



Contact is a Skill  
Concussions are Real

[FranciscoHockey.com](http://FranciscoHockey.com)

# THE SAFEST WAY TO TEACH **BODY CONTACT** & **CONCUSSION PREVENTION** USING OUR CUSTOM ON-ICE DUMMIES



## **The Problem:**

Every year in the U.S., more than 20,000 youth players go to the emergency room with an ice hockey injury. 1 out of every 4 (25%) hockey players will receive a concussion over their career resulting in lost playing time and possible long term injuries. The only training available is live training on each player, doubling the possibility of injury. This results in improper technique, injuries and concussions causing players to quit due to fear and lack of confidence.

## **The Solution:**

We use video examples and our custom on-ice dummies that players can physically hit and train with on the ice. This will help reduce the amount of injuries and concussions to keep players on the ice longer.....

**one dummy at a time!**

## WE WILL TEACH YOUR PLAYERS & COACHES

- Provide instant video feedback
- Lower injuries during training
- Understand concussions
- Help prevent concussions
- Allow mistakes to learn
- Properly use the body
- Build confidence

