



## 2018-19 GOALIE CLINIC

Every Wednesday

Goalie I: 7:20 – 8:05 pm

Goalie II: 8:10 – 9:00 pm

(Beginning October 24<sup>th</sup> 2018)

Open to all skill levels from Beginner Goalie I: (Mites/Squirrels) to Advanced Goalie II: (Travel / High School) Netminders.

- Goaltenders separated into small groups according to ages and ability to maximize learning.
- Sessions to enhance agility in movement, recovery, mobility, and foot speed.
- Train and perfect individual skills such as stance, movement, angle play, rebound control, and puck handling.
- Learn save selection and technique. Learn exactly how to read, react, and even dictate what happens during an offensive attack.
- Use of screen boards, deflection boards, and obstacles to sharpen anticipation, reaction, and form.



1<sup>st</sup> Session free of charge  
\$50.00 – one-time fee for rest of the season.

Please contact to get signed up:

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