

7-month technical development program

Skills Lab *In-Season* 2026

A structured technical development curriculum built around one player.
Yours.

• Enrolling · July 15 cohort

7 months in-season

4 to 6 players per session

12 to 16 spots only

A development system, *not another lesson.*

Most skills sessions are one-off ice time with a rotating cast of skaters. Skills Lab is the opposite: a small group, a long horizon, and a written plan that follows your player from July through February.



Small group, real attention

Four to six players a session, so every rep gets coached. No hiding in a crowd of fifteen.



A curriculum, start to finish

Seven months of on-ice and off-ice work sequenced on purpose, in season, so progress compounds.



All-inclusive

On-ice, off-ice, video, and at-home work in one program. One decision covers the whole season.



Proof, in writing

Three progress reports a season document where your player started, moved, and is headed next.

The skills game in *Southern California*.

Ice is scarce, private lessons are expensive, and most of them are still random. Here is the gap, and how Skills Lab closes it.

The usual path

- ✗ **Not enough consistent ice.** Off-ice is an afterthought, and players are left to figure it out alone.
- ✗ **No roadmap.** Inconsistent lessons and coaching produce random, hard-to-see results.
- ✗ **Premium price, crowded ice.** Ten to fifteen skaters a lesson means almost no one-on-one time.

The Skills Lab way

- ✓ **On-ice and off-ice, handled.** Private sticktime plus Ice Forge off-ice work for shooting and puck control, every week.
- ✓ **A 7-month plan, built for your player.** Individualized development with three written progress reports to prove it.
- ✓ **Four to six players. Under \$40 a session.** Real coaching attention at a fraction of a typical private-lesson rate.

Players per session

4 to 6

Written progress reports

3

Coached sessions / week

2

What you *get*.



Weekly sticktime on-ice lessons

One private on-ice session a week, with two to three time slots to choose from.



Weekly Ice Forge off-ice lessons

One off-ice session a week for shooting and puck control, again with two to three slots.



Private player portal

Your player's home base online, with the full curriculum, tutorials, and reports in one place.



Full curriculum upload

The complete 7-month plan, individualized to your player and mapped session by session.



Weekly NHL video analysis

Pro comparisons in the portal, so your player learns to see the game, not just drill it.



At-home skills tutorials

Guided work players can do between sessions, so development does not stop at the rink.



Three written progress reports

Documented proof of where your player started, how far they have come, and what is next.

THE PACKAGE

Premium, *not padded.*

One season, one price, everything included. The July cohort is capped so every player gets real attention.

Skills Lab · 2026 In-Season

\$349 / month

for 7 months, plus a \$99 deposit to reserve your spot

[Reserve a spot ↗](#)

Program length	7 months
Season start	July 15
Monthly	\$349
Deposit to reserve	\$99
Players per session	4 to 6 max
Total spots	12 to 16 only

The 2026 cohort is capped at 16 players.

Reserve with a \$99 deposit. Season begins July 15 in Irvine.

