

# Goalie Program Details

The off-ice program will utilize slide board training, light board training, wall ball training as well as Virtual Reality NHL Sense Arena training. Training will take place at Peak Hockey & Fitness.

**SLIDE BOARD** – works on the movements utilized by goaltenders and helps develop strength, aerobic, as well as specific goalie movements in relation to routes and paths.

**LIGHT BOARD** - works on reaction time for goaltenders as well as hand-eye coordination.

**WALL BALL TRAINING** - works on reaction time, hand-eye coordination, foot quickness as well as tracking.

**NHL SENSE ARENA** - <https://hockey.sensearena.ca/>

This is the most recent addition to off-ice goaltender training and in the last 6-8 months is being utilized by NHL goaltenders during in season and off-season training.

## **Semi-Private Sessions (1 hour with a max of 3 goalies)**

The goaltenders would rotate through the different off-ice stations mentioned above.

## **Team Sessions (off ice)**

We are now able to offer goalie-specific training with our team training packages at Peak.

## **On-Ice Goalie Development**

Please contact for more information & details

Goalie Training is Facilitated by Leadership & Goalie Development Coach Rob Muntain

**LEARN MORE ABOUT ROB**