



Association Goaltender Development Program



McGuire Goaltending has run goaltender development programs for the following Minor Hockey Organizations -

- Markham Waxers Minor Hockey Association (2007 - 2014)
- Richmond Hill Hockey Association – Current
- Forest Hill Hockey Association – Current
- North York Storm Association - Current
- Oak Ridges Minor Hockey Association
- Bradford-West Gwillimbury Minor Hockey (2006 - 2011)
- Toronto Non-Contact Hockey League
- Central York Girls Hockey League - Current
- Whitby Minor Hockey - (2005 - 2009)
- 5 Adult Leagues in the GTA
- McGuire Goaltending also provides goalie coaches for over 60 teams in the GTA

If your Minor Hockey Association / Organization would like to provide yearly, monthly or even weekly goaltender training development clinics for your organizations goaltenders, McGuire Goaltending can design and run these for you.

As an organization, you would only need to supply the ice and organize the registrations. Our Professional Goalie Coaches come to you.

In some cases, Associations / Organizations provide this service to their goaltenders for free, but most will charge their goalies a reduced rate. (Compared to a goalie going on their own to a local goaltender training school)

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McGUIRE GOALTENDING + HOCKEY DEVELOPMENT



McGuire Goaltending charges a flat rate per clinic to the Association / Organization. This rate varies per group and is based on your location and the amount of staff that will be required.

Clinics must be at least 1 hour in length to maximize their effectiveness. In some cases, we will run a 1.5-hour session or back to back 1 hour sessions depending on the number of goaltenders in your Association.

In most cases, all ages and levels of goaltenders from novice to midget will train during a single session. The goalies would be grouped on the ice by age and level and would only train with those who are similar.

Some larger Associations (Markham Waxers Minor Hockey) will provide 2 hours of ice weekly and split the goalies by age - see below - (Saturday mornings September - March)

- 7am - 8am - Ages 2000 and younger (AE, A, AA, AAA)
- 8am - 9am - Ages 1999 and older (AE, A, AA, AAA)

Goalies are the most important component to team success. It is also the hardest position to master.

Providing these clinics for your goalies will help provide consistency and stability in the net for all your Association's / Organization's teams.

If you are interested in having McGuire Goaltending provide your Association / Organization with a quote or with more information please contact our office. We would be happy to discuss options and to provide suggestions as to how you can start providing Professional Training to your goaltenders.

Sample 1 Hour Goalie Clinic – (Based on a 50-minute hour)

15 Minutes – Goalie Specific Power-skating and movement drills

25 Minutes – Station Work and Skill Development

10 Minutes – Goalie Specific Competitions + Games

- Simplify the position
- Learn to “gap out” | Close the gap between yourself and the shooter
- Pivot quicker and properly
- C-cuts | T-push | Shuffle, Develop quicker foot speed
- Rebound control + Recovery Techniques
- Proper butterfly techniques (slide, push, hard drop)
- Puck handling + Playing the puck at the right time
- Improve muscle memory | Improve reaction time
- Crease Awareness + Positioning
- Improve Save Selection, Improve verbal communication skills on the ice with players

Goalie Clinic Information

- 24 Goalie Max per clinic
- 18 – 24 Goalies per clinic is ideal
- 4 – 6 Nets required on the ice

Staff

- McGuire Goaltending would provide goalie coaches for each session.
- Shooters Option A - Supplied by McGuire Goaltending
- Shooters Option B – A program can be created with the older rep teams, where players volunteer to shoot at the clinics and then receive community service hours that are required for their High Schools.

McGuire Goaltending Rates

- The rate varies per group and is based on your location, length of clinic and the amount of staff that will be required.
- Reduced rates are available for multiple sessions.
- Shooters can be provided also if requested.

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