

EASTVIEW LIGHTNING

SUMMER HOCKEY TRAINING

OFFER FROM

ACCELERATION MN – APPLE VALLEY



30 Hockey Training Sessions
GOOD FROM June 1ST – September 15TH
Must train 3 – 4 times per week for maximum results

\$450.00

(\$15.00 per session)

SUMMER HOURS – MONDAY – FRIDAY 10AM TO 7PM

Skating Treadmill

we'll skate you up the ice, literally. Our patented hockey treadmill is designed to accommodate varying speeds and elevations to target the two components of speed, stride length and stride frequency. The added resistance of the ice creates more forceful knee drive while the higher grade forces longer, stronger extension. The result, an efficient skater with a superior stride to speed ratio. Like all our training, the skater is given one on one attention to develop and ensure proper skating mechanics. Take it on the ice. Skaters are amazed how the treadmill translates to the rink. Speed feels effortless while other skaters seem to stand still.



Stay in control

Upper body control is a crucial factor in your ability to act and react. During your plyometric training you will also take part in specific midsection, chest, back and shoulder exercises that will give you the strength and control you need to keep your speed. Some athletes will also utilize box jumps and the patented plyopress to increase muscle load and generate outstanding lateral and vertical power. Now you'll not only be able to out skate your competition but out maneuver them as well.

Dryland-Plyometrics

It all starts with balance. Our agility drills were created to develop keen body awareness and control allowing you to extend your boundaries of movement, increase foot speed and generate faster response. You'll perform increasingly difficult foot drills on a variety of floor patterns that challenge your balance and allow developing the functional foot speed that your hockey requires.

ACCELERATION MN APPLE VALLEY
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