

★ ★ ★ ★ ★ ALL AMERICAN ★ ★ ★ ★ ★

DRYLAND HOCKEY TRAINING

65 Post Office Park, Wilbraham, MA 01095 • (413) 596-0089 • DrylandHockey.com

This program is designed to develop stick handling skills, shooting, endurance and hand to eye coordination for ice hockey players. This training is perfect for both beginners and experienced players. Our coaches will lead you through a series of drills that are targeted to help improve on-ice performance and improve your game. Classes run in eight week sessions. Classes are run as a group, but you will get plenty of one-on-one with our experienced coaches.

What You Need

Hockey Stick

Ice hockey or Floor Hockey Stick is fine. We will be going outside if weather permits and using sticks on pavement, so make sure to protect those blades.

Gloves

This is not required, but a good idea to simulate on-ice play.

Sneakers

Something comfortable that you can move around in.

Water Bottle

Hydration is key!

Helmet with Cage or Eye Protection (Optional)

FOR MORE INFORMATION VISIT
DrylandHockey.com



Synthetic Ice Training Area

Our large area of synthetic ice is the next best thing to real ice.

Classes Start September 8th

Kids Ages 3 - 6

Saturdays 3:00 - 3:45pm

Kids Ages 7 - 12

Wednesdays 7:30 - 8:30pm

Ages 13+

Saturdays 4:00 - 5:00pm

Adult Ages 30+

Wednesdays 8:30 - 9:30pm

SKATEABLE CLASSES ON SYNTHETIC ICE COMING SOON!
CONTACT US FOR MORE INFO



 SIGN UP

