



The RPM Difference...Skill based instruction vs Drill based

The fundamental difference between RPM and other commercial providers? RPM is a skill based company.

RPM focuses on the technical aspects of all hockey skills and in particular the bio-mechanics required to perform each skill.

If winning hockey is a bi-product of tactical play, then tactical play is a bi-product of individual skill and individual skill is a bi-product of the biomechanics required to perform a given skill. RPM establishes a strong foundation of proper skill development by focusing on the bio-mechanics and detailed technical instruction. Once the baseline of skills are in place relative to each level entry, average and elite the transition to upper ended skill development, tactical play and winning hockey is achieved.

Our Competitors - Drill based providers focus on the drill itself with little or no technical instruction, no progressions and players simply re-enforce bad habits. Drills are selected as a means to fill a practise rather than compliment and focus on specific technical skill development. They hide their lack of proper instruction with fast paced drills that are all flash and no substance!

As a skill based company RPM further develops the players and coaches understanding of technical skill instruction and how to correctly teach and perform the bio-mechanics related to each skill. Once the technical fundamentals are in place drills are selected that are age and skill appropriate.

RPM works in a collaborative environment with association coaches moving the coach from a level of dependence to collaborative to independence coaches acquire the tools and resources to meet the varied needs of association players and parents. Association's utilize (RPM) to bring to their association skill sets, expertise and resources not readily found within their association thus complimenting the association and strengthening the overall health of the organization.



RPM - the choice of parents, players & minor hockey for over 40 years!