever.

**SPACE LIMITED/ALL APPLICANTS WILL BE SCEENED FOR ELIGIBILITY/PARTICIPANTS MUST HAVE BASIC SKILLS IN PLACE, THIS IS NOT A LEARN TO SKATE PROGRAM!**