



## **High School Development Program**

This program is designed to develop players during their whole off-season. This program is divided into phases to work on certain skills during these phases.

### **Phases:**

Phase # 1 March 8 hours on ice –Preparation for MN HP

Phase # 2 April/May 8 hours of ice – Skills sessions Shooting, skating.

Phase # 3 14 June/July Skating class with sports vision on and off-ice training

Phase # 4 August 12 hours – Over speed, Battle drills and small area games

Phase # 5 September /October 16 prep for regular season sessions.

### **Program Details-**

- 56 hr on-ice sessions
- 2 on-ice testing by next testing
- 2 sports vision testing
- 12 sports vision sessions
- Set of steels with correct contour
- Jersey

**GURANTEE** Players will improve their On-Ice testing HTI score  
by 10 points

**Costs: \$1595.00 per player**

### **Dates and Times**

#### **Pre-Testing**

**Date:** June 12<sup>th</sup>

**Location:** West St. Paul Ice Arena

**Times:**

**Group # 1**

3:30 – 4:30 PM – Vision Testing

5:00 – 6:00 PM On-Ice Testing

**Group # 2**

4:45 – 5:45 PM – Vision Testing

6:15 – 7:15 PM On-Ice Testing

**Training**

**Dates:** June 13<sup>th</sup> - July 27<sup>th</sup> (Monday and Wednesday)

**Location:** SPA/Drake Ice Arena

**Times:**

**Group # 1**

Vision Training – 1:30-2:30 PM

On-Ice sessions – 2:45-3:45 PM (Group 1 and 2)

**Group # 2**

On-Ice sessions – 2:45-3:45 PM (Group 1 and 2)

Vision Training – 4:00-5:00 PM

Tuesday	8/2/2016	1:15-2:15pm
Wednesday	8/3/2016	1:15-2:15pm
Thursday	8/4/2016	1:15-2:15pm
Wednesday	8/13/2016	1:15-2:15pm
Monday	8/15/2016	12:00-1:00 pm
Wednesday	8/17/2016	1:15-2:15pm

**Fall Ice time coming soon..**



## ***Improve your Skating Technique And Vision Skills for Peak Performance***

- Improve skating technique, power & speed
- Improve quickness & reaction time
- Enhance eye-hand-foot coordination
- Heighten vision awareness & peripheral attention
- Increase depth perception
- Sharpen near-far focus

Vision Performance Center at McDonald Eye Care currently trains several NHL organizations and have been featured on NHL.com.

### **ON-ICE TESTING**

NEXT Testing's on-ice component extracts 70 individual measurements from 14 on-ice tests that break the players game down into its essential components: skating, puck handling, and reaction time.

Each drill is measured by the cold objective eyes of precise double-beamed laser gate sensors and an automated timing system. Each test includes a cognitive component to measure your reaction time. When you skate to the line, your start cue is randomly generated so it is impossible to anticipate or lead off your start.

All data collected is provided in it's rawest form so that you, your coach and all those scouts out there can make true objective analysis of the results.

**On-Ice Tested Skill Elements:**

- Reaction Time
- Quickness – Forwards and Backwards
- Speed – Forwards and Backwards
- Transition Speed – Forwards and Backwards
- Agility
- Puck Handling