

Paul Willett

Owner and Director

Paul Willett has coached or trained several thousand players in his nineteen years of coaching hockey and operating hockey clinics. A USA Hockey Master Coach, Paul is a professional hockey clinician who has gained a reputation as one of the top skating and skill development teachers in the Upper Midwest. He has operated clinics and served as a consultant for some of the most respected hockey programs in Minnesota. Paul is proud to have had dozens former players and students advance their careers to the junior, college, professional and/or Olympic ranks.

Paul is a speaker at coaching clinics and seminars throughout the U.S. on the topics of skating, skill development, small-area games and coaching philosophy, and had addressed nearly 10,000 coaches to date. His book, *The Hockey Coach's Guide to Small-Area Games*, has been utilized as a training tool by numerous coaches, teams and associations across North America and Europe. A second drill book, *Small Area Games for Hockey*, was released in 2006. These training manuals are currently being translated by the Russian Hockey Federation for use with their players and coaches.

Paul currently serves as the Head Girls Hockey coach at Albert Lea High School in Albert Lea, MN. He served as the interim head coach of the Minnesota State University women and spent several years as the Head Boys' Hockey coach at Mound-Westonka High School in Mound, MN. Paul has served as the Vice President and President Elect of the Minnesota Hockey Coaches Association as well as being a coach and evaluator for Minnesota Hockey in the Advanced 15, 16 and 17 programs for the past decade.



Program Features

We are pleased to offer the committed hockey player an opportunity to improve this summer. Our Skills Training Program concentrates on the skill areas of the game and improving each player's mastery of these skills by training with quality repetitions under the watchful eye of caring, professional instructors.

This program is for the serious hockey player who wants to improve. One of the main goals of our Skills Training Program is to provide training that will help players to improve during our time together while giving them the tools needed to continue their improvement throughout the calendar year.

Our programs are run in a fun, competitive environment that promotes learning. We strive to help all of our skaters reach their maximum potential.

On-Ice Features:

- Power Skating Instruction
- Over-Speed and Resistance Training
- Aggressive Agility Drills
- Multiple-Skill Drills
- Small-Area Games
- Puck Protection and Passing Skills
- Body Contact and Checking Instruction
- Offensive Concepts and Skills
- Defensive Concepts and Skills
- Shooting Skills and Drills

Off-Ice Features:

- Creative Puckhandling Drills
- Shooting Instruction
- Hockey-Specific Speed and Agility Training
- Quick Feet and Explosive Movement
- Core Strength Development
- Puck Skills and Puckhandling Drills
- Cutting-Edge Training Tools
- Overall Athleticism

**2011
SKILLS
TRAINING
PROGRAM**

**SQUIRTS
PEE WEE/U12
BANTAM
HIGH SCHOOL**



**ALBERT LEA
CITY ARENA**

JUNE 20-23

JULY 11-14

JULY 25-28

2011 Albert Lea Skills Training Program Schedule & Information

30 HOURS OF TRAINING!

June 20 - July 28, 2011 - Albert Lea City Arena

- Training will focus on developing individual skills
- Special emphasis placed on skating, passing and puckhandling, and shooting skills.
- Off-ice training will focus on puckhandling skills, shooting skills, and creating hockey-specific athleticism in each athlete.
- Training dates are staggered to maximize player development and fit busy family schedules.

Fee: 3 weeks - \$295

- 30 hours of training time
- 18 hours on-ice and 12 hours off-ice
- Maximum of 30 skaters in any weekly session

All on-ice and off-ice sessions will be lead by Paul Willett. Guest instructors will include current and former college players.

2011 Summer Schedule

Squirt/Pee Wee-U12 9:00 AM - Noon
Bantam/High School 12:15PM - 3:00 PM

2011 Skills Training Program Dates

Monday, June 20-Thursday, June 23, 2011

Monday, July 11-Thursday, July 14, 2011

Monday, July 25-Thursday, July 28, 2011

Register now!
**Registrations accepted on a
first-come, first-served basis.**
Only 30 skaters per group!

Registration Information

Please take time to read through the following registration information. Contact Paul Willett via phone or email if you have any questions.



Program Cost:

Group 1 (Squirt/Pee Wee-U12) \$295
A maximum of 30 skaters will be accepted

Group 2 (Bantam/Sophomore Boys/H.S. Girls) \$295
A maximum of 30 skaters will be accepted

*Goaltenders \$175
A maximum of 4 goaltenders will be accepted in each group

Registration Fees and Deadlines:

Each application must be accompanied by either full payment or a minimum (non-refundable) deposit of \$150. Credit card payments are billed in full.

Final payment is due no later than May 15, 2010. If payment arrangements need to be made, please do not hesitate to contact Paul Willett. We are happy to work with you.

Registrations will be accepted until the start of the program, however all spots will be filled on a first-come, first-served basis, so we would encourage you to register early.

Registration confirmations will be emailed within 48 hours of the receipt of your registration. Please include a current email address with your registration. Thank you!

To register and pay via credit card, please visit
www.paulwillett.com

Contact Info

Mail registration form and payment to:
Paul Willett
1709 Sunset St.
Albert Lea, MN 56007

Phone: 763-226-8429
E-mail: paul@paulwillett.com

Register Online: www.paulwillett.com

2011 Summer Training Program Registration

Please select the group your child will participate in:

- Group 1 - Squirt/Pee Wee-U12
 Group 2 - Bantam/High School Girls/Sophomore Boys

Student Name: _____

Date of Birth: _____

Address: _____

City: _____ Zip: _____

2010-2011 (This Year) Team: _____

2011-2012 (Next Year) Level of Play: _____

Name of Parent/Guardian: _____

Home Phone: _____

Work Phone: _____

Email Address: _____

The sport of hockey, skating and dryland activities have inherent physical risks that may result in serious injury. I knowingly and freely accept all risks. Medical and personal insurance is the responsibility of the participants. By submitting this registration form, I hereby give my consent for my child to participate in Paul Willett International Hockey Training hockey programs. I further agree that I will not hold Paul Willett International Hockey Training, its employees or affiliates responsible or liable for any accidents, injury or loss, however caused, during attendance at one of the Paul Willett International Hockey Training clinics. This also serves as my written permission to have my child admitted and attended to for medical treatment in case of sickness or injury.

Parent Signature: _____