

IN-SEASON SKILLS AT THE FARM



WHY FARM TOUGH?

The truth is to get better at anything, you have to practice. Often times during the season, players don't get the needed reps to push their skills development. Coaches need to look at the bigger team picture, leaving less time for development specific to individual players. **In-Season Training** at The Farm is a supplemental program that focuses on **YOUR** skill improvement to help you take control of your development!

We can focus on **STICK SKILLS: Shooting, Stickhandling & Passing** specific to YOU!

ARE YOU JUST GOING THROUGH THE MOTIONS?

Your development is **MORE** than just checking a box. At The Farm, we plant the seeds for positive, long-term habits by training players in skates, under pressure at game pace, one-on-one and in small groups.

Every athlete gets **more touches, more coaching, more feedback**

The result: sharper skills, better decisions, greater confidence and training that shows up in games. **This is Results Based Training!**

WHY WE ARE SO SUCCESSFUL!

- ✓ **Deep Practice Formula: Try, Fail, Improve, Master:**
For genuine improvement your player must push past his or her comfort zone.
- ✓ **Motivation through Positive Reinforcement**
Igniting the desire to improve: Growth and change are possible in an encouraging environment.
- ✓ **Coaching through Effort Based Language**
Direct and constructive communication through repetition gain confidence in small continuous steps.
- ✓ **Structure and Discipline**
Personal accountability with clear rules and expectations.

The level of passion, excitement and commitment you bring to your training all while still making it fun is something I have never seen. It's almost like the kids have no choice but to get better. - Eric Heim

WHY IT WORKS



1-1, SMALL GROUPS, TEAMS

Immediate coaching feedback for maximum results!



TRAIN ON INLINE SKATES

Marsblade skates provided if needed to make a seamless transition from the ice to wheels!



PROGRESSIVE DEVELOPMENT

Weekly skills concepts to build confidence and improve game play!



TRAIN AT GAME PACE

Competition and pace at every session to mimic pressure during game play!

DETAILS + HABITS = EVERYDAY!



SEE THE FARM



MEET PETER DALE

QUESTIONS & ADDITIONAL INFORMATION

Peter Dale

PH: 414-899-5960

E: Peter@FarmToughHockey.com