




Term:	September 2 – December 14
Dates/Times:	3x / week
Age Group:	6-17 years old (groups will be split at the sessions according to age/skill)
Location:	Canadian International School, 7 Jurong West Street 41, 649414
Term Cost:	SGD250 (includes 2 year SIHA membership)
Sign-up:	Join the WhatsApp Group  (payment/registration link will be sent later)
Contact:	Jesse Sacha, Director Player Development: 9752-9322

In line with the Ice Dragons X-Training Initiative, we are pleased to build on the recent success kicking off Roller Hockey @ OTH and take it another step further. Starting in September we will move from OTH to the Canadian International School in Jurong and bring an **Ice Dragons Skillz Program** to our members. Format will be station based and skills focused using the same roller gear. Let's hone our hockey skills and prepare for the day we can all get back on the ice!

ROLLER HOCKEY vs. ICE HOCKEY

Roller (inline) hockey and ice hockey are very similar with a few distinct differences in the rules and the equipment. With roller hockey, the game is mostly played on smaller surfaces, and is played four on four instead of the traditional five on five. There is no hitting in roller hockey nor is there icing, or an offside rule. This opens the game up, requiring players to be more patient when carrying the puck, creative when moving the puck and forcing those without the puck to be in better support positions. The benefits are immense for our young players, boosting the confidence to carry the puck and keep their heads up. This is something we will tap into and set a goal for all to be great stickhandlers with the silkiest mitts in SE Asia!

The equipment used when playing inline hockey is also slightly different from ice hockey. Elbow pads, shin guards, gloves, and helmets used in ice hockey stay the same, however, a girdle and roller pants are used instead of the typical ice hockey pant & sock combo. Also, the skates are of course different. Typical inline roller hockey skates don't naturally have the rocker like an ice hockey skate. Also, the surface that is played on makes it challenging to stop like you would in ice hockey. This means that the way to skate is slightly different and transitioning between ice and roller will take a slight adjustment each time. For our youngest players, learning how to stop on ice should be worked on and not come naturally if they only do inline hockey. We highly suggest public skating as much as possible. That said, we will still be able to get in the right 'hockey position' and this will translate nicely when we focus on proper shooting technique.

BENEFITS

Roller Hockey is an excellent way to cross train for ice hockey. In fact, many top players like McDavid & Bedard play roller hockey in the off season and say that this was a great way for them to improve their ice hockey game. One of the biggest differences, in a good way, is that roller hockey requires you to "slow the game down" and set-up the play by keeping possession of the puck. This boosts your confidence with the puck and significantly improves your hockey IQ and creativity. Roller hockey is also an affordable alternative to hockey, allows for off-season training at home and helps develop and improve stickhandling and passing skills. There is a heavy emphasis on patience and puck possession which means that it instils creativity and builds confidence in hockey players of all ages. Finally, and most importantly, it's a twist on hockey that is fun!

EQUIPMENT NEEDED

