

# The Hockey Lab



An elite Hockey Coaching Company brought to you by founder Michael Hoare. We at the Hockey Lab pride ourselves on high quality coaching, infectious enthusiasm and a real desire to help every single player develop along their own sporting journey.

## What make us elite & different?

- Actual experience of playing elite level hockey
- Exceptional range of skill set – high performance, coaching, education, nutrition, psychology, video analysis, coach education, strength and conditioning
- Fast pace, high-energy coaching from young current players and coaches
- More access to international players, excellent role models and a highly motivated team
- Providing endless fun, new ideas and a unique understanding of how to inspire different people of all ages, abilities and backgrounds

