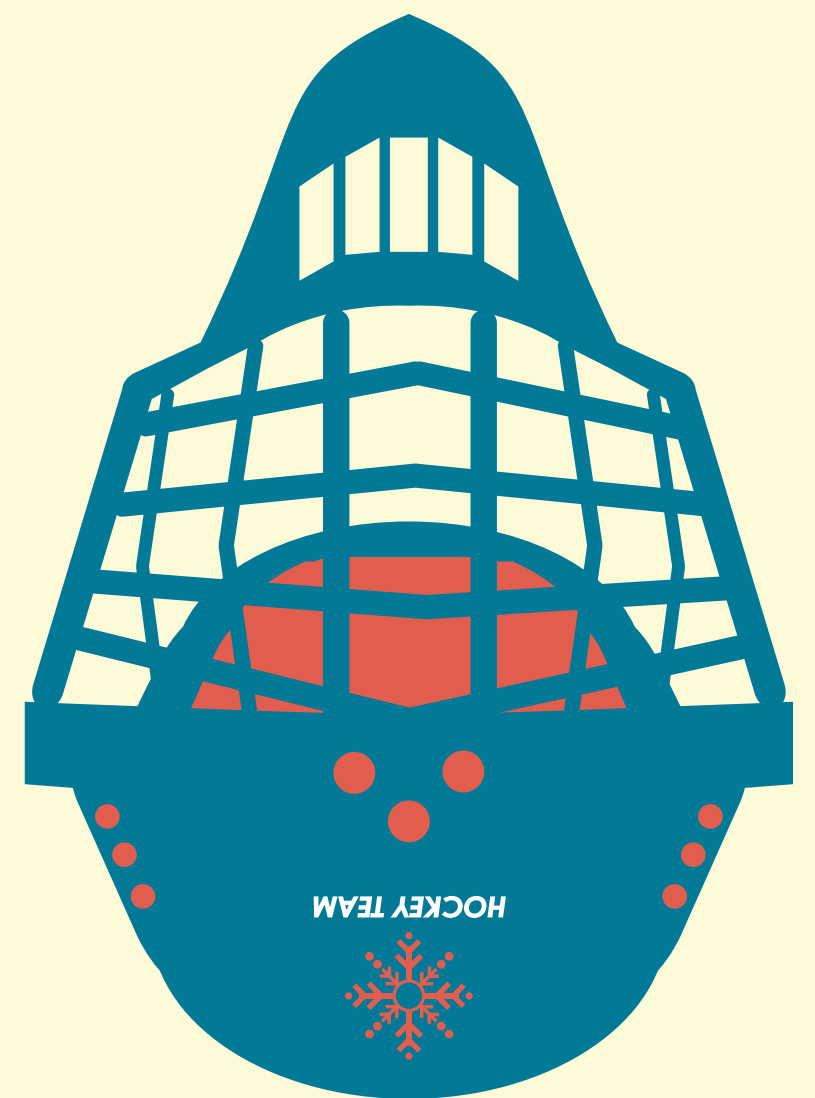
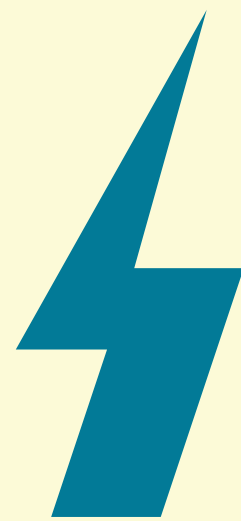


# WMH PD DAY SESSIONS

## U9 TO U18



**WMH PLAYER DEVELOPMENT COMMITTEE IS BRINGING TO WMH  
PD DAY SESSIONS HOSTED BY  
MCN SPORTS ADVISING & SKILL DEVELOPMENT.**

**DATE: FRIDAY, OCTOBER 6TH, 2023**

**DATE: THURSDAY, NOVEMBER 9TH, 2023**

**DATE: WEDNESDAY, JANUARY 31ST, 2024**

**DATE: FRIDAY, FEBRUARY 9TH, 2024**

**1 HOUR ICE SESSION PER DAY**

**COST IS \$25.00 A SESSION OR \$80.00 FOR ALL 4**

**REGISTER TODAY:**

**[HTTPS://WWW.WHITECOURTMINORHOCKEY.COM/CONTENT/REGISTRATIONS](https://www.whitecourtminorhockey.com/content/registrations)**

**GROUPS WILL BE DETERMINED BY COACHES, VP AND PLAYER DEVELOPMENT  
COMMITTEE. SESSION DETAILS, TIMES AND INFORMATION WILL BE EMAILED OUT  
BEFORE THE SESSION DATE.**

**MCN FOCUSES ON KEY COMPONENTS IN EACH ATTRIBUTE, EDUCATING AND  
DEVELOPING PLAYERS.**

**SHOOTING - WRIST SHOTS, CROSS BODY, PUNCH OUT AND MANY MORE METHODS  
PUCK CONTROL - PRECISION PUCK PLACEMENT, ANGLING, PROTECTION, CREATIVE ATTACKS  
PASSING - HARD CRISP PASSING RECEIVING, SAUCE PASSING TIPS  
SKATING - EDGE CONTROL, CROSSOVER, PIVOTS AND EXPLOSIVE MOVEMENTS**