Junior Hurricanes Goaltender Development (GD) Program

Goaltender Development (GD) sessions are a core component of the Junior Hurricanes Player Development model. Designed by our Goaltending Development staff, these sessions follow a structured, age-appropriate curriculum focused on technical skill development, game understanding, and long-term athletic growth.

The Goaltender Development framework is regularly reviewed by the Coaching Directors and Goaltending Directors to ensure consistency, efficiency, and alignment with Junior Hurricanes standards. This overview explains how Goaltender Development fits within the overall Junior Hurricanes model.

Purpose & Mission

The Junior Hurricanes Goaltender Development Program provides goalies at all levels with consistent, progressive, and position-specific training. The goal is to establish strong foundational habits while preparing goaltenders for the physical, technical, and mental demands of modern hockey.

The program focuses on:

- Reinforcing foundational goaltending techniques
- Progressing skills through structured 4–6 week training blocks
- Developing confidence, composure, and decision-making in game situations
- Supporting long-term development and advancement at the position
- Inspire our goalies to never give up and have a competitor's mindset
- Developing work ethic and discipline, as well as attention to detail. Details Matter

- Instill responsibility and accountability, never blame teammates, strive to excel and achieve

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Program Design & Philosophy

Goaltender Development sessions are built around structured phases that emphasize proper movement, positioning, and puck tracking. As goalies progress, drills become faster, more complex, and increasingly game-driven to reflect real competitive situations. Included in the program structure are the following benefits:

- Teams have regular Player Development sessions with a dedicated goalie coach
- Teams have one practice per week attended by a dedicated goalie coach
- Monthly sessions using NHL Sense Arena - key to developing hand-eye coordination, save techniques, puck tracking, rebound control, and more

Core Development Focus

- **Movement & Positioning:** Crease movement, angles, depth, and balance
- **Save Execution:** Proper technique, rebound control, and recovery
- **Game Awareness:** Reading plays, puck tracking, and decision-making

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Program Phases

The Goaltender Development Program is delivered through four primary phases throughout the season:

Phase 1: Skating & Crease Movement Fundamentals

Emphasis on stance, edge control, balance, shuffles, T-pushes, and efficient crease movement.

Phase 2: Positioning & Rebound Control

Focus on angle management, depth awareness, rebound control, and efficient recoveries.

Phase 3: Situational Saves & Puck Tracking

Integrates movement and save selection in game-like situations to improve timing, tracking, and reaction.

Phase 4: Compete & Game Application

Uses high-tempo, competitive scenarios to reinforce habits, improve decision-making speed, and develop mental toughness.

Goaltender Benefits

Goalies who actively participate in Goaltender Development sessions gain:

- More efficient movement and energy use
- Increased confidence and composure in game situations
- Improved technique that reduces injury risk
- Stronger puck tracking and rebound control
- Greater consistency and adaptability in game play
- Increased mental toughness, compete level and work ethic

Summary

The Junior Hurricanes Goaltender Development Program provides a clear, progressive pathway for goaltender growth. By emphasizing foundational technique and advancing through structured phases, the program supports long-term development, improved performance, and readiness for higher levels of play.