



GOLD

I N T H E N E T[®]

SINCE 1986

All Ages. All Levels. Goalie Excellence.

ELITE

Suitable for Competitive U13 - U18

The Elite Program will bypass all the basic elements that should have been taken in the earlier stages of the Gold in the Net programming. Lessons will become theory based to gain strategic implementation of concepts into the goalie's game. We will continue to develop and harness explosive power, tracking, forward motion, control, and puck handling skills that will all enhance their overall game skills along with introducing daily Off Ice Development to enhance the goalie's overall development.

FEATURES:

- **2.75 Hours of Ice Daily**
- **3:1 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**
- **13.75 total hours on ice**

ELEVATE YOUR GAME