# **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, players will then learn to do it with more power, at speed, with a puck and finally applied to a game situational drill. "Slow is smooth, smooth is FAST."

DETAILED BREAKDOWN OF PROGRAMS ON THE BACK

### **SKATING MANEUVERS COVERED:**

- Forward Stride
- Backward Stride
- Angling

Transitions

Edges

- Forward C-cuts
- Forward Crossovers
- Tight Turns
- Backward Crossovers
- Full Speed with the puck
- Explosive Stops/Starts
- Forward / Backward

Lateral Crossovers

(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, smart hockey player.

**POWERED BY:** 









SCAN CODE TO VIEW SCHEDULE



WWW.PROSTRIDE.COM INFO@PROSTRIDESKATING.COM 508-406-7552

F PRO STRIDE ELITE SKATING





ELITE SKATING

# **MEET THE TEAM**

Pro Stride Instructors are skilled in effectively communicating to players of all ages and ability levels having worked with youth, high school, college and Professional players.



Director & Lead Instructor

20+ years professional

skating coach



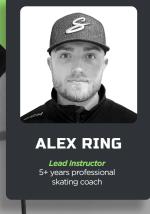


Lead Instructor
9+ years professional skating coach



Lead Instructor
5+ years professional
skating coach





# **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

#### **OPTIONAL TESTING & VIDEO ANALYSIS**

Additional Fees Apply

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

## **OPTIONAL VIDEO ANALYSIS**

Additional Fees Apply

MAX 20 PLAYERS ON ICE

**ICE TIME 7 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

INDIVIDUAL VIDEO ANALYSIS

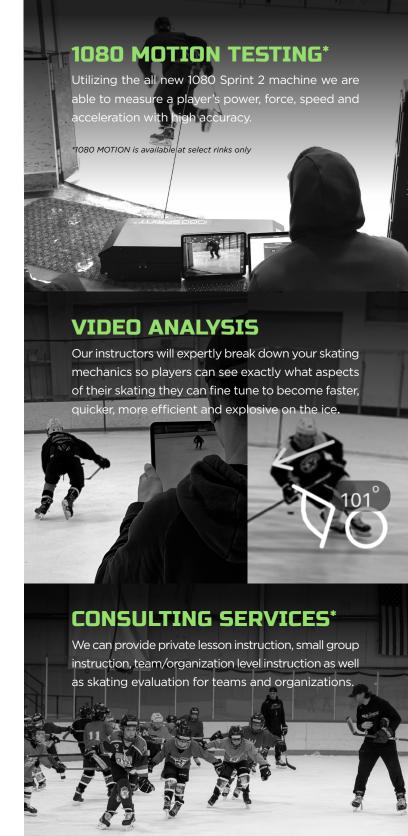
SKATING MANEUVERS USED IN "GAME LIKE" SITUATIONS

MAX 16 PLAYERS ON ICE

ICE TIME 8 HOURS

#### **ALL PARTICIPANTS SCREENED**

Video clips may be required as part of screening



\*based on location and instructor availability