

**GET PRO
HOCKEY**

**KHL GOALIE
CAMP**

BRATISLAVA

2015



KHL GOALIE **CAMP** BRATISLAVA

26.06. – 03.07.2015

Bratislava / Slovakia
Zimný štadión HC Petržalka
www.get-prohockey.eu

PRICE

1 900 € Camp incl. board and lodging,
personal fitness and sport massage

LODGING

Wellness Hotel Apollo Bratislava ****
Single or double room incl. full pension and
wellness
www.apollohotel.sk



CAMP STAFF



Dusan Strharsky
(Head Coach Get Pro
Hockey)



Igor Gross
(Adler Mannheim)



Anton Lukin
(Falken Heilbronn,
Get Pro Hockey)



Guest Coach

PROGRAM

- On - Ice Training (2 x 60 min)
- Off - Ice Training (1 x 60 min)
- Video Analysis

Get Pro Goalie program on-ice

- Get pro skating
- Get pro slide practice
- Stickhandling
- Positioning game
- Game situation training
- Mental Coaching
- Video Coaching

Get Pro Goalie program off-ice

- Core
- Leg strengthening practice
- Pro goalie reaction practice
- Special goalie stretching
- Coordination practice
- Get pro goalie off-ice games
- Cross fit



FREE TIME OPPORTUNITIES

- Old Town Bratislava
- Area DIVOKÁ VODA
- Magio Beach Bratislava
- Aupark Shopping Center Bratislava
- Outlet City Parndorf (Austria)





First name _____

Surname _____

Date of Birth _____

Street _____

Postcode _____

City _____

Country _____

Contact Number _____

Email _____

Team _____

Signature _____

Binding application per email: dusan@get-prohockey.eu

Contact: Dusan Strharsky +49 173 174 104 8, +421 904 047 904 or dusan@get-prohockey.eu