**Defense Skills - Week 25th – 29th with Derek DiMuzio**

Hi Everyone,

Derek MiMuzio is putting on a weeklong Defenseman clinic July 25-29th. The clinic will take place at the PASA Center – Rink 2. Players will be on ice from 10-11am or 11-12pm depending on the athlete’s age. There are currently 3 spots left in the younger and older age groups. The cost of the clinic is $250.00.

DEFENSE FIRST is a unique station-based hockey program (for boys and girls) to focus on the specific skills that are required to play Defense in hockey. This program is designed to increase knowledge and skill development through drills, power skating, daily educational videos via email, and on ice instruction.

On ice skills areas that will be taught include:

* Power skating specifically for Defense – Major Daily Focus on Skating/pivoting/C-Cuts/ Backwards Crossovers/Transition skating
* Defensive zone positioning and Net play
* Difference between pressure and contain
* Reading the offensive rush
* How to play even and odd man rushes
* Escapes and techniques to read offensive fore-check (e.g. D to D, Reverse, etc.)
* Neutral Zone and Play in the offensive zone – Hinge habits and skating techniques
* The benefits of taking a pass properly
* Shooting habits – how to catch a pass and using the right shot in a situation
* Lane manipulation, creating offense at the offensive blueline
* Breakout Habits and techniques
* Thinking offensively, and how to create offense from the Defense
* Scanning the ice techniques

Other off ice areas of focus include:

* Daily homework and emails with teaching clips and ideas
* On demand learning for athletes -goal setting and daily mental prep
* Strength exercises

The program is overseen by current Sarnia Legionnaires Head Coach Derek DiMuzio. Derek has coached at every level (from U7 to the Ontario Hockey League). He has also helped develop many Defensemen that went on to play in the OHL, NCAA, minor pro and the NHL.

If you are interested, please email Derek at baddimuzio@hotmail.com or text him at 519-330-0877.