



## Cumberland Jr Grads Minor Hockey Club Goalie Development Stream

The Cumberland Jr. Grads Minor Hockey Club (CJGMHC) Goalie Development Stream approach is a goalie development program targeted and customized for each level for the purpose of supporting the existing in-team goalie development as well as raise its technical level.

The program will emphasize techniques for positioning, lateral movement, angle coverage, rebound control, butterfly techniques, execution speed, play anticipation, game concentration and coordination and agility.

The development program will make use of a technique that will require each goalie to enter their interpretation of their performances, strengths and weaknesses into a small booklet. As they progress through the development program, they will be able to see their progression and keep track of it. Parents and coaches alike, will also be able to use this to work with the goalies in strengthening those areas that need it.

The program will work within the existing coaching infrastructure by providing coaching assistance to the CJGMHC goalie coaches.

The following skill areas will be evaluated, tracked and taught so that the goalies att

- Basic positioning
- Breakaways
- How to cover the angles
- Screen shots
- Deflected shots
- Puck immobilization
- Stop with the glove
- Sliding
- Stop with the blocker
- Shots and passes
- T - movement
- Shooting Control
- Bouncing shots
- Deviations
- Puck control behind the net
- Preparations for the game
- Parallel movement
- Movement speed
- Poke check
- The butterfly
- Equipment
- Etc...

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