

The TRUE Hockey Program

The ART of SHOOTING the PUCK



ELEVATE YOUR GAME

As part of our **TRUE** hockey program, '**THE ART OF SHOOTING THE PUCK**' will offer your hockey player the very best of opportunity to be progressively stronger & better prepared for the season!

GREG GRAVEL

*PROGRAM DIRECTOR: OHL, NHL, AUAA
All-Star/CIAU All-Canadian, Olympic Program*

"This is a 7 week off-ice program 100% dedicated to the committed hockey player..."

It is not a 'social gathering', it is a challenging, fun individual daily routine...where critical attention is being given to puck handling and shooting...train like the pros!"

- The focus of this program is a simple one—to build more comfort with the puck from stick/puck handling, shooting & passing.
- So much of coaching time is focused on systems and team tactics.
The Art of Shooting the Puck complements this by focussing on fundamental individual skills without using your team's ice time.
- We will provide the tools, the expert instructions, the mentorship and the environment for your hockey player to succeed. Baseline will continually be challenged.
- Video instructions of weekly 'homework' will be easily accessible on-line for 'anytime' review!
- What we ask is a simple commitment to getting better.

THIS PROGRAM WILL MAKE THEM BETTER!

www.thetruehockeyprogram.ca



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WHAT IS NEEDED?

- The 'H-PUCK'.
- 30 regular rubber pucks, hockey gloves, favorite hockey stick and black hockey tape.
- Soccer ball.
- Hockey net or drop net
- 12 to 15 feet of shooting space at home.
- Shooting board can be helpful but may not be needed.

PRICING

Per Hockey Player: \$245.95 + HST

H-Puck: \$10.00 + HST

PLEASE CONTACT US FOR OUR:

- WINTER Team Program Cost
- WINTER Hybrid & Maintenance Program Cost
- SUMMER 12 WEEK Conditioning Program Cost

The TRUE Hockey Program

truehockey62@gmail.com

902.488.4247

To be part of our program, complete below and return to us with your payment. (Amount Paid:_____)

Guardian's Name: _____ -or- Team Contact: _____

Player's Name: _____ Position Played: _____ Atom PeeWee Bantam Midget

Complete Address: _____

Home Phone: _____ Cellular: _____ Work: _____

Email address: _____

Health No. _____ Physical Handicaps, if any _____

*Cheques payable to: Greg Gravel, 5 Cummings Drive, Fall River, Nova Scotia, B2T 1E7

Email: truehockey62@gmail.com Contact No.: 902 488-4247.