



HOCKEY SKILLS CAMP

SUMMER 2025

At Training HAUS, sports performance is the platform for athletic achievement. Our team of experts are committed to building a total athlete, while reducing the risk of injury through individualized evaluation and program design. Every athlete is challenged and empowered to identify, pursue, and achieve their personal goals.

BENEFITS

Training HAUS hockey skills programs are designed to develop the fundamental hockey skills: skating, stickhandling, and shooting. Using state-of-the-art technology, we give immediate feedback and instruction on the skating treadmill, allowing players to see their progress. Stickhandling and shooting drills are performed on our synthetic ice mini rink.

- Develop a more powerful, accurate shot
- Execute catch & release shooting more efficiently
- Focus on quick, soft hands while stickhandling
- Improve skating form & speed
- Emphasize skating technique
- Identify keys to speed

PROGRAM DETAILS

The competitive level of hockey is pushing players to always be at their best. Players want to improve and develop to reach their potential. Our goal here at Training HAUS is to provide the platform and training expertise for all skill levels and help each player improve every day.

Training Schedule: July 7 – August 14

- Sessions will offer 30 minutes of skating training and 30 minutes of stickhandling and shooting.
- Weekly Training Options: Mon/Wed or Tues/Thurs
- Maximum capacity per session: 8 athletes

Training Location: Training HAUS – Shakopee | 1225 Fuller St S, Shakopee, MN 55379

Training Reminders: Please remember to bring your hockey helmet, gloves, skates, stick, tennis shoes and a water bottle.

COST & REGISTRATION

Training Schedule	Cost (Per Athlete)	Registration Link (Deadline: Friday, May 16)
Mon & Wed 10:00 AM – 11:00 AM	\$420	TrainingHAUS.com/Shakopee-Hockey-Skills-2025-MW
Tues & Thurs 11:00 AM – 12:00 PM	\$420	TrainingHAUS.com/Shakopee-Hockey-Skills-2025-TT