



Goalie coaching workshops offered this fall at two locations

Coaches can earn Level 3 USA Hockey Coaching Card recertification by attending

MINNEAPOLIS – Workshops designed to teach youth hockey coaches of all skill levels how to effectively work with goalies during the season will be offered this fall at two Minnesota locations.

Coaches earn a skills sticker for their coaching card or their Level 3 USA Hockey Coaching Card recertification sticker by attending a workshop.

“Our goal is to educate coaches so they become more well-rounded and knowledgeable about the goalie position,” explained Steve Carroll, USA Hockey’s Minnesota District goalie coach-in-chief, who will be the keynote speaker at these workshops. “Ultimately the coaches will be more comfortable teaching the most important players on their team.”

Carroll has been hosting workshops like these for several years. “The coaches really seem to enjoy them,” he said. “They get the latest training techniques and information to make an immediate impact with the goalies on their teams.”

2009 USA/Minnesota Hockey Goalie Coaching Workshops

Wed., Oct. 14	St. Louis Park Rec Center	St. Louis Park	6-10 p.m.
Wed., Nov. 4	Wakota Civic Arena	South St. Paul	6-10 p.m.

Justin Johnson, USA Hockey’s Minnesota District associate goalie coach-in-chief will also speak at the workshops. He’ll discuss the mental aspects goalie development including understanding what is going on inside their head during a game. Topics include: preparation, managing adversity and disappointment, proper goal setting and managing game time (pulling).

The workshops include a classroom presentation and an on-ice demonstration session where participants will be shown and get a chance to try various goalie-specific movements. Coaches should bring helmet, stick and skates.

The workshops, which are sponsored by USA Hockey, are open to registered USA Hockey coaches. The cost is \$60 per coach and includes a Q & A segment. Pre-registration is required and space is limited to 60 coaches per workshop. Online registration is available at the coaching clinics page on www.usahockey.com.

Additional workshops could be added in coming weeks. Check USA Hockey Web site for latest schedule. For information, contact Steve at 612-869-2719 or by e-mail at scarroll@minnesotahockey.org