



**GOLD**  
I N T H E N E T<sup>®</sup>

SINCE 1986

**All Ages. All Levels. Goalie Excellence.**

# ADVANCED

**Suitable for U11, U13 Competitive goalies**

The Advanced Program has been specifically designed to enhance the goalie's overall growth, development, and knowledge of the position. Movements, Angles & Positioning, Reads, Tracking, Speed, Post Play, Breakaways etc. will be covered in this program. It will continue to refine movements to perfection while going over the latest in techniques to prepare our students for their upcoming season.

## FEATURES:

- 2.25 Hours of Ice Daily
- 4:1 Goalie to Coach/Net Ratio
- Off Ice Skill Development (Drland, Ballwork, Stretching, Recovery, Lecture)
- Foot work, Pad Work, Puck Handling
- Drill Session
- Shooter at every net
- Gold In The Net Jersey
- 11.25 total hours on ice

# ELEVATE YOUR GAME