

# Hockey Training Benefits

Ever wonder how to take your game to the next level? Just practicing and playing hockey games will only carry the athlete so far. Making yourself a complete player will give you the edge you need to excel in hockey. Become a force in the rink. One step too late and you don't make the play. Score a goal with Game 7. Our program will challenge every athlete physically and mentally. Whether you're an athlete who wants to succeed in your youth sports program, a high school athlete who wants to excel at the varsity level, an athlete who has aspirations of playing collegiate sports, or playing professionally, Game 7 can help you gain the edge to meet your goal. Our training programs will help hockey players develop game breaking speed, power, strength, a lightning quick first step, and explosiveness. Our mission is to make you the most complete hockey player you can be.

**With Game 7 the athlete will increase speed, quickness, agility, hand-eye coordination, quicker reaction time, strength, power, endurance, and explosiveness.**

**Here is what the hockey athlete will develop with Game 7:**

**1) Speed, Quickness, & Agility:**

Whether its defense or offense, having a quick first step will determine who has the advantage and the extra step to get to the puck first. By having that extra burst of speed and quickness the athlete will be able to cover more ground and develop more scoring chances. Game 7 will train you to develop the proper mechanics necessary to develop quick foot speed and become more agile. We'll train you through a variety of agility and speed drills to increase your speed and mobility. Game 7 will strengthen your footwork and speed so you have greater movement laterally, forward, and backpedaling. We will show you how to have greater body control.

**2) Strength & Power:**

Hockey will challenge your endurance and mental and physical strength. To be able to score you must have puck control and lower body strength. Game 7 will train you through a variety of innovative techniques that will focus on muscle recruitment exercises, core exercises, and lower body exercises and drills so you will have the strength and power to dominate. Game 7 will strengthen your game so your stronger controlling the puck and develop more power to your shot. We'll show you how to be stronger and much more physical with our training programs.

**3) Coordination & increased reaction time:**

Coordination, balance, footwork, and reaction time are all critical components to sustaining puck control. Through a variety of reaction drills we will teach the hockey athlete how to move with and without the puck.

**Leave everything on the ice with Game 7**

[www.game7sports.com](http://www.game7sports.com)