



Philosophy

HST utilizes the most advanced training philosophy to effectively communicate with each student – the hows and whys of hockey skills. We provide each student with direct and positive instruction. When the players finish our camps, they leave with the knowledge that will allow them to instruct themselves. Hockey Skills Training has developed proven methods that ensures skill development and maximized proper muscle memory.



POWER SKATING & PUCK SKILLS

This camp will focus on the application of edges, balance, and proper stride technique. We will help the players gain strength on their skates through proper form. Instructors will help players gain speed in transition and crossovers.

This camp will also cover the essential skills necessary to improve a player's all-around game. Instructors will clean up the players bad habits in skating and puck handling through individualized attention on the ice. This camp is essential for every player. **JULY 5-9**

OFFENSIVE TACTICS & SKILLS

This camp will help forwards get a better cognitive understanding of the game through theory and practice solely focused on the specific skills necessary to put the puck in the net through a series of simulated game situations. This camp is great for players of all ages who want to get a better understanding for the offensive part of the game. **JULY 26-30**

DEFENSIVE TACTICS & SKILLS

This camp will help defensemen get a better cognitive understanding of the game through theory and practice solely focused on the specific skills necessary to stop the opponent from scoring. Great for players of all ages who want to get a better understanding of defense. **JULY 26-30**



PRE-SEASON GAME SKILLS

CONDITIONING

This camp is designed to build the players overall speed, reaction and situational awareness. We use high tempo game situation drills and small area games to jump start the players overall speed, read and react play and conditioning. We enable the player to learn patterns of the game and concepts of situational play all thru consistent instruction in a fun but intense practice environment. We use cross training sport activities such as soccer, baseball and tennis during dryland to build the players conditioning and reaction skills. We use video to show game situations and teach players the main concepts of hockey. **AUG. 16-20**

About Our Staff



[ROBERT LEWIS]


Robert is the Director of Hockey at HST. He has a Master Level Coaching Accreditation from USA Hockey.

Robert's been involved in hockey from the age of 8 years old. He played Tier 1 youth through Junior A hockey in Michigan with the Detroit Little Caesars and Detroit Compuware. He played professional hockey for 5 years with teams in Columbus, Fresno and Dallas. Robert has coached hockey for over 15 years for all skill levels, from mite to semi-pro. He won the State Title in Texas twice and placed in the top four in the Regional Tournament in each of his two visits.

DAILY SCHEDULE:

4 HOURS ON-ICE TECHNIQUE TRAINING
1 HOUR DRYLAND TECHNIQUE REINFORCEMENT
1 HOUR VIDEO TECHNIQUE TRAINING

8:00 AM	ARRIVE	12:45-2:15	ON ICE
8:15-9:45	ON ICE	2:30-3:30	VIDEO
10:00-10:30	SNACK	3:45-4:45	ON ICE
10:30-11:30	DRYLAND	5:00 PM	PICK UP
11:45-12:30	LUNCH	Schedule subject to change.	




How about some
Individual Attention?

HST and Robert Lewis offer private lessons at ICE LINE as the most efficient way of learning and developing the core skills of hockey. Individual instruction will accelerate the students learning and understanding of all the skills needed to play at the highest level of the game.

PRIVATE: Individual one-on-one instruction.
SEMI PRIVATE: Groups of 2-4 students.
GROUP PRIVATE: Groups of 5 or more students.

Get a jump on the others.



HSTHockey.com

For the 2009-10 season, he was head coach of the Jr. Flyers '96 Bantam & '98 Pee Wee teams.

Robert has student graduates in Prep Schools, Colleges and Professional Leagues.

[OUR STAFF] We hire and train our instructors to provide the best information with dedication to helping each student understand how to learn as fast as they can. We create a fun rewarding atmosphere. Our staff is made up of past professional and college players who have great positive attitude with students of all ages and skill levels.