



GDI- Prairies Summer Camp

Winnipeg MB (River Heights Arena) August 23-27, 2010

Development Objective: ADV2

As athletes progress to ADV2 training, they refine their technical skills and take their positional and post-save game to a higher standard. These areas frequently hold to most potential for technical gains. Improving mobility, shot preparation and post save efficiency leads directly to greater performance consistency.

In This second stage of the progression, GDI introduces goalies to a more sophisticated approach to their development not only through the technical work but also as they assess both sides of the puck. Teaching goaltenders to read a play effectively improves key read-and-react skills.

Ages: 9-11 yr olds **Coach/Athlete Ratio:** 1:2.5

Development Objective: HP3

HP3 is the third phase in the GDI teaching progression. This program hones tactical and transitional skills and expedites a goaltenders physiological and psychological development.

During HP3, GDI analyzes and integrates shot preparation and positional play into each goalies style of play. Teaching netminders to integrate highly efficient down mobility, GDI calibrates the athletes "up" game with their "down" game. These and other modern methodologies covered in HP3 represent the forefront of goaltender development.

Ages: 12-UP **Coach/Athlete Ratio:** 1:2

Daily Structure:

Five Days in Length

Full Day Program

Two Ice Sessions

Flexibility and Hand Eye Training

Off Ice Conditioning Sessions

Fitness Testing

Daily Journal

Example Camp Times: 8am – 5pm