



NMHA SHOOTING AND SCORING OFF ICE TRAINING



Nanaimo MHA is excited to offer, for the first time, an off-ice shooting and scoring program for our players this Spring and Summer.

We will focus on the technique of the different shots and be sure to touch on wrist, snap, slap and backhand shots during the program. We will also work on different scoring scenarios, shooting from angles, through and around obstacles and shooting in motion as some examples.

Sessions will be led by our Director of Hockey, Matt Hughes along with other guest instructors at each session. This is a great opportunity for players to work on their shot in a pressure free environment and ask for tips on anything they want to work on.

Nanaimo MHA 2023-24 Registered Players only, click on link beside sessions to register.

Session 1 Fridays April 5, 12, 19, 26 Price \$40 <https://go.teamsnap.com/forms/416134>

Group 1 2012-2015 born players 3:15-4:00pm NIC 1 30 spaces available

Group 2 2009-2011 born players 4:00-4:45pm NIC 1 30 spaces available

Session 2 Fridays May 3, 17, 24, 31 Price \$40 <https://go.teamsnap.com/forms/416136>

Group 1 2012-2015 born players 3:15-4:00pm NIC 1 30 spaces available

Group 2 2009-2011 born players 4:00-4:45pm NIC 1 30 spaces available

Session 3 Fridays June 7, 14, 21, 28 Price \$40 <https://go.teamsnap.com/forms/416137>

Group 1 2012-2015 born players 3:15-4:00pm NIC 1 30 spaces available

Group 2 2009-2011 born players 4:00-4:45pm NIC 1 30 spaces available

Any questions can be directed to Matt Hughes.

Matt Hughes

Director of Hockey Operation-NMHA

nmhahockeyops@gmail.com