



## Two 30' SHOOTING LANES

- Biomechanics and Breakdown of Techniques
- Increase Power, Enhance Accuracy & Efficiency
- Quicker Releases (Pass & Shot)
- Shooting in Stride
- Wrist, Snap, Slap, Backhand & One Timer Shots



## SKATING TREADMILL PROGRAM

- Lengthen Stride/Extension, 45 Degree Stride Angle
- Utilize Glide Skate Balance & Efficiency
- Quicker Recovery - 20% FASTER, 20% LESS Effort
- Upper & Lower Body Mechanics with hip utilization
- Skate Blade/Foot Pressure Points, Gears of Skating
- Forwards, Backwards, Pivots & Cross-Overs
- Stick Handling/Passing/Shooting in Stride

# Complex-Potent Hockey Training



skating  
shooting  
stick handling  
skills

## SYNTHETIC ICE MINI RINK

### Passing, Stick Handling & Small Area Drills

- Body, Hands & Head Mechanics,
- Stick/Blade Positions
- Give & Receive Passes Comfortably & Confidentially
- Improve Puck Control & Puck Protection Skills
- Quicker Release of Passes & Shots (Forehand, Backhand & In Stride)
- Develop Creative Puck Handling Skills & Abilities
- Enhance Puck Transitions (Forehand to Backhand)
- Utilize Skate to Stick techniques

# 120 – 6851 Elmbridge Way,  
Richmond, BC, V7C 4N1, Canada

### CONTACT US TO REGISTER

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ComplexPotentHockey

www.ComplexHockeyTraining.com

## 2018 Weekend Summer 2 Day Skill Camps

➤ July 7 & 8, July 14 & 15, July 21 & 22

➤ August 11 & 12, August 18 & 19

## Pre Season 5 Day Prep Camps

➤ August 6-10 & August 13-17





# COMPLEX-POTENT HOCKEY TRAINING

Redefining Ice Hockey Development

ComplexPotentHockey@shaw.ca

## Weekend Summer Full Day Camp

(Approx 8:00am-5:00pm Saturday & Sunday)

- Morning Ice/Skills Practice (1hr)
- Morning Dryland Training (1hr)
- Lunch Break (40min)
- Training Centre Skills (1hr)
  - Treadmill, Shooting, Mini Rink Stations
- Afternoon Classroom Seminar (1hr)
- Afternoon Ice/Practice (1hr)

**COST \$295.00 each weekend**

**EARLY BIRD SPECIAL \$245.00**

**if Registered before June 15<sup>th</sup>**

**Dates: July 7 & 8, July 14 & 15, or July 21 & 22**

## Weekday Summer 5 Day Camp

(Approx 8:00am-5:00pm Monday-Friday)

- Morning Ice/Skills Practice (1hr)
  - Morning Dryland Training (1hr)
  - Lunch Break (40min)
  - Training Centre Skills (1hr)
    - Treadmill, Shooting, Mini Rink Stations
  - Afternoon Classroom Seminar (1hr)
  - Afternoon Ice/Practice (1hr)
- Total: 10 hr Ice, 5 hr Dryland, 5 hr Training  
5 hr of Seminars**

**COST \$695.00 each week**

**EARLY BIRD SPECIAL \$595.00**

**if Registered before June 15<sup>th</sup>**

**Dates: August 6-10 or August 13-17**



### MAXIMUM 6:1 RATIOS

We value individual player development. Therefore we will have a maximum of 6 players to 1 coach ratio to offer more individual player training.



### GUEST COACH APPEARANCES

We believe in utilizing our network of athletes and professionals to better serve our players by bringing in guest coach/speakers that offer their experiences.



### FACILITY LIKE NO OTHER

You won't find a training centre like ours anywhere else in the lower mainland. With our own skating treadmill, shooting lanes and synthetic ice mini rink, we can provide a unique training experience to our players. On Ice Sessions held at Olympic Oval in Richmond.



### CERTIFIED COACHES

Our coaches are Skate Treadmill Certified, professional, punctual and patient. All of our staff have ample of experience at various levels of playing and coaching from Junior, College or Pro.

## ARE YOU PREPARED FOR WINTER?

Contact us today to find out how we can get you ready for the 2018-2019 Winter Season

# Atom/Peewee & Bantam/Midget Groups

# Boys & Girls Welcome

[www.ComplexHockeyTraining.com](http://www.ComplexHockeyTraining.com)