





**PD DAY** Wíth Todd Bídner

**\$25 per player & \$15 for goalies** (includes insurance & HST)

## Friday, October 8, 2021

Alvinston, ON Brooke Alvinston Inwood Community Centre – 9-10am U8-U11 (born 2014, 2013, 2012, 2011) 10-11am U12-U15 (born 2010, 2009, 2008, 2007)

Forest, ON Lambton Shores Community Complex – 1-2pm U8-U11 (born 2014, 2013, 2012, 2011) 2-3pm U12-U15 (born 2010, 2009, 2008, 2007)

## FOCUS ON:

Wrist Shots
Snap Shots
Slap Shots
Backhand Shots
Proper shooting mechanics
How to shoot the puck hard
Accuracy when shooting
Skating & edgework

## Todd Bidner's Bio

BSc(Hons) Sport Science/20years pro

-National hockey League (NHL)

-American hockey league (AHL)

-British Hockey League & European leagues

-Detroit Red Wings Alumni

-30 years hockey school instructor

- Head Coach Lambton Shores Predators

Asst. Coach OHL (London Knights 2006-07)
Head Coach, SPHL (Fayetteville 2012)

- Head Coach Senior A Petrolia Squires (2011, 2012)