

Mind the Net Goaltending Minor Hockey Goaltending Development

(What you need to know!)

Objective:

To provide a professional, cost effective, regularly scheduled opportunity for ALL goaltenders within your Minor Hockey Association and surrounding areas to continue to develop and improve throughout the minor hockey season. We also provide extra support for goaltenders, parents and coaches through the rigours of the minor hockey season.

About Mind the Net Goaltending:

Mind the Net Goaltending has operated since the spring of 2005. We have helped many goaltenders reach Midget AAA, Jr. A, WHL, University/College hockey and Men’s and Women’s Pro Hockey (including the AHL and an NHL training camp). We pride ourselves on providing a quality, fun experience through individual attention as we never exceed 12 goalies on the ice at a time or a 3:1 goalie to instructor ratio. We believe that each goaltender needs to develop the tools to be successful, but how they implement those tools becomes their individual style.

Curriculum:

Mind the Net Goaltending guarantees development time is spent helping goaltenders to improve their:

- on-ice mobility (both goaltending specific and skating away from the net).

- save selection and execution.

- rebound control and ability to manage a hockey game regardless of age and level currently playing.

- various game play scenarios designed to help goalies better understand the patterns and situations they face in games.

- battle skills.

- overall fitness and resiliency through providing fun, yet challenging, on-ice instruction.

Cost Effectiveness:

Mind the Net Goaltending has strong family roots and understands that a family’s time and money is very well earned and must be well spent. In conjunction with host minor hockey associations we are able to make each session as cost-effective as possible. The average cost per goaltender, is often $60 or less per session depending on the community and number of goalies signed up. That is much less money than paying for private lessons in a larger centre or even paying for one hour of ice time in most arenas in Saskatchewan!

FAQ’s

What if my goaltender already trains with another goalie school/coach?

MTN Goaltending understands there is value in learning from other goalie coaches and schools. Hockey players in general will work with many different coaches throughout their life in hockey. We work hard to ensure that goalies understand that it is ok to develop their game based on their ability to implement any number of tools from a number of resources.

How much development time will my goaltender receive?

Each Minor Hockey program guarantees a minimum of 10 hours of goalie specific training. Depending on the number of sessions and amount of hours booked per program we average 14 hours of development time and has been as high as 18.75 hours in one hockey season!

What if my goaltender attended an MTN Goaltending Minor Hockey program last year or in the past?

The longer we are able to run a Minor Hockey development program in a community, and through regular attendance, the more advanced information and skills we can share from year to year. The thing about goaltending is there is always more to learn as a goalie coach and as an athlete.

How important is regular attendance?

Just like attendance in school the more consistent the attendance the more successful the student will be in the long term. Our programs are designed to progress throughout the season meaning that missing several sessions, especially earlier in the program, leaves students who often miss sessions behind regular attenders. Basically, the most development comes when goalies are putting in the work to get better.

Does my goaltender have potential to be an elite athlete?

We believe ALL goaltenders have potential to become elite athletes. Unless a student has no interest in elite athletics or has a serious physical or cognitive/neurological impediment all young athletes have potential. If a goaltender has interest in being an elite level goaltender we can help them work towards those goals. If a goalie plays strictly for enjoyment we will make sure they are still making significant improvements because getting better leads to more confidence and enjoyment.

We look forward to work with your association and goaltenders this season!