

Learn to Play Hockey

With the Utah Junior Grizzlies

Sponsored by COTTONWOOD HEIGHTS
PARKS & RECREATION



Beginning Fundamentals of Hockey

Learn to Play is tailored to teach the basics of hockey to our newest players. Our overall goal is to introduce each player to the game of hockey in a positive and fun learning environment for all.

The curriculum of this program will be formatted after recommendations from the USA Hockey Association, but under the direction and instruction of the Utah Jr. Grizzlies. The fundamentals focused on are power skating, agility, stick handling, passing, and shooting. This program prepares those players for recreational or competitive play.

Learn to play is a progressive program and participants are encouraged to attend each session; each session focusing on a different skill set and may not be repeated at any other time during the session.

The first session starts on October 2, 2021, at 12:45 pm. There are six lessons per session and there will be a total of three sessions during the 2021/2022 season. The dates for all three sessions are shown below.

LTP Session #1	LTP Session #2	LTP Session #3
12:45-1:45pm	12:45-1:45pm	12:45-1:45pm
10/2/2021	1/8/2022	3/5/2022
10/9/2021	1/22/2022	3/12/2022
10/16/2021	1/29/2022	3/19/2022
10/23/2021	2/5/2022	3/26/2022
10/30/2021	2/12/2022	4/2/2022
11/6/2021	2/19/2022	4/9/2022

Learn to play is designed for participants with prior skating experience, that have an interest in learning to play hockey and are within the **ages of 4 to 14**.

Participants must have passed Learn to Skate (LTS) Level 2 (or equivalent) prior to joining the LTP program.

Full equipment is required but is not provided. Used equipment may be available through the KORTH REBELS FOUNDATION, which plans to be outside the rink on September 18, 2021, from 5 pm for an equipment exchange. Contact Don Korth at (801) 450-3614 or krfhockey@gmail.com for details on equipment availability.

Registration for Session #1 will open in early September and will be available on the Utah Junior Grizzlies website at: <https://www.utahjuniorgrizzlies.com/>