



CANADA

LONG TERM PLAYER DEVELOPMENT (LTPD) GOALTENDING – RECOMMENDED GUIDELINES

LEVEL 1: TECHNICAL

FUN
ATHLETICISM

LEVEL 2: TACTICAL

IDENTIFYING SKILL
LEARNING TO READ THE PLAY

LEVEL 3: TEAM PLAY

BUILDING THE INDIVIDUAL DEVELOPMENT PLAN

Minor Hockey Associations should have "Try Goaltending" Sessions

FUNDAMENTAL (INITIATION & NOVICE ALL CONSIDERED FUNDAMENTAL)

INITIATION: AGE 5-6

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS No playoffs End of season March 31		
12 WEEKS	24 ICE SESSIONS	0 FORMAL GAMES	14 WEEKS	20 ICE SESSIONS	10 MODIFIED GAMES	TOURNAMENTS 3 Festivals/ Jamborees 12 modified games		

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

CONSIDERATIONS:

- Blue 4 Oz pucks
- Cross Ice / Half Ice-Games
- No full time goalies (no goalie equipment)
- Multiple station work
- Jamborees / Festivals – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice - Everyone plays goal
- Ideally 2 Practices per week
- Agility / Balance / Coordination skating skills all benefit future goalies

RECOMMENDATIONS:

- Small Nets
- Ball hockey / Floor hockey as additional activities

NOVICE: AGE 7-8

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS No playoffs End of season March 31		
10 WEEKS	20 PRACTICES	4 GAMES (MODIFIED)	16 WEEKS	32 PRACTICES	16 GAMES (modified games first half / full ice second half)	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

CONSIDERATIONS:

- Blue 4 Oz pucks first half / Regulation 6 oz black pucks in second half
- No full time goalies – Everyone takes turn playing goal

- Multiple station work
- Jamborees / Festivals for Tournaments – 3 on 3 / 4 on 4 / 5 on 5 cross ice or half ice in first half - Everyone plays goal
- Regular game tournaments in second half

RECOMMENDATIONS:

- Small Nets / Regular Nets
- Ball Hockey / Floor Hockey / Floor Ball – as additional activities
- Ideally 2 Practices per week - play goal the practice before the game

- Rotate all players through all positions – no early specialization

Players will begin thinking about becoming a full time goaltender graduating into Atom

COMMUNITY

IT IS RECOMMENDED THAT MINOR HOCKEY ASSOCIATIONS HAVE AN ASSOCIATION GOALTENDING COACH OFFER GOALTENDING INSTRUCTION THROUGH SMALL GROUP TRAINING SESSIONS OR A COACH ASSIGNED ON A TEAM TO ASSIST AND DEVELOP THE GOALTENDERS.

ATOM: AGE 9-10

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15-30 Playoff Tournaments March 31 end of season		
6 WEEKS	6 PRACTICES	2 EXHIBITION GAMES	22 WEEKS	22 PRACTICES	16 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35

CONSIDERATIONS:

- Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games
- Small Area Games in Practice
- Skill based practices
- Goaltenders are beginning to take on the role of goaltender Full Time.
- If 2 Goaltenders on the team, the back up goaltender should consider playing out vs sitting out
- Goaltenders should be splitting the games or alternating equally
- Full time goaltenders – Goalie not playing in games plays out
- Rotate all players through all positions – no early specialization

DEVELOPMENTAL

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15-30 Playoff Tournaments March 31 end of season		
6 WEEKS	12 PRACTICES	2 EXHIBITION GAMES	22 WEEKS	32 PRACTICES	20 GAMES	TOURNAMENTS 4 tournaments 16 games		

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 35 - 45

CONSIDERATIONS:

- Tryouts – 5 skates then evaluate / 3 practices / 2 Inter-squad games
- Small Area Games in Practice
- Skill based practices
- Establish equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended
- It is recommended at this stage to choose your position of Goaltender if you are entertaining the Rep Level.
- Full time goaltenders – Goalie not playing in games can still play out
- Rotate all players through all positions – no early specialization

PEEWEE: AGE 11-12

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15-30 Playoff Tournaments March 31 end of season		
4 WEEKS	8 PRACTICES	2 EXHIBITION GAMES	24 WEEKS	24 PRACTICES	18 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35

CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions 1 60 minute session per day
- Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games
- Goaltenders should be splitting time in goal with the option of splitting games or playing Defence or Forward Position
- If there are 2 full time goaltenders they should be splitting the games or alternating with a predictable schedule.
- Multiple station work
- Skill Based Practices
- Small Area Games in practice
- Tournament style playoffs vs rounds

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS April 1-15 Playoff Tournaments April 16 end of season		
4 WEEKS	12 PRACTICES	4 EXHIBITION GAMES	24 WEEKS	48 PRACTICES	24 GAMES	TOURNAMENTS 4 tournaments 16 games		

TOTAL PRACTICES: 55 - 60 | TOTAL GAMES: 45 - 50

CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Multiple station work
- Skill Based Practices
- Small Area Games in practice
- Tournament style playoffs vs rounds

BANTAM: AGE 13-14

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15-30 Playoff Tournaments March 31 end of season		
4 WEEKS	8 PRACTICES	2 EXHIBITION GAMES	24 WEEKS	24 PRACTICES	20 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS April 1-15 Playoff Tournaments April 16 end of season		
4 WEEKS	12 PRACTICES	4 EXHIBITION GAMES	24 WEEKS	60 PRACTICES	28 GAMES	TOURNAMENTS 4 tournaments 16 games		

TOTAL PRACTICES: 65 - 75 | TOTAL GAMES: 50 - 55

CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5+ skates then evaluate 2+ practices / 3+ Inter-squad games
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Introduction of the Starter and Back Up Roles should be established in preparation for Midget, Junior and Beyond.
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

MIDGET: AGE 15-17

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS Mar 15-30 Playoff Tournaments March 31 end of season		
4 WEEKS	8 PRACTICES	2 EXHIBITION GAMES	24 WEEKS	24 PRACTICES	20 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5 skates then evaluate 2 practices / 3 Inter-squad games
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds

DEVELOPMENT PHASE			REGULAR SEASON PHASE			PLAYOFFS April 1-15 Playoff Tournaments April 16 end of season		
4 WEEKS	16 PRACTICES	4 EXHIBITION GAMES	24 WEEKS	72 PRACTICES	32 GAMES	TOURNAMENTS 3 tournaments 12 games		

TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55

CONSIDERATIONS:

- Prep Camp: 2 Weeks 8 – 10 sessions – 1 60 minute session per day
- Tryouts: 5+ skates then evaluate 2+ practices / 3+ Inter-squad games
- Established equal playing time for all goaltenders at this level.
- A predictable alternating schedule is recommended and to be communicated
- Starter and Back Up Roles in full swing in preparation for Junior and Beyond
- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)
- Tournament Style Playoffs vs rounds