



Pro Hockey Development

On & Off-Ice Testing Programs

2010/2011

Pro Hockey Development recognizes testing as an integral part of educating the player, as well as evaluating a player's development. Our new testing programs push players to their limits both on and off the ice to better understand their weaknesses as a player and what they can do to improve, a great way for players to take that next step.

Testing programs include:
Full On-Ice Testing Component
Off-Ice Fitness Test

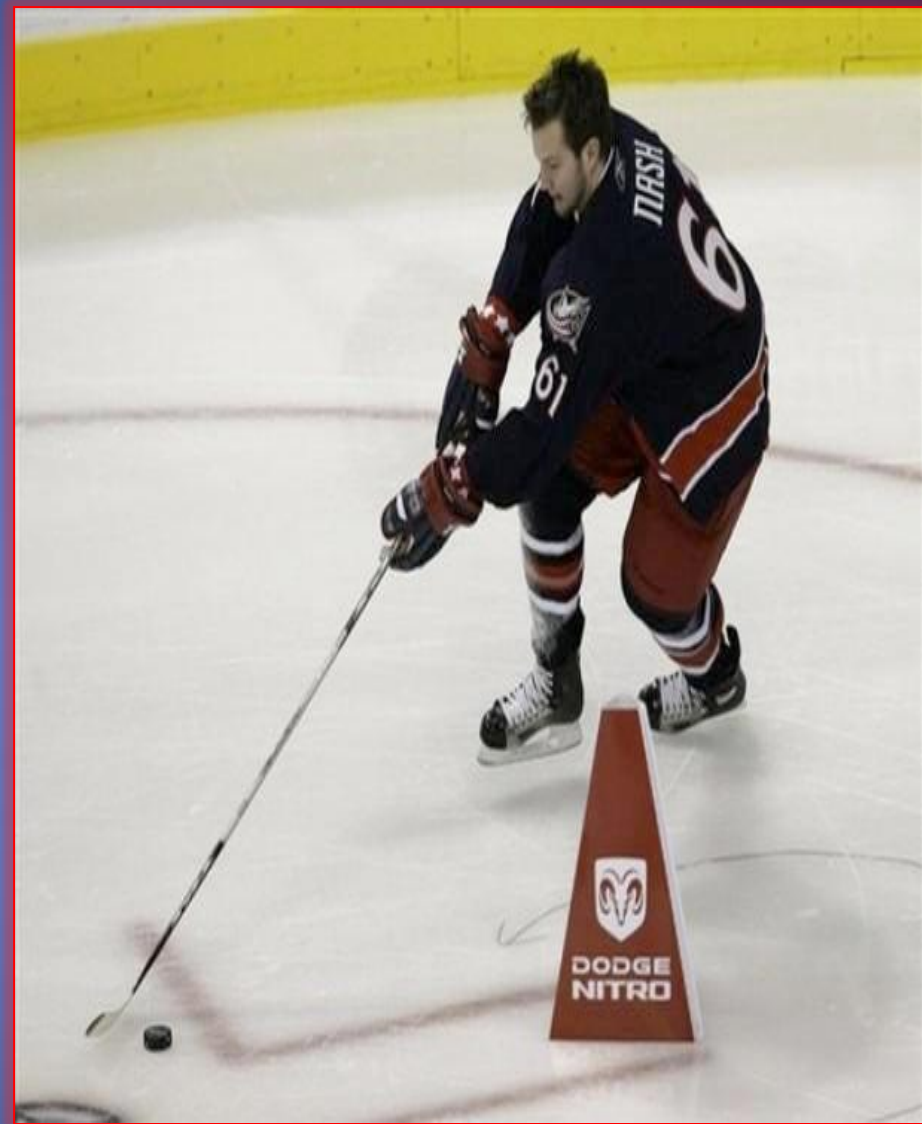
On Ice Testing Program

Unique protocols allow Pro Hockey to be on the cutting edge of player assessment and development.

On Ice Testing allows athletes, coaches, scouts, agents, and parents to know the true strengths and weaknesses of the player with legitimized numbers. These numbers can then be compared directly with thousands of athletes instantly on an accumulating database. The data is then stored to track each player's progression as their career advances.

Testing Protocols

- 30M Agility around pylons
- 30M Agility around pylons with puck
- 30M Forward Sprint
- 30M Forward Spring with puck
- 30M Backwards Sprint
- 30M Backwards Sprint with puck
- 45M Serpentine without puck
- 45M Serpentine with puck
- 50M Left Corner Speed
- 50M Right Corner Speed
- Forward Backward Transition Test
- Hockey Weave
- Shooting Assessment



Former Pro Hockey Development Player,
Rick Nash

Off-Ice Testing Program

Pro Hockey Development offers intense peak conditioning programs designed to improve power, speed, agility, and core strength through off ice protocols designed and implemented by NTC Training Centers.

The Off Ice Testing Program will test the player on his or her strength, agility and speed, and power. This program also includes a Full Skeletal Assessment to objectively evaluate the player's movement patterns and flexibility. Once completed, each player and parent will sit down and discuss the return on findings with an NTC professional.



Former Pro Hockey Development Player, Steven Stamkos

Team Testing

A great way to evaluate your teams overall fitness and skill level is to participate in the Pro Hockey Testing Program as a team; each player will receive a report on their results. The coaching staff will also receive a complete report on all players and a list of all results with player's rankings.

Team Testing will be available in Toronto, London, Kitchener, Napanee, Kingston, Ottawa, Barrie, Guelph, Ottawa, Rochester.

To request a team session in any of the locations above, or somewhere else, please contact Mike Asselin at 416-427-9498 or masselin.prohockey@gmail.com

Pro Hockey Testing – Package Information

- Pro Hockey Development is happy to offer their Testing
- Programs to both teams and the individual player.
- **INDIVIDUAL PLAYER REGISTRATION - \$60**
- **TEAM TESTING (Includes up to 17 players) - \$999**
- **OFF-ICE TESTING - \$30 (Per Player)**