

PROGRAM DESCRIPTION

Pro Stride Elite Skating believes that the foundation of ice hockey is skating and it is a skill that must be worked on by every player at every age level, including professionals. At Pro Stride, instructors will not just “drill” players and make them go full speed through cones. Our purpose is to TEACH players how to go fast, be quick, be explosive and be efficient. Pro Stride will explain why correct technique is vital to creating more speed and efficiency on the ice.

In order to teach players correct technique and break “bad habits” we will slow them down to learn how to perform each maneuver correctly. Once the technique is mastered, then players will learn to do it with more power, and finally at full speed. “Slow is smooth, smooth is FAST.”

DETAILED BREAKDOWN OF PROGRAMS ON THE BACK

SKATING MANEUVERS COVERED:

- Forward Stride
- Backward Stride
- Edges
- Forward Crossovers
- Backward Crossovers
- Explosive Stops/Starts
- Transitions
- Angling
- Forward C-cuts
- Tight Turns
- Full Speed with the puck
- Forward/Backward Lateral Mobility

(Material covered in each clinic may vary based on time and lead instructors' evaluation of the group needs as a whole).

OUR PHILOSOPHY

Pro Stride instructors believe that making players faster, quicker, more efficient and explosive skaters will make them better hockey players. Players will make the teams they want to make, have the puck more often and in general have more FUN playing as their skating improves. We continually evolve and find new ways to communicate with players on how to perform each maneuver correctly. There will always be a certain foundation that players must master, but evolving what we teach and how we teach it is a cornerstone to providing players the absolute best instruction on how to truly become a fast, explosive player.

TO VIEW SCHEDULE SCAN CODE



PRO
STRIDE
ELITE SKATING

**TAKE YOUR
SKATING TO THE
NEXT LEVEL**

WWW.PROSTRIDESKATING.COM
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ERIK KALLIO
DIRECTOR & LEAD INSTRUCTOR

Coach Erik has been a professional skating coach for over 18 years. He has trained with top experts within the field and he has developed a unique approach to delivering

his message to players in a way they can understand and implement immediately. Erik has worked with NHL, NCAA college, Junior hockey and youth players.

Prior to starting Pro Stride, Erik was a certified instructor for Laura Stamm Power Skating for 18 years. In addition to running Pro Stride programs, Erik works with players individually on their skating as well as runs skating skills for a number of teams and organizations.



ANGELO SERSE
DIRECTOR & LEAD INSTRUCTOR

Coach Angelo has been a professional skating coach for over 16 years and has an intense focus on developing players to be better skaters. He connects with

players in a way that makes them want to learn and perfect everything he teaches. Angelo has an extensive resume training NHL players as well as NCAA Division 1, Division 3, Junior hockey and youth players.

Prior to starting Pro Stride, Angelo was a certified instructor for Laura Stamm Power Skating for 16 years. In addition to running Pro Stride programs, Angelo works as a skating consultant for the NJ Devils, skating coach for the NJ Hitmen organization as well as with many players individually.

MEET THE REST OF OUR TEAM AT
WWW.PROSTRIDESKATING.COM

ON-ICE PROGRAMS

CLINICS

AGES 7 - ADULT

Some Programs are split:
Group A (Ages 7-11 years old) & Group B (Ages 11-Adult)

PROGRESSIVE SKATING DEVELOPMENT

Building block approach improves players speed, quickness, power & efficiency

ACHIEVEMENT TESTING FOR ELIGIBLE PLAYERS

MAX 36 PLAYERS ON ICE

ICE TIME 4.5 - 8 HOURS

JR PROSPECTS

AGES 11 & UP

Completed 1 year of AAA pee-wee hockey

RAPID PROGRESSION DEVELOPMENT

Recommended completing at least 1 clinic prior

AAA LEVEL PLAYERS

MAX 20 PLAYERS ON ICE

ICE TIME 7 - 9 HOURS

ALL PARTICIPANTS SCREENED

Video clips may be required as part of screening

PROSPECTS

AGES 15 & UP

Playing HS, Jr, Prep School Hockey

RAPID PROGRESSION DEVELOPMENT

Recommended completing at least 1 clinic prior

SKATING MANEUVERS USED IN "GAME LIKE" SITUATIONS

MAX 15 PLAYERS ON ICE

ICE TIME 7 - 9 HOURS

ALL PARTICIPANTS SCREENED

Video clips may be required as part of screening

ADDITIONAL SERVICES

SKATING SKILL VIDEOS

Highly detailed instructional videos will make sure you perform all the skating drills correctly. The videos combined with expert training plans will allow players to work on their skating while following an expertly guided progression.



VIDEO ANALYSIS

Our instructors will expertly break down your skating mechanics so players can see exactly what aspects of their skating they can fine tune to become faster, quicker, more efficient and explosive on the ice.



CONSULTING SERVICES

We can provide private lesson instruction, small group instruction, team/organization level instruction as well skating evaluation for teams and organizations.

FOR MORE INFO VISIT WWW.PROSTRIDESKATING.COM