

## **BRAD MAYER**

Smarthockey's Brad Mayer will introduce Smarthockey's Stickhandling, Shooting & Skating Training Program that has been derived from Russian and European Progression Training Systems that consistently produce the highest skilled and best conditioned hockey players in the world. Using Dr. Yasha Smushkin's "Gym on Ice" program, players will work with Skating Carousels, Parallel Bars and Springboards to reinforce total body balance, coordination and edge control.