



Goalie coaching workshops offered this fall at two locations

Coaches can earn Level 3 USA Hockey Coaching Card recertification by attending

Workshops designed to teach youth hockey coaches of all skill levels how to effectively work with goalies during the season will be offered this fall at two Minnesota locations.

“Our goal is to educate coaches so they become more well-rounded and knowledgeable about the goalie position,” explained Steve Carroll, USA Hockey’s Minnesota District goalie coach-in-chief, who will be the keynote speaker at these workshops. “Ultimately the coaches will be more comfortable teaching the most important players on their team.”

Carroll has been hosting workshops like these for several years. “The coaches really seem to enjoy them,” he said. “They get the latest training techniques and information to make an immediate impact with the goalies on their teams.”

2008 USA/Minnesota Hockey Goalie Coaching Workshops

Sun., Oct. 12	St. Louis Park Rec Center	St. Louis Park	9 a.m.-1 p.m.
Monday, Oct. 27	Andover Community Center	Andover	6 -10 p.m.

Justin Johnson, former University of Minnesota goalie, current goalie coach for the St. Cloud State men’s hockey team and sports performance coach with “The Mental Edge” will also speak at the workshops. He’ll discuss managing goaltenders and understanding what is going on inside their head during a game. Topics include: preparation, managing adversity and disappointment, proper goal setting and managing game time (pulling).

The workshops will include a classroom presentation and an on-ice demonstration session where participants will be shown and get a chance to try various goalie-specific movements. Coaches should bring helmet, stick and skates.

The workshops, which are sponsored by USA Hockey, are open to registered USA Hockey coaches. The cost is \$60 per coach and includes a Q & A segment and handouts. Pre-registration is required and space is limited to 60 coaches per workshop. Online registration is available at the coaching clinics page on www.usahockey.com.

Coaches can earn their Level 3 USA Hockey Coaching Card recertification sticker by attending a workshop.

For information, contact Steve Carroll at (612) 869-2719 or by e-mail at steve@carrollgs.com.