

WINNPRO

H O C K E Y

Team Video Analysis

- Provides players the opportunity to view their current techniques and take advantage of biofeedback to help understand the important mechanics that allow for efficiency and power in skating and shooting.
- Team Analysis sessions will occur during the team's practice ice.
- During video recording, team coaches will run a regular practice session, but will be limited to 2/3^{rds} of the ice.
- 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
- Video analysis programs are limited to 16 skaters per hour of ice.

Price Per Player (\$)

Skating and Shooting	Skating Only	Shooting Only
70	40	40

Prices include all applicable taxes.

Please contact us at (204) 221-6198 or contact@winnprohockey.com for registration or further inquiries.

