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.
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.
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.

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 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.
Recommendations

- **U9**
  Minor Hockey Associations to offer “Try Goaltending” sessions to give players a chance to try the position

- **U12**
  Minor Hockey Associations to have an association goaltending coach offer goaltending instruction through small group training sessions to coaches and players

- **U14 – U17**
  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 oversee 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.

**Minor Hockey Associations should have “Try Goaltending” Sessions**

---

### Fundamental (Initiation & Novice all considered fundamental)

<table>
<thead>
<tr>
<th>Development Phase</th>
<th>Regular Season Phase</th>
<th>Playoffs</th>
</tr>
</thead>
<tbody>
<tr>
<td>12 weeks</td>
<td>14 weeks</td>
<td>No playoffs&lt;br&gt;End of season March 31&lt;br&gt;Tournaments 5&lt;br&gt;Festivals/Jamborees 12&lt;br&gt;modified games</td>
</tr>
</tbody>
</table>

**Total Practices:** 35 - 45  |  **Total Games:** 15 - 25

**Initiation: Age 5-6**

**Considerations:**
- Blue 4 oz pucks<br>- Cross Ice / Half Ice Games<br>- No full time goalies (no goalie equipment)<br>- Multiple station work<br>- Jamborees / Festivals – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice - Everyone plays goal

**Recommendations:**
- Ideally 2 Practices per week<br>- Agility / Balance / Coordination skates all benefit future goalies

---

**Novice: Age 7-8**

**Total Practices:** 45 - 55  |  **Total Games:** 30 - 40

**Development Phase**

- 16 weeks<br>- 32 practices<br>End of season March 31<br>Tournaments 3<br>modified games 12<br>full season half

**Considerations:**
- Ball hockey / Floor hockey as additional activities

**Recommendations:**
- Small Nets / Regular Nets<br>- Ball Hockey / Floor Hockey / Floor Ball – as additional activities<br>- Ideally 2 Practices per week – play goal the practice before the game

---

**Players will begin thinking about becoming a full time goaltender graduating into Atom**
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.

## COMMUNITY

<table>
<thead>
<tr>
<th>DEVELOPMENT PHASE</th>
<th>REGULAR SEASON PHASE</th>
<th>PLAYOFFS Mar 15 – 30 Tournaments March 31 end of season</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 weeks</td>
<td>6 practices</td>
<td>2 exhibition games</td>
</tr>
<tr>
<td>22 weeks</td>
<td>22 practices</td>
<td>16 games</td>
</tr>
<tr>
<td>3 tournaments</td>
<td>12 games</td>
<td></td>
</tr>
</tbody>
</table>

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

**CONSIDERATIONS:**
- Full time goaltenders – Goaltie not playing in games plays out
- Rotate all players through all positions – no early specialization
- Goalies are beginning to take on the role of goaltender Full Time.
- If 2 goaltenders on the team, the backup goalie should consider playing out vs sitting out
- Goalies should be splitting the games or alternating equally

## DEVELOPMENTAL

<table>
<thead>
<tr>
<th>DEVELOPMENT PHASE</th>
<th>REGULAR SEASON PHASE</th>
<th>PLAYOFFS Mar 15 – 30 Tournaments March 31 end of season</th>
</tr>
</thead>
<tbody>
<tr>
<td>6 weeks</td>
<td>12 practices</td>
<td>2 exhibition games</td>
</tr>
<tr>
<td>22 weeks</td>
<td>32 practices</td>
<td>20 games</td>
</tr>
<tr>
<td>4 tournaments</td>
<td>16 games</td>
<td></td>
</tr>
</tbody>
</table>

**TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 35 - 45**

**CONSIDERATIONS:**
- Full time goaltenders – Goaltie not playing in games can still play out
- Rotate all players through all positions – no early specialization
- Establish equal playing time for all goalies at this level.
- A predictable alternating schedule is recommended
- It is recommended at this stage to choose your position of Goalie if you are entertaining the Rep Level.
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 oversee the development of the rep level goaltenders through separate practice sessions.

### Community

<table>
<thead>
<tr>
<th>Phase</th>
<th>Practice</th>
<th>Game</th>
</tr>
</thead>
<tbody>
<tr>
<td>Development</td>
<td>4 weeks</td>
<td>8</td>
</tr>
<tr>
<td>Regular Season</td>
<td>24 weeks</td>
<td>24</td>
</tr>
<tr>
<td>Playoffs</td>
<td></td>
<td>18</td>
</tr>
<tr>
<td>Tournaments</td>
<td>3</td>
<td>12</td>
</tr>
</tbody>
</table>

Total Practices: 30 - 35 | Total Games: 25 - 35

**Considerations:**
- Prep Camp: 2 weeks, 8 - 10 sessions, 1 60-minute session per day
- Tryouts: 5 skates, then evaluate 2 practices / 3 Inter-squad games
- Multiple station work
- Skill Based Practices
- Small Area Games in practice
- Tournament style playoffs/sounds
- Goaltenders should be splitting time in goal with the option of splitting games or playing defense or forward position
- If there are 2 full-time goaltenders they should be splitting the games or alternating with a predictable schedule

### Developmental

<table>
<thead>
<tr>
<th>Phase</th>
<th>Practice</th>
<th>Game</th>
</tr>
</thead>
<tbody>
<tr>
<td>Development</td>
<td>4 weeks</td>
<td>12</td>
</tr>
<tr>
<td>Regular Season</td>
<td>24 weeks</td>
<td>48</td>
</tr>
<tr>
<td>Playoffs</td>
<td></td>
<td>24</td>
</tr>
<tr>
<td>Tournaments</td>
<td>4</td>
<td>16</td>
</tr>
</tbody>
</table>

Total Practices: 55 - 60 | Total Games: 45 - 50

**Considerations:**
- Prep Camp: 2 weeks, 8 - 10 sessions, 1 60-minute session per day
- Tryouts: 5 skates, then evaluate 2 practices / 3 Inter-squad games
- Multiple station work
- Skill Based Practices
- Small Area Games in practice
- Tournament style playoffs/sounds
- Established equal playing time for all goaltenders at this level
- A predictable alternating schedule is recommended and to be communicated
WHAT IS THE GOALTENDING PATHWAY?

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

COMMUNITY

DEVELOPMENT PHASE
4 weeks
8 practices
2 exhibition games

REGULAR SEASON PHASE
24 weeks
24 practices
20 games

PLAYOFFS
Mar 15 - 30 Playoffs
March 31 end of season
Tournaments
3 tournaments
12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

CONSIDERATIONS:
- Prep Camp: 2 Weeks
  8 - 10 sessions – 1 60 minute session per day
  Tryouts: 5 skates then evaluate
  2 practices / 3 inter-squad games
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated

DEVELOPMENTAL

DEVELOPMENT PHASE
4 weeks
12 practices
4 exhibition games

REGULAR SEASON PHASE
24 weeks
60 practices
28 games

PLAYOFFS
April 1 - 15 Playoffs
April 16 end of season
Tournaments
4 tournaments
16 games

TOTAL PRACTICES: 65 - 75 | TOTAL GAMES: 50 - 55

CONSIDERATIONS:
- Prep Camp: 2 Weeks
  8 - 10 sessions – 1 60 minute session per day
  Tryouts: 5 + skates then evaluate
  2+ practices / 3+ Inter-squad games
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Introduction of the Starter and Back Up Roles should be established in preparation for Midget, Junior and Beyond.
WHAT IS THE GOALTENDING PATHWAY?

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

COMMUNITY

DEVELOPMENT PHASE
4 WEEKS 8 PRACTICES 2 EXHIBITION GAMES

REGULAR SEASON PHASE
24 WEEKS 24 PRACTICES 20 GAMES

PLAYOFFS
Mar 15 - 30 Playoff Tournaments March 31 end of season
TOURNAMENTS
3 tournaments 12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

CONSIDERATIONS:
- Prep Camp: 2 Weeks
- 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated

DEVELOPMENTAL

DEVELOPMENT PHASE
4 WEEKS 16 PRACTICES EXHIBITION GAMES

REGULAR SEASON PHASE
24 WEEKS 72 PRACTICES 32 GAMES

PLAYOFFS
April 1 - 15 Playoff Tournaments April 16 end of season
TOURNAMENTS
3 tournaments 12 games

TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55

CONSIDERATIONS:
- Prep Camp: 2 Weeks
- 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5+ skates then evaluate 2+ practices / 3+ Inter-squad games

- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Starter and Back Up Roles in full swing in preparation for Junior and Beyond
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

**HC POE Under 18/22**
Branch
Goaltending Coaches

**Branch POE**
Under 15
Goaltending Coaches

**Branch Goaltending Instructors – Accredited**
Goaltending Coach Network

**MHA Goaltending Coaches**
Equipping MHA Coaches with goaltending support
WHAT IS THE GOALTENDING PATHWAY?

Role of the Member Branches

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

Hockey Canada Member Branch National Coverage
<table>
<thead>
<tr>
<th>Season</th>
<th>Technical Skills</th>
<th>Skating</th>
<th>Stance (Athletic position, balance)</th>
<th>Moving Skills (T-Push, Shuffle, C Cut &amp; Pivot)</th>
<th>Positioning (Angles, Square, Depth)</th>
<th>Save Selection (Basic Saves)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>SEPTEMBER</strong></td>
<td>Technical Skills - Introduce</td>
<td>Skating</td>
<td>Stance (Athletic position, balance)</td>
<td>Moving Skills (T-Push, Shuffle, C Cut &amp; Pivot)</td>
<td>Positioning (Angles, Square, Depth)</td>
<td>Save Selection (Basic Saves)</td>
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<td>Introduce</td>
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<td>Basic Puck Control (Rebound Control)</td>
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<td>Stickhandling</td>
</tr>
<tr>
<td><strong>OCTOBER</strong></td>
<td>Technical Skills - Develop</td>
<td>Skating</td>
<td>Stance (Athletic position, balance)</td>
<td>Moving Skills (T-Push, Shuffle, C Cut &amp; Pivot)</td>
<td>Positioning (Angles, Square, Depth)</td>
<td>Save Selection (Basic Saves)</td>
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<td>Develop</td>
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<td>Basic Puck Control (Rebound Control)</td>
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<td>Stickhandling</td>
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<td><strong>NOVEMBER</strong></td>
<td>Technical Skills - Develop</td>
<td>Skating</td>
<td>Stance (Athletic position, balance)</td>
<td>Moving Skills (T-Push, Shuffle, C Cut &amp; Pivot)</td>
<td>Positioning (Angles, Square, Depth)</td>
<td>Save Selection (Basic Saves)</td>
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<td>Stickhandling</td>
</tr>
<tr>
<td><strong>DECEMBER</strong></td>
<td>Technical Skills – Refine</td>
<td>Skating</td>
<td>Stance (Athletic position, balance)</td>
<td>Moving Skills (T-Push, Shuffle, C Cut &amp; Pivot)</td>
<td>Positioning (Angles, Square, Depth)</td>
<td>Save Selection (Basic Saves)</td>
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<td>Develop</td>
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<td>Basic Puck Control (Rebound Control)</td>
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<td>Stickhandling</td>
</tr>
<tr>
<td><strong>JANUARY</strong></td>
<td>Technical Skills – Develop / Refine</td>
<td>Skating</td>
<td>Stance (Athletic position, balance)</td>
<td>Moving Skills (T-Push, Shuffle, C Cut &amp; Pivot)</td>
<td>Positioning (Angles, Square, Depth)</td>
<td>Save Selection (Basic Saves)</td>
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<td>Basic Puck Control (Rebound Control)</td>
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<td></td>
<td>Stickhandling</td>
</tr>
</tbody>
</table>
**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
The Save Cycle is the foundation for Goaltending in Canada!

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

1. Find the Puck (Eyes First)
2. Movement (Getting into position)
3. Position (Stance, angles - square to puck, depth)
4. Save Selection (Appropriate to the situation)
5. Puck Control (Rebounds and recovery)

The Save Cycle is the foundation for Goaltending in Canada!
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

1. STICKHANDLING
2. PUCK CONTROL
3. SAVE SELECTION
4. POSITIONING
5. MOVING SKILLS
   - Eye Skills - Eyes First / Eyes Down
   - STANCE
6. BASIC SKATING - BASIC MOVEMENT - AGILITY SKILLS
7. BASIC SAVES - ATHLETICISM

HOCKEY SENSE
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
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.
## GOALTENDING SKILLS

<table>
<thead>
<tr>
<th>Balance and Agility</th>
<th>Moving Skills</th>
<th>Puck Handling</th>
<th>Save Selection</th>
<th>Basic Puck Control</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Basic Stance</td>
<td>• Shuffles</td>
<td>• Angles</td>
<td>• Stick Saves</td>
<td>• Basic Rebound</td>
</tr>
<tr>
<td>• Butterfly Stance</td>
<td>• C-cuts</td>
<td>• Squareness</td>
<td>• Glove Saves</td>
<td>Control</td>
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<tr>
<td></td>
<td>• T-push</td>
<td>• Depth</td>
<td>• Blocker Saves</td>
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<tr>
<td></td>
<td>• Pivot</td>
<td>• Tracking the puck</td>
<td>• Body Saves</td>
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<tr>
<td></td>
<td>• Slides</td>
<td></td>
<td>• Breakaways</td>
<td>• Freezing Pucks</td>
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<tr>
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<td></td>
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<td>• Stickhandling</td>
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</table>

### LEVEL 2

<table>
<thead>
<tr>
<th>Advanced Skating</th>
<th>Eye Skills</th>
<th>Advanced Hands</th>
<th>Advanced Puck Handling</th>
<th>10 Scoring Situations</th>
</tr>
</thead>
</table>
| • Advanced C-cuts| • Tracking the Puck | • Moving fwd / bwd | • Setting Pucks | • Clear shots / Entries / Net drives / Breakaways /
| • Advanced Pivots into t-push / shuffles / butterfly / powerslides / recovery | | • Moving east / west | • Outlet Passes | Rebounds / Low to high / East – west / Below goal line / Deflections / Screens |
|                  |            | • Setting Pucks | • Setting Pucks | |
|                  |            | • Outlet Passes | • Outlet Passes | |
|                  |            | • Rims          | • Rims             | |

### LEVEL 3

<table>
<thead>
<tr>
<th>Defensive Team Play</th>
<th>Offensive Team Play</th>
<th>Hockey Sense</th>
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<tbody>
<tr>
<td>• D Zone</td>
<td>• Breakouts</td>
<td>• Communication</td>
</tr>
<tr>
<td>• PK</td>
<td>• Rims</td>
<td>• Developing</td>
</tr>
<tr>
<td>• Odd Man Situations</td>
<td></td>
<td>Individual Plan</td>
</tr>
</tbody>
</table>
INSTRUCTORS / COACHES

Continuing Education Opportunities
- NCCP Instructional Stream
  - Goaltending Level 1
  - Goaltending Level 2
  - Goaltending Level 3
- Small Area Games Clinic
RESOURCES

Skill Development - 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.