



About ProForm Hockey Training

ProForm Hockey Training was developed to provide specialized, affordable ice hockey instruction to players seeking to improve particular aspects of their hockey game.

About Coach Steve Sabo

Steve has 5 years professional, 4 years NCAA Div I, and 2 years Junior A Tier II playing experience. Additionally Steve was selected 3 times to the USA Hockey National festivals (U16, U17, U18) and played in the Minnesota High School Hockey League.

As a coach, Steve has over 20 years of experience. For the last 4 years he has been coaching the Jr. Hurricanes AAA and Pee-wee AA teams including the 2007 team which finished 3rd at USA Hockey Nationals. Additionally, Steve has instructed with Robby Glantz for 8 years and has instructed at numerous Wisconsin, Minnesota, and Illinois hockey schools.

Some of the notable teams Steve has played for are: Lowell Lock Monsters (AHL), Roanoke Express (ECHL), Tacoma Sabercats (WCHL) and the University of Wisconsin Badgers (2 time WCHA champion).

phone 919-656-2541

email Info@ProFormHockey.com

website www.ProFormHockey.com

ProForm Hockey Training
200 Steedmont Dr.
Holly Springs, NC 27540



Cary IceHouse

Sundays 6:30pm-7:45pm

July 13- Aug. 31



PROSHOT™
Shooting Clinic

www.ProFormHockey.com



What We Will Cover

Core Shots

- Wrist
- Snap
- Backhand
- Slapshot
- Breakaway

Shot Breakdown

- Stick (Height, Flex, Lie, Grip)
- Position & Placement
- Form
- Puck Placement
- Loading and Weight Transfer
- Ice Scanning

Situational Shots

- Flip/Lob
- Poor Angle/Distance
- No Look
- Wrap Around
- Board
- Glass
- Dump
- Roof
- Tip-In's

Shooting Intelligence

- Shooting to Score (Shooting Philosophy)
- Shot Selection (Situations)
- When, Where and Why to Shoot
- Puck Release (Shot Timing)
- Rebounds (After the shot)



PROSHOT SHOOTING CLINIC

Summer Schedule

<u>Dates</u>	<u>Time</u>	<u>Location</u>
Jul 13, 2008	6:30-7:45pm	Cary Icehouse
Jul 20, 2008	6:30-7:45pm	Cary Icehouse
Jul 27, 2008	6:30-7:45pm	Cary Icehouse
Aug 10, 2008	6:30-7:45pm	Cary Icehouse
Aug 17, 2008	6:30-7:45pm	Cary Icehouse
Aug 24, 2008	6:30-7:45pm	Cary Icehouse
Aug 31, 2008	6:30-7:45pm	Cary Icehouse

Fees:

The ProShot Shooting Clinic is most effective when all seven weekly sessions are attended.

- Seven session package: \$210
- Individual sessions: \$35

Register Online at:

www.ProFormHockey.com

About the ProShot Shooting Clinic

The ProShot Shooting Clinic is a structured seven week, seven session on-ice program designed to improve a player's all around shooting skills by focusing on core shots and introducing advanced shooting techniques and situational shooting awareness that separates good shooters from great shooters.

This clinic is geared toward players who are PeeWee through Midget travel hockey players.

