



gdigoaltending.com
91 Lawson Cres.
204.489.7465



GDI G1 - OFF SEASON PROGRAM

ON ICE COMPONENTS:

1v1 Private Lesson:

The most efficient way to maintain and enhance the technical and tactical aspect of your game is 1v1 instruction. 1v1 sessions are 1 hour in length and consist of 15 minutes position specific movement and 45 minutes of **TECHNICAL** teaching.

These are training sessions that are correlated to each goaltenders own personal developmental needs, which are tracked on a weekly basis by the goaltender in their journal that is provided at the beginning of the program.

10 lessons *Scheduled by client through June- August 31st*

PEPP Session:

AM training includes Power Skating, Edge Control, Puck Handling, and Position Specific Movement Circuit Training encompassed into one session.

The PEPP training system allows goalies to train specifically for their position. Each session is 50 minutes long and will be structured to work on a Power Skating warm- up which leads into revolutionary edge control drills. To follow goalies work on new puck handling tactics and position specific movement drills in a circuit format. PSM drills are done in intervals of 30 seconds on and 45 seconds off and for the last 20 minutes training in intervals of 15 seconds on 25 seconds off.

Additionally, all PEPP Sessions include a pre- workout program and Heart Rate Monitors on the ice for the G1 Periodization registered goaltenders.



gdigoaltending.com
91 Lawson Cres.
204.489.7465

8 Weeks – Movement Circuits

- *Tuesdays 7am* (Groups 5, 6, 7, 8,10)
- *Wednesday 7am* (Group 9, Drop-In)
- *Thursday 7am* (Groups 1, 2, 3, 4)

PEPP Session - Position Specific Off- Ice Warm-up

With the high demands of GDI PEPP it is crucial that each goalie is prepared to perform their best when they hit the ice. To ensure that athletes are both physically and mentally ready to improve their on-ice abilities they will be instructed through a sport specific warm up which will include:

- Dynamic Stretching and Mobility (Increases joint movement through a specific range of motion)
- Muscle Activation (Turn on specific muscles while waking up the mind to muscle connection)
- Movement Preparation (Increases core temperature)
- Explosive Exercises (Improves on ice explosiveness)

Heart Rate Training

This year we will be introducing heart rate training to GDI PEPP. Goalies will wear heart rate monitors that will give them real time feedback as they move throughout the session. Sessions will be administered making sure that the appropriated energy systems are targeted as goalies learn new techniques. Post session caloric expenditure reports will also assist each goalie to implement proper recovery habits.

PEPP Sessions start date: Week of July 3rd- August 24th

Goaltender Tactical Performance Session:

This area of the G1 Program is designed to have each goaltender in realistic game activity. Through game simulated drills goaltenders will improve performance due to the variability of situational characteristics involved. Compared to a blocked context of training where goaltenders have a pre-determined notion what is about to happen, the variability in these sessions will create success based on ones adaptability to change within a goaltenders technical and tactical mindset.

Tactical Sessions are broken down into different topics on a weekly basis.



gdigoaltending.com
91 Lawson Cres.
204.489.7465

8 Tactical Sessions (6 spots available per group)

TACTICAL

- **Group 1:** Mondays 7pm (Peewee) 6 Spots
- **Group 2:** Mondays 8:10pm (Bantam) 6 Spots
- **Group 3:** Tuesdays 7 pm (Bantam) 6 Spots
- **Group 4:** Tuesdays 8:10pm (Female) 6 Spots
- **Group 5:** Wednesdays 7pm (Midget) 6 Spots
- **Group 6:** Wednesdays 8:10pm (Junior) 6 Spots
- **Group 7:** Thursdays 7pm (Midget) 6 Spots
- **Group 8:** Thursdays 8:10pm (Junior) 6 Spots
- **Group 9:** Fridays 7pm (Bantam) 6 Spots
- **Group 10:** Fridays 8:10pm (Midget) 6 Spots

Tactical Session start date: Week of June 25 to August 13th (8 weeks total)

Groups 1,2,3,4,9,10 – Weeks 1- 8 at The Rink Training Centre

Groups 5, 6, 7, 8 – Weeks 1- 5 at The Rink Training Centre,

- **Weeks 6- 8 starting July 30th** at Southdale C.C

- Group 5, 6 Wednesdays 7:45- 8:45PM

- Group 7, 8 Thursdays 7:45- 8:45PM

***New* for 2018 – Sensory Training with TESTify Performance!** ○ Train the connections between your eyes, brain, and body using technology adopted by over 30 professional teams including the Toronto Maple Leafs, Detroit Red Wings, and New Jersey Devils. After an original assessment Senaptec Vision Training will be integrated into programming both on and off the ice, leading to faster decision making, more accurate movement, and better spatial awareness. Backed by science we will improve your sensory performance and take your development to the next level.



gdiagoaltending.com
91 Lawson Cres.
204.489.7465

SENSORY TRAINING:

Goalies will receive a Sensory Assessment the first week of July through our Senaptec Sensory Training System. Following the program goalies will receive on and off ice sessions with the system to train.

Assessment Times: July 2, 3, 9 – 8:00- 12:00PM

OFF ICE CONDITIONING SESSION:

Offered by Elite Performance at The Rink Training Centre. Goalies will receive 5 off- ice conditioning sessions per week executed by Elite Professionals.

MENTAL PERFORMANCE SESSIONS:

Dr. Toogood (Sport Psychologist – Team Canada)

Dr. Adrienne Leslie-Toogood, a licensed psychologist, has extensive experience working with athletes in both Canada and the United States at all levels of performance. She has attended almost every multi-sport games from the Canada Games to the Olympics and Paralympics, and has travelled extensively with a wide range of teams.

- | | |
|--------------------------|---------------------|
| - June 25 (7:00- 8:00PM) | Groups 5,6,7,8,9,10 |
| - June 27 (7:00- 8:00PM) | Groups 1,2,3,4 |

MENTORSHIP SESSIONS:

- Mike Kehler (Mentorship - MJHL Team Chaplain)

Strong character is one aspect that all coaches search for in goaltenders. MJHL Chaplain Mike Kehler will be speaking with our goaltenders on several different aspects of character and leadership that goalies must look at heading into training camp and throughout the season.

Topics this Off- Season include: Becoming a leader, handling coaches decisions, social media, how to move forward throughout the season, and more...

- June 13 (7:00- 8:00PM)
- June 14 (7:00- 8:00PM)



gdigoaltending.com
91 Lawson Cres.
204.489.7465

TESTIFY PERFORMANCE SESSIONS:

TESTify Performance will be administering on-ice testing with the use of a state of the art measuring system. Speed, multi-directional agility, lateral movement, reaction time, leg power, stopping ability, and balance will all be measured. These tests will help goalies evaluate strengths and weaknesses in which they can focus on while working with GDI professionals.

To book sessions please call the Training Centre.

These sessions are set for:

- June 25, 26, 27, 28 – 7:00AM
- August 03, 10, 13, 17 - 7:00AM

GDI JOURNALS

Each goaltender will receive a GDI journal that they will use throughout the summer. These journals will feature GDI standards as well as areas for the goaltender to set goals and objectives for the summer and upcoming season.

Each tactical session will also be documented in the journal. This will include the drills and key focuses used during that session. This will help the goaltenders predetermine what aspects of their game they would like to work on during their 1v1 lessons.



gdigoaltending.com
91 Lawson Cres.
204.489.7465

G1 BREAKDOWN:

- One on ice goaltender conditioning sessions/week (8 total)
- One 1v1 private lesson/week (10 total)
- One tactical performance ice session/week (8 total)
- Two testify performance sessions (2 total)
- One Mental Performance Session – Lecture by Dr. Toogood (1 total)
- One Leadership session - Lecture by MJHL/ CSSHL Chaplain Mike Kehler (1 total)
- Five Elite Performance Off- Ice sessions/ week (32 total)

This G1 Program is designed for athletes that are dedicated and passionate about their game. GDI Goaltending has catered this G1 Program to individuals that are looking to become professionals within the goaltending domain.

As this is an invite only G1 Program that you have been chosen, the on ice ratio is low. Be sure to secure your spot as space is limited.

G1 Program DATES:

- Begins week of June 25th

G1 Program COST:

- GDI On- Ice & Elite Performance Off- Ice \$2,875 + GST
- GDI On- Ice Only \$1,785 + GST
- On Ice PEPP only \$297 + GST
- Tactical Performance Sessions only \$780 + GST
- Tactical Performance Sessions (Pro Group) \$760 + GST
- Elite Performance Off- Ice Training only \$1,160 + GST
- Testify Performance (Included with GDI G1 Periodization & Full On- Ice program only)

{ \$200 Deposit upon early registration + 2 additional payments made on July 1st and August 1st }

TO REGISTER PLEASE CONTACT US AT 489-7465