Hockeyology™

2026 / 2027 SEASON

COACH/MANAGER PROGRAM GUIDE

ASSESS. TRAIN. PERFORM. REPEAT.

WEST EDMONTON MALL / EDMONTON, AB

ZERONE.CA/HOCKEYOLOGY

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PROGRAM GUIDE

BUILD YOUR TEAM PLAN

A coach-ready menu of team experiences, development blocks and support services. Choose a focused package or build a season plan across the complete ZerOne performance system.

FEATURED — $2,250 + GST

Team Bonding Focus

3 sessions | 4 total hours

FEATURED — $2,250 + GST

Skating Focus

3 sessions | 4 total hours

CUSTOM — $5,000 + GST

Team Dryland

20 sessions |20 total hours

FULL SEASON — $18,500 + GST

Season Development

20 weeks | Assessment + Development

TRAINING OPTIONS

01

On-Ice

- Zero to One Combine
- Hockey IQ video
- 3-zone team training
- Goalie Development

02

Dryland

- Strength
- Recovery / Mobility
- Yoga
- At-home Season Programming

03

Athleticare

- Performance kitchen
- F360 assessments
- Sport psychology
- Nutrition

COACH NOTE

Team plans can be coordinated with your coaching staff around team goals, schedule, and development priorities.

TEAM TRAINING

ON-ICE TEAM SERVICES AND PACKAGES

TEAM ZERO TO ONE COMBINE — $2,500
Off-Ice Testing / HDTS Stride Analysis / ZerOne Shot Intelligence reports.

TEAM HOCKEY IQ VIDEO SESSION — $375
Single Session. Contact for more details.

TEAM HOCKEY IQ VIDEO PACKAGE — $1,250
4 Hockey IQ video sessions included. Can be scheduled throughout the season based on team request.

TEAM HOCKEY IQ + ICE SESSIONS — $3,000
4 1.75-hour sessions; 45-minute Hockey IQ presentation + 1 hour on ice.

3-ZONE TEAM PACKAGE — $875
1 team training session in 3 Hockeyology zones.

3-ZONE TEAM MULTI-SESSION — $2,250
3 sessions in all 3 Hockeyology zones. *SAVE $375*

GOALIE DEVELOPMENT PUNCH PASS — $550
September-March; 15 total sessions. Goalies may book Semi-Private Goalie training with our Goalie Coaches.

MEDIA ROOM BOOKING — $75
$50 when purchased as an add-on with other services.

TEAM BLADE ALIGNMENT — $1,275
Team rate for blade alignment with skate specialist Kenny Slawka. *SAVE UP TO $400*

TEAM TRAINING

STRENGTH TRAINING SINGLE SESSION — $350

1-hour team dryland session with Premier Strength.

STRENGTH TRAINING PACKAGE — $1,250

5 sessions included. *SAVE $500*

RECOVERY / YOGA SINGLE SESSION — $350

1 team session of hockey specific yoga with Jessica Healey.

RECOVERY / YOGA PACKAGE — $1,250

5 sessions included. *SAVE $500*

AT-HOME SEASON PACKAGE — $1,500

Monthly 5-day workout plan, team baseline and end-of-season fitness testing.

COACHING APPLICATION

Use dryland sessions as a stand-alone development block or pair them with on-ice training to reinforce strength, conditioning, mobility, balance and recovery throughout the season.

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TEAM TRAINING SESSION OVERVIEW

1.5 HOUR TEAM TRAINING SESSION

1 for $875 + GST

3 for $2,250 + GST

3-ZONE TEAM TRAINING

This dynamic team training session combines 45 minutes of dryland conditioning with 45 minutes of focused, on-ice small group skill development.

Athletes will rotate through 2 of the available training zones (20 MINUTES EACH):

- **Shooting Lanes:** Players develop shot power, accuracy, quick release and puck control through targeted drills and repetition.
- **Skills Rink:** A dedicated area for improving skating, edgework, stickhandling, passing and game-specific skills in a small-group setting.
- **Skating Treadmill:** Athletes work on stride mechanics, balance, efficiency and skating power in a controlled environment with individualized feedback.

Athletes will also participate in a 45 MINUTE dryland session:

- **Dryland Training:** In the Performance Gym, athletes will work through a 45-minute strength training (or mobility upon request) session with our strength and conditioning coaches.

This balanced session builds strength, athleticism and hockey-specific skills while keeping players active and engaged.

TEAM ROTATION

Teams will be split into two groups, half beginning on ice and half in the gym. The group on the ice will be split into two smaller groups (Ie. Group 1A and Group 1B) for the small group skill training and flip between two stations in 45 minutes. After 45 minutes of training, the group from the gym will move to the ice and the on ice group will finish in the gym.

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FEATURED TEAM PACKAGE

TEAM TRAINING 3-PACKS

TEAM BONDING FOCUS

$2,250 + GST

1

SESSION 1 / 1.5 HOURS
Team Bonding Experience

- Engaging team experience that builds trust, energy and a winning culture.
- Team challenges, games and activities that promote teamwork and communication.
- Instructor-led 3-on-3 game; facilitation, facility and ice rental included.
- Optional lunch or dinner: additional $20 per person.

2

SESSION 2 / 1 HOUR
Ice Palace Instructional Session

- Full-ice training at the Ice Palace.
- Age-appropriate body contact and checking, goaltender instruction and professional coaching.
- Team coaches are welcome; ice rental included.

3

SESSION 3 / 1.5 HOURS
3-Zone Training at Hockeyology

- Instructor-led small-group sessions in all three Hockeyology zones.
- Team coaches are welcome; professional instruction, ice and facility rental included.

SKATING FOCUS

$2,250 + GST

1

SESSION 1 / 1 HOUR
Ice Palace Instructional Session

- On-ice skating development at the WEM Ice Palace.

2

SESSION 2 / 1.5 HOURS
Hockeyology 3-Zone Team Training

- Instructor-led small-group sessions in all three Hockeyology zones.
- Skating Performance dryland training, Skills Rink Powerskating, Skatemill Stride Technique.

3

SESSION 3 / 1.5 HOURS
Hockeyology 3-Zone Team Training

- Instructor-led small-group sessions in all three Hockeyology zones.
- Skating Performance dryland training, Skills Rink Powerskating, Skatemill Stride Technique.

PROGRAM DESIGN

Designed by Vanessa Hettinger, the skating development instructional team guides players through a comprehensive three-day plan to enhance team skating technique.

Optional HDTS Stride Analysis Reports: $89 per player (regular price $189).

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DRYLAND TEAM PACKAGE

TEAM TRAINING DRYLAND

20 SESSIONS / 1-HOUR SESSIONS

$5,000 + GST

BUILT FOR YOUR TEAM

An off-ice program designed in coordination with the head coach. Sessions combine the right mix of:

- Strength training with Premier Strength
- Hockey specific yoga
- Team recovery sessions

WHY COACHES USE IT

01 Team-specific

Reflect age, schedule, current needs and competitive goals.

02 Balanced

Blend strength, mobility, coordination and recovery.

03 Consistent

Twenty sessions support repetition and a shared team standard.

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COMPLETE TEAM SEASON PLAN

SEASON DEVELOPMENT PACKAGE

20 WEEKS / 2026-2027 SEASON

$18,500 + GST

Created with the head coach to support the team's goals across the 2026-2027 season.

PACKAGE INCLUDES

- One hour of training per week, between the Ice Palace and Hockeyology facility.
- Pre- and post-player evaluation and reporting, including HDTS Stride Analysis, Shot Intelligence, and Assess & Align Movement Screen Report. Sample reports available on request.
- On-ice Hockeyology skill sessions: skating, shooting, small-area games and Hockey IQ.
- On-ice team sessions at the Ice Palace: skating, shooting, Hockey IQ and team tactics.
- Off-ice training: strength, conditioning, balance, speed, coordination, mobility and flexibility.
- Coordination with coaches and managers to progress through developmental season plan.
- Ability to work with your team's schedule to make extra development seamless.

THE DEVELOPMENT LOOP

ASSESS / TRAIN / PERFORM / REPEAT

SCAN TO EXPLORE THE COMBINE

ATHLETICARE ADD-ONS

Athleticare™

PERFORMANCE KITCHEN — $900

1 session included.

F360 PRE-ASSESSMENTS — $150

Price is per player.

F360 POST-ASSESSMENTS — $100

Price per player.

F360 BUNDLE (PRE + POST) — $200

Price is per player.

PLAYOFF / SHOWCASE SPORT PSYCHOLOGY — $450

Price is per session.

PLAYOFF / SHOWCASE NUTRITION PACKAGE — $450

Price is per session.

START THE CONVERSATION

Build the right plan for your roster.

zerone.ca/hockeyology | West Edmonton Mall, Edmonton

SCAN TO LEARN MORE

CONTACT US

Questions about training, memberships, camps, or programs for your team? Send a note and our team will get back to you.

START HERE

CONTACT HOCKEYOLOGY

SCAN TO OPEN THE CONTACT FORM

zerone.ca/hockeyology/contact

TALK TO US

PHONE

(780) 902-3255

EMAIL

hockeyology@zerone.ca

VISIT

West Edmonton Mall
8882 170 St NW, Edmonton AB

FACILITY HOURS

MON-THU

10:00 AM - 9:00 PM

FRIDAY

10:00 AM - 8:00 PM

SATURDAY

9:00 AM – 7:00 PM

SUNDAY

10:00 AM - 5:00 PM