



MYEDGE HOCKEY

WORLD CLASS TRAINING

2020-21

EXPERT COACHES

LEARN THE ART OF HOCKEY

MyEdge Hockey focuses on individualized skill development, in-game drills, combined with real-time video analysis creating a truly unique training environment for the players.

The drive to master each skill set only comes through thousands of hours of repetition and to push each player outside of their comfort zone. We use modern advanced techniques combined with video and continuous feedback strategies to see instant results that is transferred over to game play. We aim to be organic and innovative using real-time video analysis, visual learning concepts, motorized learned behaviors and integrate modern techniques to maximize player development advancements.

JOSH KERN'S elite training methods bring the base-line skill level of the next generation players to another level. A true gift that, simply put, is unsurpassed by many, if not any. He has worked with players currently playing at the Junior, National, College, NHL and Olympic levels. Training the newer generation of hockey players the "NEW" game of hockey, more specifically,



teaching the advanced athlete the newest hockey techniques and terminologies, combined with real-time video analysis.

PLAYER DEVELOPMENT TRAINING

Mite, Squirt, PeeWee, Bantam-High School Prep, Junior, College, Pro

- Small Group Training (8 players)
- Full Staff / Age/Skilled-appropriate Groupings
- 45min Per Training Session (once per week)
- Morning Start Times: 6:00am, 6:45am, 7:30am
- Afternoon Start Times: Contact for availabilities
- Dates: Oct. 5 - April 16 / (2) 12-week sessions (1st Oct 5 - Jan 15 & 2nd Jan 25 - April 16)
No sessions week of Thanksgiving, Christmas, New Years, Spring Break
- Fee: \$480 per athlete/session (12 weeks)
\$150 discount (pay in full for both sessions)
- Rink Locations: Contact for rink locations

ELITE TRAINING FOR SKILLED ATHLETES

Study a specific Skating & Skill Technique then combined into a game scenario drill.

Provided during each training session:

- Modern Training & Technology
- Real-time Video Analysis/Technique Break-down
- Expert Detailed Instruction & Demonstration
- 360 Player Profiling & Modern Gear Data
- Digital Homework



CONTACT

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INTEGRATE YOUR SKILL SETS

Combine (one technique) with another so that they become a whole. During each session, athletes will study and execute a specific skating, stickhandling and shooting technique then applied to an in-game situational drill.

ATTENTION TO DETAILS

It's all about communicating to the athlete! We provide on-ice correction and video play back to show athletes exactly what needs to be addressed. A fresh and modern unique ability to visually and verbally break-down poor habits while learning new techniques.

VISUAL LEARNING & TECHNOLOGY

Visual learning is about using modern technology to put the right data at athletes' fingertips in real-time.

"Coach Kern does an amazing job teaching and perfecting the small skill sets needed to play hockey at the higher levels. By teaching kids young, he is giving them the tools to set themselves apart from their competition."



- ALEX LIMOGES #9 Penn State University

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