

RINK

R1 In-Season Goalie Program | West Kelowna Hockey Centre

This program encompasses the best of what the RINK has to offer in a single program. Regardless of mastery level, the R1 In Season Goaltending Program will provide an environment for goaltenders to develop with on ice goalie specific practices, off ice workouts and skills sessions as well as bonus ice times where goalies will see plenty of shots during a player skills practice.



The R1 In Season Goaltending Program is designed to develop great habits through the proper techniques. On-ice, goalies will focus on skating, puck tracking and save selection. Off ice sessions will work to reinforce the techniques taught during on ice practices as well as introducing new themes such as stretching and injury prevention. Lastly, the bonus ice with the player skills group will provide goalies with more game-like scenarios to apply what they have learned and receive accurate feedback on progress.

Program Schedule

November

7th, 14th, 21st, 28th

December

5th, 12th

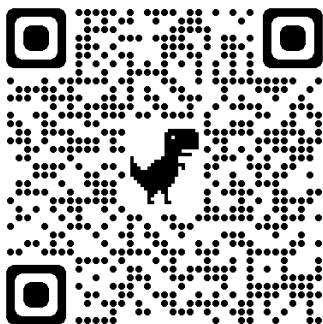
January

9th, 16th, 23rd, 30th

February

6th, 13th, 20th, 27th

Scan to Register



Key Details

Location

West Kelowna Hockey Centre
1322 Stevens Road, West Kelowna

Mastery Level

Advanced Ages 9-10 (U11) | 4 Spots

Time

Sundays
4:15PM - 6:30PM

Daily Structure

1 x 60min. On-Ice Sessions
[2:1 Goalie to Coach Ratio]

1 x 60 minute Player Skills Group or Off
Ice Session
[Sessions will rotate]