

CANADIAN GOALTENDER PATHWAY



2018 - 2019

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How a player gets that first experience of goaltending in hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that the player will go on to enjoy goaltending and hockey for many years.



INTRODUCTION

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



TOM RENNEY

Chief Executive Officer
Hockey Canada



Goaltending Pathway



WHAT IS THE GOALTENDING PATHWAY?

- ❖ **Goaltending is a critical aspect of team play and requires direct & consistent unique coaching skills.**
- ❖ **As forwards and defenders get specific coaching for their respective positions, goalies require the same attention and guided skill development.**

The main goal is to make the beginner's first impression of goaltending a good one! When players get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years.



Goaltending Pathway



WHAT IS THE GOALTENDING PATHWAY?

Community: Introducing players and coaches to the position of goaltending.

Developmental: Formalizing instruction for players that have committed to the position and coaches that specialize in teaching the position.

High Performance: Refining the skills and teaching methods for High Performance Goaltending.

THE OBJECTIVES OF THE PROGRAM

- ❖ To learn the basic skills required to play the position of goaltender.
- ❖ To develop an understanding of the basic skills to become a goaltender.
- ❖ To create and refine basic motor patterns and athleticism to have success as a goaltender.
- ❖ To develop self-confidence and experience personal achievement within a positive team atmosphere.



Goaltending Pathway



WHAT IS THE GOALTENDING PATHWAY?

Novice to Peewee - Minor Hockey Associations to offer “Try Goaltending” sessions to give players a chance to try the position.

Atom & Peewee - Minor Hockey Associations to have a goaltending coach offer instruction through small group training sessions to coaches and players.

Bantam & Midget - An Association goaltending coach to guide the developmental process of goaltenders. Teams could have their own goaltending coaches through the association or an association goaltending coach would over see the development of all rep level goaltenders.

THE OBJECTIVES OF THE GOALTENDING PATHWAY

- ❖ Introduce players to the position.
- ❖ Introduce fundamental goaltending skills to coaches and young goaltenders.
- ❖ Develop an enhanced goaltending program through the use of trained / qualified goaltending coaches.



Goaltending Pathway

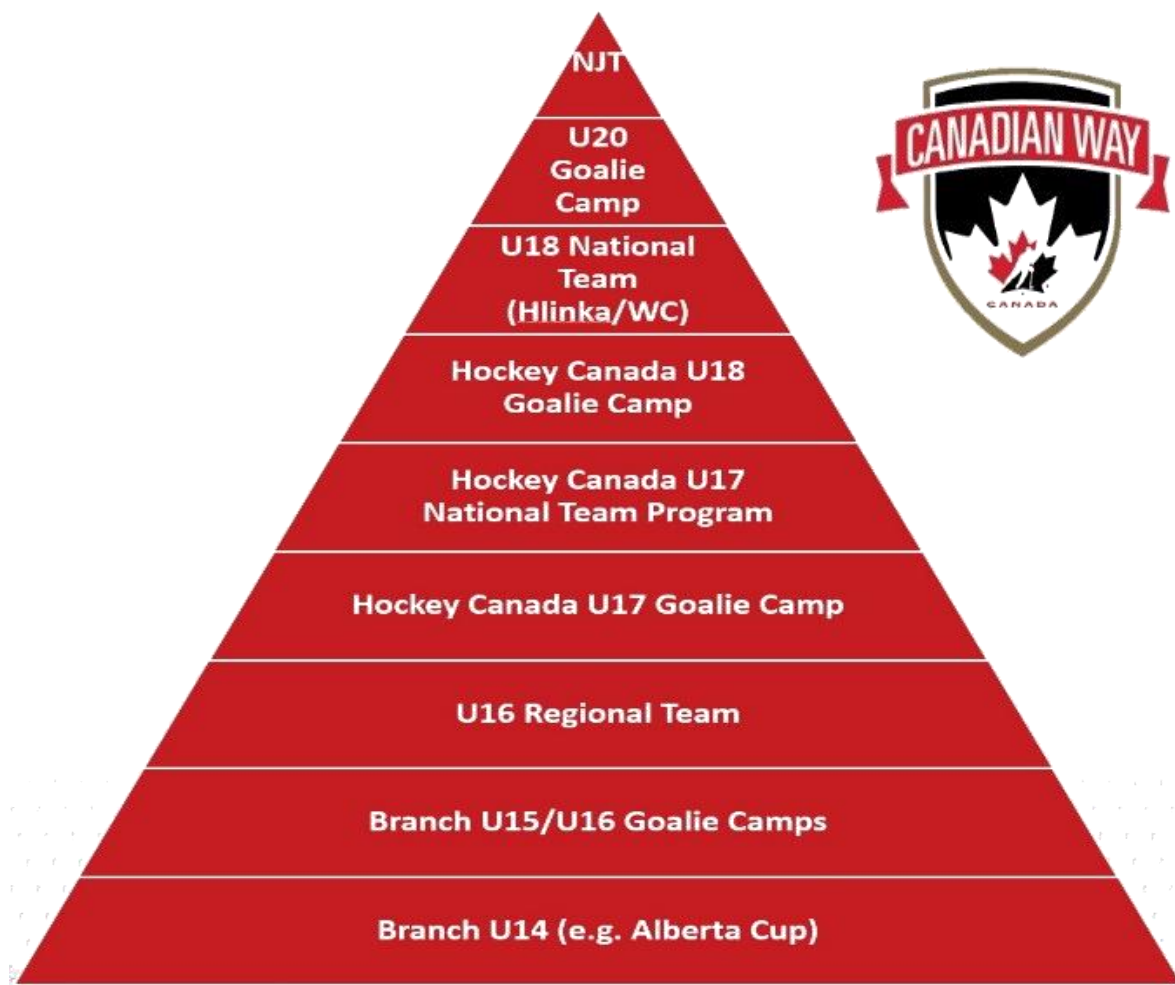


WHAT IS THE GOALTENDING PATHWAY?

Male High Performance Goaltending Development Model

Development Pyramid “Holistic Development”

- Mental
- Physical
- Technical
- Tactical



Goaltending Pathway



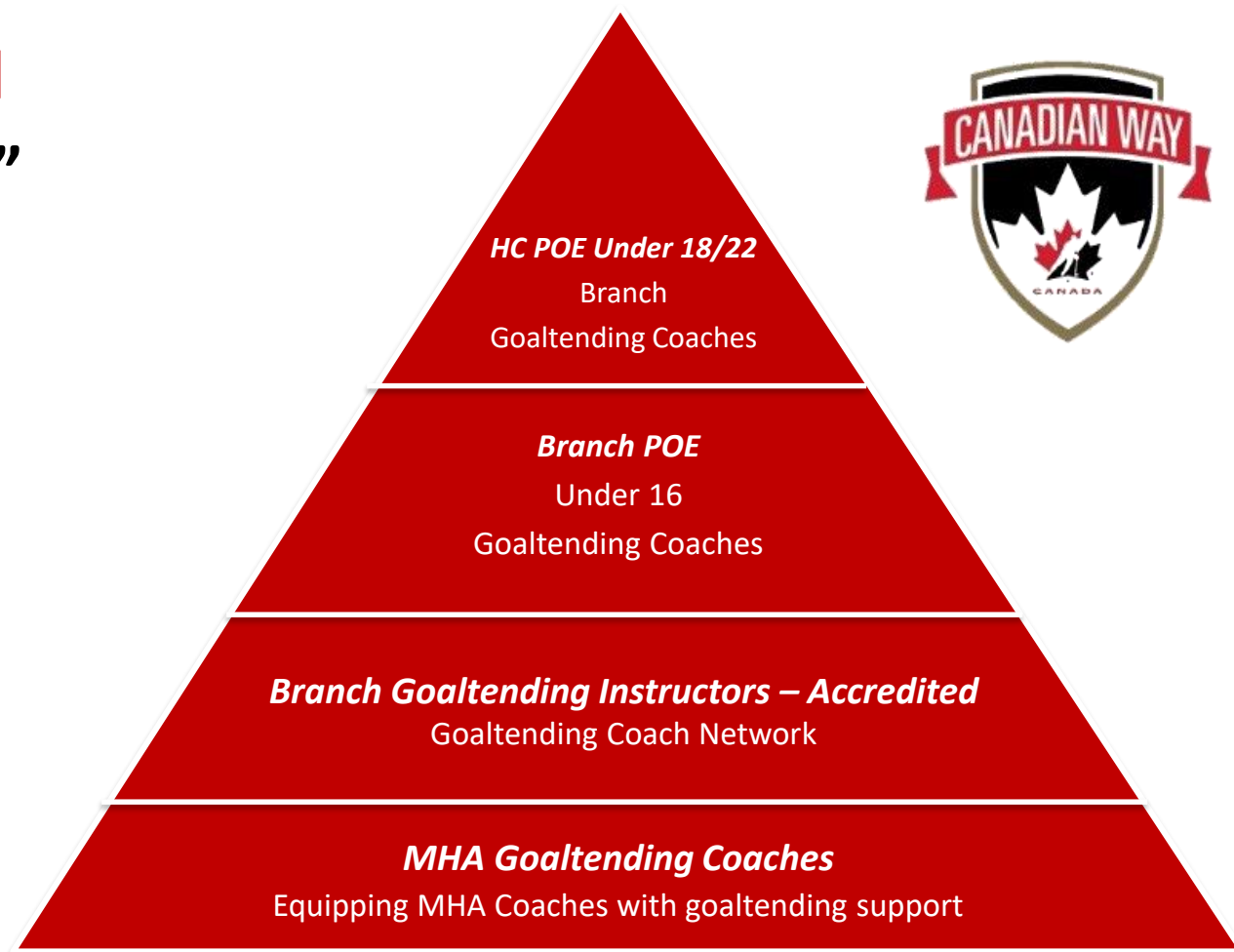
WHAT IS THE GOALTENDING PATHWAY?

Female High Performance Goaltending Development Model

Development Pyramid

“Holistic Development”

- Mental
- Physical
- Technical
- Tactical



Goaltending Pathway



WHAT IS THE GOALTENDING PATHWAY?

Role of the Member Branches

- ❖ **Appointment** of a Branch Goaltending Advisor
- ❖ **Training** of Branch Goaltending leads in each area of their province
- ❖ **Operate** U16/U15/U14 regional goaltending camps in their branch/province
- ❖ **Operate** a provincial goaltending development camp for U16 each season



Goaltending Pathway



SEASONAL STRUCTURE

SEPTEMBER

Technical Skills – Introduce: Skating , Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves)

OCTOBER

Technical Skills – Develop: Skating, Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves)

NOVEMBER

Technical Skills – Develop: Skating, Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves)

Introduce: Basic Puck Control (Rebound Control), Stickhandling

DECEMBER

Technical Skills – Refine: Skating, Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves)

Develop: Basic Puck Control (Rebound Control), Stickhandling



Goaltending Pathway



SEASONAL STRUCTURE

JANUARY

Technical Skills – Develop / Refine : Skating, Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves), Basic Puck Control (Rebound Control), Stickhandling

FEBRUARY

Technical Skills – Develop / Refine: Skating, Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves), Basic Puck Control (Rebound Control), Stickhandling

MARCH / APRIL

Technical Skills – Develop / Refine : Skating, Stance (Athletic position, balance), Moving Skills (T-Push, Shuffle , C Cut & Pivot), Positioning (Angles, Square, Depth), Save Selection (Basic Saves), Basic Puck Control (Rebound Control), Stickhandling

MAY / JUNE / JULY / AUGUST

Off Season, Multisport Activities, Goaltending Specific Skill Instruction



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SEASONAL STRUCTURE

SEASONAL STRUCTURE BREAKDOWN CHART

- 40%** - Introducing Technical Skills
- 25%** - Developing Technical Skills
- 20%** - Refining Technical Skills
- 10%** - Introducing Individual Tactics
- 5%** - Developing Individual Tactics

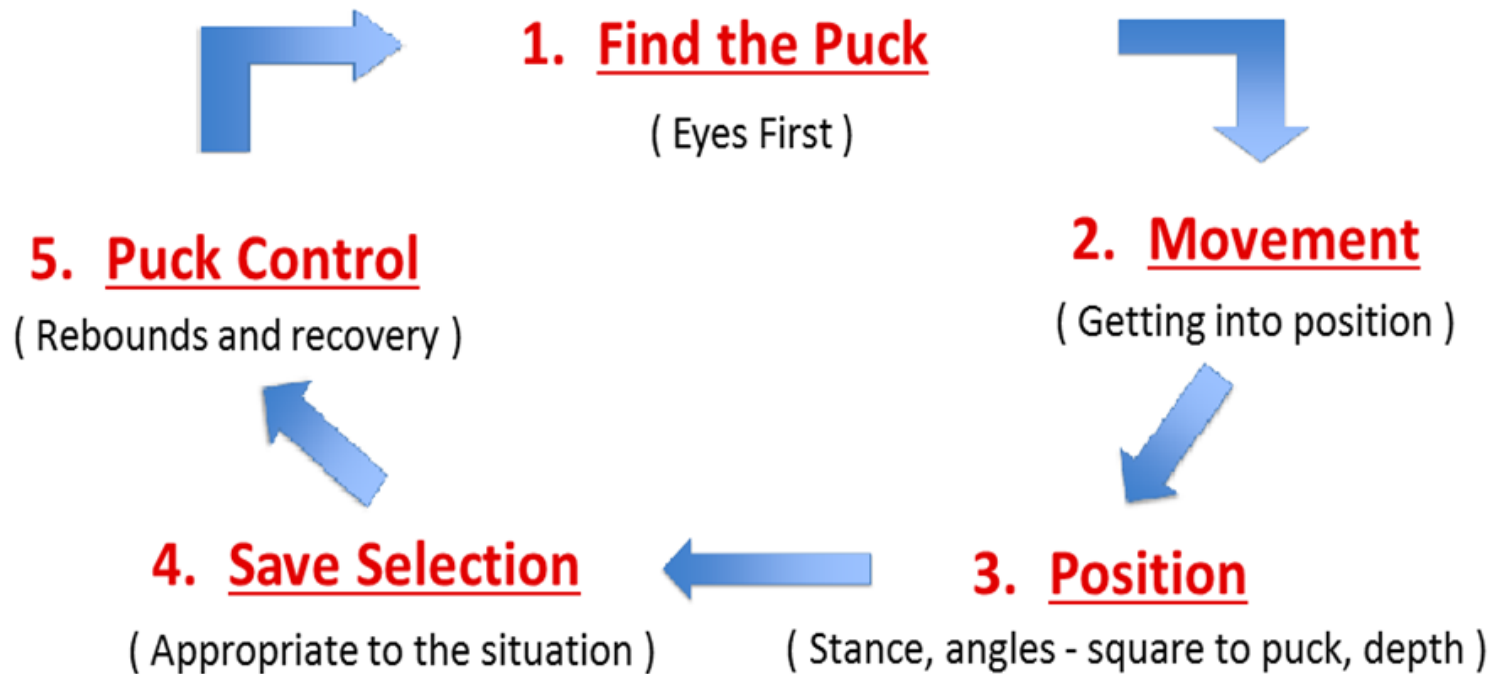


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GOALTENDING SKILL DEVELOPMENT

The Save Cycle is comprised of 5 key areas of focus for solid goaltending:



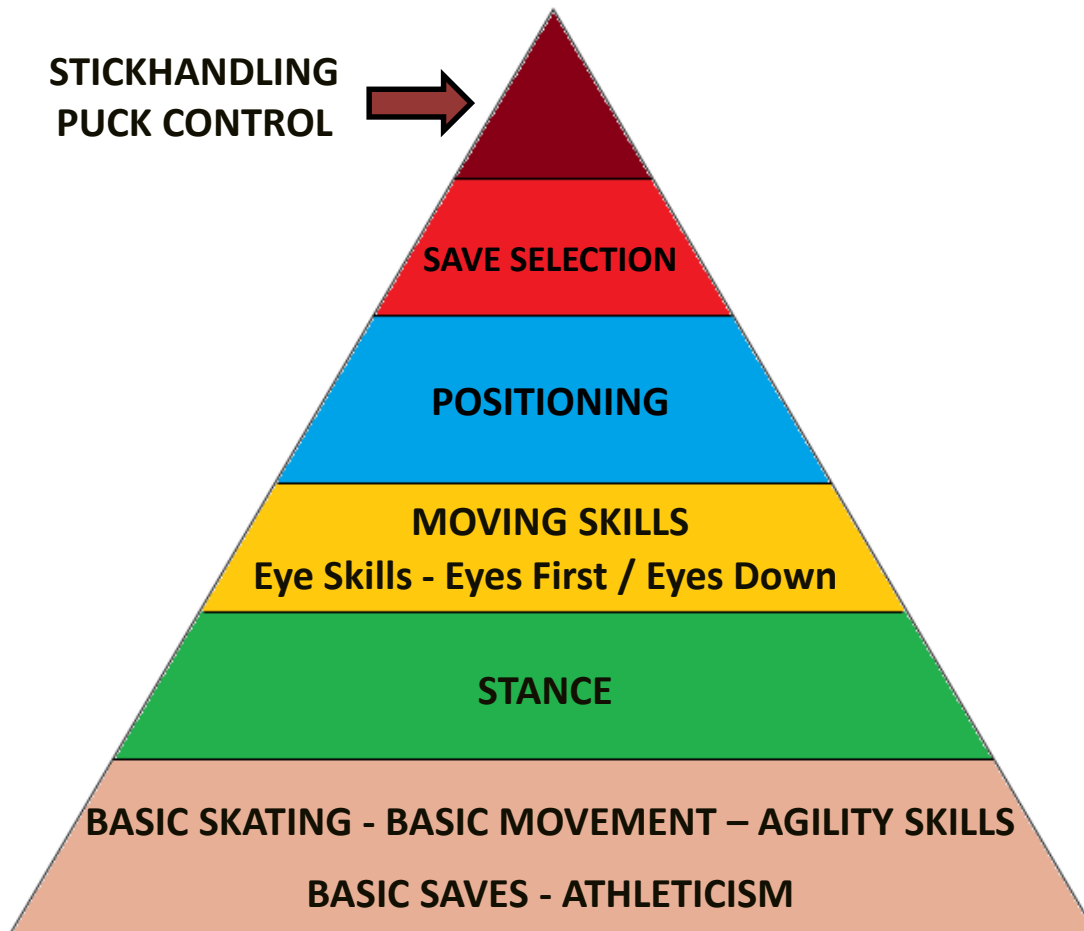
The Save Cycle is the foundation for Goaltending
in Canada!



Goaltending Pathway



GOALTENDING SKILL DEVELOPMENT



Beginner Program

75% movement and positional skills
20% save movements
5% tactics

Intermediate Program

50% movement and positional skills
20% save movements
30% tactics and transition

Advanced Program

35% movement and positional skills
10% post-save consequences
40% tactics and transition
15% advanced positioning



INSTRUCTORS / COACHES

Continuing Education Opportunities

- NCCP Instructional Stream
 - Goaltending Level 1
 - Goaltending Level 2



Goaltending Pathway



NCCP INSTRUCTIONAL STREAM

Goaltending Level 1 Curriculum – Introduction to Basic Skills

1. Skating
2. Stance (Athletic position, Balance)
3. Moving Skills (T-Push, Shuffle , C Cut & Pivot)
4. Positioning (Angles, Square, Depth)
5. Save Selection (Basic Saves)
6. Basic Puck Control (Rebound Control)
7. Stickhandling

Goaltending Level 2 Curriculum – Advanced Skills

1. Advanced Skating
2. Eye Skills
3. Advanced Hands
4. Advanced Puckhandling
5. 10 Scoring Situations



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GOALTENDING SKILL DEVELOPMENT

Level 2 Curriculum – 10 Scoring Situations

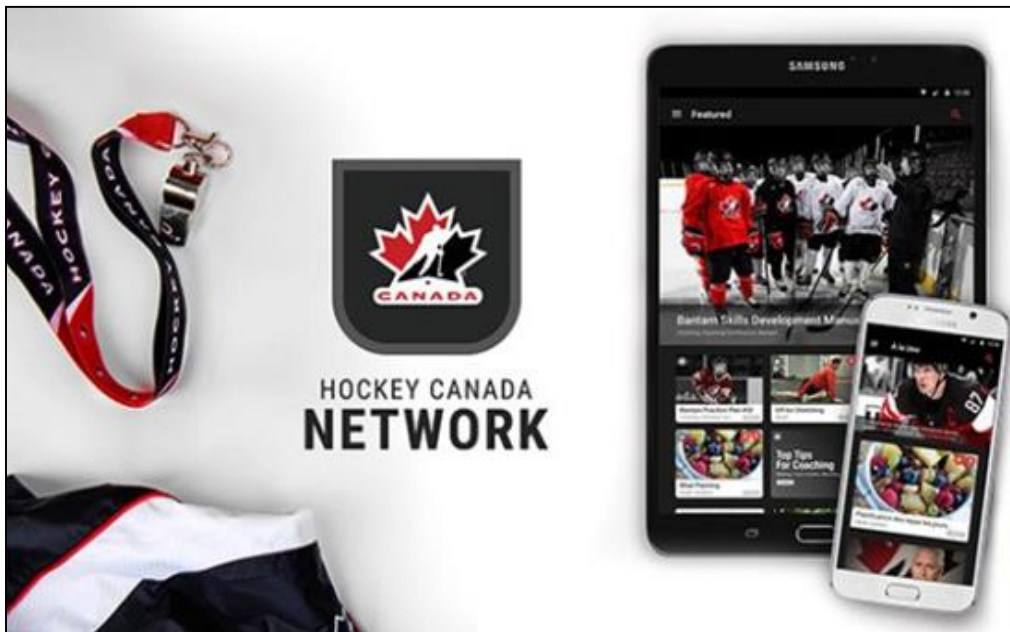
The scoring situations are broken down to 10 categories to help the goaltender recognize the situation and select the best way to defend it.

Goaltenders have to be able to read both attacking players options and their own teammates defending position while processing the situation.

1. Clear Shots	6. Low / High
2. Entries	7. East / West
3. Net Drives	8. Below the Goal Line
4. Breakaways	9. Deflections
5. Rebounds	10. Screens



RESOURCES

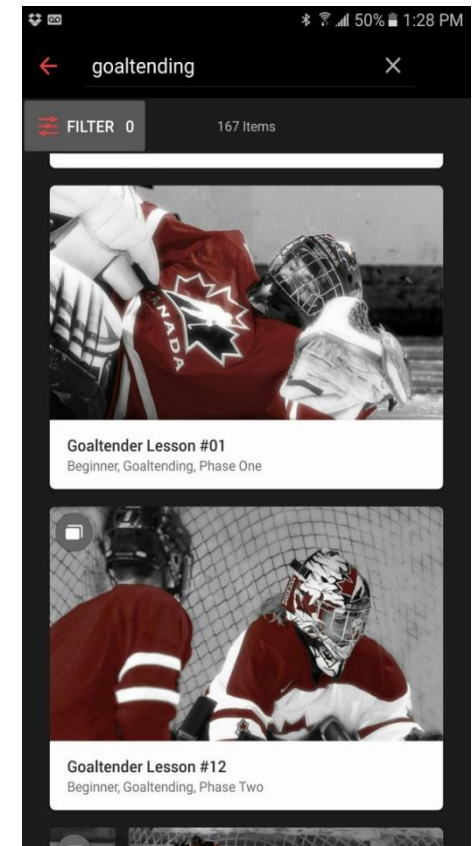
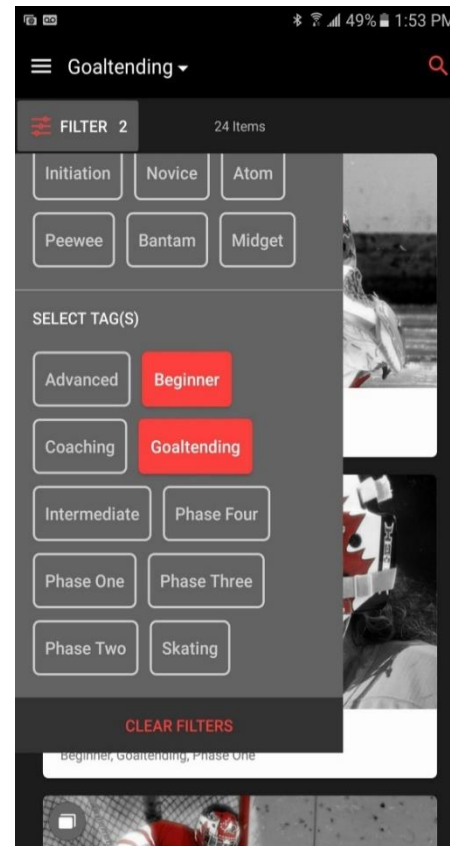
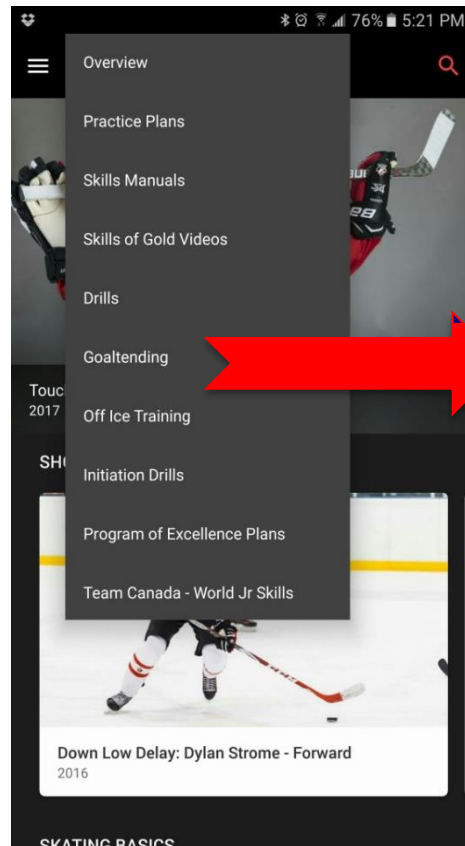


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RESOURCES

The Hockey Canada Skills Development Goaltending Manual is broken up into 24 separate practice plans. Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill



Goaltending Pathway



HOCKEY ALBERTA GOALIE DEVELOPMENT PLAN



2018 - 2019

HOCKEY ALBERTA GOALTENDER PLAN

Hockey Alberta has identified a need to support the development and education around all areas of the position of goaltending. In efforts to give all goalies the appropriate development and resources we have created a Goaltender Development Plan. This plan is lead by a designated Goalie Development Work Group. This work group has identified the need to better support all stakeholders which contribute to a goalies development.

STAKEHOLDERS
HOCKEY ALBERTA
Work Group
Regional Goalie Leads
Instructional Stream Facilitators
Team Alberta
MINOR HOCKEY ASSOCIATIONS
Development Directors
MHA Goalie Coaches
Team Coaches
Goaltender Parents
Goaltenders



HOCKEY ALBERTA GOALTENDER PLAN

Regional Goalie Leads – a network of six goalie leads has been created, one in each of our six regional centres. These leads act as a resource for Hockey Alberta programming and are available to provide service to Minor Hockey Associations'. These are volunteer positions that are compensated by Hockey Alberta or Minor Hockey Associations covering expenses and honorariums for work completed. All work is to be booked directly through Hockey Alberta's Regional Managers.

Instructional Stream Level 1 and Level 2 Goalie Clinics – these are clinics to further educate coaches on the position and how to more effectively incorporate goaltenders into their practices. Annually Hockey Alberta will offer 18-20 Level 1 Clinics and 1-2 Level 2 Clinics. These clinics are offered at no charge for Hockey Alberta members.



Goaltending Pathway



HOCKEY ALBERTA GOALTENDER PLAN

Goalie Development Camps – as supplementary goalie development Hockey Alberta offers 6 goalie development camps annually.

- ❖ North and South Goalie Development Camps – open camp for any goalie in the designated age groups.
- ❖ North and South U14 Goalie Development Camps – application process for the selected age group.
- ❖ Male and Female Elite Goalie Camps – application process for the selected age group.

Minor Hockey Training – Hockey Alberta offers training opportunities for Development Directors and Goalie Coaches. Support is also provided to associations in creating their own goalie development plan.



Goaltending Pathway

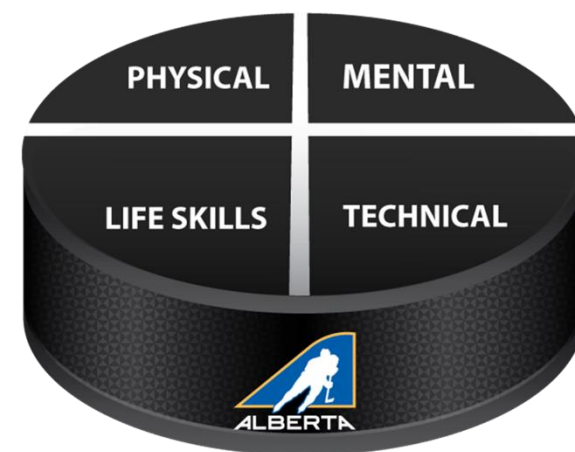


HOCKEY ALBERTA GOALTENDER PLAN

Operational Standards

Minor Hockey Associations are encouraged to create and implement a goalie development plan that focusses on the following areas:

- ❖ Identify a Goaltender Instructor / Coach
- ❖ Implement Specific Training / Development Sessions
- ❖ Provide a technical training package to goaltenders and coaches
- ❖ Hold educational meeting(s) for goalies and their parents
- ❖ Have a clear and concise goalie evaluation / selection policy
- ❖ Have a playing time policy
- ❖ Have a full time goalie policy
- ❖ Implement an off ice training plan
- ❖ Implement a mental training plan



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