

Skills Plus offers training to ensure hockey players' skills are in top form

Supplied by Skills Plus

Skills are an essential part of every game that is played, and Skills Plus offers any hockey player the chance to refine their skills during both the regular season and the off season.

When Skills Plus started a little over a decade ago, they gave young hockey players that chance to make sure their skills were always in top form. Eric Calder and Skills Plus provide training for players during both the winter and summer.

Calder said that the hardest part of starting up a training business is that you need to have diversification in your program.

"We were fortunate in the early years that we were able to find a little niche that worked for our programs and we were able to run with it," said Calder.

Skills Plus has been around since the 1998–1999 hockey season. Calder believes that it has been successful because those involved have been able to keep up their knowledge

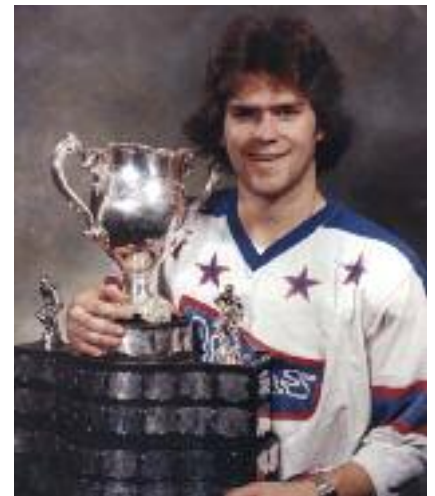
of the game and are always learning new things.

"I have also worked very hard at improving my education level with coaching," he said.

Calder went on to say that his knowledge from having once been a player helped him relate to those that were taking the training program.

"Having played at the different levels has given me the experience level to relate with the players in my programs. It allows me to interact with not just beginner players but elite players as well."

Among the major changes that Skills Plus has recently developed is providing video analysis of a player's ability so that coaches can go back and look at the tapes, offering the player specific feedback on how to improve his or her game. Calder said that over the next few years, he would like to see the video analysis component of the program be a major way to evaluate players. He



*Eric Calder - President
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believes that with the help of promotion and adding more programs, Skills Plus will grow.

"I really want to see the video analysis grow into the program. Not a lot of my clientele are quite informed with it yet, so I am hoping that with promoting and running the programs, the nucleus of Skills Plus will grow."

Calder is taking the next step forward for Skills Plus and will be doing a lecture along with Steve Spott and Peter DeBoer of the Kitchener Rangers on skating and shooting biomechanics. He has also done a few articles with Kitchener Minor Hockey, giving young players pointers on how to improve their game.

Spring/Summer 2011

Skills Plus Hockey



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