

Uru Virtual Coaching

What you get

- ▶ Two, 30-minute online web-session with a professional international Uru player (listed below) to go over:
 - ▶ Hockey Drills
 - ▶ Game Strategy
 - ▶ Fitness Plans
 - ▶ Other pro insight you'd like to learn
 - ▶ Q&A about elite hockey & the global hockey community
- ▶ A 3-Day Workout Plan full of hockey drills, training exercises, and other things to work on to continue your hockey growth
- ▶ After a week of training, post an updated skills video and get follow-up feedback from your Uru coach.

Two Webcam Sessions (30-mins each)	3-Day Workout Plan	Follow Up Video Feedback
\$150 (\$400 in value)	Free (\$300 in value)	Free (\$100 in value)

What you do

- ▶ Register with your schedule, interest, and goals with hockey on our [Athlete Form](#)
- ▶ The Uru Team will contact you to confirm your needs, match you with an elite global player, and schedule a time that will work for you.
- ▶ Connect with our international Uru player over a webcam call.
- ▶ After the call, receive the 3-Day Workout Plan, and follow-up feedback on one of your submitted videos to the [Uru Community](#).
- ▶ For questions or more information, please also contact sammy@urusports.com

Our Uru World Team

Consists of Uru A-Team ambassadors who are elite international players excited to share their knowledge.



Pat Harris
USA National Team and
Top German Club Player



Ally Hammel
All-American and USA
National Team Player



Rassie Pieterse
South African National
Team Player and 3-time
Olympian



Naomi Evans
Australian National Team
Player and England Club
National Champion



Ireen van den Assem
Dutch National Team Player



David Ames
Great Britain National
Team Player and Olympian



More athletes from
the US, UK, Australia,
South Africa, etc.