



DND Goalie Clinics



Clinics are open to all level of play and experience

Maximum of 6 participants per session

MON	JULY 29	1600	Conditioning
TUE	JULY 30	1600	Conditioning
MON	AUG 5	UNAVAILABLE CIVIC HOLIDAY	
WED	AUG 7	1900	Angles & position
MON	AUG 12	1900	Basic saves
WED	AUG 14	1900	Rebound control
MON	AUG 19	1900	Lateral movements
WED	AUG 21	1900	Butterfly movements
MON	AUG 26	1900	Post integration
WED	AUG 28	1900	VH, RVH
MON	SEPT 2	UNAVAILABLE LABOR DAY	
WED	SEPT 4	1600	Review & game strategy
MON	SEPT 9	1600	Screens
WED	SEPT 11	1600	Deflections
MON	SEPT 16	1600	Puck handling & passing
WED	SEPT 18	1600	Managing dump-ins
MON	SEPT 23	1600	Game play drills
WED	SEPT 25	1600	Game play drills

EACH SESSION INCLUDES :

- 50 minutes on ice.
- Organized drills.
- Experienced goalies to provide feedback and instructions.
- All training equipment.



REGISTRATION:

- FREE of charge.
- Participants must register for the session they choose.
- Sessions can be booked as a group or on a stand alone basis.
- Positions are limited , please register for the sessions you can attend only.

All participants must register for the clinics

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