



# GOLD

I N T H E N E T ®

SINCE 1986

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

## YOUTH DEVELOPMENT

**Suitable for beginners or U7-U11 goalies.**

The **Youth Development** program is where a strong foundation is built to enable our students to progress onto higher levels of play. This program specializes in all the basic components of the position including Stance, Butterfly Mechanics, Movements, Angles & Positioning, Reads, Tracking, Speed, Post Play, Breakaways etc. while creating a fun engaging learning atmosphere. Having strong fundamentals will allow the goalie to change and adapt as the game around them changes.

### FEATURES:

- 2.25 Hours of Ice Daily
- 4:1 Goalie to Coach/Net Ratio
- Off Ice Skill Development (Dryland, Ballwork, Stretching, Recovery, Lecture)
- Foot work, Pad Work, Introduction to Puck Handling
- Drill Session
- Shooter at every net
- Gold In The Net Jersey
- GITN Merch Bag
- 11.25 total hours on ice
- Video Add On \$75

**Vaughn demo gear is available to try, purchase and pre order.**

## Start Strong, Learn Safely.

**Because new goalies - and their parents - deserve guidance, confidence, and a foundation built the right way**