

Get Closer

to your GOAL than you were yesterday

speed

shooting

endurance

scoring

quickness

strength

passing

agility

stickhandling

confidence

power



see how we can improve your performance

ph - 952.641.6766

www.1stathlete.com

7101 Amundson Ave, Edina MN 55439

for athletes interested in improvement in ALL SPORTS

long term training - affordable, low price
keep getting better

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7300 Bush Lake Rd
Edina, MN 55439

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Optimum Defense

Small Group Training for
Today's Defenseman



Groups Located at:

MN Made Ice Center
7300 Bush Lake Road, Edina MN 55439

www.mnmadehockeytraining.com



OPTIMUM DEFENSE

SMALL GROUP TRAINING FOR TODAY'S MODERN DEFENSEMAN

TRAINING:

Optimum Defense is a program designed to help athletes become better, offensively minded defenseman by becoming proficient at the fundamentals of the game such as stickhandling, skating, passing and shooting. These skills are a must for today's modern defenseman.

Through Optimum Defense athletes will learn how to be more effective with the puck.

The topics of focus will be

- Mobility
- Passing
- Skating
- Handling the puck with head up
- Creating shooting lanes from the point
- Generating a higher "Hockey IQ"

Optimum Defense has created specific drills designed to increase the athlete's awareness level of how to become more offensive in game like situations. Small group training provides individualized instruction that focuses on proper technique and quality repetition.

EXPERT COACHING:

Instructor Jamie McBain played 9 professional seasons with the Carolina Hurricanes, Buffalo Sabres, LA Kings, Arizona Coyotes and Tampa Bay Lightning.

Through his career he has learned specialty details of the game that separate average defenseman from great defenseman.

He is excited for the opportunity to now pass his knowledge of the game to the next generation of athletes looking for that edge to get themselves to the next level.

DATES & CLASS TIMES:

Session 1: September 27 - January 10

Session 2: January 17 - May 2

each session 14 weeks

Tuesdays - Bantam/PeeWee/Squirt

Group 1: 6:00 to 6:45 AM

Group 2: 6:45 to 7:30 AM

Group 3: 7:30 to 8:15 AM

Cost: \$595 per athlete
deposit of \$295 per 14 weeks

(\$100 discount if pay in full for both sessions by September 30)

SECRET TO SUCCESS:

"Every good defenseman makes the team"

How many times have we seen a team is heavy on strong forwards but weak on the backend? That's because forwards are a dime a dozen, but it is very hard to find good defenseman.

Optimum Defense is an opportunity for young athletes to learn the skills and techniques necessary to become a next level defenseman. "Every good defenseman makes the team." In hockey, this is the absolute truth.

Rarely does anyone take the time to teach defenseman to be good with the puck. Even more rare, is the coach that knows what to teach them. Optimum Defense uses small group training to provide individualized instruction that focuses on proper technique and quality repetition. All drills are done with the puck and designed to help athletes get comfortable with the puck on their stick in all situations.

QUESTIONS:

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