

**Starting Sunday July 4<sup>th</sup> until August 29<sup>th</sup>**

Goalenders have been known to be the sole reason for a team's success, as well as the sole reason for a defeat. What really matters in either situation, is how each game (win, loss, or tie) affects the goaltender in the future. Goalies can't stop every goal from being scored, the main thing goalies must do is to try to learn from every goal, save, and situation that presents itself. That is what makes a great goaltender.

I believe that personal growth and development require planning and execution. To maintain a goalies skill development and growth we are offering weekly skills development sessions to meet the following goals:

1. Provide goalies an opportunity to develop his/her goaltending knowledge and skills.
2. Foster a greater enjoyment through positive experiences.
3. Ensure that each student experiences personal success in each ice session.
4. Deliver programs within an educational context.

The following are key areas that will be part of the overall strategies for the development of our goalies:

1. Power Skating
2. Positional Excellence
3. Saves – (Pad, Body, Glove, Blocker and Stick)
4. Handling the puck
5. Mental Training

Each on ice session begins with specialized goaltender power skating which helps enable them to push themselves into a better position to prepare for any shots. All these drills are broken down and demonstrated by our instructors to show the many different aspects of the game.

One of the most powerful aspects of championship goaltenders is the mental game. Hockey intelligence is taught through a variety of drill sequences found in game situations. Repeating these drills in a controlled environment enable goaltenders to build confidence, execute natural reactions, and play with the level of extreme consistency, which is desired by today's top coaches.

Head Instructor: Bob Schrader

There will be weekly guest goalies instructors

The sessions will be divided up into two groups this year giving both the beginner goalies to the more experienced goalies better opportunity to grow.

Location: Kemptville Arena  
Time: 4:00 PM to 4:55 PM  
4:55 PM to 5:50 PM  
Cost: \$250.00

Contact Bob Schrader (613) 612- GOAL (4625) or [rschrader@ripnet.com](mailto:rschrader@ripnet.com) for more Information.

**2010**

## **Precision Goaltending**

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# **Summer Weekly Goalie Skills Sessions**

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