



# Flyers Skate Zone Coaching Seminar

Instructed by Pennsauken Hockey Director Bob Anderson  
Team Comcast 96s Head Coach, Level 5 USA Hockey Coach  
Coaching and Player Development Instructor  
with USA Hockey Inline for over 15 years.  
Coaching Ice Hockey since 1986 with experience at all levels of play.

**Clinic is FREE and open to all Skate Zone, volunteer coaches and parents wishing to become coaches. The clinic will consist of a 2 hour On-Ice session and a 2 hour Classroom session.**

**Date:** November 27, 2009

**Location:** Pennsauken Flyers Skate Zone

9:00am – 11:00am On-ice

11:00am – 12:00pm Lunch Break

12:00pm – 2:00pm Class room

## **The on-ice portion will consist of hockey fundamentals:**

Forward and Backward Skating Stride, Stopping and Starting  
Pivots/Transitions, Balance and Edge work, Power turning and Crossover turning, Stick  
handling, Passing & Receiving, Shooting, offensive and defensive zone positioning.

All coaches are encouraged to participate on the ice.

*(Skates, Helmet, Gloves & Stick are required.)*

## **Off-Ice classroom will cover the following topics.**

Role of the Player, Role of the Parent, Role of the Coach,  
Leadership Styles, Communication, Discipline, Risk Management  
Player development, Practice Planning and Bench management.

***\*This does not take the place of USA Hockey Coaching Clinics  
This is strictly an effort to have our coaches learn how to teach the fundamentals on a  
consistent basis throughout all the Skate Zones.\****

Anyone interested in attending, must register by contacting  
Bob Anderson by phone 856-488-9300 x122  
or e-mail [banderson@comcast-spectacor.com](mailto:banderson@comcast-spectacor.com)

