



ROGERS EDGE 18 Week Total Skills!

Rogers Edge Total Skills is coming for 18 weeks to Bridgewater! These sessions are geared towards the highly motivated hockey player looking to better their all around skill.

Two hour workouts will be focused on stick handling, passing, shooting with the main focus being skating. It isn't a well kept secret that most of the best player in the game happen to be the best skaters. Given this fact we choose to emphasize this area of instruction to maximize a players ability and help each reach their full potential. 1st hour will be skating and total skills with battle/ checking progression. 2nd hour will be full ice or cross ice scrimmage 3v3 4v4 5v5 with how to apply concepts learned in the 1st hour including corrections.

Dates & Time: Apr 27th - Aug 24th 7pm - 9pm

Target age and ability range: 05-08 birth year

Skater Cost: \$995

Goalie Cost: \$600

38 Skaters Max

4 Goalies Max

About Matt Rogers:

Matt Rogers, is a former 6 year professional player and the former skating and skills coach of the Buffalo Sabers organization. He has over 10 years of experience working with players at every level from Mites to the NHL. That experience includes ice hockey camps, clinics, treadmill training and coaching. Matt is proud to work with a number of elite and AAA programs all across the U.S. and Canada.

Please contact Matt directly for information and to reserve your player's spot.

matt@rogersedge.com

<http://www.rogersedge.com/>