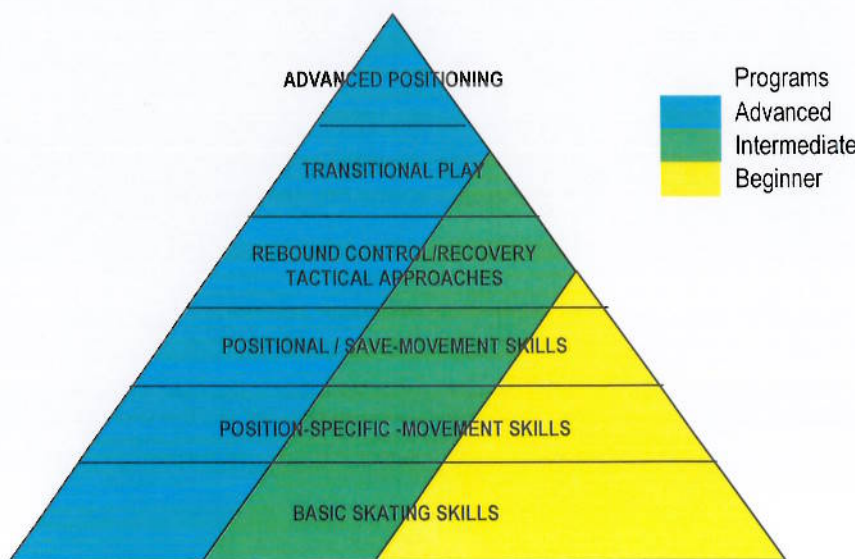


# skill progressions goaltender

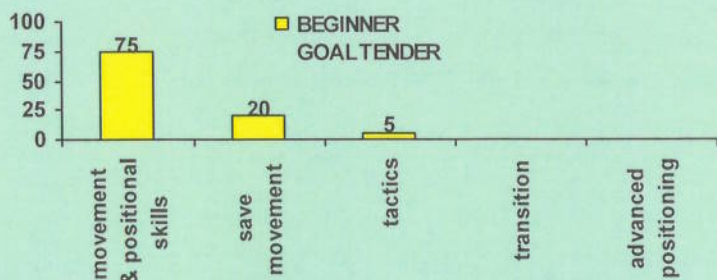
## 5-8 YEARS

The Hockey Canada Goaltender Development Pyramid was created to provide the coach with a comprehensive guideline to help develop a seasonal plan for goaltenders. The natural progression starting at the base of the triangle emphasizes the development of fundamental skills. Fundamental skills are the foundation of the goaltender's success.



### GOALTENDER – BEGINNER PROGRAM

The Beginner Goaltender Program recommends development be built on **75% movement & positional skills, 20% on save movement and related issues and 5% on tactics.**



### BEGINNER SEASONAL OUTCOMES

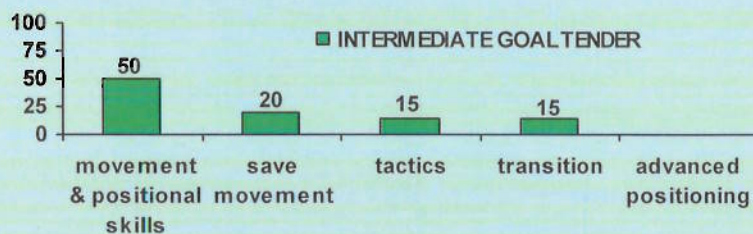
1. Goalies demonstrated an understanding of the fair play code.
2. Goalies demonstrated growth & personal ownership for fun, fitness, and skill development.
3. Goalies demonstrated a knowledge & acceptance of game and team rules.
4. Goalies demonstrated improved individual skills.
5. Goalies executed a wide variety of technical and positional skills providing high repetitions embed these fundamentals into their game.
6. Goalies, both in the context of structured goaltender-specific and broader team drills, execute a wide variety of tactics at game speed.
7. With a strong fundamental focus, the goalie will establish a personal approach.

# skill progressions goaltender

**9-12 YEARS**

## GOALTENDER – INTERMEDIATE PROGRAM

The Intermediate Goaltender Program recommends development be built on **50% movement & positional skills, 20% on save movement and related issues and 30% on tactics and transition.**



## INTERMEDIATE SEASONAL OUTCOMES

1. Goalies demonstrated an understanding of the fair play code.
2. Goalies demonstrated growth & personal ownership for fun, fitness, and skill development.
3. Goalies demonstrated a knowledge & acceptance of game and team rules.
4. Goalies continued to improve their fundamental skill set while being exposed to more advanced categories such as tactics & transition.
5. Goalies executed a wide variety of technical and positional skills making further gains in their fundamental development.
6. Goalies developed control in their game adding greater levels of confidence and efficiency in their responses.
7. With an expanding base of skills, the goalies' personal styles are becoming evident and distinct.

## A Goaltender's Practice by the Numbers

*The following facts and figures relate to a 60-minute practice session:*

- 1 individual practice will give a player more skill development than 11 games collectively.
- Each goalie should face a minimum of 100 shots.
- Since 30% of shots miss the net, there needs to be over 140 shot attempts on each goaltender.
- Coaches should try to run 4 - 5 different drills / games / activities each practice. More is not better; execution of what you do is development.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- Each goaltender should do a minimum of 5 minutes of focused position-specific movement drills every practice.

# skill progressions goaltender

**13-17 YEARS**

## GOALTENDER – ADVANCED PROGRAM

The Advanced Goaltender Program recommends development be built on **35% movement & positional skills, 10% on post-save consequences, 40% on tactics & transition and 15% on advanced positioning.**



## ADVANCED SEASONAL OUTCOMES

1. Goalies demonstrated an understanding of the fair play code.
2. Goalies demonstrated growth & personal ownership for fun, fitness, and skill development.
3. Goalies demonstrated a knowledge & acceptance of game and team rules.
4. Goalies demonstrated a complete fundamental skill set executed with control & precision.
5. Goalies started to develop advanced systems into their game: advanced positioning, tactics & information.
6. Goalies style, while always evolving, is now clearly their own and they are showing increasing maturity in all performance inputs including: technical, physiological & psychological.

## A Goaltender's Game By The Numbers:

The following statistics were recorded during a 60-minute Pee Wee level hockey game:

- Goaltender will face an average of 24 shots per game.
- 67% of shots originate from the perimeter and are considered easy-to-medium difficulty.
- Only 15% of shots are considered to be of the difficult calibre.