

Goalie Session Outline

Sundays: 5:45-6:45—Mites, Squirts and beginning Pee Wee
6:15-7:15—PeeWee and above

September 26—Movement/Positioning/Angles

October 3—Movement/Feet/Sealing the Ice

October 10—Movement/Hands

October 17—Movement/Sticks and pad saves

October 24—Movement/Rebounds vs Blocking

October 31—Movement/Tips and deflections

November 7—Movement/Off angle shots

November 14—Movement

November 21—Movement/Pad sealing the ice

November 28—Movement/Hands

December 5—Movement/Rushes/Breakaways

December 12—Movement/Screens and tips

December 19—Movement/Behind Net

December 26—NO CLINIC

January 2—Movement/Rebound Control

January 9—Movement/Hands

January 16—Movement

January 23—Movement/Stick handle

January 30—TBD

February 6—TBD

February 13—TBD

February 20—TBD

February 27--TBD