

# 2018 HURON GOALIE CLINIC



- Note: It takes approximately 4.5 hours to get from Bismarck to Huron
  - Leave from Bismarck by 8:00 AM and get to Huron by approximately 1:00 PM

## **Tuesday; August 14th:**

2:00 - 2:30 Registration - .5 hours

2:30 - 3:30 Classroom Session - 1 hour Introduction and Expectations

3:45 - 4:45 Goalie 1 Dryland session - 1 hours Vision Training

5:00 - 6:30 Goalie 2 On-ice session - 1.5 hour Movement and Vision

6:45 - 8:15 Goalie 1 On-ice session - 1.5 hour Movement and Vision

8:30 - 9:30 Goalie 2 Dryland - 1 hour Vision Training

- *Let's try to figure out some activities that goalies can do at the rink between sessions. Maybe a movie playing in the boardroom, rec center open for workouts, local attractions, etc...*

## **Wednesday; August 15th:**

10:00 - 11:00 Goalie 1 Dryland session - 1 hours Strength and Conditioning

11:15 - 12:45 Goalie 2 On Ice - 1.5 hours Save Selections

1:00 - 2:00 Staff Lunch/Classroom Performance Nutrition

2:30 - 4:00 Goalie 1 On-ice session - 1.5 hour Save Selections

4:15 - 5:15 Goalie 2 Dryland - 1 hour Strength and Conditioning

5:30 - 6:45 Coaches Classroom - 1.25 hour

7:00 - 8:15 Coaches On-Ice - 1.25 hour

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## Thursday, August 16th:

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| 10:00 - 11:00 Goalie 1 Dryland session - 1 hours | Goalie Specific Yoga |
| 11:15 - 12:45 Goalie 2 On Ice - 1.5 hours        | Tactical Play        |
| 1:00 - 2:30 Goalie 1 On-ice session - 1.5 hour   | Tactical Play        |
| 2:45 - 3:45 Goalie 2 Dryland - 1 hour            | Goalie Specific Yoga |
| 4:00 - 4:30 End of Camp meeting - .5 hours       |                      |