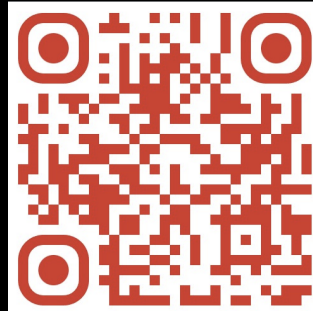




GOALIE ACADEMY



In-Game Video Analysis:

The Goalie Academy's Video Coach offers a dynamic way to blend gameplay with a goalie's development, this can be utilized for all ages and skill levels. Our coaches provide expert evaluations through video analysis and assessment of your performance across three core fundamentals: skating, puck tracking, & mental toughness. These three skills help reinforce the next level of technical skills needed to perform tactically during games. The next level of skills are a proper stance, recovery, positioning, angles, save selections, rebound control, behind the net situations, screens/tips/deflections, competition, & breakaways. We believe this analysis complements our on-ice training by giving you a deeper, more focused approach to unlocking your full potential both physically and mentally. Both goalies and their parents will receive the detailed feedback on performance in games.

Key aspects such as save selection, play reading, and rebound control are thoroughly reviewed. The platform gives goalies the ability to visually break down their play using youtube and written feedback with a time stamp and on-screen annotations. A strong focus is also placed on developing the ability to read the play as it unfolds on the ice.

What does a goalie and parents need for equipment:

Once you're registered, you'll receive instructions on how to do the video recording, editing, & submission.

You can submit footage in a few convenient ways: Upload clips from a personal device.

Import videos from your device, then use your editing software, then submit your video to Youtube, lastly then email the Youtube link.

How long does the program run?

Registration for the program starts when you are ready to begin. The Video Coach program runs from August through March 15th. This program can be purchased through The Goalie Academy website based on a single game or per month. No long-term commitment required.

Cost Details:

A single Game cost is \$65.00

A single month cost is \$80.00 - no limit to # of games submitted.

*Also check the website for special promotions that may offer discounted costs!!!

What you will receive:

Every goalie learns differently. Some can stay engaged for over 60 minutes of video review, while others get the most out of just 10-12 focused minutes. That's why we recommend submitting your clip - One of The Goalie Academy coaches will analyze the footage and provide valuable feedback tailored to the goalie's development.



Communication with your personal Goalie Coach within 72 hrs after submitting your game(s).

Nutrition Assistance - if needed Note: We are not a licensed nutritionist program.

Stretching Routines - Static & Dynamic Note: We are not a licensed physical & strength conditioning program. Off-ice Training drills to improve flexibility, agility, strength, & quickness & balance drills

On-ice Skating drills to improve speed, edge work & technique.

Goal Setting

Any questions please contact Aaron Kinslow at 701-866-0789 or at thegoalieacademy2016@gmail.com