

TEAM DEVELOPMENT PROGRAM - Shooting Instruction **\$180/TEAM/SESSION**

This program was designed to provide an affordable way to take the stress off coaches in regards to shooting technique and provide shooting instruction without taking away practice time.

INSTRUCTORS COME TO YOUR ICE TIME

During your team's practice we'll use your unutilized ice, such as the Neutral Zone. Every player will:

- Participate in video instruction of their shot on ice capturing a wrist shot, snap shot, slap shot or backhand shot.
- Receive remote video feedback comparing their shot to an NHL Pro, providing a visual breakdown and animated corrections.
- BASE is able to show players how they shoot, the mistakes they are making and how they can improve.

BENEFITS

- Players - gain power, accuracy, quicker releases & CONFIDENCE
- Goalies - receive better shots in practice for improvement
- Coaches - encourage more shots on net equaling more scoring changes

TRY OUR FULL SEASON PROGRAM

4 Sessions: Wrist Shot, Snap Shot, Slap Shot & Backhand
1 Session Per Month - 1 Shot Per Session

*Does your coach
have time to work
1 on 1 with players
to develop their
individual shooting
style because we
do!*

Our professional
instructors use the
BASE "shooting in
stride" technique to
teach you how to
generate more
power and accuracy
in your shot.

