



Canadian Player Pathway

GOALTENDING



2020 - 21



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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 player will go on to enjoy goaltending and hockey for many years.

INTRODUCTION

LEAD, DEVELOP AND PROMOTE POSITIVE HOCKEY EXPERIENCES



TOM RENNEY
Chief Executive
Officer, Hockey Canada

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.



Whoever said those words took the pulse of a nation that has had a long and storied love affair with hockey

VISION: WORLD SPORTS LEADERS



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

WHAT IS THE GOALTENDING PATHWAY?

The Hockey Canada Goaltending Development program consists of 3 levels:

- ❖ **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.

WHAT IS THE GOALTENDING PATHWAY?

Recommendations

❖ U9

Minor Hockey Associations to offer “ Try Goaltending “ sessions to give players a chance to try the position

❖ U13

Minor Hockey Associations to have an association goaltending coach offer goaltending instruction through small group training sessions to coaches and players

❖ U15 – U18

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.



WHAT IS THE GOALTENDING PATHWAY?

It is recommended that minor hockey associations offer “ Try Goaltending ” sessions to give players a chance to try the position

FUNDAMENTAL (U7 & U9 CONSIDERED FUNDAMENTAL)

U7: AGE 5-6

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE		
Up To			Up To		Up To	No playoffs Up to 4 weeks		
12	20	2	14	20	10	TOURNAMENTS		
WEEKS	PRACTICES	CROSS ICE GAMES	WEEKS	PRACTICES	CROSS ICE GAMES	3 Festivals/ Jamborees 12 modified games		

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- No Full Time Goalies - No goalie equipment required
- Rotate all players through all positions F / D / G
- No Playoffs
- All games 4 on 4 Cross ice
- Fair / Equal ice time

RECOMMENDATIONS:

- Small Nets
- Blue 4 Oz Pucks
- Consistent prime time ice sessions for practices and games (consistent days and times).
- Ideally 2 Practices per week
- 5 to 1 Player to Coach Ratio Maximum
- Multiple Stations during practice

U9: AGE 7-8

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE		
Up To			Up To		Up To	No playoffs Up to 4 Weeks		
8	14	6	20	34	16	TOURNAMENTS		
WEEKS	PRACTICES	GAMES (Half Ice)	WEEKS	PRACTICES	GAMES (Half Ice)	3 tournaments 12 games		

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- No Full Time Goalies / Rotate all players through all positions F / D / G
- No Playoffs
- Fair / Equal Ice Time

RECOMMENDATIONS:

- Regulation Sized Nets
- Blue 4 Oz pucks first half / Regulation 6 Oz pucks second half
- 5 to 1 Player to Coach Ratio Maximum / Station based practices
- Consistent prime time ice sessions for practices and games (consistent days & times)

For the 2020/21 season: The U9 age category (age 7 and 8) it is mandatory that all games will be cross ice / half ice. Full Ice Games / Tournaments permitted after Jan 15.





WHAT IS THE GOALTENDING PATHWAY?

It is recommended that minor hockey associations have an association goaltending coach offer goaltending instruction through small group training sessions or a coach assigned on a team to assist and develop the goaltenders.

U11: AGE 9-10

COMMUNITY (recreational)

DEVELOPMENT PHASE

Up To	Up To
6	4
WEEKS	EXHIBITION GAMES
8	
PRACTICES	

REGULAR SEASON PHASE

Up To	Up To
20	16
WEEKS	GAMES
20	
PRACTICES	

PLAYOFF PHASE

Up to 4 Weeks
Tournament Style
TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Rotate all skaters through both Defence and Forward – no early specialization
- Fair / equal ice time

RECOMMENDATIONS:

- Full time goaltenders – Goalie not playing in games plays out
- Small Area Games in Practice
- Skill / Station based Practices

U11: AGE 9-10

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE

Up To	Up To
6	6
WEEKS	EXHIBITION GAMES
12	
PRACTICES	

REGULAR SEASON PHASE

Up To	Up To
22	24
WEEKS	GAMES
44	
PRACTICES	

PLAYOFF PHASE

Up to 4 Weeks
Tournament style
TOURNAMENTS
4 tournaments
16 games

TOTAL PRACTICES: 50 - 60 | TOTAL GAMES: 40 - 46

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Rotate all skaters through both Defence and Forward – no early specialization
- Fair / equal ice time

RECOMMENDATIONS:

- Full time goaltenders – Goalie not playing in games plays out
- Small Area Games in Practice
- Skill / Station based Practices





WHAT IS THE GOALTENDING PATHWAY?

It is recommended at this level an association goaltending coach 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 the rep level goaltenders through separate practice sessions

U13: AGE 11-12

COMMUNITY (recreational)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style TOURNAMENTS 3 tournaments 12 games
Up To 4 WEEKS	8 PRACTICES	Up To 2 EXHIBITION GAMES	Up To 24 WEEKS	24 PRACTICES	Up To 18 GAMES	

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35

- | | |
|--|---|
| <p>REQUIREMENTS:</p> <ul style="list-style-type: none"> No tryouts / evaluations prior to or during the first week of school Must provide a minimum of 4 skates before formal tryouts Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game) Tournament style playoffs - no rounds Fair / equal ice time | <p>RECOMMENDATIONS:</p> <ul style="list-style-type: none"> Full time goaltenders – Goalie not playing in games plays out Rotate all players through all positions – begin position specific at half way point of season Small Area Games in Practice Skill/Station based practices |
|--|---|

U13: AGE 11-12

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style TOURNAMENTS 4 tournaments 16 games
Up To 4 WEEKS	12 PRACTICES	Up To 6 EXHIBITION GAMES	Up To 24 WEEKS	48 PRACTICES	Up To 24 GAMES	

TOTAL PRACTICES: 55 - 65 | TOTAL GAMES: 45 - 50

- | | |
|---|---|
| <p>REQUIREMENTS:</p> <ul style="list-style-type: none"> No tryouts / evaluations prior to or during the first week of school Must provide a minimum of 4 skates before formal tryouts Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games) Tournament style playoffs - no rounds Fair / equal ice time | <p>RECOMMENDATIONS:</p> <ul style="list-style-type: none"> Full time goaltenders Rotate all players through all positions – begin position specific at half way point of season Small Area Games in Practice Skill/Station based practices |
|---|---|





WHAT IS THE GOALTENDING PATHWAY?

This is the beginning stage of the High Performance Goaltending Development Model

U15: AGE 13-14	COMMUNITY (recreational)						U15: AGE 13-14	DEVELOPMENTAL (competitive)					
	DEVELOPMENT PHASE		REGULAR SEASON PHASE			PLAYOFF PHASE		DEVELOPMENT PHASE		REGULAR SEASON PHASE		PLAYOFF PHASE	
	Up To 4 WEEKS	Up To 8 PRACTICES	Up To 2 EXHIBITION GAMES	Up To 24 WEEKS	Up To 24 PRACTICES	Up To 20 GAMES		Up To 4 WEEKS	Up To 12 PRACTICES	Up To 4 EXHIBITION GAMES	Up To 24 WEEKS	Up To 60 PRACTICES	Up To 28 GAMES
	TOURNAMENT Style							Up to 4 Weeks TOURNAMENTS 3 tournaments 12 games	TOURNAMENT Style				
TOTAL PRACTICES: 30 - 35 TOTAL GAMES: 35 - 40						TOTAL PRACTICES: 65 - 75 TOTAL GAMES: 50 - 55							
REQUIREMENTS:						REQUIREMENTS:							
<ul style="list-style-type: none"> No tryouts / evaluations prior to or during the first week of school Must provide a minimum of 4 skates before formal tryouts Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game) Tournament style playoffs - no rounds Fair / equal ice time 						<ul style="list-style-type: none"> 1 Dedicated Skill Practice per week 2 Seasonal Breaks (School Breaks) 							
RECOMMENDATIONS:						RECOMMENDATIONS:							
<ul style="list-style-type: none"> 1 Dedicated Skill Practice per week 2 Seasonal Breaks (School Breaks) 						<ul style="list-style-type: none"> No tryouts / evaluations prior to or during the first week of school Must provide a minimum of 4 skates before formal tryouts Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games) Tournament style playoffs - no rounds Fair / equal ice time 							





WHAT IS THE GOALTENDING PATHWAY?

This is the Second stage of the High Performance Goaltending Development Model

U18: AGE 15-17	COMMUNITY (recreational)					
	DEVELOPMENT PHASE		REGULAR SEASON PHASE		PLAYOFF PHASE <small>Up to 4 Weeks Tournament Style</small>	
	<small>Up To</small> 4 <small>WEEKS</small>	8 <small>PRACTICES</small>	<small>Up To</small> 24 <small>WEEKS</small>	24 <small>PRACTICES</small>	<small>Up To</small> 20 <small>GAMES</small>	TOURNAMENTS <small>3 tournaments 12 games</small>
	<small>Up To</small> 2 <small>EXHIBITION GAMES</small>					
TOTAL PRACTICES: 30 - 35 TOTAL GAMES: 35 - 40						
REQUIREMENTS:			RECOMMENDATIONS:			
<ul style="list-style-type: none"> No tryouts / evaluations prior to or during the first week of school Must provide a minimum of 4 skates before formal tryouts Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game) Tournament style playoffs - no rounds Fair / equal ice time 			<ul style="list-style-type: none"> 1 Dedicated Skill Practice per week 2 Seasonal Breaks (School Breaks) 			

U18: AGE 15-17	DEVELOPMENTAL (competitive)					
	DEVELOPMENT PHASE		REGULAR SEASON PHASE		PLAYOFF PHASE <small>Up to 4 Weeks Tournament Style</small>	
	<small>Up To</small> 4 <small>WEEKS</small>	16 <small>PRACTICES</small>	<small>Up To</small> 24 <small>WEEKS</small>	72 <small>PRACTICES</small>	<small>Up To</small> 32 <small>GAMES</small>	TOURNAMENTS <small>4 tournaments 16 games</small>
	<small>Up To</small> 4 <small>EXHIBITION GAMES</small>					
TOTAL PRACTICES: 80+ TOTAL GAMES: 50 - 55						
REQUIREMENTS:			RECOMMENDATIONS:			
<ul style="list-style-type: none"> No tryouts / evaluations prior to or during the first week of school Must provide a minimum of 4 skates before formal tryouts Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games) Tournament style playoffs - no rounds Fair / equal ice time 			<ul style="list-style-type: none"> 1 Dedicated Skill Practice per week 2 Seasonal Breaks (School Breaks) 			



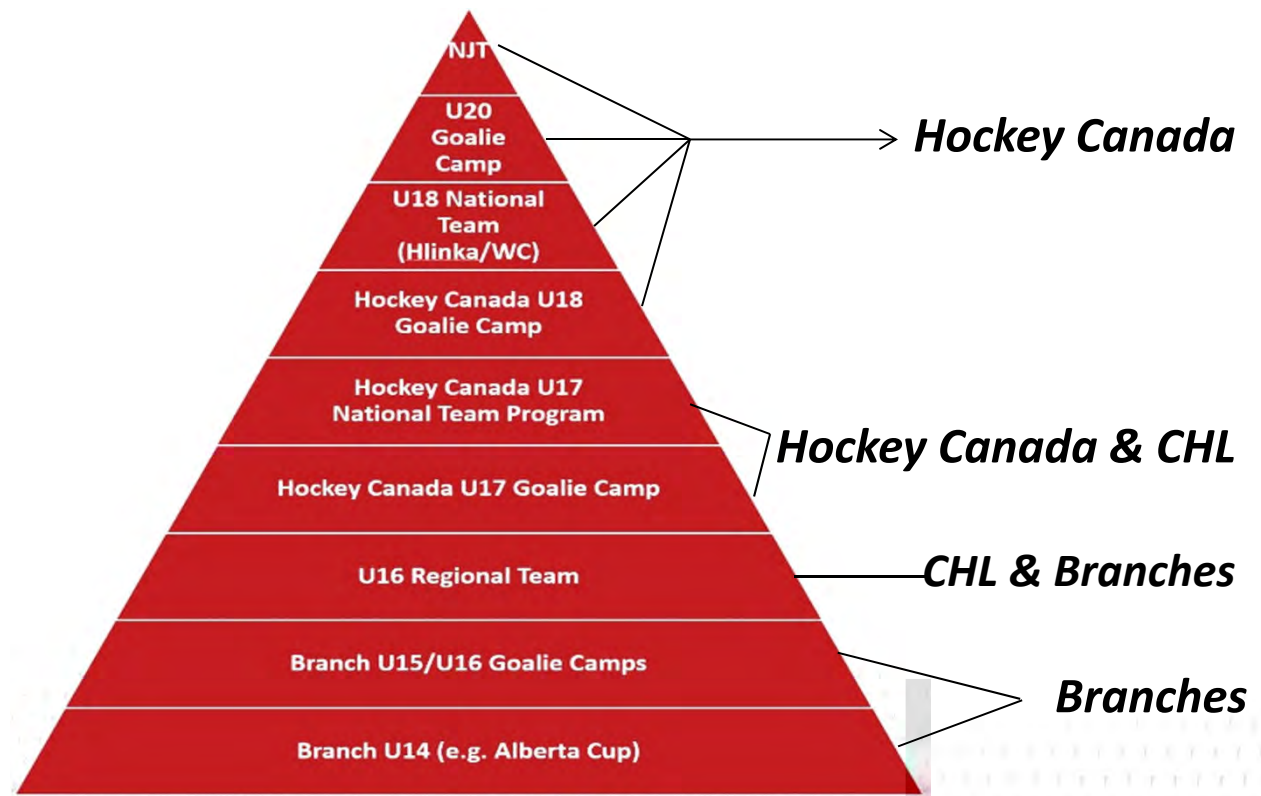
WHAT IS THE GOALTENDING PATHWAY?

High Performance Goaltending Development Model

Development Pyramid - Male

“Holistic Development”

- Mental
- Physical
- Technical
- Tactical

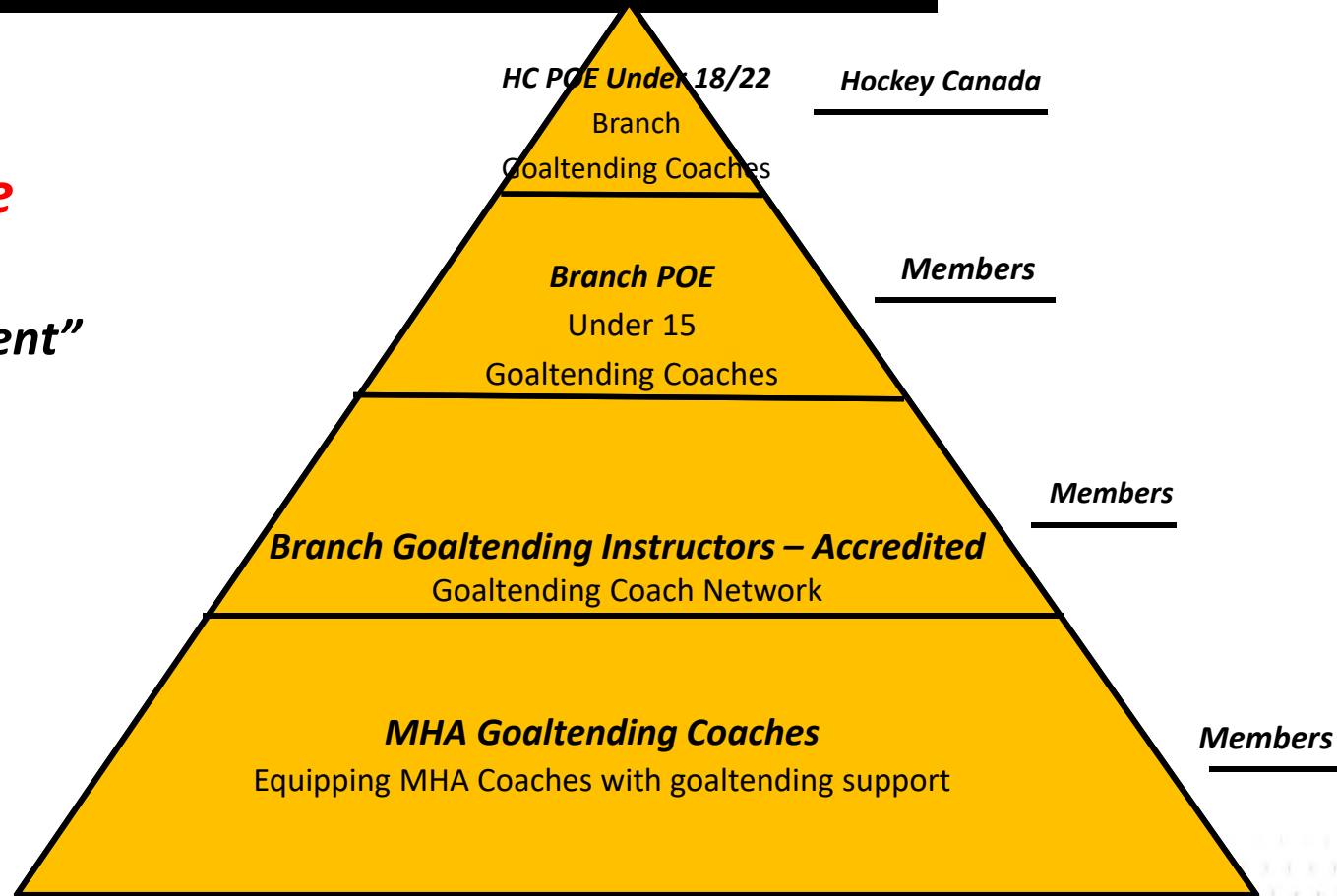


WHAT IS THE GOALTENDING PATHWAY?

Development Pyramid- Female

“Holistic Development”

- *Mental*
- *Physical*
- *Technical*
- *Tactical*



WHAT IS THE GOALTENDING PATHWAY?

Role of the Member Branches

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



Hockey Canada Member Branch National Coverage





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

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





SEASONAL STRUCTURE

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

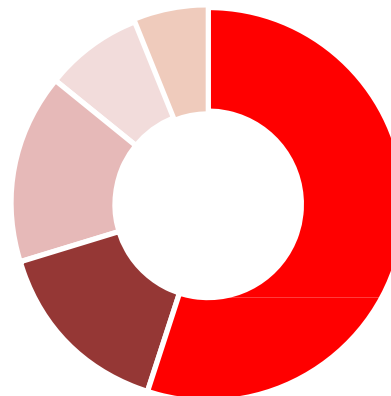
MAY / JUNE / JULY / AUGUST

Off season

Multisport Activities

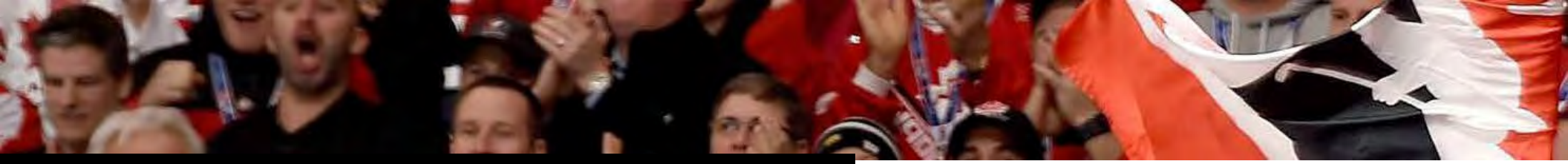
Goaltending Specific Skill Instruction

SEASONAL STRUCTURE BREAKDOWN CHART



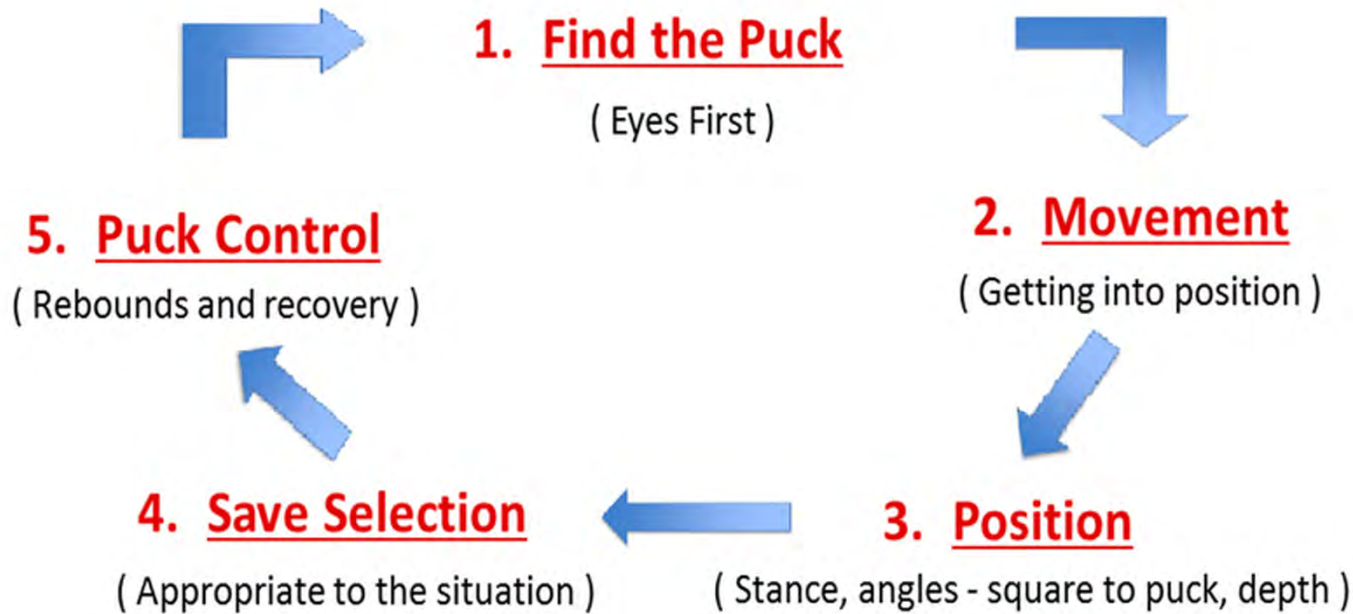
- 40% - Introducing Technical Skills**
- 25% - Developing Technical Skills**
- 20% - Refining Technical Skills**
- 10% - Introducing Individual Tactics**
- 5% - Developing Individual Tactics**





GOALTENDING SKILL DEVELOPMENT

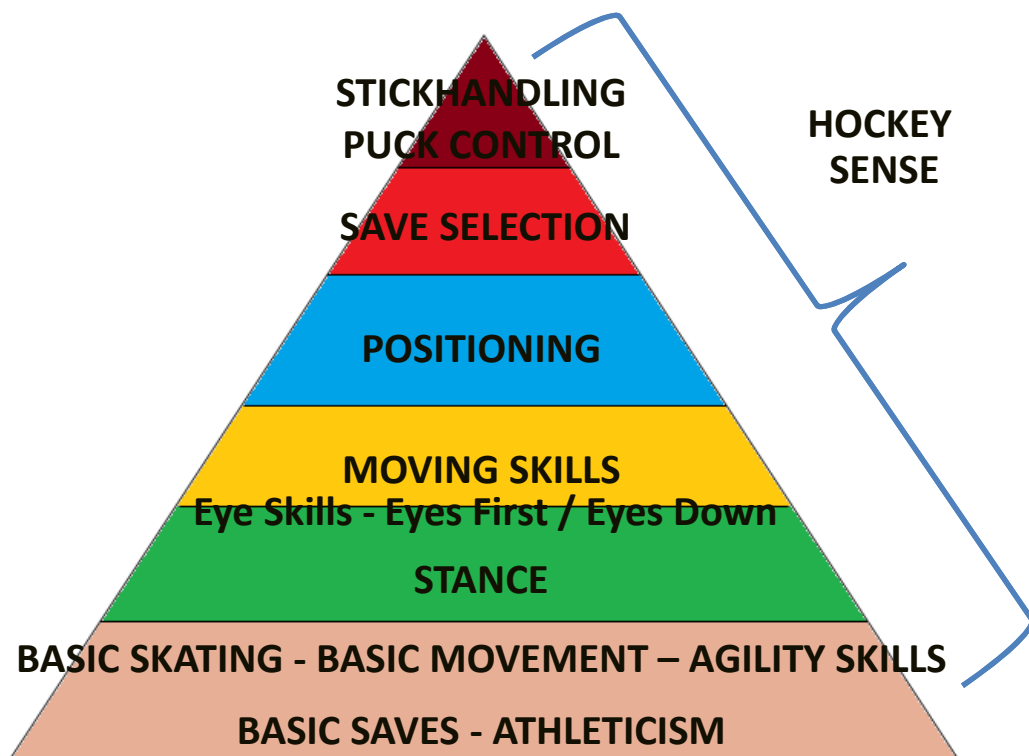
The Save Cycle is comprised of 5 key areas of focus for solid goaltending:



The Save Cycle is the foundation for
Goaltending in Canada!



GOALTENDING SKILL DEVELOPMENT



1. The Beginner Program recommends development be built on 75% movement and positional skills 20% on save movement and related issues and 5% on tactics.
2. The Intermediate Program recommends 50% movement and positional skills, 20% on save movement and related issues and 30% on tactics and transition.
3. The Advanced Program recommends 35% movement and positional skills, 10% on post-save consequences, 40% on tactics and transition and 15% on advanced positioning.

GOALTENDING SKILL DEVELOPMENT

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

Level 2 Curriculum – Advanced Skills and 10 Scoring Situations

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



GOALTENDING SKILL DEVELOPMENT

Level 2 Curriculum – Advanced Skills / 10 Scoring Situations

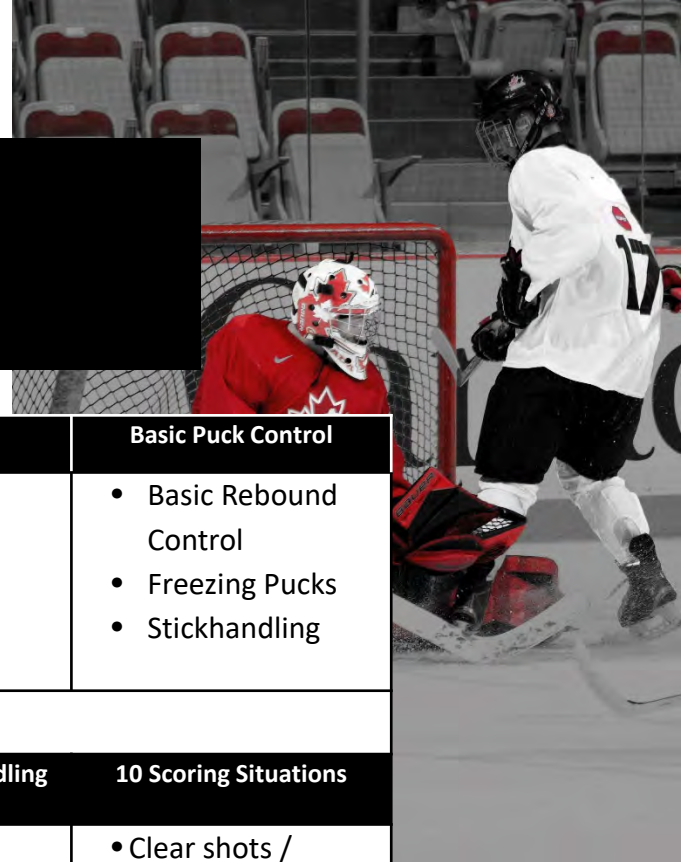
- ❖ The scoring situations are broken down to 10 categories to help the goaltender recognize the situation and select the best way to defend it
- ❖ Goaltenders have to be able to read both attacking players options and their own team mates defending position while processing the situation

The 10 scoring situations are:

- ❖ Clear Shots
- ❖ Entries
- ❖ Net Drives
- ❖ Breakaways
- ❖ Rebounds
- ❖ Low / High
- ❖ East / West
- ❖ Below the Goal Line
- ❖ Deflections
- ❖ Screens



GOALTENDING SKILLS



LEVEL 1

Balance and Agility	Moving Skills	Positioning	Save Selection	Basic Puck Control
<ul style="list-style-type: none"> • Basic Stance • Butterfly Stance 	<ul style="list-style-type: none"> • Shuffles • C-cuts • T-push • Pivot • Slides 	<ul style="list-style-type: none"> • Angles • Squareness • Depth • Tracking the puck 	<ul style="list-style-type: none"> • Stick Saves • Glove Saves • Blocker Saves • Body Saves • Breakaways 	<ul style="list-style-type: none"> • Basic Rebound Control • Freezing Pucks • Stickhandling

LEVEL 2

Advanced Skating	Eye Skills	Advanced Hands	Advanced Puck Handling	10 Scoring Situations
<ul style="list-style-type: none"> • Advanced C-cuts • Advanced Pivots into t-push / shuffles / butterfly / powerslides / recovery 	<ul style="list-style-type: none"> • Tracking the Puck 	<ul style="list-style-type: none"> • Moving fwd / bwd • Moving east / west 	<ul style="list-style-type: none"> • Setting Pucks • Outlet Passes • Rims 	<ul style="list-style-type: none"> • Clear shots / Entries / Net drives / Breakaways/ Rebounds / Low to high / East – west / Below goal line / Deflections / Screens

LEVEL 3

Defensive Team Play	Offensive Team Play	Hockey Sense		
<ul style="list-style-type: none"> • D Zone • PK • Odd Man Situations 	<ul style="list-style-type: none"> • Breakouts • Rims 	<ul style="list-style-type: none"> • Communication • Developing Individual Plan 		

INSTRUCTORS / COACHES



Continuing Education Opportunities

- NCCP Instructional Stream
 - Goaltending Level 1
 - Goaltending Level 2
 - Goaltending Level 3
- Small Area Games Clinic

Resources



www.hockeycanadanetwork.com

BY THE NUMBERS

800 TEAM CANADA GAME CLIPS

3,200 ARTICLES

300 PRACTICE PLANS

1,500 DRILLS

900 VIDEOS

HOCKEY CANADA NETWORK

RÉSEAU
HOCKEY CANADA

PLAY VIDEO

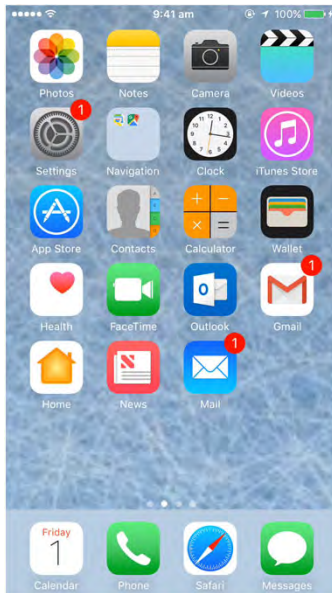


Resources

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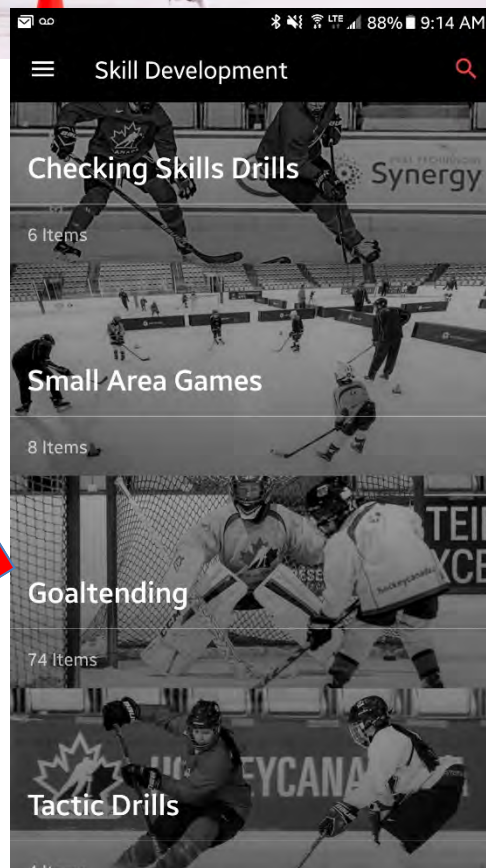
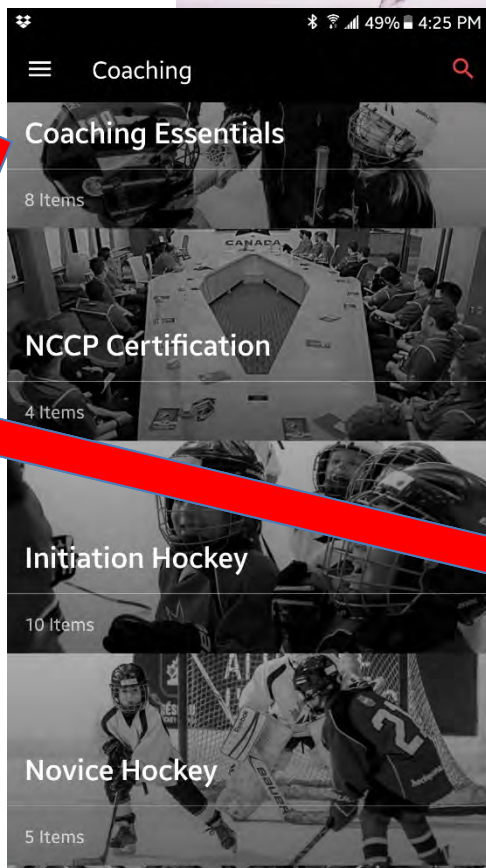
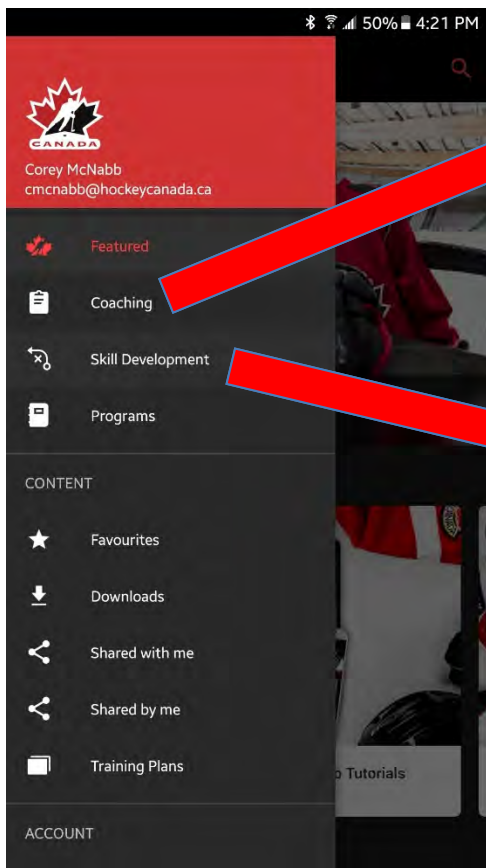
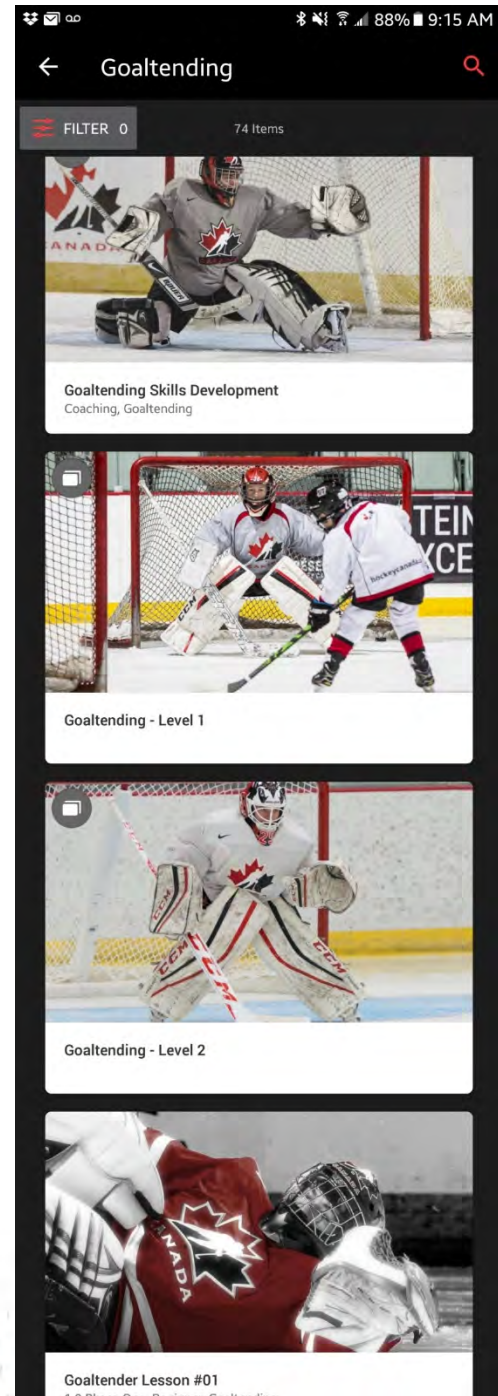
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info@hcnetwork.com

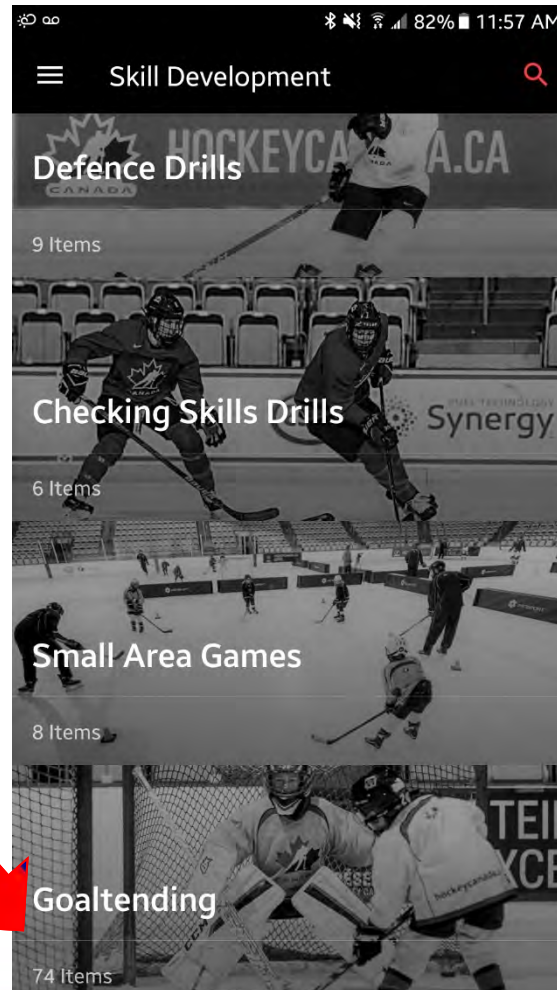
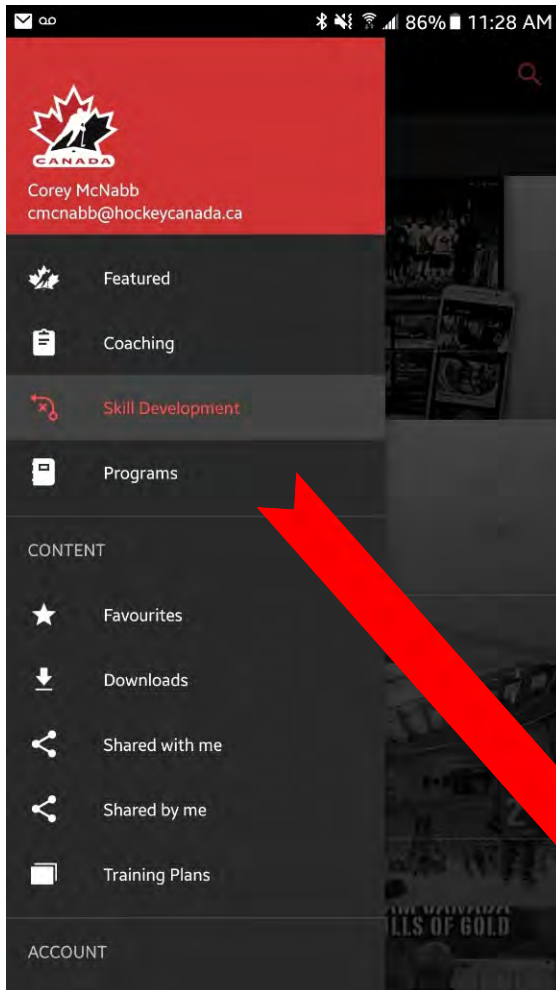


Resources



RESOURCES

Skill Development - Goaltending



RESOURCES

Skills Manuals - Goaltending



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

