



## TOTAL ON & OFF ICE TRAINING PROGRAM SPECIFIC TO HOCKEY

*"Best of the best . . .  
world class training*

*at its finest!"*

*- Joe Day  
NHL veteran*

THE BURGGRAF INDIVIDUAL ISOLATION CLINIC (ISO)™ is a Total On & Off Ice Program designed specifically to identify the strengths and weaknesses of each individual skater. We succeed through positive motivation, building upon the confidence of each skater; utilizing proven drills and techniques to ISOLATE and IMPROVE each individual skater's skills.



## CONCENTRATED DAILY ON ICE TRAINING & INSTRUCTION BY PROFESSIONALS

We limit the number of skaters in each group to assure that we reach our clinic objective and mission for each skater. Every skater will maximize his investment in his development. All skaters receive On Ice Instruction from our highly trained and qualified professionals. Our instructors complete a demanding two-year certification-training program before they instruct in the ISO™ or our Skating Skills Programs. They are carefully selected and possess a strong commitment to our philosophies on the skating game as it applies to hockey. They speak the language of the Burggraf Skating Skills program. These dedicated professionals will assure that each skater receives the maximum results possible from the ISO™ clinic.

35 YEARS OF EXPERIENCE DEVELOPING THE SINGLE MOST IMPORTANT  
ASPECT OF HOCKEY... THE INDIVIDUAL SKATING SKILLS.

- proper form & technique
- situational awareness & polished skating
- puck control & stick handling skills
- quick release shooting skills
- total body & edge control
- powerful skating strides in the short & long game
- blade maximization skills
- off-setting speed control



## BURGGRAF EXPLOSIVE TRAINING PROGRAM



As part of an ongoing quest to move our skaters to the next level, we have poured extensive research into the muscle firing skills of each skater. Through a joint development program, we have incorporated our explosive training machines and have a wide variety of exercises and protocols to move each skater to the next level of weight training. Power Lifting for explosive speed and quickness...just like the demands of hockey. Our explosive machines are an integral part of the Off Ice Program.



## PLYOMETRICS & PROPRIOCEPTION SKILLS SPECIFIC TO YOUR HOCKEY

SINCE THE LATE 1970'S, we have been studying the human body and the mechanics as they relate to hockey. We have fine-tuned our Plyometrics Program specific to the needs and demands of hockey. Our ISO™ Off Ice State of the Art High Tech Training Facility focuses on:



- long game speed & flexibility
- body control
- short game quickness & foot speed
- weight distribution & center of gravity control
- heart rate & recovery time
- transitional skills & capabilities
- hip & girdle strength

All of our Plyometrics focus on specific movements and areas of hockey... in the ISO™ Clinic the only thing you run out of is breath...the Cardio training is a by-product!

*Weight training designed to  
build muscle strength, improve recruitment,  
and maintain flexibility  
while training muscle groups to work together and  
maximize overall performance*



## GAINING STRENGTH WITHOUT LOSING FLEXIBILITY... THAT IS THE KEY!



The weight room itself will not move you to the next level of play. In fact, the wrong weight program can actually lift you right out of your sport! Our unique weight training program follows our 12-Month, 4-Phase Program that is unique to the game of hockey and tailored to you the individual hockey player - not the weight room, the mirror, or the beach!

OUR 12-MONTH, 4 -PHASE PROGRAM is designed and tailored for you and your individual needs and when followed faithfully is guaranteed to lift you to the next level of play. This is not a precanned workout program designed by a body builder or strength coach to gain muscle mass. It is perfected by exercise professionals and tested by hockey players who have studied and know the demands of hockey. It is a full twelve-month program that will improve your strength, flexibility conditioning and confidence without bulking you up as a hockey player.

*"I have attended the  
Burggraf ISO™ for four  
years. It has helped my  
skating tremendously. I  
have become a much  
stronger, more dynamic  
skater. The Burggraf  
ISO™ program has helped  
me develop more power in  
my skating in all areas of  
my game."*

*- Ryan Bayda NHL*



## TRAINING GOALTENDERS TO BE THE BEST SKATERS ON THE ICE

We restrict the number of goaltenders on the ice in each group of the ISO™ to maximize their investment and allow for more attention to each net minder. All goaltenders will participate in all of our Skating Skills drills and techniques, which improves his skating skills foundation. These drills incorporate our Puck Control & Shooting drills specific to goalies. In addition, each goalie will work on our specific On and Off Ice Program designed to develop:

*"I think that the  
Burggraf ISO™ is  
great for goalies. The  
skating foundation is  
so important to the  
success of the goalie.*

*The ISO™ really  
focuses in all aspects of  
successful goaltending."*

*- Darrin Jensen  
Former NHL Goaltender  
Philadelphia Flyers;  
Director  
National Hockey Schools,  
Victoria, BC Canada*

- net orientation skills
- proper body position & control
- muscle firing & muscle reaction skills
- aggressive & challenging play ("the cobra" & 6th man)
- strength & quickness
- fundamental skating skills
- lateral mobility

*Quality of ice time . . .  
not quantity!*



## RUNNING TRANSITIONS SPECIFIC TO THE STRIDE & CORE STRENGTH PROGRAMS SPECIFIC TO THE SKATING GAME

Through years of research and experience, we have broken down the mechanics of the stride as it applies to both skating and hockey. Our studies have contributed to the development of a remarkable pre-testing program that exposes individual skating weaknesses even before the skater takes to the ice. From this testing, we build and design specific Off Ice Running Programs that target these weaknesses. This process saves each skater valuable time and money as they immediately begin to improve on their skating foundation while making progress on strengthening their stride. We also have numerous Core Strength exercises that develop the strength of the body's trunk or core. This accelerates the Body Awareness and Weight Distribution when combined with the Running Transition Program. Together, these powerful programs propel the edge control capabilities of each skater in the On Ice Program and accelerate the skating skills of each individual skater. These Programs target:

- muscle firing skills
- transitional capabilities & skills
- core strength
- body control & weight distribution
- consistent deep knee bend

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## FLEXIBILITY & STRETCHING PROGRAMS

STRENGTH WITH FLEXIBILITY. Too many athletes are missing the objectives in their training as they put strength building above all else in their development. Hockey is a high speed, explosive sport placing great demands on your body. You have to train your body to meet those demands. Flexibility and proper stretching are critical to your success in hockey. Weight training alone can "lift" you out of your sport; although the intent is honorable, the result can actually hinder your performance. You train the muscles improperly, increasing the chance for injury. Lifting with no pre and post follow up is like over tightening a nut. A strong training program includes both flexibility training and a solid stretching program. There is more to training than lifting, going through the motions and trying to reach your goals.

*"The Burggraf ISO™  
breaks everything down in  
the skating both on and  
off the ice. I learned how  
to maximize my blade and  
become a more polished  
skater . . . a smarter skater.  
I got a lot of one on one  
attention. The On and Off  
Ice program is very good. I  
feel very confident  
in my skating."*

*- Raffi Torres NHL*



## SPECIFIC QRS SHOOTING PROGRAM FOR HOCKEY

We asked a question of the professional goalies that we work with in the ISO™, "what is the hardest shot for you to stop in hockey?" Their consistent reply, "THE ONE THAT IS ALREADY ON THE WAY TO THE NET." Chances are if they can see it off the stick, they are going to be able to play the angle. We focus on the short shooting platform for the Quick Release Shooting Skills (QRS). Forehand, backhand, snap shot and slap shot are all important, but the key is to develop the Short Shooting Platform for the Quick Release, whether you are taking a Slap Shot, or backhand, the key is to get it to the net quickly. The ISO™ will teach you how to improve your QRS. Shoot with power, accuracy and strength; learn the proper form and techniques.

**"IT WAS IN LAST WEEKS PAPER . . . I SAW IT THE WHOLE WAY"**

**"DON'T LET #9 SHOOT!"**

**"YOU STAND IN FRONT OF IT, NOT ME!"**

As part of the ISO QRS Program, you will develop overall stick strength and stability through a variety of unique exercises and our "Face-Off Box" that recruits the trunk region muscles to work with the upper body for stronger face-offs and strength in the corners.

*"One of the best skating programs available!"  
- Rick Wilson, Professional Hockey Coach*



## LEARN PROPER FORM & TECHNIQUE

LIKE THE GOLF SWING, shooting is a skill. It takes practice. You have to follow proper form and technique; power, speed and accuracy will all develop naturally. Bad habits die hard! Learn how to develop your shooting skills right the first time!