

2011-12 HOCKEY TEAM TRAINING



Hockey teams have been implementing Acceleration North's hockey team training into their practice schedules for the past 10 years. Teams of 12 to 18 players' schedule 90 minute skill training sessions to work on skating stride, speed, agility, and puck handling and shooting skills. The coaches choose what they want our staff to work on and we break the team into 2 groups. The team coach doesn't need to teach any of the stations this year.

Traditional 90 minute training session (18 athletes max.)

- 10 minute warm up and break into 2 groups
- 40 minutes skating treadmill (Acceleration trainer)
- 40 minutes of other skills - 20 minutes of stick handling/shooting and 20 minutes of dry land strength and agility (Acceleration Trainer)



Team training pricing break down:

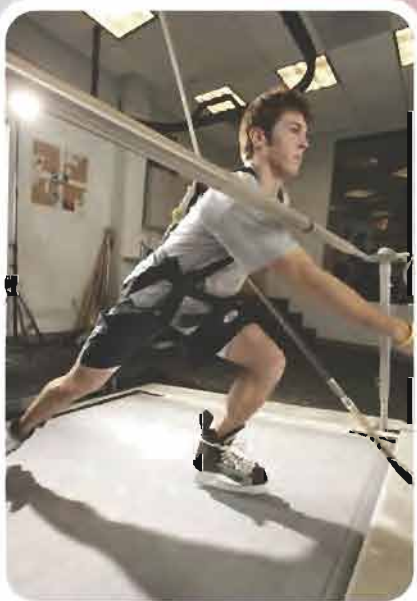
5 - 90 minute team training sessions (\$325 per session) = \$1625

- \$108 per player for 15 skaters
- \$90 per player for 18 skaters

10 - 90 minute team training session (\$275 per sessions) = \$2750

- \$184 per player for 15 skaters
- \$152 per player for 18 skaters

*Payment must be made with 1 check for the total amount prior to teams starting sessions



NEW THIS YEAR: All players on teams that purchase 5 - 10 team sessions will be eligible to purchase 10 discounted individual training sessions at Acceleration North for in or off season use.

Individual training sessions: 10 sessions for \$195 (Normally \$325)

- Players can schedule the skating treadmill, running treadmill, or dry land plyometric training.
- Sessions are valid through September 28th, 2012.

Scheduling: Managers or coaches may call and schedule team sessions Monday through Friday.

Time choices: Teams can schedule 90 minute sessions anytime between 3pm and 10pm.

Please call 651-486-0020 to schedule your team training sessions.

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www.accelerationnorth.com