



Bantam/ High School

Advance skating class

This program is developed for players who really want to take their skating to the next level. This program is very detailed oriented in using science to help players skating ability.

Program Details

- 2 - On-ice testing by Next Testing pre and post
- 12 hours on ice training
- Jersey
- Small group

Session # 1 – On-ice Testing

Sessions #2 – 5 Technique Classes

Session # 6 -9 Power Classes

Sessions # 10-13 Speed

Session # 14 On-ice Testing

**WE GUARENTEE PLAYERS WILL IMPROVE THEIR HTI SCORE BY
10 POIINTS**

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

TESTING

Sunday June 12th @ WSP 5:00-6:00PM

Thursday July 29th @ WSP TBD

SPA/DRAKE

Monday	6/20/2016	3:45-4:45
Tuesday	6/21/2016	2:30-3:30
Wednesday	6/22/2016	3:45-4:45
Thursday	6/24/2016	2:30-3:30
Monday	7/18/2016	3:45-4:45
Tuesday	7/19/2016	2:30-3:30
Wednesday	7/20/2016	3:45-4:45
Thursday	7/21/2016	2:30-3:30