



Complex Hockey Training **JR PEP Thursday & Sunday Scrimmage** **April 4-June 9, 2019**

Here is what you get from PEP training sessions:

- On average, a player will take 50 shots, executes 45 cross overs, 65 power turns, 55 edge control moves, 45 change of direction movements, 35 balance and agility moves, 75 puck control/stickhandling moves, 45 weak side training moves, 40 transition moves. Players are forced to develop their weak side, no longer favouring strong side transition.
- Constant repetitions of maneuvering pucks around, reaching over and through PEP Pro Trainer. Players develop stick and hand /eye co-ordination with speed and precision puck control
- ONE Power Edge Pro Training can give you MORE skill development than 30 games collectively with the time spent with the puck and executing skill patterns.
- Over 5 times the repetitions and creativity of a standard drill based practice.
- Promotes upper body co-ordination for puck handling and lower body skating techniques simultaneously.
- Engaging, Challenging and Interactive-players have options and freedom to make creative decisions with the puck through PEP Pro Trainer
- Fun! Players love the PEP training sessions. It allows players to work on developing skills that you CAN'T get from traditional drill based trainings with pylons.

9:15pm-10:15pm - Sportsplex - Thursday PEP

8:00pm-9:00pm - Sportsplex - Sunday Scrimmage

Pricing - \$490+GST

To Register:

complexadmin@shaw.ca - player information and payment

phone - 604 882 1611 x715

Inquiries - 604 329 6736 - Paul Whintors

Langley Sportsplex~ Complex Hockey Training 20165 91A Avenue Langley BC