

Canadian Goaltending Pathway

2022-2023



TABLE OF CONTENTS

3	Introduction
4	What is the Goaltending Pathway? <ul style="list-style-type: none">• Who is it for?• Goals / Purpose
7	LTPD for Goaltending <ul style="list-style-type: none">• U7, U9, U11, U13, U15, U18
12	High Performance <ul style="list-style-type: none">• Hockey Canada• Members
15	Seasonal Structure <ul style="list-style-type: none">• Monthly goals
17	Goaltending Skills
22	Instructors/Coaches <ul style="list-style-type: none">• NCCP Clinics• Professional Development
23	Resources



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**

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.



TOM RENNEY
Chief Executive
Officer, Hockey Canada



VISION: World Sports Leader

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 goaltenders 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

OBJECTIVES

- 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.

HOCKEY CANADA'S RECOMMENDATIONS

U9-U11

- 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

OBJECTIVES

- 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.



HOCKEY CANADA GOALTENDING PATHWAY

It is recommended that Local Hockey Associations offer “Try Goaltending” sessions to give players a chance to try the position and to avoid specializing early.

FUNDAMENTAL (U7 & U9 CONSIDERED FUNDAMENTAL)

U7: AGE 5-6

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE No playoffs Up to 4 weeks		
Up To			Up To		Up To	TOURNAMENTS		
12	20	2	14	20	10	3 Festivals/ Jamborees 12 modified games		
WEEKS	PRACTICES	CROSS ICE GAMES	WEEKS	PRACTICES	CROSS ICE 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 No playoffs Up to 4 Weeks		
Up To		Up To	Up To		Up To	TOURNAMENTS		
8	14	6	20	34	16	3 tournaments 12 games		
WEEKS	PRACTICES	GAMES (Half Ice)	WEEKS	PRACTICES	GAMES (Half Ice)			

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
- 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.

HOCKEY CANADA GOALTENDING PATHWAY

It is recommended that Local 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 on a regular basis.

U11: AGE 9-10

COMMUNITY (recreational)

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament Style TOURNAMENTS 3 tournaments 12 games
Up To		Up To	Up To		Up To	
6	8	4	20	20	16	
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	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			REGULAR SEASON PHASE			PLAYOFF PHASE Up to 4 Weeks Tournament style TOURNAMENTS 4 tournaments 16 games
Up To		Up To	Up To		Up To	
6	12	6	22	44	24	
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	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

HOCKEY CANADA GOALTENDING PATHWAY

It is recommended that the Local Hockey Associations' 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 competitive 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		Up To	Up To		Up To	
4	8	2	24	24	18	
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	GAMES	

TOTAL PRACTICES: 30 - 35 | 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
- Fair / equal ice time

RECOMMENDATIONS:

- 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		Up To	Up To		Up To	
4	12	6	24	48	24	
WEEKS	PRACTICES	EXHIBITION GAMES	WEEKS	PRACTICES	GAMES	

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

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 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 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

HOCKEY CANADA GOALTENDING PATHWAY

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

U15: AGE 13-14

COMMUNITY (recreational)

DEVELOPMENT PHASE		
Up To		Up To
4	8	2
WEEKS	PRACTICES	EXHIBITION GAMES

REGULAR SEASON PHASE		
Up To		Up To
24	24	20
WEEKS	PRACTICES	GAMES

PLAYOFF PHASE
Up to 4 Weeks Tournament Style
TOURNAMENTS
3 tournaments 12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 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)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

U15: AGE 13-14

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE		
Up To		Up To
4	12	4
WEEKS	PRACTICES	EXHIBITION GAMES

REGULAR SEASON-PHASE		
Up To		Up To
24	60	28
WEEKS	PRACTICES	GAMES

PLAYOFF PHASE
Up to 4 Weeks Tournament Style
TOURNAMENTS
4 tournaments 16 games

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

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 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

HOCKEY CANADA GOALTENDING PATHWAY

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

U18: AGE 15-17

COMMUNITY (recreational)

DEVELOPMENT PHASE

Up To		Up To
4	8	2
WEEKS	PRACTICES	EXHIBITION GAMES

REGULAR SEASON PHASE

Up To		Up To
24	24	20
WEEKS	PRACTICES	GAMES

PLAYOFF PHASE

Up to 4 Weeks
Tournament Style
TOURNAMENTS
3 tournaments
12 games

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 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)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

U18: AGE 15-17

DEVELOPMENTAL (competitive)

DEVELOPMENT PHASE

Up To		Up To
4	16	4
WEEKS	PRACTICES	EXHIBITION GAMES

REGULAR SEASON PHASE

Up To		Up To
24	72	32
WEEKS	PRACTICES	GAMES

PLAYOFF PHASE

Up to 4 Weeks
Tournament Style
TOURNAMENTS
4 tournaments
16 games

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

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 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

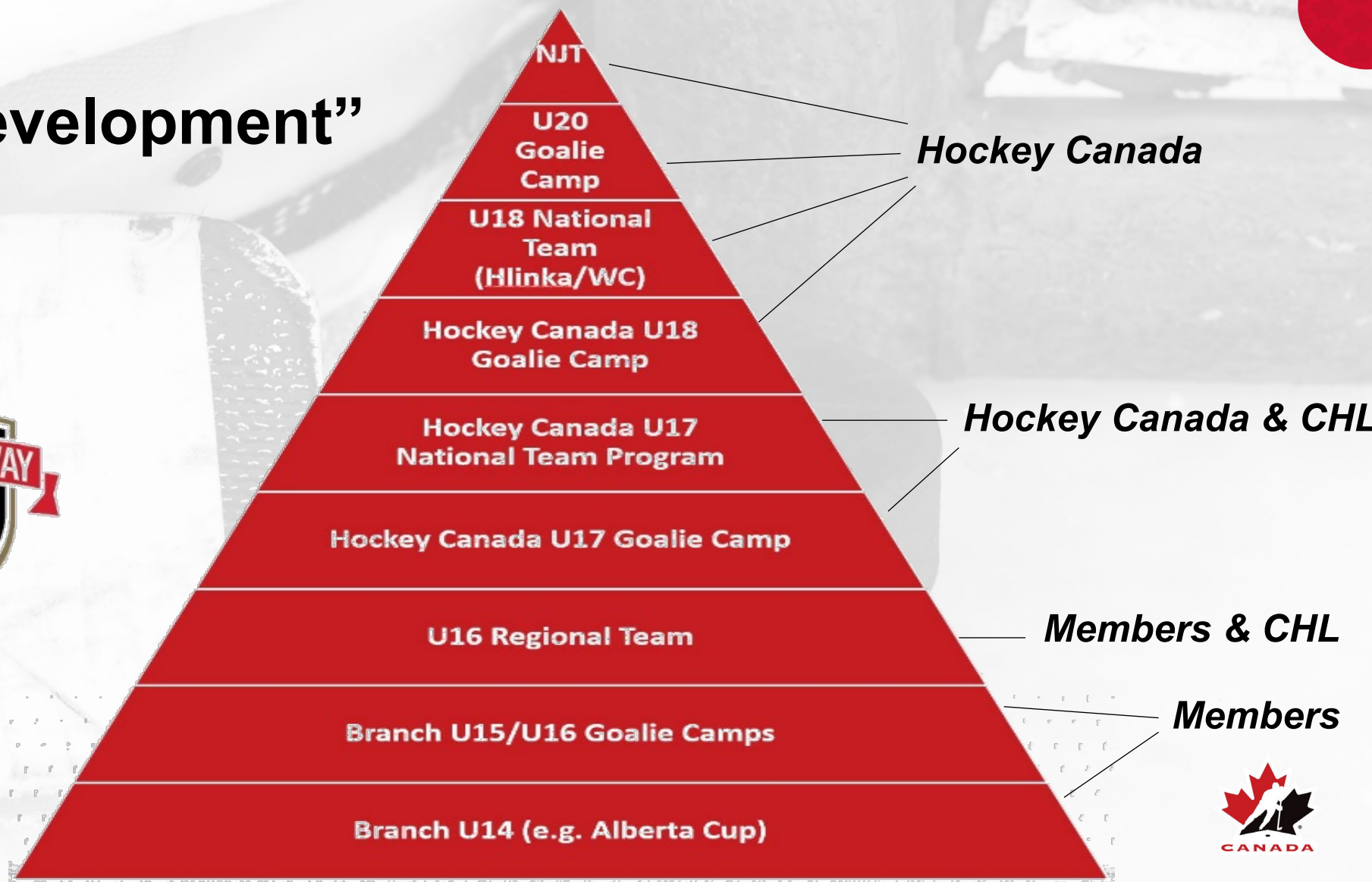
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

HIGH PERFORMANCE GOALTENDING DEVELOPMENT MODEL

Development Pyramid – Men's

“Holistic Development”

- Mental
- Physical
- Technical
- Tactical

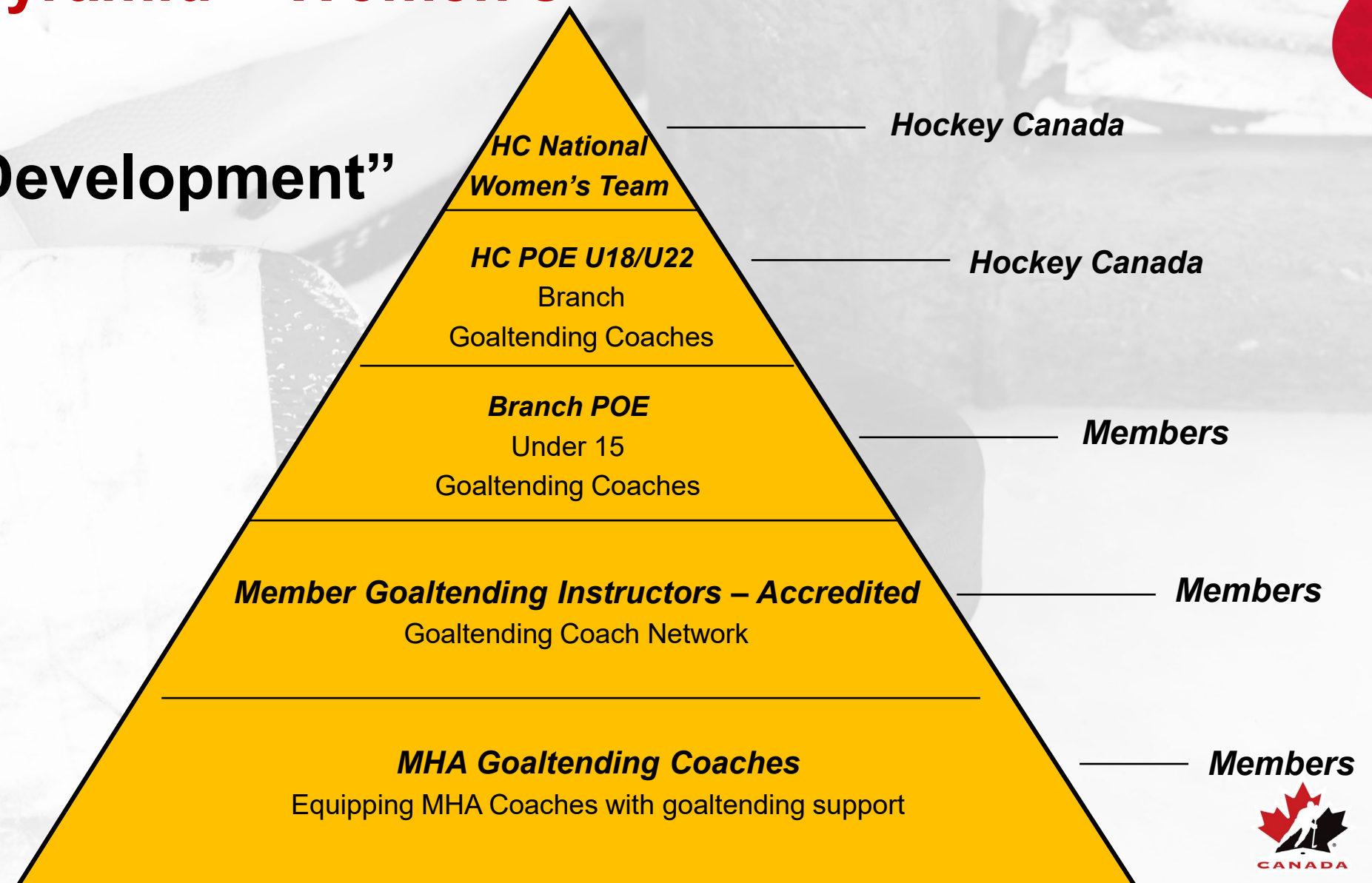


HIGH PERFORMANCE GOALTENDING DEVELOPMENT MODEL

Development Pyramid – Women’s

“Holistic Development”

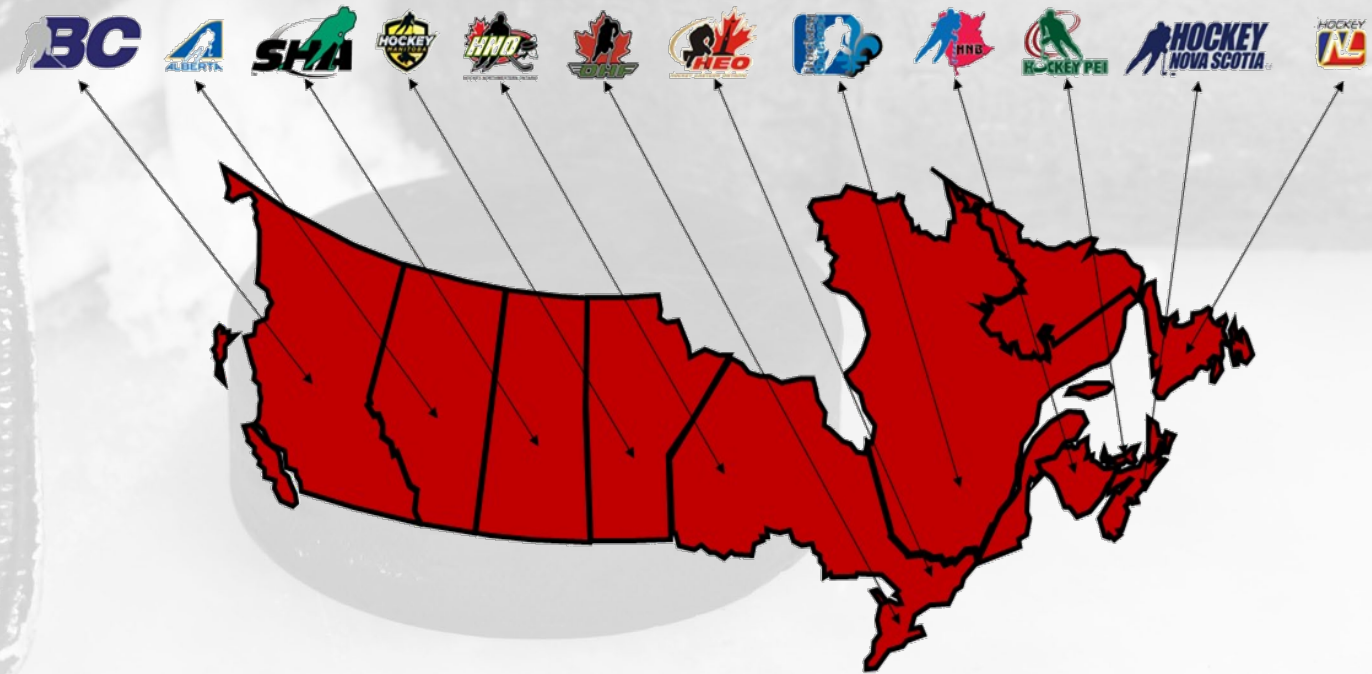
- Mental
- Physical
- Technical
- Tactical



HOCKEY CANADA 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 (Level 3 Certification)
- **Operate** U16/U15/U14 regional goaltending camps in their Member branch / province
- **Operate** a provincial goaltending development camp for U16 each season.



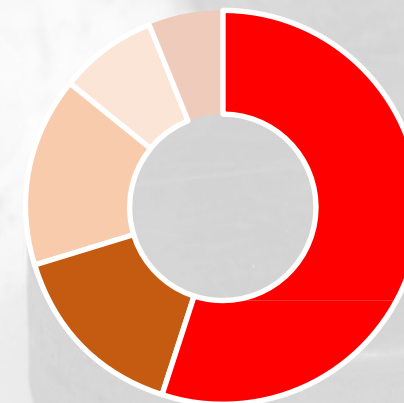
SEASONAL STRUCTURE

SEPTEMBER	OCTOBER	NOVEMBER	DECEMBER	JANUARY
Introduce Technical skills:	Develop Technical skills:	Develop Technical skills:	Refine Technical skills:	Develop & Refine Technical skills:
Skating & Movement (t-push, shuffle, c-cuts, pivot)	Skating & Movement (t-push, shuffle, c-cuts, pivot)	Skating & Movement (t-push, shuffle, c-cuts, pivot)	Skating & Movement (t-push, shuffle, c-cuts, pivot)	Skating & Movement (t-push, shuffle, c-cuts, pivot)
Stance (athletic position, balance)	Stance (athletic position, balance)	Stance (athletic position, balance)	Stance (athletic position, balance)	Stance (athletic position, balance)
Positioning (angles, squareness, depth)	Positioning (angles, squareness, depth)	Positioning (angles, squareness, depth)	Positioning (angles, squareness, depth)	Positioning (angles, squareness, depth)
Save Selection (basic saves)	Save Selection (basic saves)	Save Selection (basic saves)	Save Selection (basic saves)	Save Selection (basic saves)
		Introduce:	Develop:	Basic Puck Control (rebound control)
		Basic Puck Control (rebound control)	Basic Puck Control (rebound control)	Stick Handling
		Stick Handling	Stick Handling	

SEASONAL STRUCTURE

FEBRUARY	MARCH & APRIL	MAY - AUGUST
Develop & Refine Technical skills:	Develop & Refine Technical skills:	Off-Season
Skating & Movement (t-push, shuffle, c-cuts, pivot)	Skating & Movement (t-push, shuffle, c-cuts, pivot)	Multi-sport Activities
Stance (athletic position, balance)	Stance (athletic position, balance)	Goaltender Specific Skill Instruction
Positioning (angles, squareness, depth)	Positioning (angles, squareness, depth)	
Save Selection (basic saves)	Save Selection (basic saves)	
Basic Puck Control (rebound control)	Basic Puck Control (rebound control)	
Stick Handling	Stick Handling	

SEASONAL STRUCTURE BREAKDOWN CHART

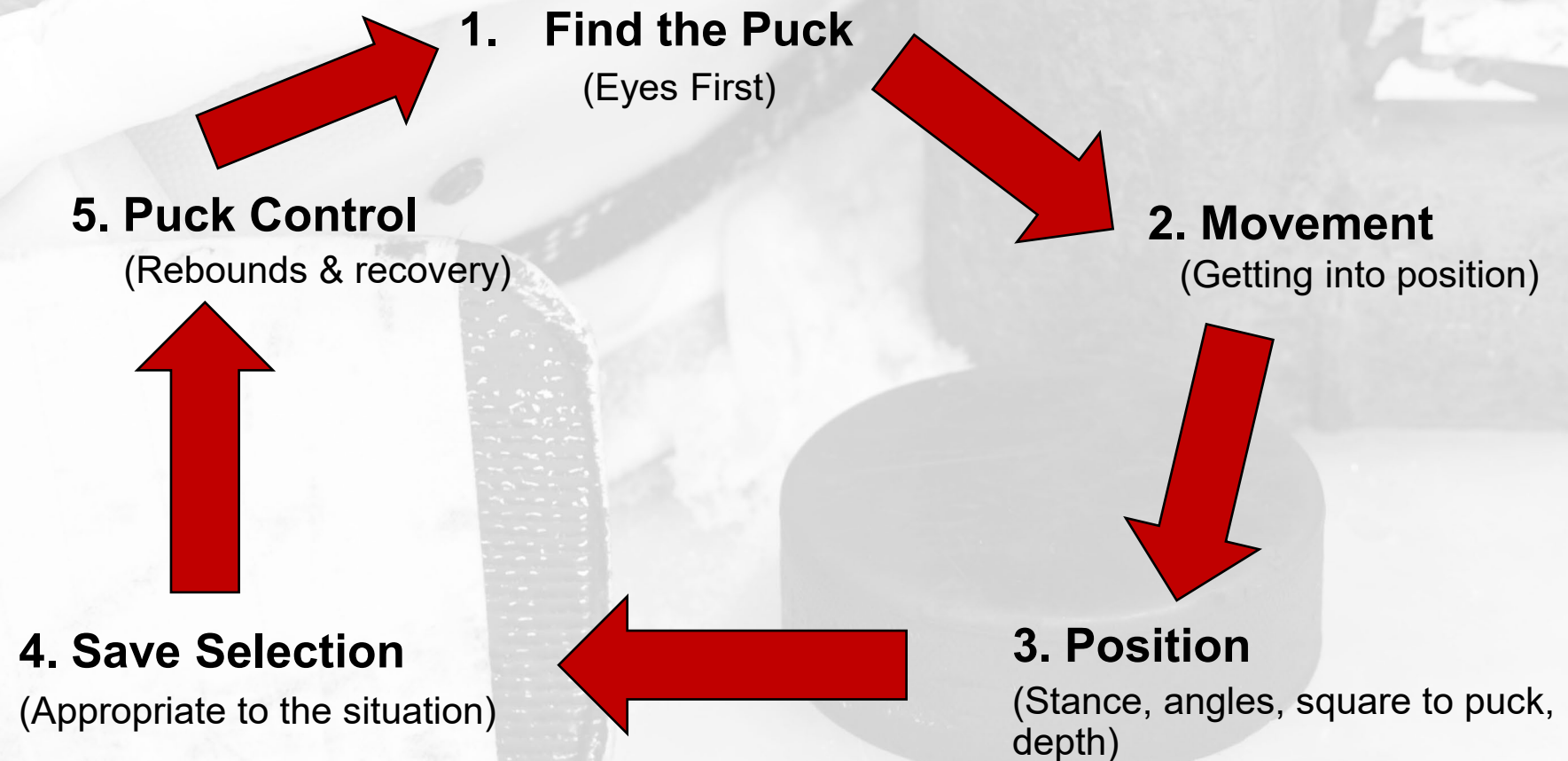


- 40% - Introducing Technical Skills**
- 25% - Developing Technical Skills**
- 20% - Refining Technical Skills**
- 10% - Introducing Individual Tactics**
- 5% - Developing Individual Tactics**



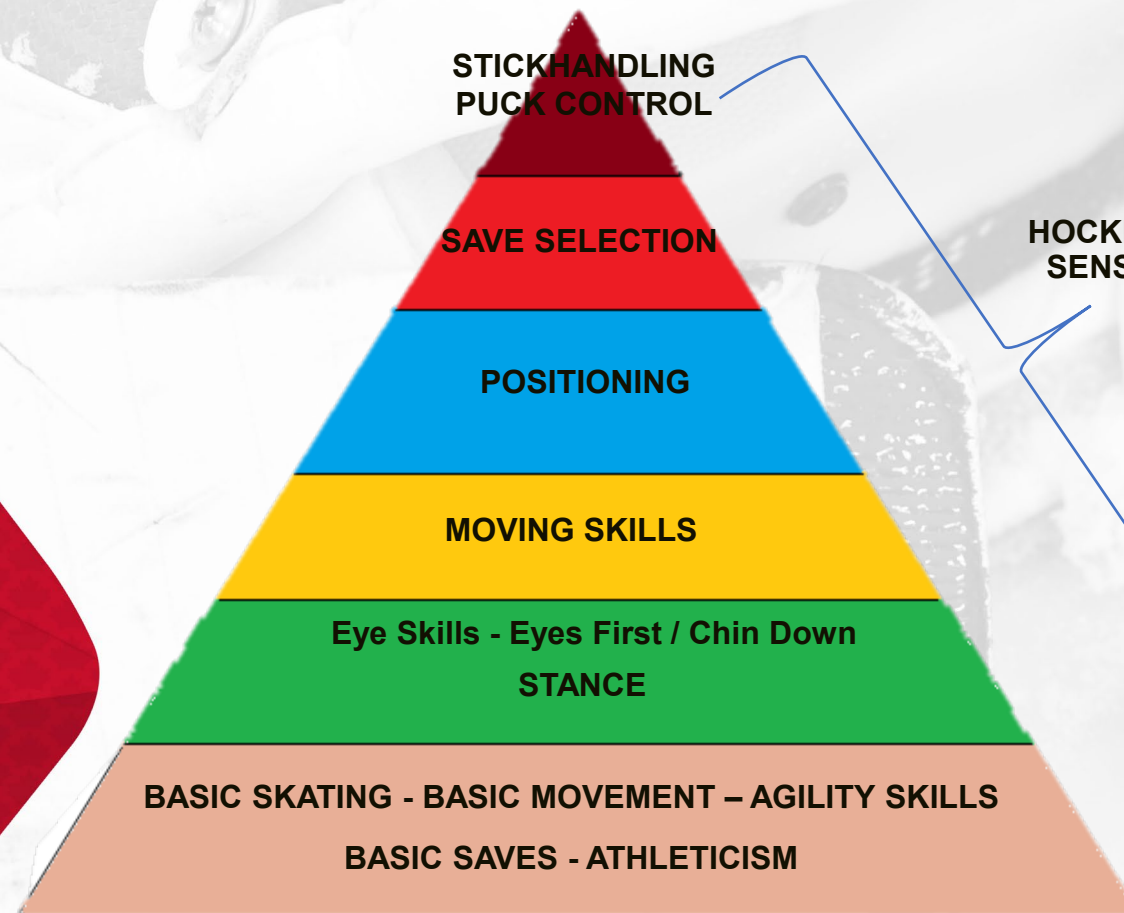
GOALTENDING SKILL DEVELOPMENT

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



- **The Beginner Program**
 - 75% movement and positional skills
 - 20% on save movements
 - 5% on tactics
- **The Intermediate Program**
 - 50% movement and positional skills
 - 20% on save movements
 - 30% on tactics and transition
- **The Advanced Program**
 - 35% movement and positional skills
 - 10% on post-save consequences
 - 40% on tactics and transition
 - 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 Scoring Situations

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

GOALTENDING SKILL DEVELOPMENT

Level 2 Curriculum – Advanced Skills / 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 teammates defending position while processing the situation

The 10 Scoring Situations are:

1. Clear Shots
2. Entries
3. Net Drives
4. Breakaways
5. Rebounds
6. Low / High
7. East / West
8. Below the Goal Line
9. Deflections
10. 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



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



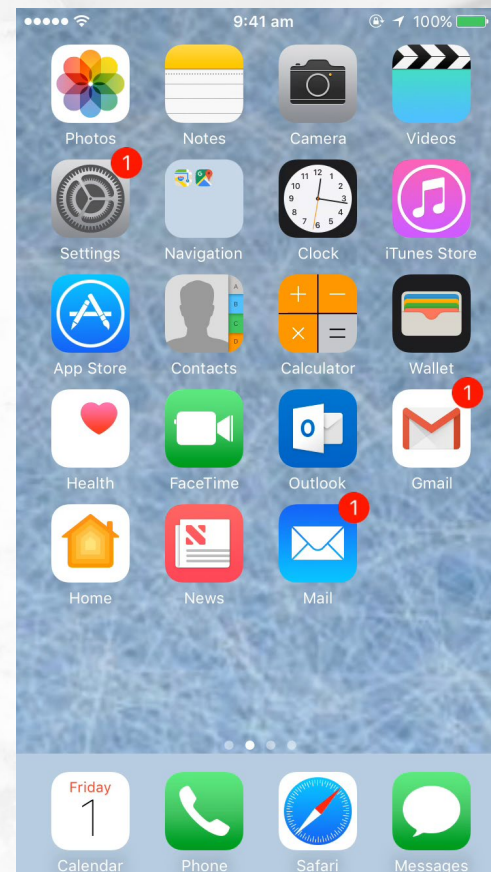
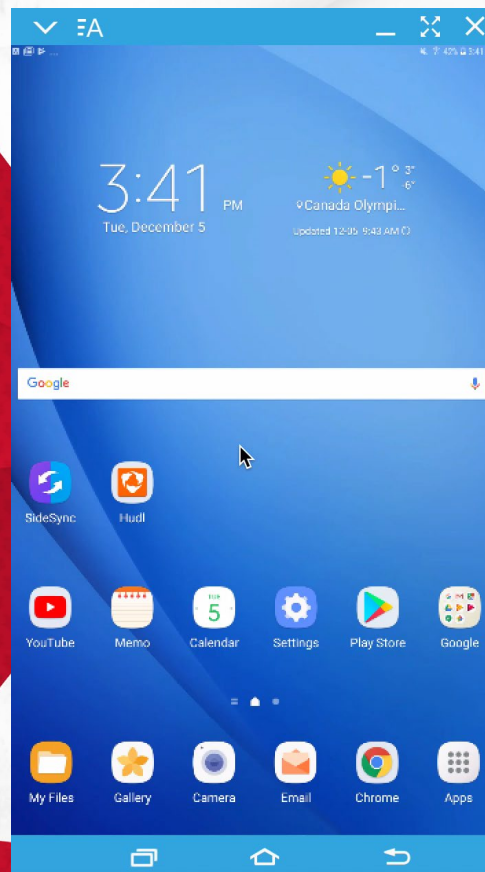


RESOURCES

SUBSCRIBE

Getting started is easy...

Download the app through the App Store or Google Play.



Subscribe in-app or online for immediate access, distribution and savings.

www.hockeycanadanetwork.com

Purchase Hockey Canada Network access codes online for your team or local minor hockey organization.

NETWORK

The Hockey Canada Network app is available for iOS and Android devices. Download it now for free from the Apple App Store or Google Play and start exploring videos and articles. For full, unlimited access to all content and features, subscribe to Hockey Canada Network Premium.

Free	Premium
Explore the app on your phone or tablet and view a limited selection of videos, articles, practice plans, drills and more.	Subscribe for unlimited access to exclusive and regularly updated content and enhanced features.
Free	As low as \$4.00/month*
	<small>*Based on Annual Subscription</small>

Subscribe Online and Save.

Subscribe for Premium access to the Hockey Canada Network through our website and get an **ADDITIONAL 20% OFF** the in-app annual subscription price. Single or group access codes available.

SUBSCRIBE

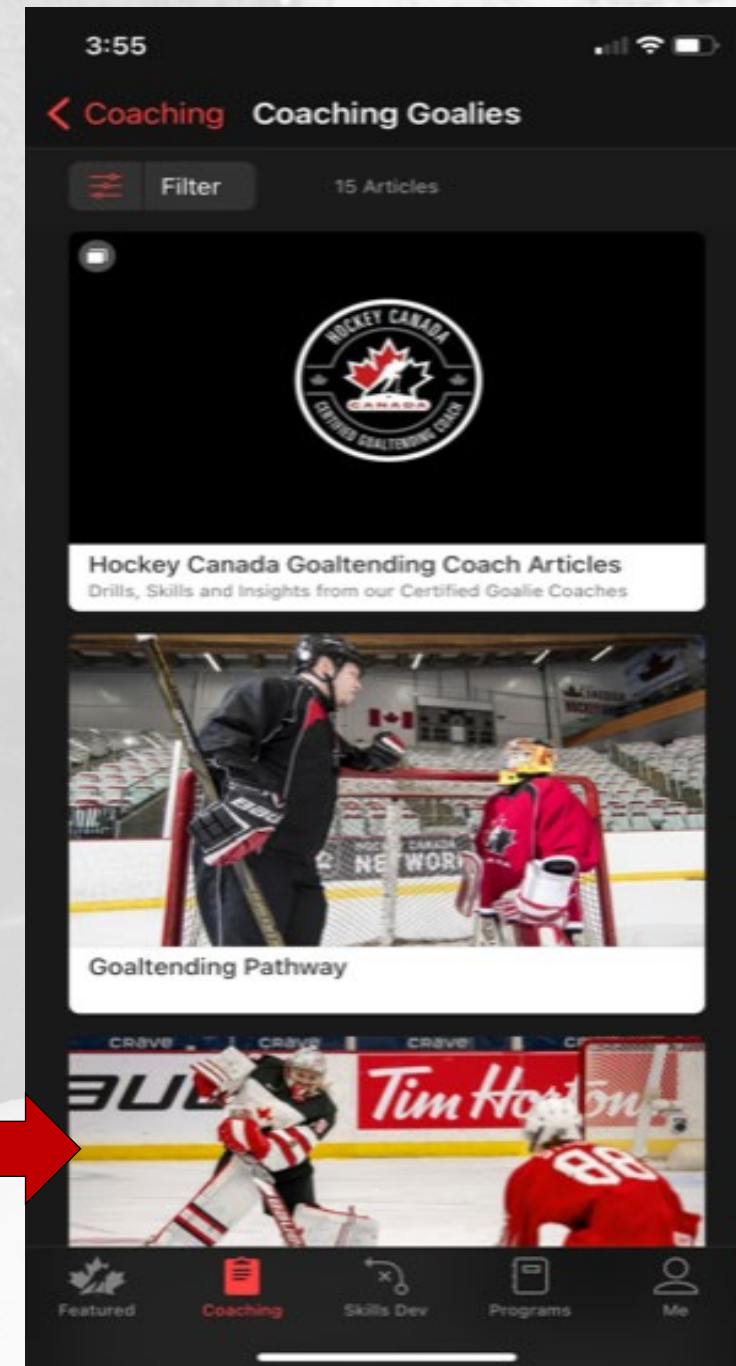
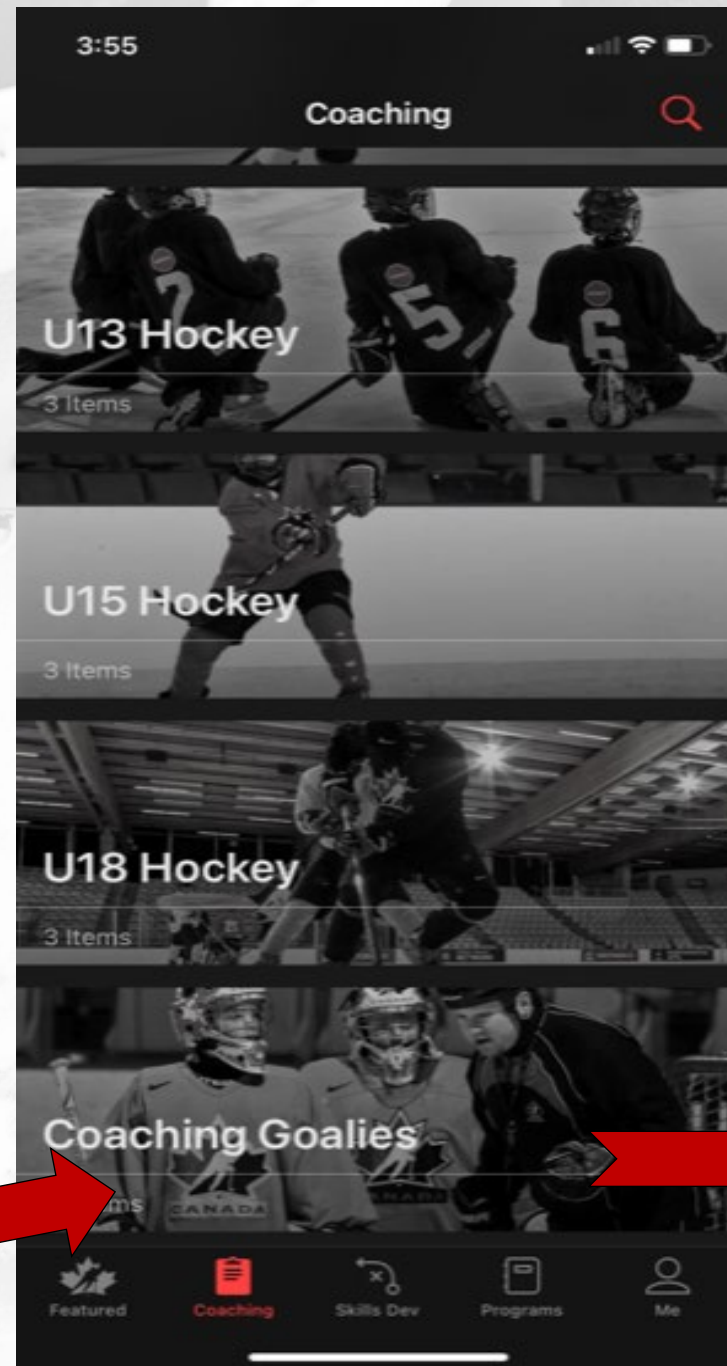
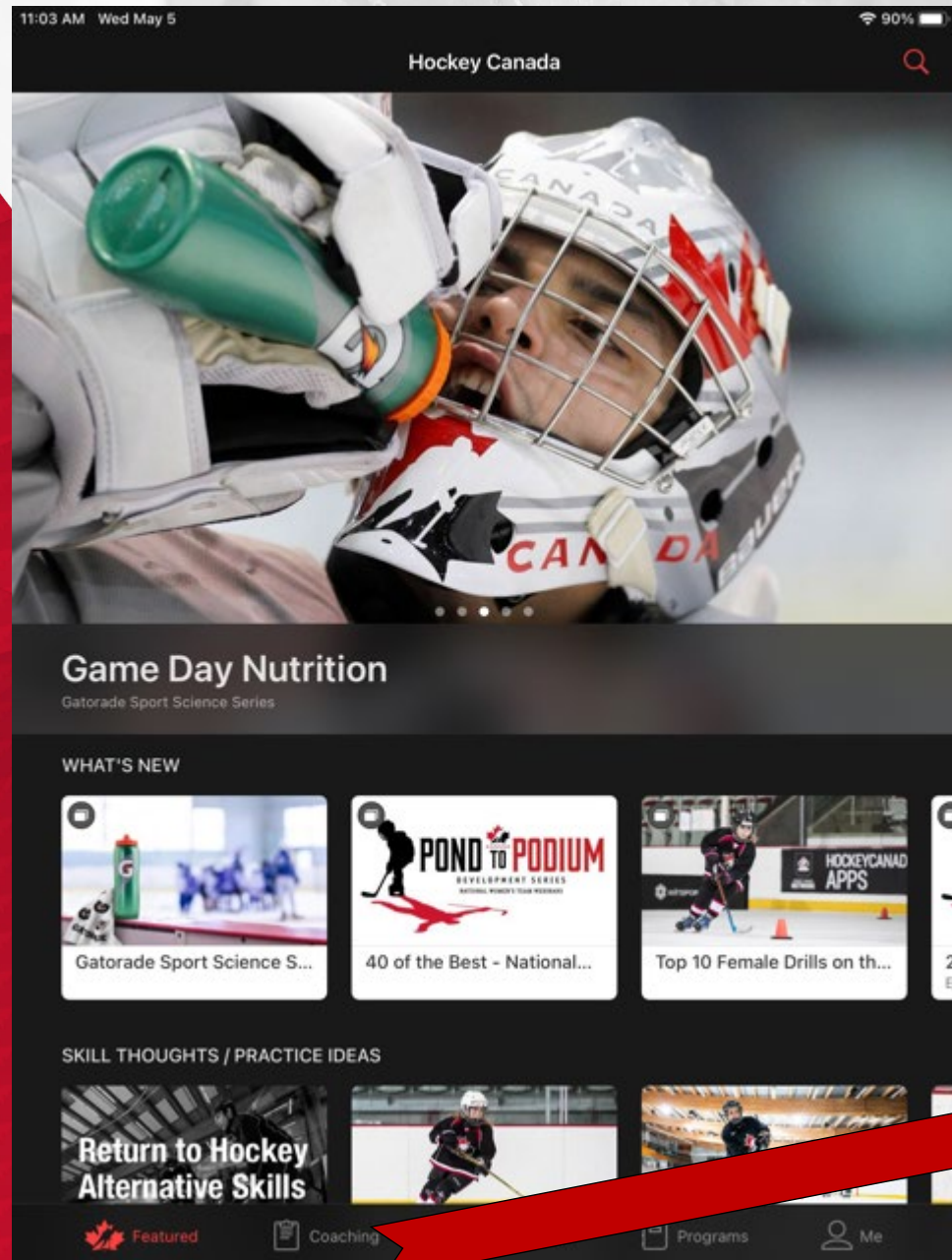
GET IT ON Google play | Download on the App Store

Join our Email list for the latest news and updates about the new Hockey Canada Network App.



RESOURCES

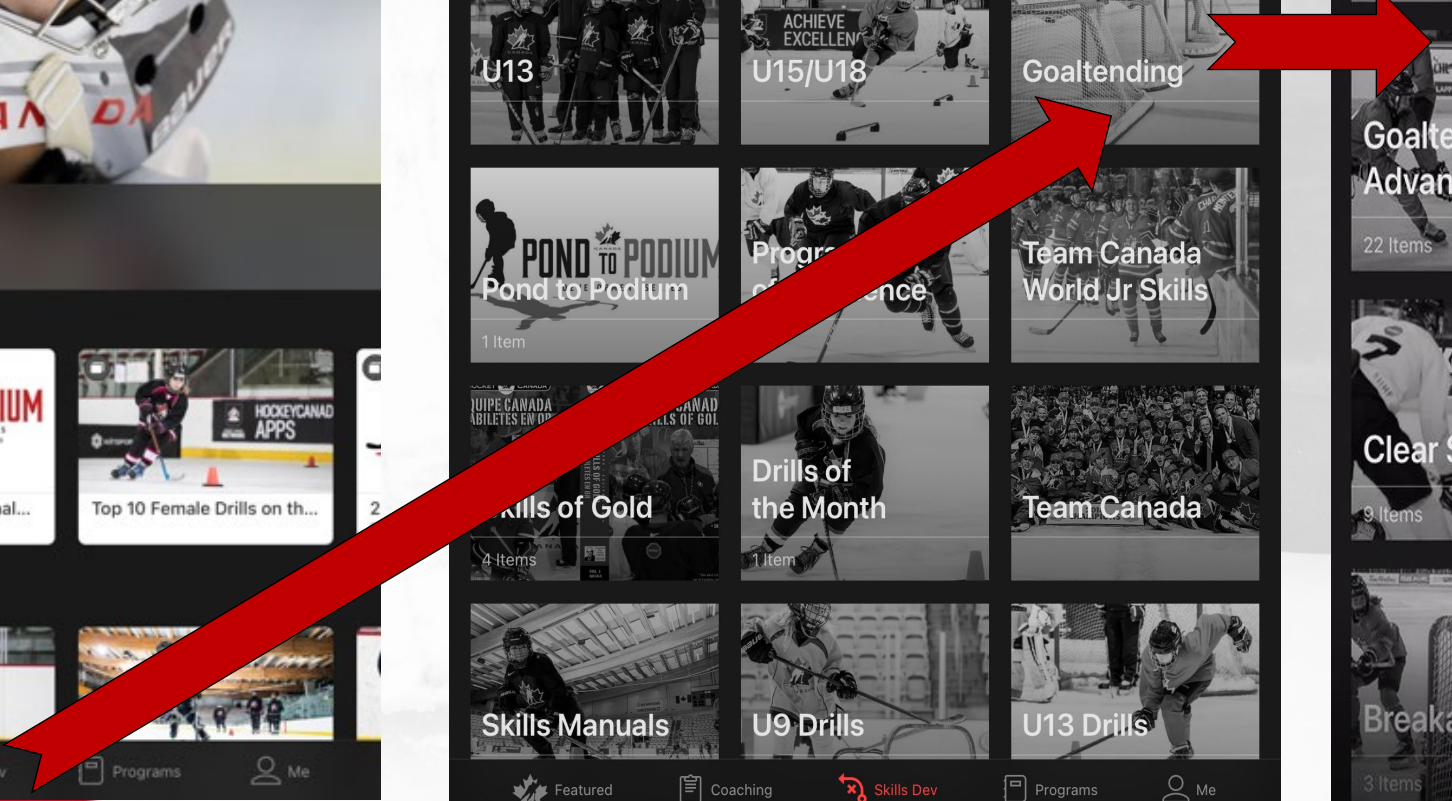
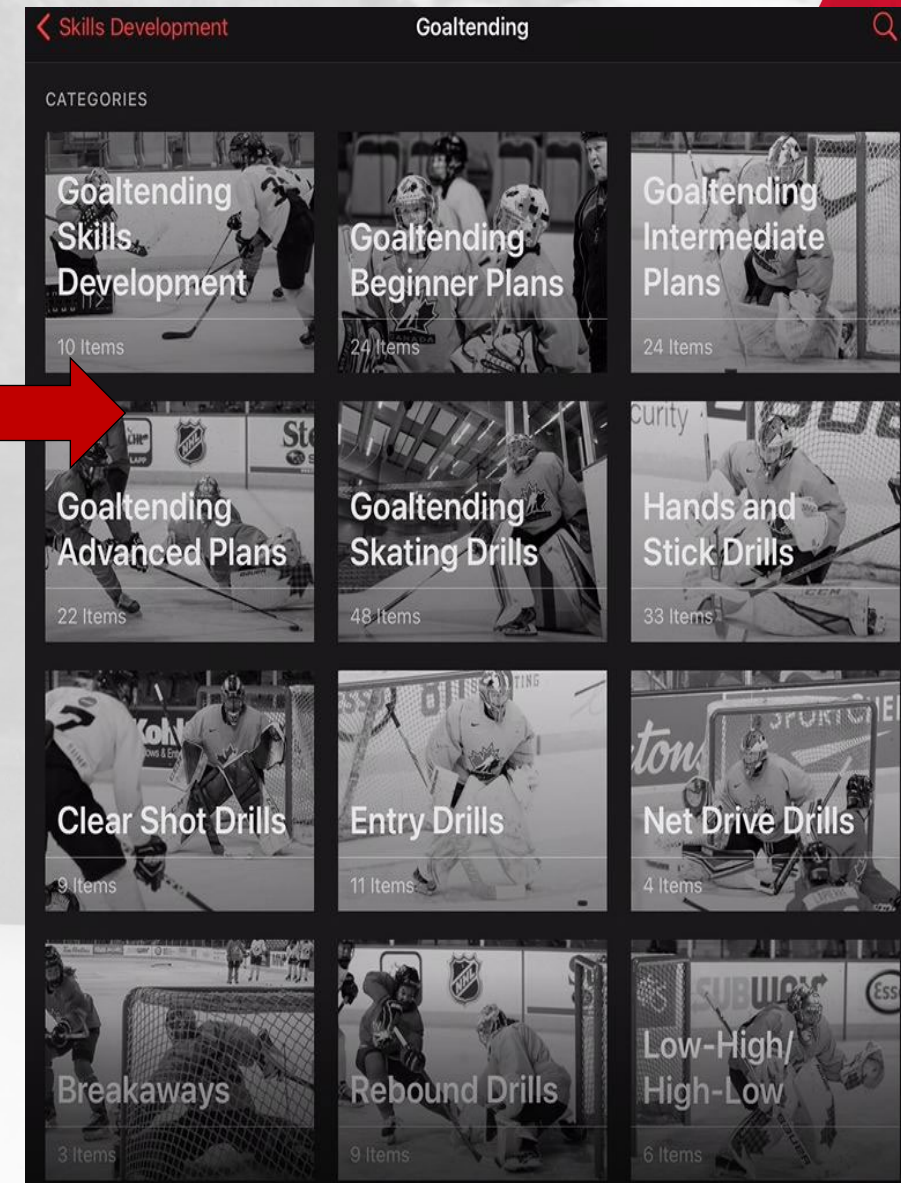
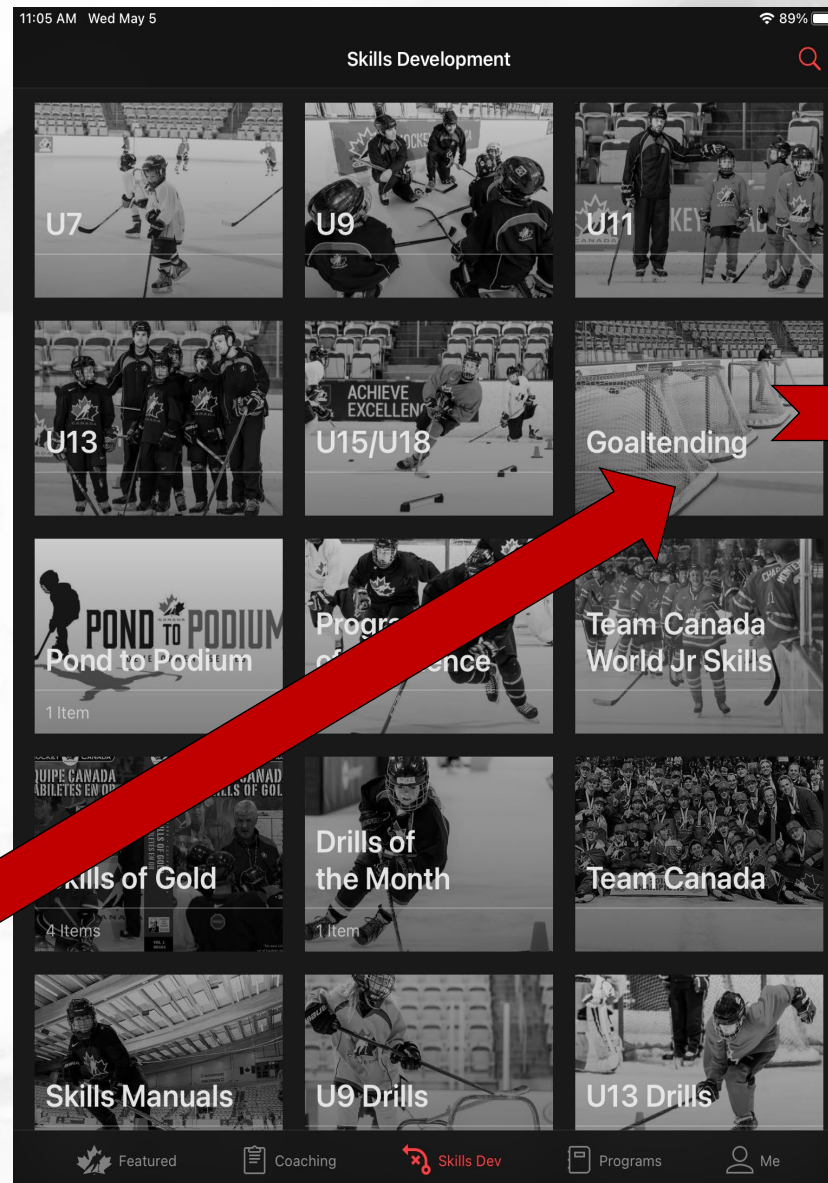
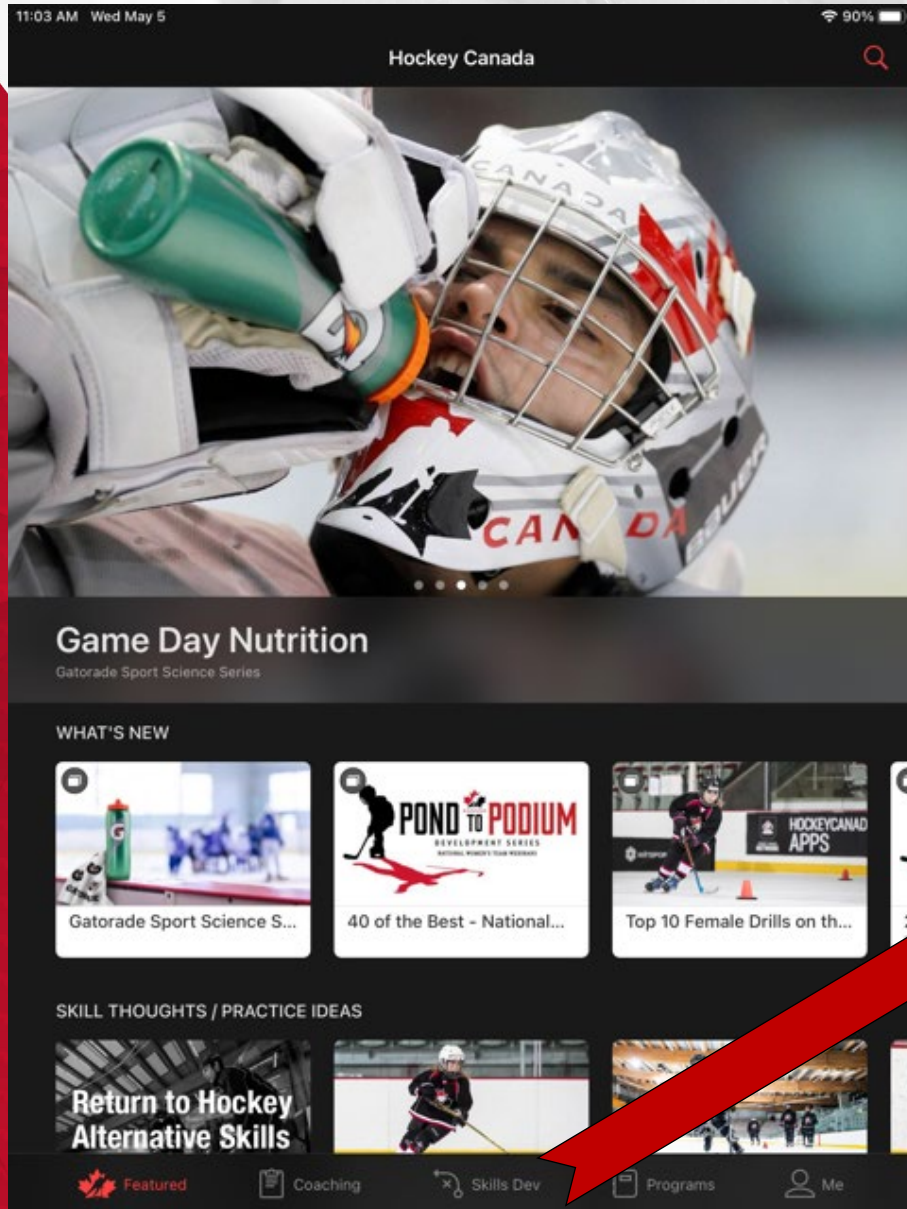
Coaching – Coaching Goalies





RESOURCES

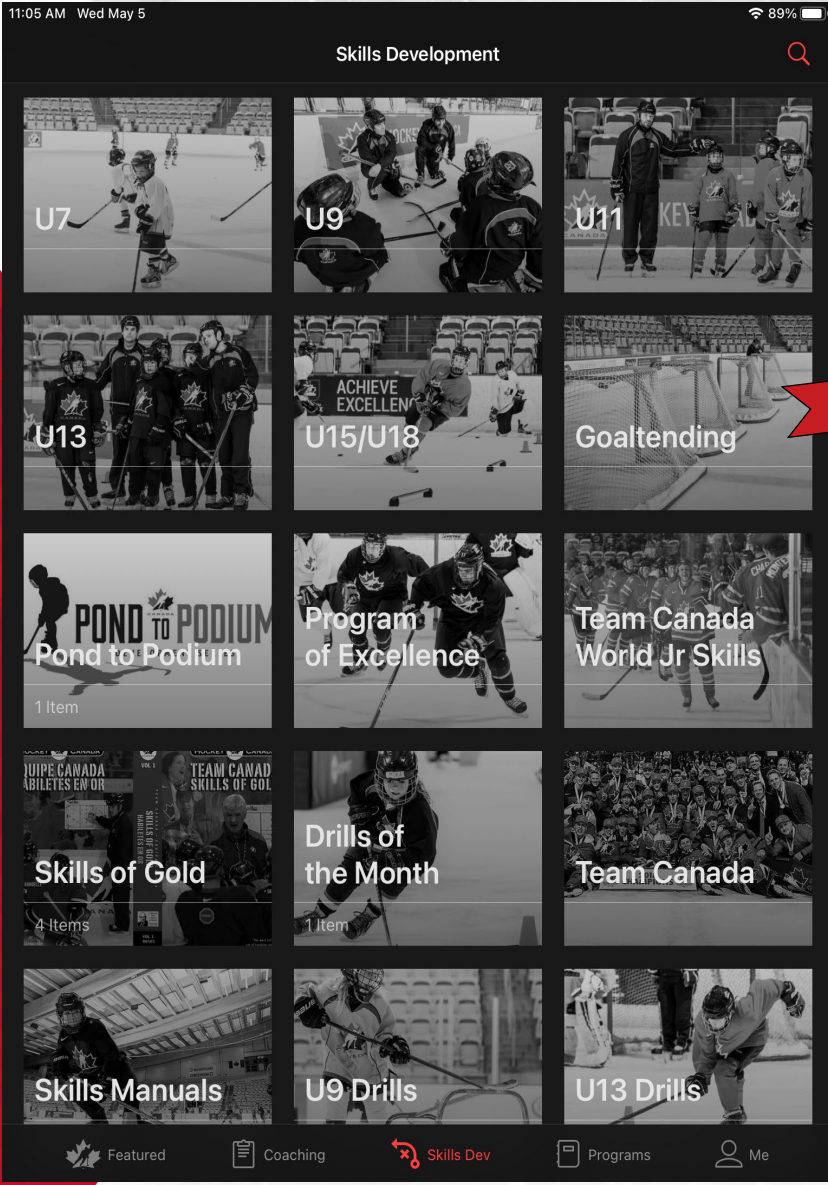
Skill Development - Goaltending





RESOURCES

Skills Manuals - Goaltending



The Hockey Canada Skills Development Goaltending Manual is broken up into 24 separate practice plans for Beginner, Intermediate and Advanced level Goaltenders

Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill

