

THE TOTAL PACKAGE

At Total Hockey, we create complete hockey players through a combination of power skating, edge control, skill development, and hockey IQ. Each session is high-octane, fast-paced and competitive, creating "total" hockey players.

TRAINING

- ✓ POWER SKATING
- ✓ EDGE CONTROL
- ✓ COMPETE
- ✓ POWER EDGE PRO
- ✓ HOCKEY IQ
- ✓ SHOOTING
- ✓ PUCK PLACEMENT
- ✓ AGILITY
- ✓ GOALIE COACHES



OUR COACHES

Our Head Coaches have over 50 years of combined coaching experience and include former Professional Hockey Players and High Performance Coaches who are certified by the following agencies :

Hockey Canada, Hockey Nova Scotia, NHLPA, Coaching Association of Canada, National Coaching Certification Program, Judo Canada and Power Edge Pro.

SPEED. POWER. COMPETE. TOTAL HOCKEY.


Hockey That Translates

We grow and learn about ourselves every day. We try new things, discover hidden talents and are taught the importance of working hard, having fun, making friends and understanding the value of strong & impressionable work ethic. Our coaching experience is designed to help players grow socially, grow emotionally, develop on-ice skills and get the winning feeling. We are the Total Hockey Package.



FOR MORE INFORMATION CALL

 @TOTALHOCKEYNS

 902-449-6020

 SERVING ALL OF NS

TOTALHOCKEYPACKAGE@GMAIL.COM



TOTAL HOCKEY PROGRAM



TOTAL HOCKEY SESSIONS

A Typical Total Hockey Session will consist of 50 minutes of either Power Skating or Power Edge Pro and 30 minutes of Small Area Games, Compete, or a Scrimmage. We focus on maximizing repetitions and improving skating techniques, edge-work, puck skills, and Hockey IQ.



WHAT WE OFFER

- ✓ POWER SKATING
- ✓ POWER EDGE PRO
- ✓ SMALL AREA GAMES
- ✓ HOCKEY IQ
- ✓ SPEED TESTING

FOR ELITE PLAYERS AND THOSE TRYING TO TAKE THEIR GAME TO THE NEXT LEVEL

TRAINING

- ✓ POWER
- ✓ SPEED
- ✓ SMALL AREA
- ✓ CREATING SPACE
- ✓ SHOOTING
- ✓ PUCK PLACEMENT
- ✓ EDGE CONTROL

OPTIONS

- ✓ NOVICE
- ✓ ATOM
- ✓ PEEWEE
- ✓ BANTAM
- ✓ TEAM SESSIONS
- ✓ GROUP BOOKINGS
- ✓ AND MORE

TO BOOK SESSIONS OR FOR MORE INFORMATION CONTACT
TOTALHOCKEYPACKAGE@GMAIL.COM
WE COME TO YOU!

THE TOTAL HOCKEY PACKAGE



QUALITY SESSIONS

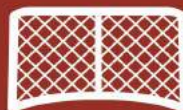
Our coaching experience is designed to help kids develop physically, mentally, and as a leader everytime they step on the ice



5x THE REPETITIONS

Our Sessions are designed to provide 5x the repetitions of a standard hockey practice to maximize player development.

TRAIN YEAR-ROUND



TEAM AND INDIVIDUAL SESSIONS

Our Program runs years round with Power Skating, Power Edge Pro, Small Area Games, and More. We also offer Spring Hockey, Summer Hockey, Team Sessions and More. Registration is currently open for our next set of sessions.

