

A Batting Cage, But for Hockey Players!

RapidShot shooting system lets players practice their shooting and receiving skills in a fun training environment.

By Matt Terranova

For a hockey player there's nothing more enjoyable than being able to spend time just shooting the puck. Rarely do players get a chance to practice by themselves on the ice shooting the puck, and consequently find themselves spending hours off the ice shooting pucks and balls against any available surface. Coaches and players know the importance of off-ice training. When it comes to shooting, it is the ideal way to raise a player's skill level.

I've often thought wouldn't it be great if there was the equivalent of a batting cage, but for hockey players? Thanks to a company called RapidShot, now you can with their hockey shooting system. The RapidShot system is a shooting lane that measures 33' x 10.4' x 9.6', and features some of the most sophisticated technology available in the world for improving shooting skills.

The RapidShot system consists of a passing machine, target mat, puck conveyor and hockey stick keyboard. The passing machine has 8 passing speeds that the user can pre-select. The target mat tracks the accuracy of the shot, and absorbs the impact of the puck so that it drops into the conveying system. The puck conveyor collects the pucks and sends them back into the passing machine. Finally, the hockey

stick keyboard lets the shooter select their desired settings by using their hockey stick.

When it comes to using the RapidShot is where the real fun begins. Once a player enters the RapidShot they'll find themselves standing 23 feet from a regulation-sized hockey net. Players receive passes from the RapidShot passing machine, and just before they receive the puck on their stick one of the four corners of the net lights up as their target. As soon as the puck hits the target, their reaction time, shot speed and accuracy are measured and immediately displayed on the overhead monitor. Because the pucks are automatically collected by the machine players can fire one puck after another, giving a player the opportunity to shoot up to 800 pucks per hour!

Players can choose different types of practice modes to work on one or two targets, alternating randomly, etc. Or they can choose the competition mode where all four targets light up at random. RapidShot

also has a duel mode that lets two players compete head-to-head.

In addition to the hardware, the RapidShot has an equally sophisticated computer system that captures and evaluates each shooter's performance. The RapidShot software system then records your performance and uploads them to the Internet daily. Players can see their results via the site, summarizing their performance and checking it against other RapidShot users around the world. See the world wide rankings for all age groups at www.RapidShot.com.

RapidShot currently has 14 lanes open, and are constantly expanding. You can visit their website for a list of locations, as well as information about purchasing or leasing a RapidShot system: www.RapidShot.com.

RapidShot 



Left Photo: A full RapidShot shooting lane, ready to go!

Above Photo: NHL Player, Jamal Mayers, works on his shooting skills using the RapidShot lane.

RapidShot 

The Hockey Shooting System

Serious Training... Serious Fun

"I train nearly daily at the RapidShot and am really excited. I believe that this training brings something special to my routine and moreover, it's fun!" Christoph Schubert, NHL player, Ottawa

"Recently, I was in the RapidShot lane with a former NHL'er who played professionally for over 18 years. He is also a current AHL coach. I saw the same excitement in his eyes that I see with a six year old." Jeff Kolcon, Owner/Manager
Maksymum Hockey, ESL Center, Rochester NY.

"As a coach and as Director of The Hockey Academy of St. Louis, I can attest to the benefits of the Rapid Shot machine. This is the most innovative teaching and training tool available!"
Tom Winkler, St. Louis MO



NHL PLAYER, CHRISTOPH SCHUBERT

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