



**GOLD**  
I N T H E N E T<sup>®</sup>  
SINCE 1986

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

# PRO DEVELOPMENT

**Suitable for Highly Motivated Competitive U15 – U18, Junior & College**

The Pro Development Program is where highly motivated or extremely motivated goalies can go to work on their game, the structure is based on professional goalie training style. Most students are anywhere from 13 to 17, this program gives each goalie their own net for 45 minutes on the morning ice session. The Pro Development program is a much more personalized experience that enables goalies to get out what they put in. It also allows for us to isolate more individual needs and tweak the program accordingly to goaltenders' strengths and weaknesses. Students only share the net with one other goalie in the afternoon session, so when you think about it even if there are two 12-year-old in that level it doesn't affect the other goalies on the ice especially since there are only 6 goalies per half of the ice. 1-1 student/net ratio AM ice & 2/1 student/net ratio for PM ice session.

## FEATURES:

- **3 Hours of Ice Daily**
- **45 Minutes of Individual Net Time Daily**
- **2:1 Goalie to Net Ratio for afternoon Drills**
- **Off Ice Skill Development (Drland, Ballwork, Stretching, Recovery, Lecture)**
- **Footwork, Pad Work, Puck Handling**
- **Shooter at every net**
- **Gold In The Net Jersey**
- **15 total hours on ice**

# ELEVATE YOUR GAME