

# 1 to 1 GOALTENDING - LEVELS OF ACHIEVEMENT PROGRAM

For the past 3 years we have worked hard on redefining the position of goal in Atlantic Canada. We take our jobs very seriously as we know you as parents and tenders have put your faith in us and our program. Over the past 3 years we have seen rapid growth. From a humble beginning of 10 kids in a pilot project for 8 weeks in the summer to now well over 400 goaltenders and 12 months a year training both indoors and on ice. During that time we have refined, re worked and retooled our approach to goaltending and are now ready to unveil the 1 to 1 Goaltending Levels Of Achievement Program. This program will better allow us to track, develop and monitor YOUR goaltender through 5 distinct areas of progress. In a nutshell its become the report card we use to define our goalies and place them in level specific groups for long term development.

Here is how it works:

There are 5 levels that we have built with areas clearly defined that must be demonstrated before you pass through that level. Each level graduates with ability, skill set and footspeed. Our initial levels are easily defined and easy to track but the final 3 levels are a longer progression for the goalies to complete. In a nutshell, once you have clearly demonstrated your ability in those key areas and MOST importantly, your footspeed matches the next level, you will graduate that level and move up. Each level is clearly recognized by a patch that is to be sewn on the back of the tenders 1 to 1 jersey and then replaced when they achieve the next level.

Here are the levels and skill set definitions:

## LEVEL 1 - New to Nets:

In level 1 the tender has an understanding of fundamental skating, stance, position in the net and net coverage. The tender is able to execute these techniques as well as demonstrate the fundamental glove, blocker and stick position.

## LEVEL 2 - Developing:

In level 2 the tender is an efficient skater in power push, glide stop, t-push and shuffle. They are learning the dead angle, backside edge and have had more experience with butterfly slide. They are able to follow the puck in play to help ensure proper save technique.

## LEVEL 3 - Pre-Advanced:

In level 3 the tender has good control over the push stop aspect of skating, thier ability to get into pre save position with thier footwork is strong and they have a stronger butterfly slide and backside edge. They are learning to direct the puck using rebound control techniques and play the puck with the stick. Center shifting comes in to play as does steering. They have the ability to take coaching direction and make changes. They are becoming reliable in choosing the save technique suitable to various game situations and are able to make lateral adjustments to follow evolving positions on ice.

## LEVEL 4 - Advanced:

In level 4 the tender is able to consistently control rebounds and has good control of puck in tight situations. Skating is quick, crisp and sharp. When necessary, the goalie is able to adjust from technical to reflexive positions and can respond to the game situation by using appropriate communication with teammates. Rotational elements (ie spin move) and centre shifting are incorporated when necessary. There is precision of movement with no wasted or excessive movement. Coaches stress the tender's ability and willingness to accept coaching tips and recommendations and apply them into a practice environment. Footspeed MUST match Elite play level. This is the key to this componant.

## LEVEL 5 - Elite:

The level 5 tender has a comprehensive understanding of all goaltending fundamentals. Tactical and technical skills are refined and precise. The focus at this level is teaching ability, demo ability, communication with students and coaches, creativity as a tender and the ability to take knowledge and skills and teach it to a variety of age and ability levels if called upon to do so.



## 1-to-1 Goaltending Mentorship Program

Mentored by J. S. Giguère

Conn Smythe Trophy Winner



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