

PD 2016...

ATOM SESSION

"Ultimate Hockey Skills" With Justyn Martin

Program Information

- Power Skating
 - Quick Starts
 - Emphasis on the first three strides
 - Straight Forward Skating
 - Emphasis on a full length, power stride
 - Reloading the leg underneath the body, push at maximum leg strength, finish with full extension.
 - Creating Efficiencies for Maximum Skating Potential
- Edge Work
 - Balance
 - Maintaining speed through tight turns
 - Taking / giving a hit
 - Shooting
 - Ensuring the student is shifting their weight properly on their skate blades through the turn, while taking / receiving physical contact and shooting.
- Shooting
 - Basic Technique of Multiple Shot Types
 - Quick Release
 - Shooting in Full Stride
 - Weight transfer through the shot to ensure maximum power derived from the legs, not the arms.
 - Proper stick and puck placements
- Stickhandling
 - Top hand dominate stick handling
 - Puck control out of tight situations
 - Making a move at top speed
 - Protecting the puck through body position
- Unique Props
 - Props are exclusive to the UHS training program
 - Custom built to help challenge student in a unique and fun way
 - Developed for player progression by replicating game situations
- Pace of Training
 - Constant flow of drills to keep the trainees practicing their newly developing skills
 - Parallel 'shift-like' game situations with high intensity interval training
- Able to Demonstrate Drills at Top Speed
 - Trainer is able to set the benchmark example of drill speed and technique

Dates and Times

Mondays 7:30pm - 8:30pm

January 11, 25, February 8, 22 March 7

Cost - \$125.00



BMHA Player

Development has set a course to deliver new and innovative options for individual and team training.

New Program:



Contact info:

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