

PROGRAM DESCRIPTION

Pro Stride Elite Skating believes that the foundation of ice hockey is skating and it is a skill that must be worked on by every player at every age level, including professionals. At Pro Stride, instructors will not just “drill” players and make them go full speed through cones. Our purpose is to TEACH players how to go fast, be quick, be explosive and be efficient. Pro Stride will explain why correct technique is vital to creating more speed and efficiency on the ice.

In order to teach players correct technique and break “bad habits” we will slow them down to learn how to perform each maneuver correctly. Once the technique is mastered, players will then learn to do it with more power, at speed, with a puck and finally applied to a game situational drill. “Slow is smooth, smooth is FAST.”

DETAILED BREAKDOWN OF PROGRAMS ON THE BACK

SKATING MANEUVERS COVERED:

- Forward Stride
- Backward Stride
- Edges
- Forward Crossovers
- Backward Crossovers
- Explosive Stops/Starts
- Transitions
- Angling
- Forward C-cuts
- Tight Turns
- Full Speed with the puck
- Forward / Backward Lateral Crossovers

(Material covered in each clinic may vary based on time and lead instructors' evaluation of the group needs as a whole).

OUR PHILOSOPHY

Pro Stride instructors believe that making players faster, quicker, more efficient and explosive skaters will make them better hockey players. Players will make the teams they want to make, have the puck more often and in general have more FUN playing as their skating improves. We continually evolve and find new ways to communicate with players on how to perform each maneuver correctly. There will always be a certain foundation that players must master, but evolving what we teach and how we teach it is a cornerstone to providing players the absolute best instruction on how to truly become a fast, explosive, smart hockey player.

POWERED BY:



SCAN CODE TO VIEW SCHEDULE



WWW.PROSTRIDE.COM
INFO@PROSTRIDESKATING.COM
508-406-7552

YouTube, Facebook, and Instagram icons followed by 'PRO STRIDE ELITE SKATING' and '@PROSTRIDESKATING'.

PRO STRIDE

ELITE SKATING



TAKE YOUR SKATING TO THE NEXT LEVEL

MEET THE TEAM

Pro Stride Instructors are skilled in effectively communicating to players of all ages and ability levels having worked with youth, high school, college and Professional players.



ERIK KALLIO

Director & Lead Instructor
20+ years professional skating coach



ANGELO SERSE

Director & Lead Instructor
18+ years professional skating coach



DJ WALSH

Lead Instructor
9+ years professional skating coach



KARL WRIGHT

Lead Instructor
5+ years professional skating coach



ALEX RING

Lead Instructor
5+ years professional skating coach

ON-ICE PROGRAMS

CLINICS

AGES 7 - ADULT

Some Programs are split:
Group A (Ages 7-11 years old) & Group B (Ages 11-Adult)

PROGRESSIVE SKATING DEVELOPMENT

Building block approach improves players speed, quickness, power & efficiency

OPTIONAL TESTING & VIDEO ANALYSIS

Additional Fees Apply

MAX 36 PLAYERS ON ICE

ICE TIME 4.5 - 8 HOURS

JR PROSPECTS

AGES 11 & UP

Completed 1 year of AAA pee-wee hockey

RAPID PROGRESSION DEVELOPMENT

Recommended completing at least 1 clinic prior

AAA LEVEL PLAYERS

OPTIONAL VIDEO ANALYSIS

Additional Fees Apply

MAX 20 PLAYERS ON ICE

ICE TIME 7 HOURS

ALL PARTICIPANTS SCREENED

Video clips may be required as part of screening

PROSPECTS

AGES 15 & UP

Playing HS, Jr, Prep School Hockey

RAPID PROGRESSION DEVELOPMENT

Recommended completing at least 1 clinic prior

INDIVIDUAL VIDEO ANALYSIS

SKATING MANEUVERS USED IN "GAME LIKE" SITUATIONS

MAX 16 PLAYERS ON ICE

ICE TIME 8 HOURS

ALL PARTICIPANTS SCREENED

Video clips may be required as part of screening

1080 MOTION TESTING*

Utilizing the all new 1080 Sprint 2 machine we are able to measure a player's power, force, speed and acceleration with high accuracy.

**1080 MOTION is available at select rinks only*

VIDEO ANALYSIS

Our instructors will expertly break down your skating mechanics so players can see exactly what aspects of their skating they can fine tune to become faster, quicker, more efficient and explosive on the ice.

CONSULTING SERVICES*

We can provide private lesson instruction, small group instruction, team/organization level instruction as well as skating evaluation for teams and organizations.

**based on location and instructor availability*