



THE FUTURE Is Now

RETHINK Your Training



THE PEP TRAINING METHODS USED BY *CONNOR MCDAVID* FOR OVER A DECADE ARE LITERALLY CHANGING THE WAY WE APPROACH PLAYER DEVELOPMENT.

Power Edge Pro is the leader in Small Area Reactive Hockey Training. PEP delivers a patented unmatched elite training experience with an unparalleled record of developing players. PEP's innovative program is changing the way today's hockey players train.

Reactive Countering Training™ is critical to player development by initiating much earlier development of elite skills through "Progressional overloading" of the motor skills.

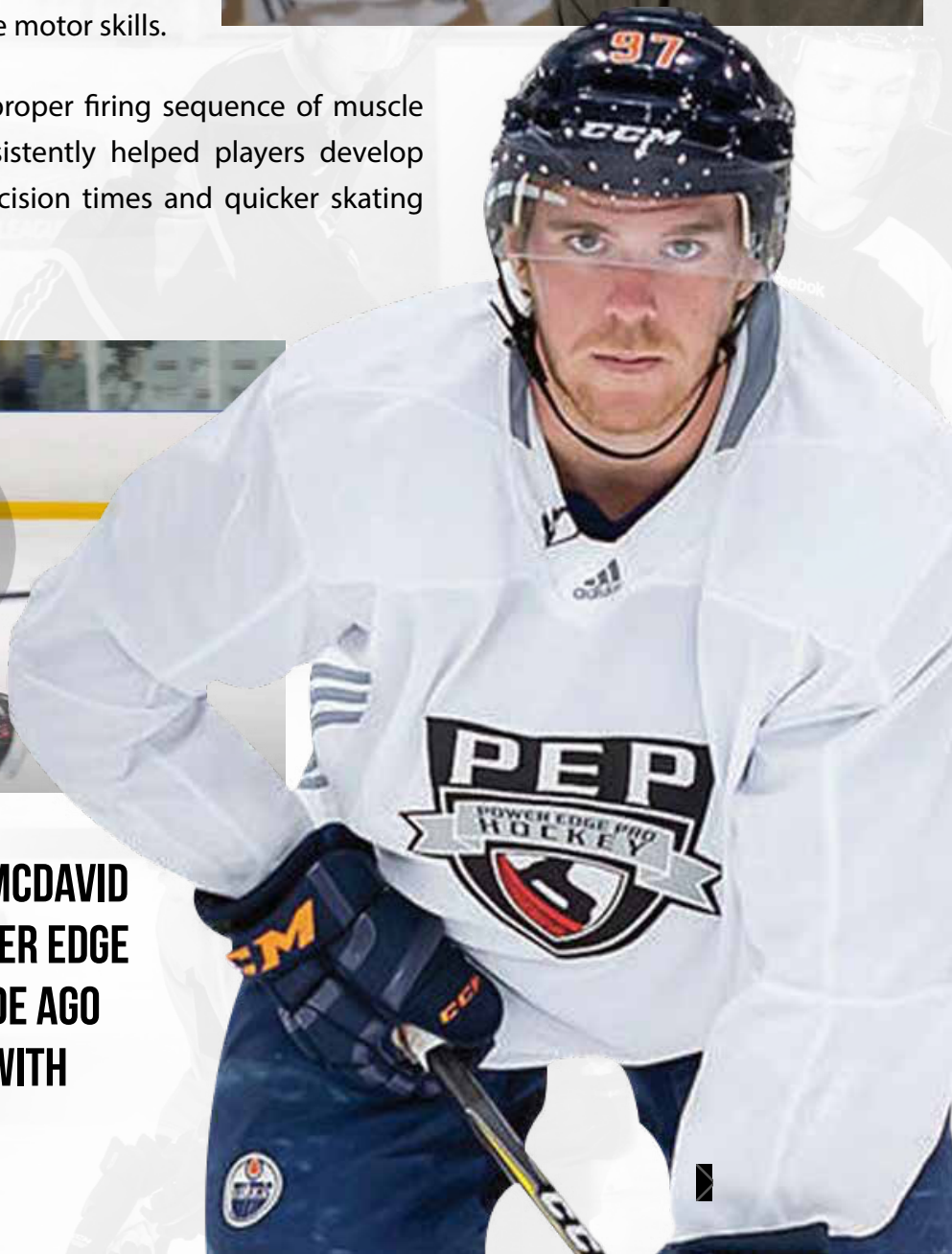
PEP's expertise in teaching the proper firing sequence of muscle groups simultaneously has consistently helped players develop higher response times, faster decision times and quicker skating speed in situational play.



CONNOR MCDAVID
Edmonton Oilers



NHL SUPER STAR CONNOR MCDAVID ADOPTED JOE QUINN'S POWER EDGE PRO SYSTEM OVER A DECADE AGO AND CONTINUES TO TRAIN WITH THE PEP SYSTEM TODAY.



PEP IS THE OFFICIAL DEVELOPMENT PARTNER OF:



AND WE HAVE TRAINED OVER 100 PLAYERS, INCLUDING:



CONNOR MCDAVID

CAPTAIN, EDMONTON OILERS (1ST OVERALL)

- 2x NHL MVP
- 4x NHL Scoring Champ
- 6x NHL All Star



JACK HUGHES

NJ DEVILS (1ST OVERALL)

- USA Hockey Junior Player of Year
- 2x NHL All Star



CONNOR BEDARD

CHICAGO BLACKHAWKS (1ST OVERALL)

- World Juniors MVP 2023
- WHL Exceptional Player Status



LEON DRAISAITL

EDMONTON OILERS

- NHL MVP 2020
- NHL Scoring Champ 2020
- 4x NHL All Star



QUINN HUGHES

CAPTAIN, VANCOUVER CANUCKS

- NHL All Star
- NHL All Rookie Team



DYLAN LARKIN

CAPTAIN, DETROIT RED WINGS

- 3x NHL All Star
- Detroit Red Wings Captain



JOHN TAVARES

CAPTAIN, TORONTO MAPLE LEAFS (1ST OVERALL)

- 6x NHL All Star
- TORONTO Maple Leafs Captain



ALEX DEBRINCAT

DETROIT RED WINGS

- NHL All Star



OWEN POWER

BUFFALO SABRES (1ST OVERALL PICK)

- USHL Defenseman of the Year



TRAINING THE FUTURE



QUINTON BYFIELD (2ND OVERALL)
LA KINGS (NHL)

- CHL Rookie of the Year



ADAM FANTILLI (3RD OVERALL)
COLUMBUS BLUE JACKETS (NHL)



SHANE WRIGHT (4TH OVERALL)
SEATTLE KRACEN (NHL)

- CHL Rookie of the Year
- OHL Exceptional Player Status



JAMIE DRYSDALE (6TH OVERALL)
ANAHEIM DUCKS (NHL)



COLE PERFETTI (10TH OVERALL)
WINNIPEG JETS (NHL)



CUTTER GAUTHIER (5TH OVERALL)
PHILADELPHIA FLYERS



GAVIN MCKENNA
1ST OVERALL, 2022 WHL DRAFT



MICHAEL MISA

- OHL Exceptional Player Status



COLE RESCHNY
3RD OVERALL, 2022 WHL DRAFT

YEAR	LEAGUE	# OF PEP DRAFTS	TYPE OF DRAFT PICK
2018		9	1ST ROUND DRAFT PICKS
2019		12	1ST ROUND DRAFT PICKS
2020		5	TOP 10 PICKS - 1ST ROUND
2021		12	1ST ROUND DRAFT PICKS
2022		10	1ST ROUND DRAFT PICKS
2023		14	1ST ROUND DRAFT PICKS
2018		65%	1ST ROUND DRAFT PICKS
2019		50%	1ST, 2ND, 3RD & 4TH OVERALL
2020		53%	1ST, 2ND & 4TH OVERALL
2021		68%	1ST ROUND DRAFT PICKS
2022		50%	1ST ROUND DRAFT PICKS
18' & 20'		50%	1ST ROUND DRAFT PICKS
2021		50%	1ST ROUND DRAFT PICKS
2022		5	1ST ROUND DRAFT PICKS (1ST & 3RD OVERALL)

Above: Historical Draft Results for PEP Trained Players

PLAYER DEVELOPMENT *IMPROVES* WITH BETTER TRAINING METHODS



» Quinn Hughes

Reactive Countering Training™ is a learning breakthrough – offering new skills as a competitive edge to all players - from elite to average, thus improving their on-ice performance. Each year, our PEP trained players are consistently recruited and drafted to the NHL, USHL and Canadian Hockey league.

1) REACTIVE COUNTERING TRAINING™

Players who have developed Reactive Countering, have achieved skills to:

- Extend more plays
- Handle the puck in high-speed traffic
- Execute at a much higher speed

The most difficult Reactive Countering Trainings are the BEST predictor of a player's small area game performance.

This unique training concept requires the player to execute "Reactive Countering Tactics" through resistance of the innovative equipment at high speed along with quality instruction.

The foundation of the PEP skillset - Reactive Countering Training™ - forces players to develop evasive skating techniques, increased reaction time, and react faster to create more opportunities. The R.C.T unique reps build long-term memory structures and is crucial to reacting and countering quickly in games or situational play.



» Owen Power

With over 150 training circuits providing technical skills and individual tactical development, players are challenged with added degrees of difficulty, forecheck pressure and give & go puck movement to simulate authentic game transfer, while still having fun.



ELITE PLAYERS IN THE GAME ARE ALL EFFICIENT AT *MULTI-TASKING*

Learning to perform multiple motor skills simultaneously at early ages provides a critical performance advantage for all players. The elite multi-tasker moves feet and hands at the same time, thereby extending more plays; allows for more zone time and creates more grade-A scoring opportunities.

2) EXTREME MULTI-TASKING & OUR PATENTED, INNOVATIVE R.C.T. GEAR

Unlike most training gadgets that only offer a single overload, PEP is a Progressive Overload and is the **ONLY** patented equipment with 2nd and 3rd Progressive Overloads.

These actions force the hands and feet and intellect to fire simultaneously. By firing these together through repetitions, the nervous system “wires” these skills together. ‘If they don’t fire together, they don’t wire together.’ Most other isolated trainings or single overloads, create what are called developmental delays. Hands move but feet do not (or vice versa).

Power Edge Pro’s patented R.C.T. Gear engages players with up to 12 challenging long and short Reactive Countering lanes/angles for endless situational play, forcing constant overloading of the hands and feet simultaneously. Reacting to these circuits create speed enhancing skills and activators that help players respond quicker in game action.



The multi-tasking of skills using the innovative R.C.T. gear becomes evident:

- ***Players become faster;***
- ***Execution becomes smoother;***
- ***By overloading their motor skills, players are able to manage more skills at once.***



» Connor McDavid
THEN

**TRADITIONAL CROSSOVER
TRAINING OR OTHER ISOLATED
LINEAR CROSSOVER DRILLS
OFFER *NO RESISTANCE* AND
LACK MULTI-TASKING SKILLS.**

3) REACTIVE LINEAR CROSSOVER TRAINING™

The Reactive Linear Crossover Training™ develops:

- EXPLOSIVE skating movements:
- Linear speed
- Lateral, transitional and separation speed

All of which are necessary for puck control/ placement in high traffic areas of the ice.

R.L.C. Training is the ultimate training circuit for creating transitional speed, designed to develop a powerful skating stride - one with resistance and a low stride-to-high crossover ratio – essential for the demands of today's game.

Key teaching points emphasize deception skills, controlling and loading the edges to combine unpredictable change of direction to create space and finally confusion for defenders.



» Connor McDavid
NOW

PEP's expertise in teaching proper stride frequency, stride length and skate-to-ice contact time for quicker leg recovery, have consistently helped players develop quicker skating speed in situational play.



REACTIVE PUCK PLACEMENT IS THE ONE SKILL YOU MUST MASTER FOR TODAY'S GAME.



» Alex DeBrincat

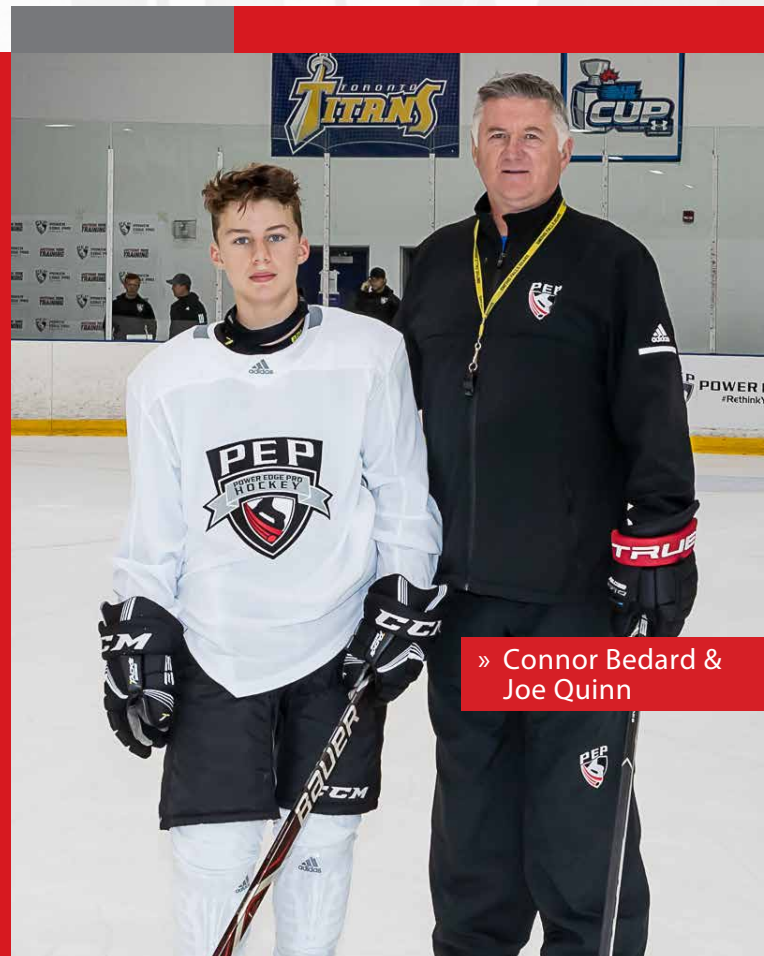
Nothing will improve your game faster than developing your "Inside Game" skills to counter defenders and create more offense. The INSIDE GAME is one that requires NEW skill sets to react and recognise these opportunities when they present themselves in situational play.

4) REACTIVE-PUCK PLACEMENT & "INSIDE GAME SKILLS"

Reactive Puck Placement is the one skill you must master for today's game. Decision making repetitions and depth perception of puck placement-touches will allow the player to assess and feel the distance of accurate passing and puck placement skills.

Repetitions of high-speed puck placements through the R.C.T. Gear which offer multiple points of reference and secondary reaction points will help the player develop better depth perception skills; spatial awareness and puck recovery skills.

High speed execution of these sweet spot repetitions require simultaneous reactions of deception; quick hands and accurate puck placement, all which become activators in situational play when stick on puck is presented by defenders. With only a split-second to react and move the puck to space, elite players take the quickest route, gaining offensive body positioning.



» Connor Bedard & Joe Quinn

Through a 2017 Brock University study, the Power Edge Pro on-ice training proved on average, more than 300 tactical puck touches in a 1-hour on-ice session.



HOMEWORK YOUR PLAYER WILL ACTUALLY WANT TO DO.

We estimate that Connor McDavid has performed around 500,000 PEP reps throughout his career. Not only did he make the most out of every on-ice training session, but he also worked on improving his weaknesses off the ice, even in his garage or basement.

To offer all PEP players the same opportunity, we have created an off-ice puck handling curriculum that enables them to identify their weak areas from previous training sessions and work on them before returning to the ice.

5) THE RCT™ HOME TRAINING SYSTEM

While enrolled in the PEP Elite Spring Hockey Program, players will take home the RCT Home Training System to work on quick hands and accurate puck-placement touches. By doing so, they can enhance their development at a much faster rate and make the most of their time on the ice. Players will:

- Learn all the McDavid Triple, Fakes, Dekes, Pull Push, Speed Training Circuits and more.
- Learn 1st step quickness / footwork with quick hands through resistance / reps.
- Become dominant with the puck and efficient on their "Weak Side" so they can execute anywhere during a game.
- Have access to HD Videos of Connor McDavid demonstrating the PEP Training Circuits.



» Connor McDavid

Above: Connor McDavid practicing his puck handling off the ice with the RCT Home Trainer.

Below: An example of the RCT Off Ice Training Circuits, showing circuit 1/5.

