



INVICTA TRAINING CENTER

Hockey specific training is offered for the athlete looking to focus on improving techniques in stick-handling & shooting.

A synthetic ice surface provides the space for small groups to work on stickhandling and shooting in classes specific to each skill.

A synthetic ice surface provides the space for small groups to work on stickhandling and shooting in classes specific to each skill.

DID YOU KNOW?

ITC Stickhandling & Shooting Classes are a great way to get your weekly homework done. Become a member with our low cost membership today!

CONTACT US

- 952-641-6765
- 7320 Bush Lake Road
Edina, MN 55439
- invicta@mnmadehockey.com
- invictatraining.co

only
\$49
per month

check our our full training & program line-up at:
minnesotamadehockey.com



7300 Bush Lake Rd
Edina, MN 55439

Address Return Requested

PRSRST STD
U.S. POSTAGE PAID
TWIN CITIES MN
PERMIT NO. 6293



before
school
groups

BREAKFAST CLUB 2026/27 STICKHANDLING SMALL GROUPS

GROUPS FORMING AT ALL MN MADE HOCKEY LOCATIONS:
7300 BUSH LAKE RD, EDINA MN
2201 FLORIDA AVE S, ST LOUIS PARK MN
7225 WASHINGTON AVE S, EDINA MN - NEW FALL '26
EAST GROUPS FORMING AT
M HEALTH SPORTS CENTER, WOODBURY



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 8 skaters
- Two 14-week sessions
 - September 21 - January 15
 - January 18 - April 23
- \$595 per athlete/session (\$100 discount if paying in full for both sessions by September 1st)

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!



QUESTIONS:

TODD BLACKSTONE
952-641-6871
TODDB@MNMADEHOCKEY.COM

● Specifics:

- Athletes skate 1 morning/week
- Each ice time is 45 minutes
- Groups available Mon-Fri
- Times available:
6:00 am | 6:45 am | 7:30 am
- Group Placement is done by age and ability
- Small groups located:
MMIC Edina Mon-Fri
MMIC Valley View Monday
M Health Woodbury Tuesday



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 the 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 the best group for your athlete. Space is limited!