

Rich Vrataric



This program will cover all basic fundamentals including bumping, body contact, pinning, angling and how to properly protect yourself while playing the game.



This program will progress to focus on skating with the puck while resistance and pressure is applied to the player to mimic very specific game-like situations.



This training will be offered to younger age groups as well in order to help players understand the importance of puck possession required to play the game.

