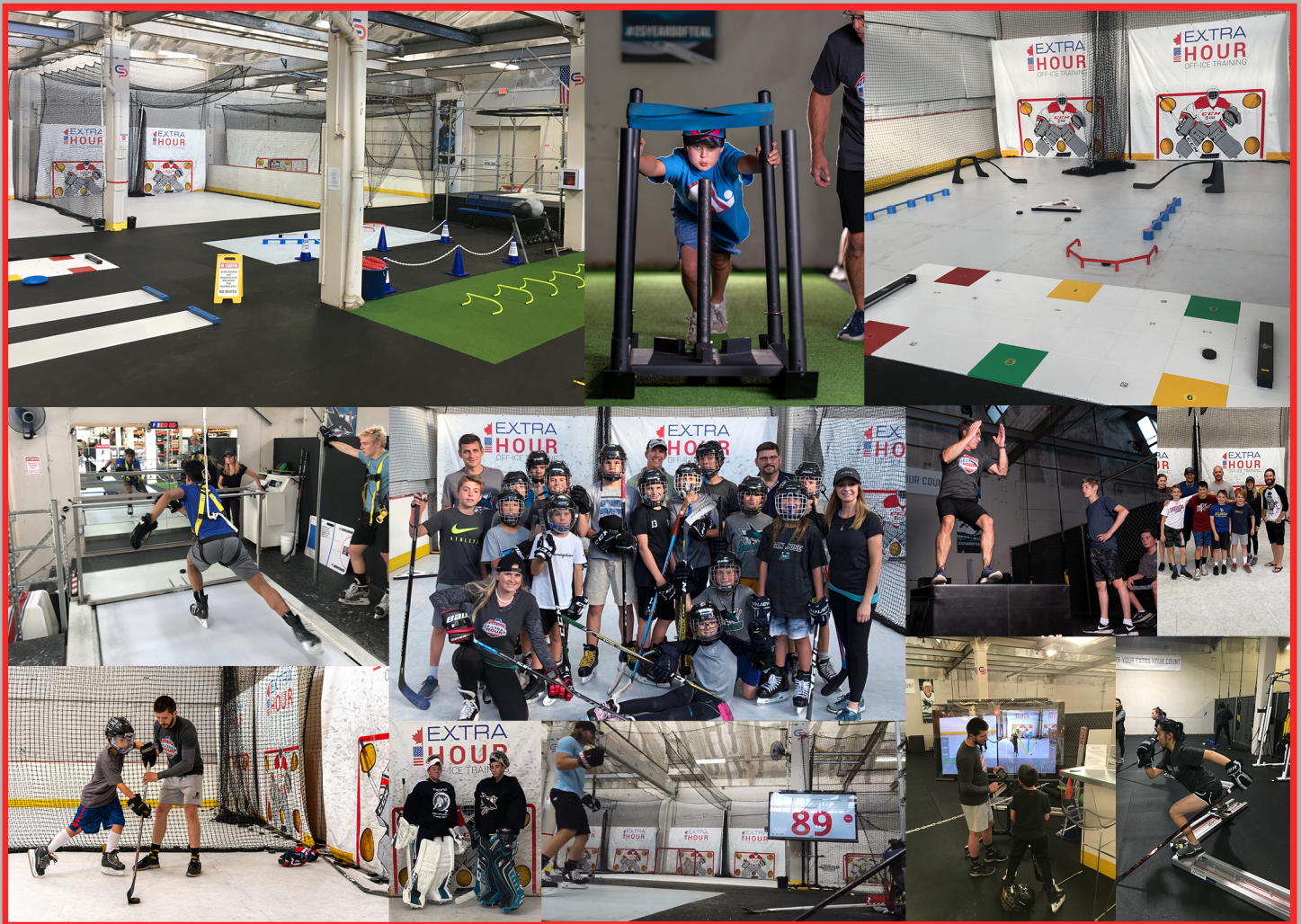


# EXTRA HOUR

Off-Ice Hockey Training

Team or Group Training for the 2019 - 2020 Season



5 Synthetic Ice Shooting Lanes | Goalie Training & Small Space Area |  
Skating Treadmill | Bio-Mechanics | Strength & Conditioning | Slide  
Boards-Stride Training | Power Skater Machines | Hockey Specific  
Training Programs | Stick Handling Tools | Boni Puck Machine |  
Evaluation Programs | Bay Area's Top Hockey Coaches

**Off-Ice Skill Training will Elevate your On-Ice Performance**

[www.extrahourtraining.com](http://www.extrahourtraining.com) - (408) 335-0330 - 190 Martha Street San Jose, CA 95112



# Extra Hour Skill Development Aids & Training Tools

## “Make Your Extra Hour Count”

- Radar with big screen readout
- One-time passers
- PassMaster hockey passer and rebounder
- Fast Hands Pro stick handling trainer
- Sweet hands hockey stick handling trainer
- Puzzle System off-ice training with dual end passers
- Balance and core strength aids for stick handling and shooting
- Attack Triangles
- Top Shelf Targets for accuracy
- Puck catcher mini nets
- Boni Puck Shooting Machine for goalies and shot re-directs/deflections
- BOSU and balance training aids for core strength while stick handling
- Custom quick shot release aids
- Custom top hand control aids
- Custom shooting tarps
- NHL regulation nets (on moorings)
- Ice balls
- Speed balls
- Swedish stick handling wooden balls
- Green Biscuit pucks
- Weighted pucks
- Hockey stick weights
- Dangle zone to practice stick handling while in skates
- Stick demo - try before you buy

## Integrate Extra Hour into your Hockey Season

PACKAGES FOR EXTRA HOUR HOCKEY TRAINING FACILITY 2019 - 2020 SEASON	SINGLE SESSION	4-PACK	8-PACK	12+
1 HOUR FACILITY RENTAL	\$300/session	\$270/session	\$240/session	Call for pricing
1 HOUR FACILITY RENTAL + SHOOTING COACH + STRENGTH COACH	\$460/session	\$430/session	\$400/session	Call for pricing
1.5 HOURS FACILITY RENTAL	\$450/session	\$400/session	\$350/session	Call for pricing
1.5 HOURS FACILITY RENTAL + SHOOTING COACH + STRENGTH COACH	\$675/session	\$625/session	\$595/session	Call for pricing
1.5 HOURS FACILITY RENTAL + SKATING TREADMILL COACH	\$690/session	\$625/session	\$550/session	Call for pricing
1.5 HOURS <b>ULTIMATE PACKAGE</b> : FACILITY+ TREADMILL + SHOOTING + STRENGTH COACHES *	\$890/session	\$790/session	\$690/session	Call for pricing

\* **Ultimate Package** offers a full-service program upon request or when team coaches are not available to run off-ice training practices. Your group will rotate through stations to include strength & speed training, shooting & stick handling, and skating treadmill with Extra Hour certified coaches.

All players & participating coaches must register/sign waivers  
Full package payment by first session is required  
No refunds once payment is made

Additional Services Offered:  
Goalie coach with Boni puck machine  
Team building events

Contact: Randy Andrade  
(408) 656-5634  
Randy@extrahourtraining.com

