



# PROGRAM [GOALTENDING]

VMHA provides a comprehensive Goaltending program by investing making quality coaching accessible.

## PROGRAM FORMAT:

Extra ice sessions available weekly to participants during the season as well as spring and pre tryouts.

## SKILL DEVELOPMENT:

Goaltender skill set is a priority for VMHA teams as good goaltending leads to success for all participants.

## GAME PLAY:

VMHA aims to have 1 goaltender per team in House hockey and 2 goaltender per team in Rep. Sometimes this is unavoidable due to participants numbers. In all divisions goaltenders are expected to share the net equally (with exceptions).

## KEY SKILLS:

Through the VMHA goaltending program participants will be exposed to the following skills.

- Mobility
- Positioning
- Save Selection
- Post Save Recovery
- Visual Tracking
- Stick Work
- Awareness
- Quickness
- Puck Handling

## RESOURCES

[HOCKEY CANADA GOALTENDING PATHWAY](#) | [HOCKEY CANADA BEGINNER PRACTICE PLAN](#) | [HOCKEY CANADA INTERMEDIATE PRACTICE PLAN](#) | [HOCKEY CANADA INTERMEDIATE PRACTICE PLAN](#)

[HOCKEY CANADA ADVANCED PRACTICE PLAN](#) | [DAVE STARMAN – HOW TO TEACH YOUR GOALIES IN PRACTICE](#)