



ANDOVER YOUTH HOCKEY TRAINING

The Andover youth hockey association and **Acceleration North Sports Training Center** are working together this summer, fall, and winter on player development programs. We are offering a special 12 session hockey training program to all Anoka youth hockey families. Our skating treadmill, dry land strength and speed training, RapidShot shooting and scoring, and stick handling sessions will give any hockey player the best off-season training program around. **FREE EVALUATIONS ARE RECOMMENDED TO ALL FAMILIES!**

Hockey treadmill sessions: Skating treadmill sessions will focus on stride length and skate recovery, knee bend, posture, and conditioning. Skating on a slight incline forces hockey players to bend their knees, push and recover with more force and power. The SKILLS DECK will be introduced once the stride has improved. The SKILLS DECK will help with developing hands (passing/shooting skills) and striding at the same time.

Ground based sessions: These sessions will focus on single and double leg strength, balance, and quickness which will help improve the skating stride. Upper body, core strength and power training will also be included in each session. These workouts are “full body” workouts and very beneficial to stride development.

RapidShot: This online shooting and scoring program tracks and charts each players shot release, velocity, and accuracy. All the player’s shots are stored on the computer software program which can be viewed from home via the RapidShot website. Score more goals this season!!

12 Hockey training sessions = \$265 (normally \$350)

- **6 hours of skating treadmill time**
- **6 hours of dry land speed and stride development**
- **RapidShot and the shooting floors can be used before or after each training session. Purchase your own RapidShot card and track all your shot statistics for an additional \$50.**
- **Try and schedule all 12 sessions within a 4-5 week period. We suggest starting September 1st and scheduling 3 a week through October 2nd. Sessions need to be completed by October 2nd.**
- **Call our facility at (651) 486-0020 to schedule. You can register for this special program online at www.accelerationmn.com**
- **View our training video at <http://www.accelerationmn.com/ardenhills.php>**

Winter hours: M – F: 2pm – 10pm

Summer Hours: M – F: 9am – 9pm

Saturday: 9am – 2pm

3808 Dunlap St North, Arden Hills, MN 55112