



HULL HOCKEY

2027 SPRING HIGH INTENSITY DEVELOPMENT PROGRAM – **HYBRID**

YOUR BEST OPTION IN SPRING TO MAXIMIZE INDIVIDUAL SKILL DEVELOPMENT

🌟 WHAT IS IT?

Our Spring High-Intensity Development Program is essentially every spring camp rolled into one. Previously, we combined our Advanced Powerskating Progression and Deception & Goal Scoring Camp, and now we've taken it even further, giving athletes the time and attention they need to push their skills to the next level.

🌟 HIGH INTENSITY DEVELOPMENT

Spending a full hour locked in on a specific skill set leads to maximum absorption and faster results than a typical general skills session. When paired with a high-energy atmosphere and elite instruction, these sessions become a powerful driver of rapid development.

🌟 POWERSKATING & EDGE WORK

This is the backbone of Hull Hockey. We believe the best players are the best skaters, and everything we do reflects that. By mastering the basics and progressively challenging athletes outside their comfort zones, this program maximizes reps while layering in new, demanding drills through familiar patterns. The result? Stronger mind-muscle connection, better muscle memory, and intentional development. Every drill has a reason. It's time to get better on purpose. Let's go.

BODY WORK & FOOT WORK

To produce more offense, players must become harder to play against. That starts with being unpredictable and comfortable handling the puck outside their body. There are many ways to develop these skills, and we cover them all in an intense, realistic environment. From one-handed puck protection to puck placement and self-passes, skaters leave more confident and effective with their puck protection and deception tools.

PUCK HANDING & SHOOTING

No one breaks down shooting the way we do. Every type of shot is deconstructed into detailed, step-by-step components before being built back up into full execution. Similar to our renowned Advanced Powerskating Progression Camp, this program follows a deeply progressive structure, driving improvement through purposeful repetition and seamless connection from drill to drill. Players receive a high volume of reps with constant feedback and instruction. We've built the system. Now it's time to apply it to your game.