



# Discover Goaltending Program

**Discover It! Experience It! Live It!**

The **TGC Discover Goaltending Program** is a learning encounter designed to give mite and squirt age players a chance to try on the pads and receive an introductory lesson in goaltending. By learning the basic fundamentals, a new goaltender's first in-the-net experience can be more positive, creating more excitement about learning this important position. **Contact Coach Des (612-210-5944) to schedule your session!**

## TYPICAL PROGRAM

20 minute instruction on putting on goalie equipment

10 minute dryland instruction

50 minutes on-ice fundamental instruction (in stations)

- Stance
- Skating—the shuffle
- Positioning and Angles
- Stick Saves
- Pad Saves
- Glove & Blocker Saves

10 minutes **fun** time **TGC** style

on the path to becoming  
**The Total Goalie**

**NO GOALS**

**SHOP  
BUY  
SELL**

**goaliesoup.com**

PROGRAM SPONSORED BY

## Discover Goaltending Program

you provide the players  
we provide the gear  
\$30 per player  
20 players per session (max)

contact Coach Des  
1-866-NO GOALS or 612-210-5944  
info@thegoalieclub.com

**PERFORMANCE  
MEETS  
PROTECTION**



EQUIPMENT SPONSORED BY

### ASSOCIATION PROVIDES

1-Hour of Ice  
Organization  
Promotion  
Sign-Up  
Interested Coaches  
Initiative

### PLAYER PROVIDES

Skates  
Breezers  
Helmet  
Shoulder & Elbow Pads  
Mouth Guard  
Enthusiasm

### TGC PROVIDES

Legs Pads  
Catch Glove & Blocker  
Goalie Stick  
Jerseys  
Instructors  
Fun & Excitement