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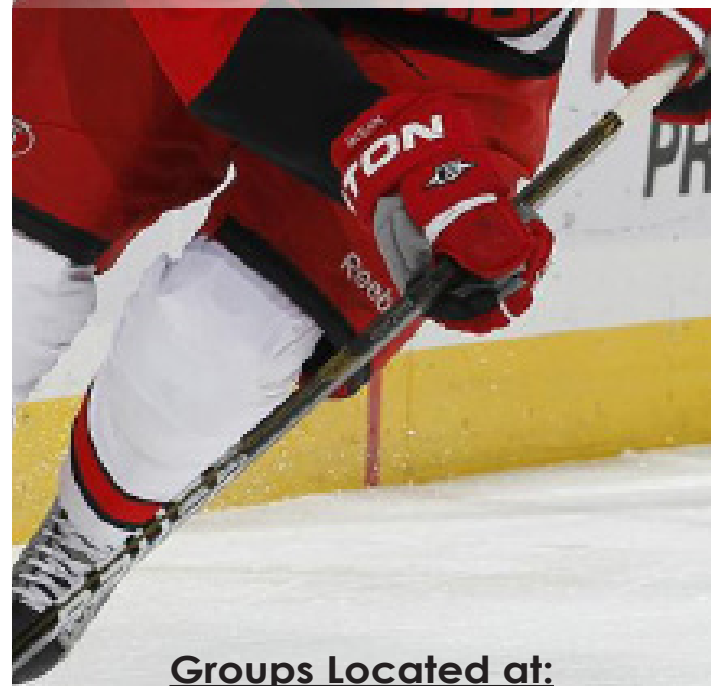
for athletes interested in improvement in ALL SPORTS

long term training - affordable, low price

keep getting better



Breakfast Club 2022/23



Groups Located at:

MN Made Ice Center - Edina

MN Made Ice Center - St Louis Park

www.mnmadehockeytraining.com



Breakfast Club

fall/winter 2022-2023

Did you know that more than 100 of our stickhandling students were drafted by NHL teams?

It's true. more than 100 of our stickhandling students were drafted by NHL teams. These are players that we worked with over a number of years. Nothing good comes overnight.

No one can be a good hockey player until he or she no longer has to think about their feet or whether the puck is still at the end of their stick.

It's simple. Without good skating and stickhandling skills a player cannot see the ice or be part of the play that is in front of them. As parents and coaches, we cannot expect this from them until these skills are developed.

The compromise. Unfortunately, instead of focusing on individual skills, goals such as winning and team concepts are made a higher priority and take much of the available practice time. In order to stretch ice time, teams scrimmage thinking two scrimmages are worth more than one practice. But, player development, ultimately, is what is compromised.

Breakfast Club Works! Bernie McBain developed the Breakfast Club program more than 25 years ago. This training system emphasizes the value of goal setting for mites through high school age athletes. It teaches that self-discipline and hard work are the keys to success. **But, the proof is in the hands of our athletes!**

What is Breakfast Club?

Breakfast Club is a program designed to develop individual stickhandling skills through proper technique and repetition.

- **On the ice one morning per week**
- **Dryland homework**
- **Small groups of around eight skaters**
- **Two 14-week sessions**
September 26 - January 13
January 16 - May 5

● **\$595.00 per athlete/session**
(\$100 discount if register and pay in full for both sessions by September 30)

Homework. A valuable part of our program is the homework. Each week the students receive a dryland stickhandling assignment to do at home. The repetitions provide the ability to master the skills and the accountability is the needed motivation to succeed!

Specifics:

Athletes skate 1 morning/week for 45 min

Small Groups Available:
Monday - Friday

Times Available:
6:00 am 6:45 am 7:30 am
Group Placement is done by Age and Ability

Small groups located in:
MN Made Ice Center - Edina (Mon-Fri)
MN Made Ice Center - St Louis Park (Tues only)

What Comes First? SUCCESS OR CONFIDENCE

Neither! Lasting success & confidence are only achieved through hard work. How many times have you heard someone refer to a young player as a very skilled player? Probably not often; the reason is there are not many of them.

Why? Discipline & Time. Young players do not have the discipline to work on skills on their own, and most parents don't have time to work with their player on a consistent basis. So, the finer skills of the game go undeveloped.

Breakfast Club can help. Our small group training is able to provide individualized instruction. Through proper technique and quality repetition, players work on each skill through a progression. Through small achievements, players are motivated to practice giving them the ability to master each skill.

Small Groups. Students are placed into groups according to age and ability. You must call our office to determine availability of groups and to register. **Space is limited!**

Questions:

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