



Hockey Academy @Newington Arena

Private Lessons

With Ben Adams
Hockey Director
Newington Arena
860-665-7825

Developmental Topics Covered

And anything each individual requests

Forward and Defensemen

- Skating
- Shooting
- Passing
- Positioning
- Checking
- Conditioning
- Strength

Goaltending

- Angles
- Positioning
- Mechanics
- Conditioning
- Movement
- Balance
- Strength

1 HOUR DURING OPEN HOCKEY \$40.00

10 HOUR PACK FOR \$300.00

No ice fee for open hockey during lesson.