

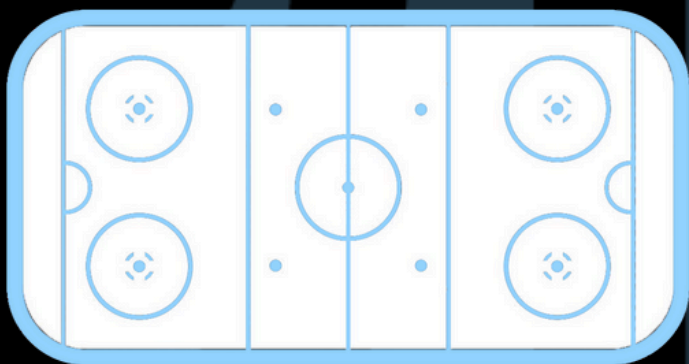
# SKATING ANALYTICS

THE NEW FRONTIER IN  
PLAYER DEVELOPMENT



HELIOS®

# SKATING ANALYTICS: THE OTHER SIDE OF HOCKEY ANALYSIS



Systems analytics — like faceoffs, breakouts, and special teams — help you understand how your team executes game strategy.

But hockey is more than just systems. **Skating analytics** — like speed and power — give you a deeper view of individual and team performance.

# SKATING IS THE FOUNDATION OF HOCKEY PERFORMANCE

A player's ability to succeed at higher levels of hockey depends heavily on their **skating ability** and how well they can execute in **high-speed situations**.

HELIOS provides information on the **strengths and weaknesses of a player's stride** for individualized development feedback.



# ELITE TEAMS OVERWHELM YOU WITH SPEED

Championship teams play with **relentless pace**. They apply constant pressure, force turnovers and create scoring chances through their **speed**.

If you want to build a winning program, **developing speed** and **strong work ethic** needs to be a top priority.

HELIOS gives coaches the skating and effort insights they need to **play fast**, **build team identity**, and **win more games**.

# QUANTIFYING EFFORT

Tracking Hustle  
with  
*HELIOS*®

Hustle Scores  
Relative to  
Baseline

High-Intensity  
Skating Volume

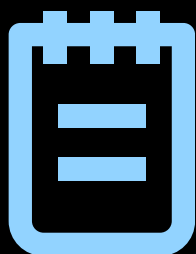
Energy Ratios

Time Spent at  
Full Effort

HELIOS Hustle and Energy Scores give coaches **objective insights** into how hard their players are working in every shift, every drill.

Smart coaches integrate data to **support player evaluations** and **drive alignment** with their players on their effort levels.

# ALL COACHES CAN USE DATA



**Simple  
Insights**



**Targeted  
Development**

Coaches don't need a sports science degree, a full staff, or major resources to integrate data into their workflow.

**Start by learning about skating data** — and how each metric shapes your team's style, systems, and identity.

# EXPLORE WHAT HELIOS CAN DO FOR YOUR TEAM

[helioshockey.com/teams](https://helioshockey.com/teams)

*HELIOS*®