



Goaltending Development Program Overview 2020-21

Hiroki WAKABAYASHI (Director of Goaltending)

Who is Hiroki?

1. Originally from Japan, coaching hockey/goalies for 20+ years including youth to pro and national team level
2. Chris Snowden-Santi (assistant goalie coach)

Program Structure and Approach

1. Structured Program vs Goalie Guy
2. 45 mins Skills Session, Practice Visits, Video Sessions and Private Lessons (Fri 4pm)
3. Repetition, Efficiency, Rationality and Discipline in order to develop good habits
4. Practice makes you perfect,,, in good and bad ways!
5. Natural Growth vs Improvement
6. Everything takes time but your effort must start NOW!

Goaltending Criteria

1. Closed Skills first and Open Skills second
2. Excellent Skating Skills (General and Goalie Specific)
3. Rational Positioning
4. Puck Tracking (Passes, Shots, Behind the Net, Screen Plays, etc)
5. Solid Saving Skills (Flat and Solid Butterfly, Tight Block and RVH, etc)
6. **Follow or Freeze the Rebound (Getting up with Pushing Leg to Follow)**
7. Great Stickhandling Skills
8. Is goaltending really 90% Mental?

4 Week Cycle

1. Basic Saves
2. Rebounds and Lateral Movements
3. Behind the Net and Short Plays
4. Screen and Stick Handling

<http://worldhockeylab.com/structure1/>

<http://worldhockeylab.com/structure2/>

The Biggest Challenges

1. Application of the Goalie Skills from Goalie Drills to Team Practice to Games
2. Taking the Ownership of Your Development

Feel free to contact Hiroki: 480-205-5613, info@worldhockeylab.com