

Correcting physical deficiencies or weaknesses while bringing forth a broader mental understanding of techniques...



Face Off Techniques



Gap Control Techniques



Board & Glass Usage & Techniques



Shot Selection & Techniques



Goaltending Techniques & Training



Passing & Pass Receiving Techniques



Private, Semi Private & Group Ice Hockey Lessons

- Learn Correct Techniques
- Target Specific Actions
- Analyze And Correct Mechanics
- Create Individual Workouts



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www.teachhockey.com

845-356-1900 fax 845-356-1850  
LifePlex Health Club At The Sportorama Complex  
18 College Rd Monsey New York 10952

## “A Greater Depth Of Understanding Hockey Skills”

Our philosophy is to evaluate your game, breakdown skill sets, explain and correct physical deficiencies or weaknesses and turn them into strengths by proven methods of repetitive muscle memory. In the same process bringing forth a broader mental understanding of technique, skill systems play, responsibility, position and many other aspects to form a more complete player. Teaching specific techniques is critical to improving ones ability to be competitive when it counts- in game situations.

### Player

- Techniques
- Stick Handling
- Shooting Accuracy
- Timing
- Balance, Agility & Speed
- Passing
- Receiving
- Weight Transfer
- Face Offs
- One timers
- Shot Selection
- Shooting Speed
- Shooting Quickness of Release

### Goaltender

- Techniques
- Butterfly
- Rebound control
- Angles
- Stick Rotation
- Balance & Agility
- Recovery
- Stick Handling
- Shooters perspective

### Training Rates

#### 30 minute private lesson

\$55.00 single lesson

\$237.50 package of 5 (\$47.50 per lesson)

\$450.00 package of 10 (\$45.00 per lesson)

#### 30 minute semi-private (2 skaters per class)

\$42.00 per skater 1 class

\$356.00 package of 5 (\$35.60 per skater)

\$675.00 package of 10 (\$33.75 per skater)

Organizations, Schools, Teams or  
Groups of 3 or more email for rates  
[teachhockey@gmail.com](mailto:teachhockey@gmail.com)

### Training / Rink Appointments

Glice sessions are offered 7 days per week year round based on rink and instructor availability.



### About skating blades:

➤ All lessons receive Discounted sharpening on the day of lesson at SOR Pro Shop adjacent to Teach Hockey. All skates need to be sharpened. Between ½ and 5/8 radius is recommended.

### What Affects The Wear On The Blade?:

Weight of the skater – The more weight, the faster dulling occurs. Higher quality Blades will last longer. With correct skating technique and quality blades expect up to 1.5 to two hours of skating on Glice for youth players.

### Gary Hess - Director of Hockey Operations

President and Director of HMH Hockey School  
Hockey Director Sportorama Ice Rinks  
Hockey Director Ramapo Saints Youth Hockey  
ACE Director: Ramapo Saints Youth Hockey  
General Manager New York Junior Saints  
Owner Operator PreGame Pro Shop Westwood NJ.

For more than 40 years the ice has been home to Gary as a player, counselor, coach and instructor. Off the ice Gary solidifies hockey as the "game of his lifetime". With his accomplishments as an administrator, director and mentor. As an advanced level USA Hockey Certified Coach he has managed and coached at all levels including, Juniors, AA Midget hockey, travel hockey Mites to Midgets, as well as dozens of house and instructional leagues and teams. He has been instructing on Glice since 2004.

### Dry Land Training

Speed Agility Balance Footwork  
Flexibility Body Control  
Acceleration Weight Transfer  
Power Techniques Confidence  
=Performance



45 minute fast-paced sessions designed specifically for Pre or Post Glice training for all ages and levels.

\$50.00 per session \$200.00 5 session package

### About LifePlex Health Club

• Located a ¼ mile from Route 59, just minutes from Northern Bergen County NJ., the NY State Thruway, the PIP, the GSP, NJ Rte's 17 & 287..

• Our 100,000 square foot facility is complete with  
• Coed Fitness Center

• Women's Only Fitness Center

• Men's Only Fitness Center

• 25-meter Indoor Heated Lap Swimming pool

• 110-meter Indoor Running Track

• Four Indoor Deco-Turf II Tennis Courts

• Free Weights & Plate Loaded Equipment

• Cardiovascular Equipment

• Circuit Training Equipment

• Dedicated Group Exercise Studios

• Indoor Cycle Studio

Programs @ [Lpxclub.com](http://Lpxclub.com)

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