

JORDAN HOCKEY TRAINING

The SUMO System for Excellence

Do you love playing the great game of hockey?

Are you determined to be the best player you can be?

Sadly, approximately 95% of passionate hockey players will never reach their true potential.

Why? It all starts with improper posture and knee bend to perfect the 7 elements of skating. Insufficient skating mechanics automatically translates into a diminished ability to maximize stickhandling, passing, shooting, checking and overall game play performance.

Jordan“POWER” Hockey Training is a leading hockey specialist group focused on advanced comprehensive and progressive, individual skill, game situation and team training.

A very specific step by step curriculum ensures thorough development for all elements of each skill and game situation. Use the power of visuals thru video analysis. Enjoy positive tangible results thru our standardized testing process.

Perfect the vital specifics that cannot be accomplished in skills and team practices.

Mastering 7 Elements of Skating =Differentiator examples:

- Reduce stride count by up to 40% and retain speed allowing for much greater gear change potential
- Dramatically increase race to puck wins thru 4 kinds of acceleration focus
- Use explosive direct and lateral speed, agility and specific moves to make every 1 on 1 count

Stickhandling

- Improve stick quickness, dexterity and moves that make every possession a threat

Shooting/Passing

- Very few youth players shoot the various shots with the proper mechanics and commitment to be a true scorer. Become a sniper by shooting with a purpose using proper mechanics

Tactical Checking Progression

- Master checking techniques to never lose a 1 on 1 retreat or pressure battle

Game Situation Training

- Employ improved physical and cognitive skills to respond and excel in all game situations

Commit to a Plan: Perfect execution only happens with perfect repetition. A progressive plan from grassroots to hi level overspeed game play, with regular, consistent and creative reinforcement of “the key things that don’t change” will give the dedicated player an unparalleled opportunity to grow and reach their potential. It is much more fun to be good. Our goal is for every player to love playing the game...for life!

Great value at affordable pricing (\$35 per session or \$200 total if under 6 players) 7 years old to adult. Pay by Zelle or cash.

Learn more how this dynamic (“SUMO SYSTEM”) hi energy, upbeat, positive training program will dramatically change the performance level of every player that commits to this on and off ice process/plan...and have a great time doing it! Sweaty red faces and smiling are mandatory!!!

Contact SUMO SYSTEM Creator- Master Level Coach Randy Jordan
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