

# WINNPRO

## H O C K E Y

### Individual Video Analysis

- Players will attend one of our monthly ice times that are designated for video recording.
- After warming up, players will each require 10-15 minutes to record their skating and shooting.
- Skating techniques for analysis will include forward, backward and tight turns.
- Shooting techniques for analysis will include the wrist, snap and slap shots.
- Players will receive a comprehensive DVD package complete with over an hour of information and resources including:
  - Complete biomechanical analysis (strengths and weaknesses)
  - Instruction (suggested mechanical changes)
  - Clips of instructors and elite level players performing the correct techniques
  - Recommended drills for individual practice
  - Off ice exercise and training techniques
  - Stick fitting guide
- DVD's will be ready for pickup or mail 1-2 weeks after the recording session.

Ice times will be divided into two video-taping sessions, each 30 minutes in duration. All players will participate in a warm up prior to being recorded, and will then get to participate in shooting and skating drills for the duration of the 30 minute session before or after being filmed.

Price (\$)
90

Price includes all applicable taxes.

