

MINNESOTA HOCKEY DISTRICT 11 CHECKING, BODY CONTACT & GOALIE CLINICS
SUNDAY, SEPTEMBER 27 @ ASPIRUS ST. LUKE'S SPORTS & EVENT CENTER

Objective:

1. To prepare players for body contact and checking (depending on the level) for the upcoming season to help them play more confidently, keep them healthy and keep them receiving unnecessary penalties and/or suspensions.
2. To educate coaches on drills, philosophies and mindset that will help them to continue to cultivate the skill of body contact and checking in a way that will help their players become better hockey players, stay safe and injury free throughout the season, and hopefully avoid unnecessary penalties or suspensions.
3. To prepare goalies for the upcoming season and to give them fundamental skills that they can work on daily with or without coaches.
4. To educate and prepare coaches with basic and fundamental drills for their goalies. Goalie coaches cannot consistently be at training. The goal is to give the "regular" coaches some drills and philosophical ideas to help better develop their goalies on a daily basis.

Register via "HERE" links highlighted below for each level or visit www.minnesotahockeydistrict11.com and click the "Programs" tab and select the proper level clinic.

Clinic Staff:

Lead: Chris Lonke

Chris is a MN/USA Hockey Coaching Instructor, who regularly runs Checking and Contact Clinics and Sessions for MN and USA Hockey. He is also the Director of the MN/WI/MI/ND NIT tournament each Spring. A two-time MN HS Coach of the Year, He currently is one of the lead scouts for the Minot Minotauros of the NAHL and has scouted for Sioux Falls and Cedar Rapids in the USHL.

Goalie Instructor: Cory Lonke

Cory is currently the Goalie Coach for The MN Wilderness, The College of St. Scholastica and Rosemount HS. Cory, former St. Scholastica Saint, has a long resume of coaching, including stops with New Prague HS, Minot, Chippewa Falls and Austin of the NAHL and Minnesota State- Mankato of the CCHA.

Assistants:

Terry Dunbar, Current Advisor for CrossCheck Hockey and Assistant Coach with UW- Superior. Terry was an assistant coach for Minot and Chippewa Falls and after a career at Marian University, Terry had an exceptional pro career in the SPHL and ECHL.

Dave Reyelts, Current Director of Player Development for D11 and scout for the St. Cloud Norseman and former Assistant Coach for St. Scholastica, Duluth Central HS and Proctor HS.

The Plan:

1 hour session for **Squirt/10U** and **Coaches**. The coaching session will focus on good techniques for angling, body contact, puck battles and puck protection. It will include drills that can be repeated in practice by the association coaches to help cultivate the skills introduced in the session. September 27 @ 9:00-10:00 AM. Register [HERE](#).

1 hour session for **PeeWee/15U/12U** and **Coaches**. The coaching session will focus on good techniques for angling, body contact, puck battles and puck protection. It will include drills that can be repeated in practice by the association coaches to help cultivate the skills introduced in the session. September 27 @ 10:15-11:15 AM. Register [HERE](#).

1 hour session for **Bantams** and **Coaches**. This session will focus on body contact and angling as well as puck battles and protection. However, this session will also include a focus on giving and receiving checks safely, effectively and cleanly. It will include drills that can be repeated in practice by the association coaches to help cultivate the skills introduced in the session. September 27 @ 2:30-3:30 PM. Register [HERE](#).

1 hour session for **Goalies** of all ages and **Coaches**. This session will focus on giving them fundamental skills that they can work on daily with or without coaches with a focus on skating, controlled movements, rebound control and puck tracking. The drills and ideas presented will be beneficial and easy for coaches to implement on a regular basis. September 27 @ 1:15-2:15 PM. Register [HERE](#).

1 hour off ice Coaches session. Presentation and discussion of drills, mindset, focus for upcoming season. Opportunities for coaches to ask questions and discuss hockey things amongst themselves. This will include food and beverages. Aspirus St. Luke's Sports & Event Center Community Room, September 27 @ 11:30-12:30 PM.

The Cost: \$25 per player (skater or goalie)

The key to this working well not only on this day, but also to ensure these drills are being used throughout the season to improve the skills taught... is for each Association to encourage/strongly recommend that their coaches at these levels attend the sessions.