



*BUNDAMBA INLINE HOCKEY CLUB Inc.*



## **BEGINNER'S HOCKEY**

Beginner's training is 5:30-6:30 pm on Monday night. Doors are open at 5:00 pm to enable players to get ready so training starts on time. We usually recommend players do 6 weeks of training where they will learn basic hockey and skating skills. Training is concentrated on skating and puck handling.

We also recommend players who may have trouble with basic skating skills, eg – stopping and backwards skating to consider doing the Saturday morning Learn to Skate Star Classes. This has been a great help to many of our best hockey players.

We run beginners training approximately from the start to end of the school year with the standard school holiday breaks.

All that is needed to learn is a bike helmet for protection. We supply the hockey stick and puck. Training is open to all ages from 7 years through to adult.