

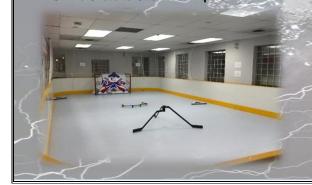
#### **Two 30' SHOOTING LANES**

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

#### SYNTHETIC ICE MINI RINK

Passing, Stick Handling & Small Area Drills

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





#### **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



shooting stick handling skills

# 120 – 6851 Elmbridge Way,

Richmond, BC, V7C 4N1, Canada

CONTACT US TO REGISTER

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@ComplexPotent



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

#### **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 15th

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

#### Weekday Summer 5 Day Camp

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

- 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 15th

Dates: August 6-10 or August 13-17

#### **MAXIMUM 6:1 RATIOS**

ComplexPotentHockey@shaw.ca



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

#### **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.

## Atom/Peewee

## **Boys & Girls Welcome**

www.ComplexHockeyTraining.com

#### ARE YOU PREPARED FOR WINTER?

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

## Morning Ice/Skills Practice (1hr) Morning Dryland Training (1hr)