

Requirements

Skaters should have passed Learn to Skate in **Step 1: Beginners**. To ensure skaters are familiar with skating in hockey skates/equipment, it is suggested to enroll them in **Step 2: Introduction to Ice Sports - Pre Hockey**. Participants should be able to fully function by themselves on the ice in hockey skates and pads, fall down and get up on their own, push off with both feet, take a full stride and have some stopping and backward skating ability before getting into FUNDamentals. If you're not sure if your child is ready for Bruins FUNDamentals, be sure to talk to your Learn to Skate instructor, your local FUNDamentals coach or call the FMC Ice Sports hockey department at 1-888-74-SKATE.



4 - 8
Years

Level 1

Level 2

Level 3

9 - 12
Years

Level 4;
Late Starters

Level 1

This class is designed for participants just out of a Learn to Skate and/or Pre Hockey program. We will take them from their first hockey experience to a point where they can begin learning FUNDamental hockey-specific skills. While players are on the ice in full equipment, the primary focus will be on further developing and strengthening their skating skills in a fun atmosphere.

Key Objectives: Introduce proper stance • Improve balance and agility
Enhance starting, stopping, gliding and striding skills • Forward, backward and lateral skating/movement • Introduce basic puck handling

Level 2

In this class, participants will begin learning key hockey-specific skills that are needed before game play is introduced. Players will further develop their skating ability, as puck control, shooting and passing are introduced at this level.

Key Objectives: Teach forehand and backhand passing • Introduce edge control, cross-overs and pivoting
Teach forward and backward hockey starts and stops • Develop skating and puck carrying skills
Introduce basic shooting and scoring

Level 3

Once a skater has developed a strong skating base and learned the basic skills needed to participate in the sport of hockey, it is time to introduce them to the game. Level 3 is geared towards teaching the basic knowledge and rules of hockey, along with developing teamwork; important skills needed to enter into an organized hockey program.

Key Objectives: Introduce basic positioning • Develop a fundamental understanding of the rules
Learn basic teamwork and strategy • Understanding offensive and defensive concepts • Exposure to the various positions on the ice

Level 4: Late Starters

This program is specifically targeted for skaters aged 9-12 who are new to the sport of ice hockey. Participants will go through the progression of skill development in a program that is tailored to their abilities in a group setting. Skills that will be addressed are puck handling, passing and shooting, as well as the strengthening of skating ability. This program can be taken for multiple consecutive sessions in order to get a player prepared to enter organized youth hockey.

Package Deals

Package One



Jersey
\$20 Value

Register for one course and receive a FREE Bruins FUNDamentals Jersey

Package Two



Jersey & Stick
\$35 Value

Register for **two** courses and receive a FREE Bruins FUNDamentals Jersey and a FREE Bruins Hockey Stick.

**Save \$10,
Register
online**

Whats Next

Bruins FUNDamentals Cross-Ice Hockey

The next step in becoming a future Bruin! Cross-Ice Hockey is designed to integrate the skills learned in Bruins FUNDamentals and apply them in real game situations designed for beginners. The smaller playing area will help develop their level of creativity, skills and increase the number of puck touches for each participant as well as establishing a positive environment for kids to play hockey. Check our website for locations and dates offered.



Pure Hockey Special

1-877-8SKATES

Pure Hockey

www.purehockey.com

STARTER PACKAGE



Bruins FUNDamentals participants can take advantage of a special offer from Pure Hockey! Purchase a starter package for only \$159 (\$239 value) that includes all your gear, hockey stick and skates. Packages are available at all Pure Hockey locations and available online at www.purehockey.com

*Shipping not included. While supplies last. Some restrictions may apply. Offered through Pure Hockey.