



**PRO VISION GOALTENDING
SERVICES**

TRAINING PROGRAM

www.provisiongoaltending.ca





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ABOUT US

- We are an independently run hockey goalie school operating in British Columbia, specifically in the Greater Vancouver Area
- We specialize in elite & affordable on-ice private and semi-private training sessions
- We also offer small group training, camps and team services throughout the year

Full About Us page: <https://provisiongoaltending.ca/about-us>



Vision

Cultivating athletes as ambassadors of integrity, resilience, and social impact, shaping a future where sports serve as a force for positive transformation.

Mission

Our mission is to provide exceptional training and support to goaltenders of all skill levels. We are dedicated to equipping athletes with the necessary skills, techniques, and mindset to excel in their position. Through a comprehensive and personalized approach, we aim to develop their physical abilities, mental toughness, and strategic understanding of the game.

COMPANY VALUES



Integrity

We conduct business with honesty, transparency, and ethical practices, building trust with clients and maintaining a strong reputation in the industry.



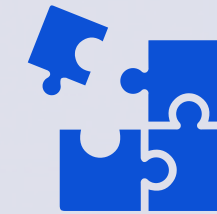
Excellence

We strive for excellence in all aspects of coaching, training, and client service, setting high standards and continuously improving to deliver the best possible experience for goaltenders.



Empowerment

Empower goaltenders with the knowledge, skills, and confidence they need to reach their full potential, nurturing their growth as athletes and individuals.



Innovation

Embrace innovation in coaching methodologies, technology, and training tools to stay at the forefront of the industry and provide cutting-edge instruction.

METHODOLOGIES

01

Progressive Skill Development

- Break down the goaltending skills into progressive steps, starting with fundamental techniques and gradually advancing to more complex movements and strategies.

02

Demonstration and Visual Learning

- Utilize demonstrations by coaches to showcase proper techniques and movements. Visual learning helps goaltenders understand and replicate correct form, positioning, and save selection.

03

Hands-On Practice

- Provide ample opportunities for goaltenders to practice and apply learned skills in a controlled environment.
- Structured drills, game simulations, and situational exercises allow goaltenders to develop muscle memory, decision-making abilities, and game-like reactions.

WHAT WE TEACH

01

Skating and Fundamental Skills

- Building a strong foundation to set you up for success

02

Static and Dynamic Save Selections

- Working on all the types of shots you would face in a game situation

03

Scenario-Based Drills

- Working on developing a strong Hockey-IQ as well as building reads and reactions for real situations you will face in games



Skills we Teach

Skating:

- C-cuts
- Edgework
- Pivots/Rotations
- Shuffles
- Power Shuffle
- T-pushes
- Butterfly recoveries
- Butterfly Slides
- Backside Push
- VH/Half Kneel
- RVH

Save Selection:

- Goalie Stances
- Stick Saves
- Pad Saves
- Glove Saves
- Blocker Saves
- Chest Saves
- Shoulder Saves
- Blocking Saves
- Reactive Saves
- RVH Saves
- Overlap Saves
- Post lean Saves

Puckhandling:

- Stickhandling
- Dump-ins Scenarios
- Clearing & Passing
- Shooting
- Break-Out-Passes
- Active Stick
- Poke Checks
- Controlling The Puck
- Covering Pucks
- Puck Retrieval
- Decision Making

Skills we Teach

Athleticism

- Unorthodox Saves
- Desperation Saves
- Hand-eye Coordination
- Strength & Endurance
- Decision Making
- Quickness & Agility
- Flexibility
- Balance & Stability
- Explosive Power

The "in-between" details

- Setting Feet
- Hard Stops
- Knee Drive
- Center Shifts
- Hand Placement - Butterfly/Stance
- Save Approach
- Vision Checks
- Rebound Control
- Squareness
- Box Control
- Depth Management
- Angles
- Crease Management
- Post Positioning

Mental Theory

- Goal Setting
- Communication
- Visualization
- Positivity
- Focus/Concentration
- Emotional Control
- Goalie-Specific Mindset
- Resilience & Mental Toughness
- Coping with Mistakes
- Self-Confidence
- Self-Reflection
- Dealing with Adversity
- Hockey-Life Balance
- Stress Management
- Pre-game Routines

Skills we Teach

Stationary Shots

- Wrist, Snap & Slap Shots
- One-Timer
- Slot - Middle and Angles
- Above/Below Hashmarks
- Blue Line

Moving Scenarios/Shots

- Various Zone Attacks (1-0, 1-1, 2-0, 2-1, 2-2, 3-0, 3-1, 3-2, 3-3, etc.)
- Breakaways
- Backdoor Plays
- Changing Puck Angles
- Pass Out Situations Below The Goal Line
- Pass Situations Above The Goal Line
- Face-Offs
- Tips & Screens
- Rebound Situations
- Net Drives & Wraparounds
- Power-Play Strategies
- And More!

TESTIMONIALS



[See photos](#)[See outside](#)

Pro Vision Goaltending Services

[Website](#)[Directions](#)[Save](#)[Call](#)



5.0 ★★★★★ 21 Google reviews

Sports school in Surrey, British Columbia




Loni Stevens
16 reviews · 15 photos

★★★★★ a year ago

My son loves hockey and wanted to become a goalie. My husband and I are new to the hockey world and weren't sure where to start. Iris took the time to speak to me on the phone. He is very knowledgable and interested in helping out young potential goalies. The first session with Iris our son was hooked. He loved spending a whole hour training with Iris. Our son is having fun and improving every session. He always says that Iris is 'really nice'. Iris is flexible, knowledgable and really brings out the passion for goal tending in our son. He looks forward to every session.






Emaelena Popovic
1 review

★★★★★ a year ago

Positive: Communication, Professionalism, Quality

Discovering Iris has helped me improve my game and clarify my goals immensely. He's very patient and explains everything in a way that's easy to breakdown, and is memorable even after the session is over. He communicates everything well and the sessions are very productive. He's also been a great mentor.



May Kwok
8 reviews

★★★★★ 2 weeks ago **NEW**

Iris is amazing. My son really enjoys his lessons. He has so much patience and was supportive of the kids. My son who is 8 years old finds him easy to talk to. He does not judge my son when he has questions about different goalie situation. Definitely recommend him to other parents who is looking for private goalie coach.




OUR TEAM



Iris Singh

Owner & Goalie Coach

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