

GOALIE PATHWAY

STEP

1 BEGINNER

THE 'BEGINNER' ICE HOCKEY CLASS ENCOURAGES DEVELOPMENT BY TAKING PARTICIPANTS THROUGH THE BASIC SKILLS OF SKATING BEFORE INTRODUCING STICK AND PUCK SKILLS AND THEN INTO YOUR FIRST EVER GAME. THIS ENCOURAGES FUN, LEARNING AND MAKING NEW FRIENDS.

HAVING THE BASICS OF SKATING AND UNDERSTANDING OF THE GAME IS CRUCIAL BEFORE EMBARKING INTO THE HARDEST POSITION IN HOCKEY

STEP

2 BEGINNER GOALIE DEVELOPMENT

THIS CLASS IS DESIGNED FOR BEGINNER GOALIES WITH LESS THAN A YEAR OF EXPERIENCE. THROUGHOUT THE TERM, GOALIES WILL LEARN AND DEVELOP THE FUNDAMENTAL SKILLS NEEDED TO BUILD A STRONG FOUNDATION IN THE NET.

SESSIONS WILL COVER BASIC SKATING TECHNIQUES, EDGEWORK, GOALIE STANCE, MOVEMENT, POSITIONING AND THE FUNDAMENTALS OF MAKING SAVES. EACH WEEK WILL BUILD ON THE SKILLS LEARNED IN THE PREVIOUS SESSION, HELPING GOALIES DEVELOP CONFIDENCE, GOOD HABITS AND A BETTER UNDERSTANDING OF THE POSITION IN A FUN AND SUPPORTIVE ENVIRONMENT.

STEP

3 GOALIE DEVELOPMENT

DESIGNED FOR THOSE WHO ARE PAST THE BEGINNER LEVEL AND LOOKING TO TAKE THE NEXT STEP IN THEIR GOALTENDING QUEST, THIS CLASS FOCUSES ON PERFECTING SKATING TECHNIQUES, EDGEWORK TO A LOT OF STATION BASED DRILLS WITH LOTS OF SHOTS.

SUPPLEMENTARY CLASSES

4 POWER SKATING

POWER SKATING: A SKILL-ORIENTED CLASS FOR ALL LEVELS

THIS CLASS IS DESIGNED FOR SKATERS OF ALL ABILITIES. TO PARTICIPATE, YOU SHOULD HAVE COMPLETED AT LEAST ONE TERM OF THE BEGINNER COURSE AND DEMONSTRATE PROFICIENCY IN ALL ESSENTIAL SKATING TECHNIQUES.

5 SNIPERS ALLEY

SNIPERS ALLEY IS DESIGNED FOR PLAYERS WHO ARE SERIOUS ABOUT TAKING THEIR SHOOTING TO THE NEXT LEVEL. IN THESE SESSIONS, PLAYERS WILL RECEIVE EXPERT INSTRUCTION ON PROPER TECHNIQUE AND QUALITY HIGH INTENSE SHOOTING REPETITIONS. THE GOAL IS TO ENHANCE THE FOREHAND WRIST SHOT, SNAP SHOT, SLAPSHOT AND BACKHAND SHOT. CLASSES ARE LIMITED TO 2 SHOOTERS PER HOUR, MAXIMIZING SHOOTING TIME, WHILST ALLOWING SUFFICIENT REST TIME BETWEEN SHOOTING SETS.