



RYAN ZUHLSDORF EXPERT COACHING

Both Optimum Defense and Extreme Edgework are lead by former Golden Gopher Hockey Player, Ryan Zuhlsdorf

To inquire about either program, group availability or other concerns contact Ryan:

- 7300 Bush Lake Road
Edina, MN 55439
- Direct: 952-641-6864
- ryanz@mnmadehockey.com
- www.minnesotamadehockey.com



Optimum Defense



Extreme Edgework

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OPTIMUM DEFENSE

EXTREME EDGEWORK

GROUPS LOCATED AT:
MMIC EDINA, 7300 BUSH LAKE ROAD, EDINA MN 55439



SECRET TO SUCCESS

“Every good defenseman makes the team”

How many times have we seen a team 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 defensemen.

Optimum Defense is an opportunity for young athletes to learn the skills and techniques necessary to become a next level defenseman.

Rarely does anyone take the time to teach defensemen 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.

EXPERT COACHING

Lead instructor, Ryan Zuhlsdorf, grew up in Edina, MN where he developed his game as a defenseman in the youth association, as well as, playing for the ‘97 Machine coached by Bernie McBain.

Zuhlsdorf went on to play college hockey at the University of Minnesota from 2016-2020 where he was awarded the Unsung Hero team award. He also played professionally in the ECHL for 3 seasons.

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

PROGRAM DETAILS

- **Optimum Defense**

Groups are on ice Tuesday mornings

- **Extreme Edgework**

Groups are on ice Thursday mornings

- **specifics to both clinics**

Session I
September 9 - December 18
Session II
January 12 - April 16

Times
6:00am, 6:45am and 7:30am

Price: \$595/athlete

Questions:
direct: 952-641-6864
ryanz@mnmadehockey.com



Optimum Defense

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 & 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.

Extreme Edgework

The game of hockey is reaching new levels of speed and skill. Dominating players all share one key attribute - skating ability. Skating, as a skill, is an art that enables players to be creative with and without the puck. Posture, Edge Control, Weight Shift, Glide, and Raw Agility are a few core attributes that, when fused together, create power and speed that will enhance your game to a new level. This group will work on how you can control your on-ice movements and flow freely on the ice. Learn how skating skills can contribute to overall deception in the game, reaction speed and creativity skills.