



RPM Hockey Company Ltd.
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Working with Minor Hockey Bringing safe and sustainable services to Minor Hockey Association Information Package

The RPM Difference... Skill based instruction vs Drill based

There is a fundamental difference between RPM and other commercial providers RPM is a **skill based company**. Our staff are educated in the **technical aspects** of all hockey skills and the **bio-mechanics required to perform those skills**. Our goal is to make sure players and coaches understand correctly how to teach or perform the bio-mechanics of each skill first and then select drills that are age and skill appropriate targeting and further developing skills. **Coaches are welcome at all RPM sessions.**

Player Skill Development

Certified Power Skating

Provides players with an intermediate to advanced Power Skating program designed to increase stability, agility, speed and power in players skating skills. The technical aspects of Power Skating are addressed with specialty modules that can focus on edgework, stride, starts, cross-overs, tight-turns, backwards and pivots. 

Puck Control/Shooting - Includes shooting (wrist shot, backhand, snap, slap, flip shots, break aways, bad angle shots, deflections and coming out from behind the net), focusing on improving your **release, velocity and accuracy**. Stick handling speed and creativity, head up puck control with the ability to handle the puck around the whole body.

Coach Development - We work with association coaches strengthening and further developing their skill sets.!

Position Based Modules include: Defencemen Forwards Goaltenders

Focus is on the role and responsibility of the player and his understanding, tactically, as it relates to his position. These modules combine technical skill instruction as it relates to their position. Modules can be customized to reflect the specific needs.

Team Tactical Modules

Are available that focus on the Defensive, Neutral and Offensive Zones. Special attention can be devoted to common strategies such as cycling, the trap and left wing lock. Work with Specialty Teams include current day variations of Penalty Killing and Power Play Techniques. Tactical Modules can be taught directly to the team delivered in conjunction with the coach or presented in a classroom environment

Coach Modules Individual Evaluation, Team Evaluation, Seasonal Planning, Practise Planning

Coach Modules are available that focus on Players assessment and evaluation, Team assessment and evaluation, Seasonal Strategic Planning and Practise Planning. **These Modules are designed to tie it all together from assessment to strategy to implementation.**

Only

\$55/hr!

We won't meet your expectations we will exceed them!

Contact craig@rpmhockey.com to arrange for instructional sessions

I really appreciate your efforts and the work you and the "guys" are doing with the players. Its the best training I've seen anywhere and I've seen lots... L Uher



Trusted by Parents and Players for over 30 years!