



Hello Raiders Families,

Raiders Hockey Club is pleased to pass along the following fun, easy to follow and FREE, Hockey 101 online course for kids and parents. It is completely optional, but it would be particularly useful for new-to-hockey players, or players moving from U9 to U11.

Hockey 101 can help get your player ready for playing organized hockey. Players can take the lesson by themselves or with their parents. Your player will:

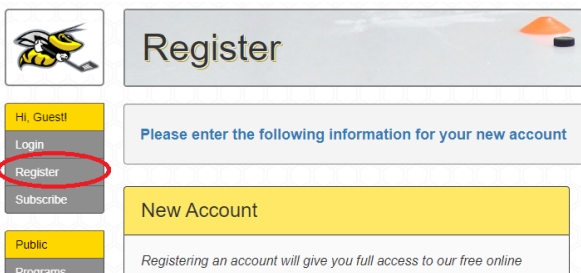
- Learn about commonly used hockey terms and rules such as offside, icing, and penalties.
- Explore hockey culture and things they can do to make sure they have a fun season, regardless of whether they win or lose.
- Learn the basics of hockey positioning, tactics, and strategy.
- Watch skills videos on how to improve their skating, puck control, passing, and shooting.

The lessons are designed with kids in mind and include animations, quizzes, and just-for-fun content. We hope you enjoy this resource!

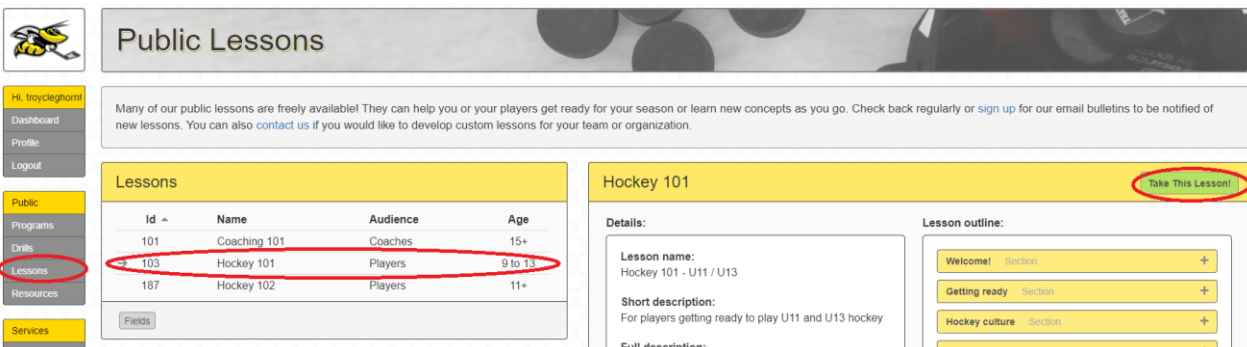
To gain access to the course, you simply need to register with a valid email address and create a password.

Link: [Home | Hockey.bz](http://Home | Hockey.bz)

Step 1: Register, in the upper left



Step 2: Login, Go to Lessons, choose 'Hockey 101' then click, 'Take this Lesson!'



Enjoy!

Raiders Development Committee

