

member of **HDTS GROUP**

**EN**  
2025  
V02



Improve the player, make the team better.

**EN**



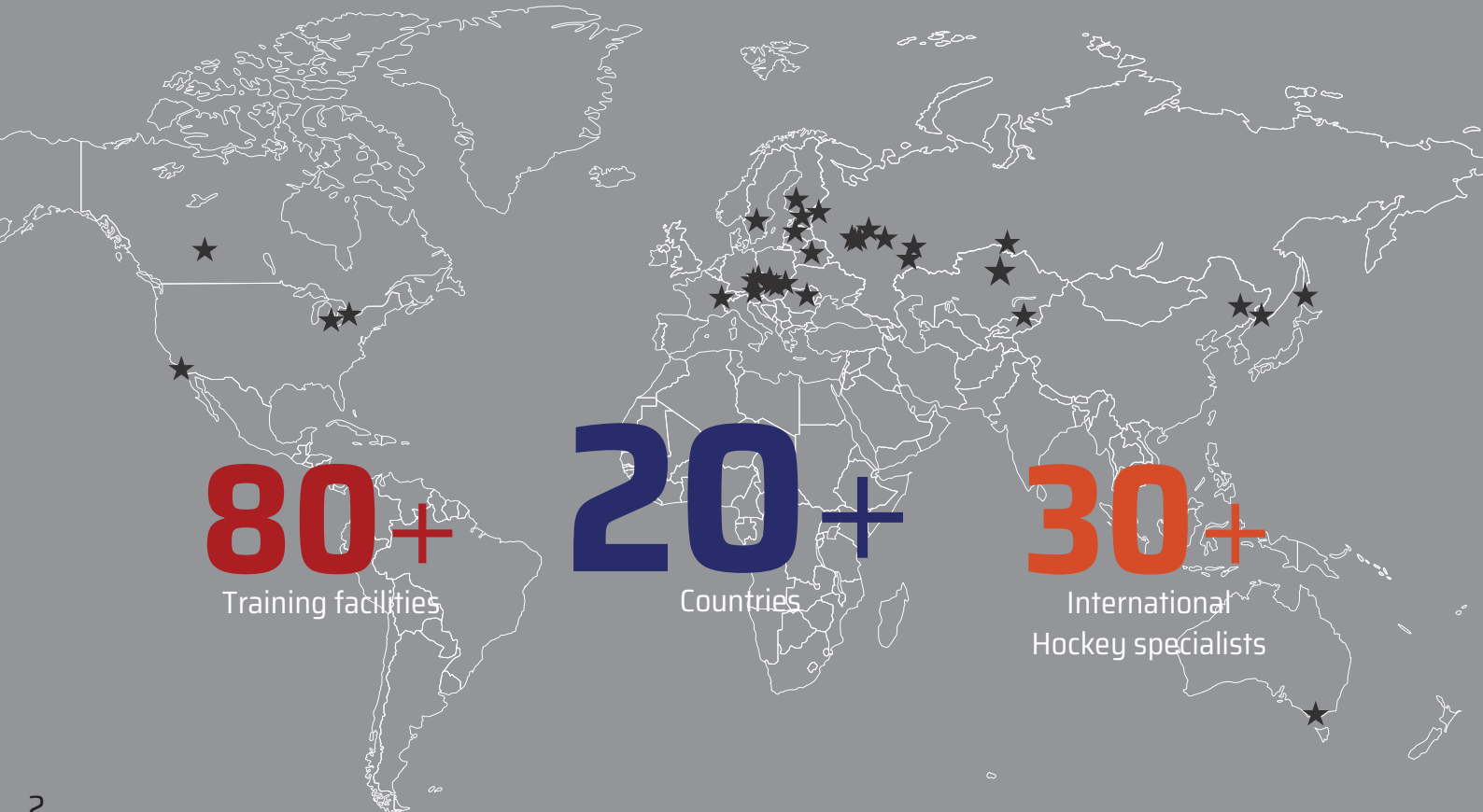
## Unique

training facilities, services, methods and programs for ice hockey player development.

### ALL IN ONE COMPLEX

Suitable for all ages and skill levels. Working successfully with national and KHL teams. Training and testing NHL, KHL and Olympic medallists.

In-house production of technology, software, **research & development.**



**80+**  
Training facilities

**20+**  
Countries

**30+**  
International  
Hockey specialists

# What traits does a hockey player need?



**Athleticism**  
(movement)



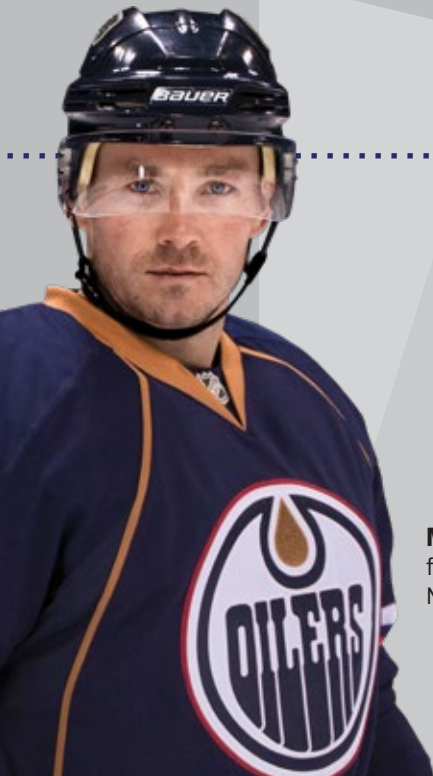
**Hockey Skills**



**Versatility**



**Creativity,  
motivation and  
enthusiasm**



**Miroslav Lažo**  
former KHL and Slovak  
National team player

TOP level

**Lubomir Višňovský**  
former NHL player, member  
of the Slovak National team

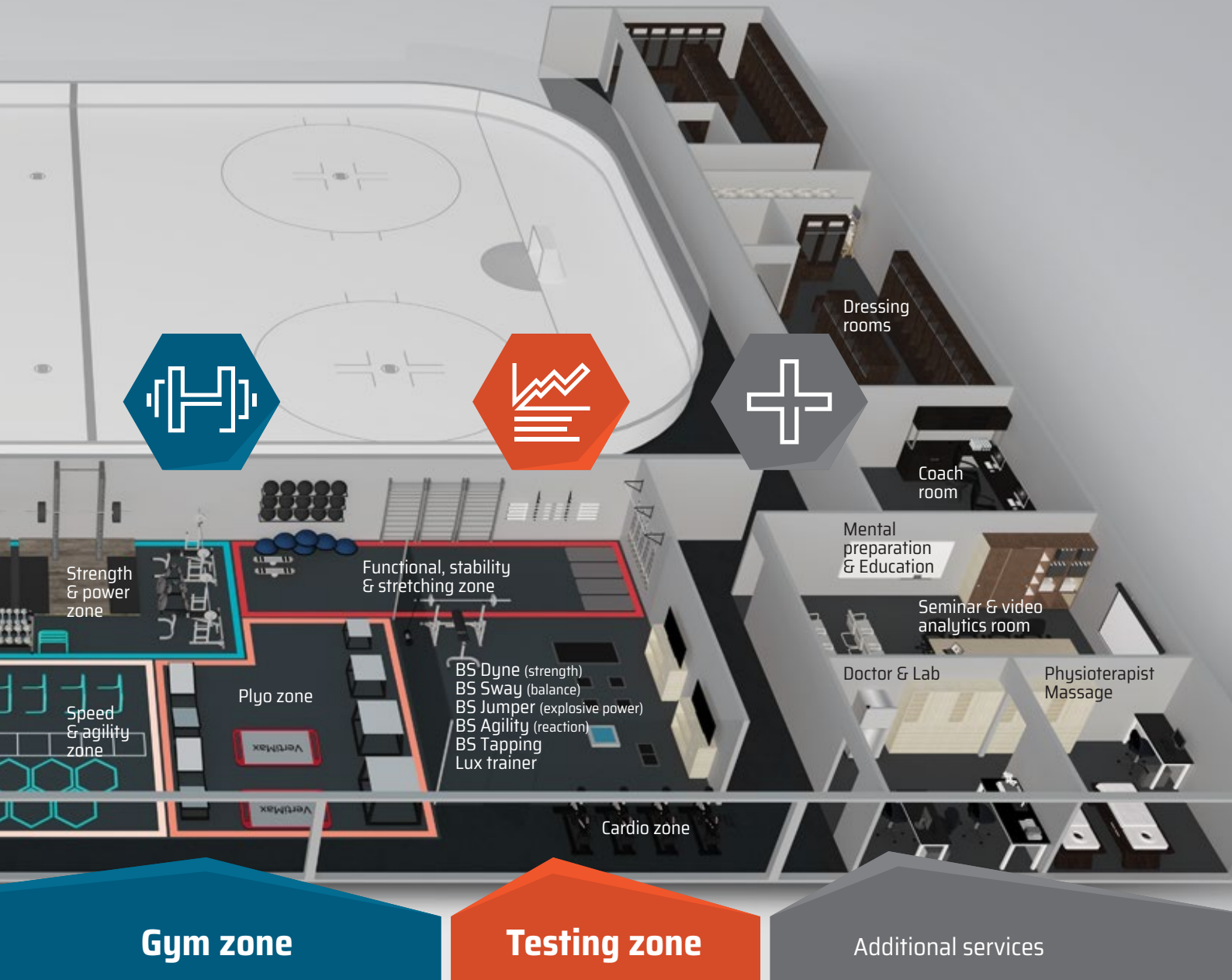


# Hockey Development Center Zones



**Fusion Skating zone**

**Shooting zone**



**Gym zone**

**Testing zone**

Additional services

# Individual player development model created by HDTS

## General Preparation

- Fitness and coordination skills
- Finding of limitation factors
- Compensation exercises



## Non-specific Preparation

- Sport vision
- Concentration and attention
- Development of reflexes



## Specialized Preparation

- Skating technique
- Peripheral vision
- Stick-handling
- Shooting and passing



## Health Limitations

- Basic limits to sports performance
- Shortened and weakened muscles
- Anthropometry



## Mental preparation

- Definition of objectives
- Motivation and passion
- Crisis situation solving
- Team-building



## Recovery

- Fatigue index
- Recovery cycles
- Quality of training process



## Nutrition and Health Status

- Athlete's training diet
- Energy utilization
- Right health habits
- Blood and saliva



Covered by our Hockey Center



Additional services

01 Test

02 Interpretation

03 Plan

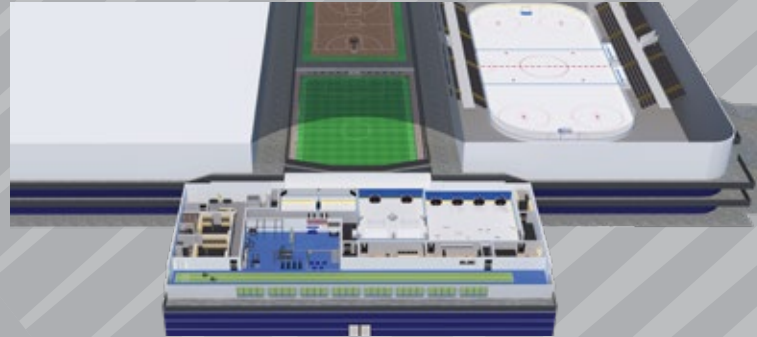
04 Realisation

05 Comparison

# CATEGORIES of hockey centers

## 1. as PART of sport facility

Hockey Center as a part of complex hockey arenas, stadiums or ice rinks. It usually contains all four zones. Its configuration and services are optimized also for nearby ice rinks usage.



## 2. STANDALONE Hockey Center

Hockey Center without nearby ice rink. It may contain all four zones, including additional services areas. Part of it is Hockey Skating Treadmill (HST). It allows to improve skating technique of hockey player in absence of ice rink.



## 3. SELECTED zones

The center contains only essential zones. The most common is Fusion Skating zone with hockey treadmill. It can also be used as part of sports schools, various fitness facilities or theme parks.



# PORTFOLIO

## Hockey Development Center (HDC)

### Fusion Skating zone

- Hockey Skating Treadmill (HST)
- Skating Analysis with AI
- Shooter
- Instructor
- Peripheral Navigation
- Live Delay Recorder
- beeSPORT | Powergate, StridePower, Wingate
- Laser Education Tool



### Shooting zone

- Synthetic Ice
- Shooter
- Hockey Equipment for Team and Individuals
- Shooting and Passing Devices



### Gym zone

- Hockey Fitness Equipment - Strength & power zone, Plyo zone, Functional, stability & stretching zone, Speed & agility zone, cardio zone
- Diagnostic Tools



### Testing zone

- beeSPORT Tester on Ice
- beeSPORT Tester Dryland
- Health Status Diagnostics
- Lux Trainer
- beeSPORT Reporter



## beeSPORT | app family

**BS Tester, Reporter, Lux Trainer** (Analytic, Reporting and Planning software)  
**C-ops** (operation support)

# SERVICES



## Project assistance

- Counseling
- Visualization and configuration
- Delivery and Installation

## Training courses and education

- Technology
- Methodology
- Training programs



## Post sale service

- Monitoring service
- Helpdesk system
- Software updates
- Personnel Leasing of Hockey Experts

# FUSION SKATING zone

Zone designed for development of individual skills such as skating, shooting, stick handling, passing and peripheral vision. The zone consists of our unique Hockey Skating Treadmill and other specialized technologies including Instructor, Skating analysis, Live delay, Shooter, StridePower and more.

## What is it good for

- Improvement of skating technique
- Development of conditioning and coordination abilities - multitasking, Stride Power
- Passing accuracy
- Shooting development (technique, accuracy, shooting in stride, etc.)
- Enhancement of Peripheral vision
- Specialized hockey diagnostics (Skating technique analysis, Stride power, WinGate, VO2 max, PowerGate...)

## What makes the difference

- Faster results based on a more effective training process
- All the necessary training and testing technologies in one complex
- High-quality product design ensuring reliable operation
- Ergonomics coaching
- Unique Hockey Skating Treadmill (Speed, Silent operation at max speeds, Stiffness, Reliability, Efficient training technologies, adjustable slope setting...)



# SHOOTING zone

Created for player's puck-handling skills development, focused on shooting, and stick-handling. To achieve desired quality and efficiency of the training process there must be sufficient space to work in.



## What is it good for

- Development of shooting (techniques, accuracy, power, etc.)
- Improvement of individual hockey skills (stick-handling)
- Passing accuracy

## What makes the difference

- Faster improvement of shooting technique
- Use of high-quality synthetic ice with exceptional sliding properties
- Custom hockey equipment built exclusively for hockey players

## GYM zone

Zone with the focus on improvement of conditioning and coordination skills of players/teams. Gym equipment is customized to follow the specific training plans, both short-term and long term.



### What is it good for

- Development of conditioning and coordination skills
- Corrective exercises to maintain muscle balance
- Explosive strength, agility, warm-ups, flexibility, stretching, etc.

### What makes the difference

- Specialized zones created for each category of training on dryland
- Custom hockey equipment for more effective training



## TESTING zone

Testing of the player's entry state is crucial for understanding their parameters and obtaining data necessary for setting effective training goals. This system, based on AI, is designed to provide insights into player parameters, enabling informed decision-making for personalized training plans.

### What is it good for

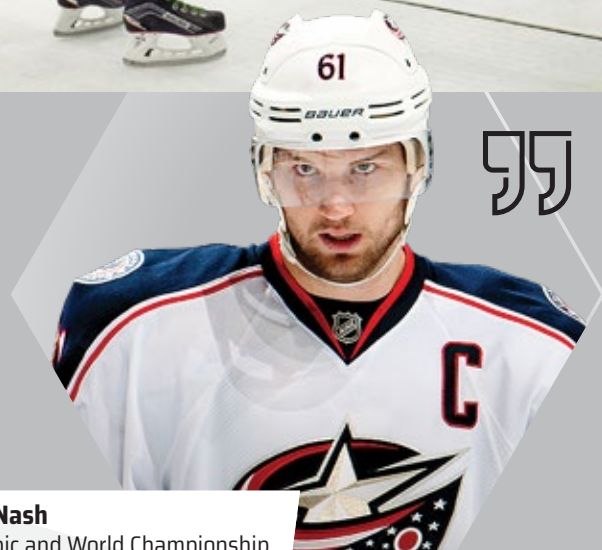
- Baseline fitness level testing of players/teams using specialized diagnostic system
- Hockey skills testing
- Short-term and long-term training plans, customized for the player/group/team
- Adjusting training plans after re-testing
- Testing (Diagnostics) available on ice / on a Skating Treadmill / in the gym

### What makes the difference

- A set of specific tests in three different environments On-Ice, Off-Ice, and on the Hockey Skating Treadmill
- Fast team testing process
- Comparison of the results among athlete's age group
- Summary report & results overview

# Partners using HDTS centers





**Rick Nash**

Olympic and World Championship winner, former NHL player

I am very glad that projects like HDC have been established around the world which can significantly help to develop hockey players. This is the step in the right direction. The need to individualize the training process is clearly visible in nowadays hockey. And the connection between the individual and the team training can speed up the process even more. Today not only as a former player but as a scout I can confirm a strong need to develop individual skills. I believe these training facilities will soon be in North America and it is going be great.

# References from hockey Experts and Players



**Vyacheslav Bykov**  
former head coach of the  
Russian National Team

In today's hockey, new approaches to improve the training process are more important than ever. I am very glad that the Hockey Development Training System Group has been established and has chosen such a systematic and professional approach to this matter.



**Norbert Javorcik**  
former head coach of the  
Slovak U-18 National Team

To achieve results in elite sports nowadays, talent itself and quantity of training sessions are not enough. Individual preparation of a player along with the individualization of the training process also in the national teams is the way to get quality results.



**Slavomira Gazdikova**  
mental coach  
SportMindHDTs

Mental training has been in hockey several decades, but the diagnostics that we use in SportMind HDTs is unique to its use. It gives you answers to questions such as recognizing the roles that a player has in his team, his strengths and weaknesses, revealing sources of player motivation, identifying his frustrations and difficulties, etc.



**Bogdan Kiselevich**  
NHL/KHL player, olympic  
gold medalist, member of  
the Russia National team

It has already become a rule for me, that pre-season training begins at HDC Slovakia's hockey diagnostic and training center. I am extremely satisfied with the model that is used here. After completing the entry pre-season preparation at HDC Slovakia, I always feel that I have improved in all areas.



**Lubomir Visnovsky**

former NHL player, Hall of Fame member, World Champion, member of the Slovak National team



**Miroslav Lazo**

former KHL and Slovak National Team player



**Sasu Hovi**

former finish SM - Liiga player



**Igor Zacharkin**

former coach of the Russian National Team



**Nikolai Prokhorkin**

KHL player, olympic gold medalist, member of the Russia National team



**Milan Kabat**

conditioning coach of the Slovakian U-18 National Hockey Team



**Peter Podhradsky**

former KHL player, member of the Slovak National team



**prof. PhDr. Eugen Lazo Ph.D.**

former professor at Faculty of Physical Education and Sports, Comenius University



**Rick Nash**

Olympic and World Championship winner, former NHL player

# DEMO centers

[www.HDCmembers.com](http://www.HDCmembers.com)



**HDC San Diego**  
San Diego, USA



**RED Machine**  
Saint Petersburg, Russia



**HDC Finland**  
Tampere-Pirkkala, Finland



**HDC Czech Republic**  
Příbram, Czech Republic



**HDC Switzerland**  
Geneve, Switzerland



**HDC Harbin**  
Harbin, China

# Reference centers



**4D Hockey training**  
Detroit, USA



**National Hockey Center**  
Moscow, Russia



**Barnburner Toronto**  
Toronto, USA



**Almetyevsk Neftyanik**  
Almetyevsk, Russia



**Velocity Edmonton**  
Edmonton, USA



**Center Khokeynogo Razvitiya**  
Yuzhno-Sakhalinsk, Russia



**Leithana**  
Bruck, Austria

# HDTS GROUP

## BUSINESS AND MANAGEMENT



**HDTS, Inc.**  
USA



**HDTS, Inc.**  
Canada



**HDTS, a.s.**  
Europe and other countries



## SOLUTION AND R&D



**TOP FACILITY**  
[www.hdcmembers.com](http://www.hdcmembers.com)



**INNOVATIVE SPORT SCIENCE**  
Creation of customized methodology  
Software development  
[www.issconnection.com](http://www.issconnection.com)

## EDUCATION SUPPORT



**EDUPROSPORT**  
Education and training  
Personnel leasing (trainers, coaches)  
[www.eduprosport.com](http://www.eduprosport.com)



**HDC KINGSTON RELM SPORTS**  
Kingston, Canada

**GLOBAL SDA HOLDING**



Sport development of athletes [www.globalsdaholding.com](http://www.globalsdaholding.com)

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[www.hockeydts.com](http://www.hockeydts.com)