



THE ULTIMATE
PRE-SEASON
GOALIE
CHECKLIST

FROM NOVICE TO PRO

GOLD

IN THE NET®

SINCE 1986

INTRODUCTION

Welcome to the Gold in the Net Ultimate Pre-Season Goalie Checklist! Whether you're just starting your journey between the pipes or you're aiming for the big leagues, proper preparation is key to a successful season. This comprehensive guide will help goalies of all ages get ready for the upcoming hockey season.

How to use this checklist:

1. Find your age group in each section
2. Focus on the tips and exercises tailored for you
3. Check off items as you complete them
4. Revisit regularly to track your progress

Let's get started on your path to becoming a dominant force in the crease!

1. EQUIPMENT CHECK

For All Ages:

Inspect all gear for wear and tear
Ensure proper fit of all equipment
Clean and maintain gear regularly



Age-Specific Tips:

U7-U12:

Check if you've outgrown any equipment

U13-U15:

Consider upgrading to intermediate-level gear

U16-U18:

Invest in professional-grade equipment if serious about advancing

*"Your equipment is your armour. Take care of it, and it will take care of you."
- Carey Price*

2. PHYSICAL PREPARATION

U7-U12:

Practice basic stretches daily

Play coordination games (e.g., juggling, catch)

Work on balance exercises

U13-U15:

Begin bodyweight strength training

Incorporate yoga for flexibility

Start cardio training (running, cycling)

U16-U18:

Develop a comprehensive strength training program

Focus on core and lower body exercises

Implement plyometric training for explosiveness

"Physical preparation off the ice translates directly to performance on the ice."

- Jonathan Quick

3. MENTAL PREPARATION

U7-U12:

- Practice positive self-talk
- Visualize making great saves
- Learn basic breathing exercises

U13-U15:

- Set specific, achievable goals for the season
- Develop a pre-game mental routine
- Start a performance journal

U16-U18:

- Master advanced visualization techniques
- Learn stress management strategies
- Work with a mental performance coach if possible

*"The mental game is just as important as the physical.
Train your mind to stay focused and confident."*

- Henrik Lundqvist

4. ON-ICE SKILLS DEVELOPMENT

U7-U12:

Master basic stance and movements

Practice T-pushes and shuffles

Work on basic save techniques

U13-U15:

Refine butterfly technique

Improve lateral movement speed

Practice puck handling and rebound control

U16-U18:

Master advanced save techniques

Work on post integration plays

Develop elite-level puck handling skills

"Never stop working on the fundamentals. They're the foundation of great goaltending."

- Martin Brodeur

5. NUTRITION AND HYDRATION

For All Ages:

Establish a balanced diet with plenty of fruits and vegetables

Stay hydrated throughout the day

Learn about proper pre-game and post-game nutrition

"Never stop working on the fundamentals. They're the foundation of great goaltending."

- Martin Brodeur

Age-Specific Tips:

U7-U12:

Focus on healthy snacks for energy

U13-U15:

Learn about proper portion sizes and meal timing

U16-U18:

Consider working with a sports nutritionist

6. TEAM COMMUNICATION

U7-U12:

Learn basic on-ice communication with defensemen
Practice calling for the puck during drills
Develop a positive attitude towards teammates

U13-U15:

Take charge in organizing the defense
Learn to read plays and communicate threats
Develop leadership skills on and off the ice

U16-U18:

Master advanced defensive strategies
Become a vocal leader during games and practices
Learn to provide constructive feedback to teammates

"Communication is key. Be the quarterback of your defense."

- Ben Bishop

7. PRE-GAME ROUTINES

For All Ages:

Develop a consistent pre-game routine

Include both physical and mental preparation

Arrive at the rink with plenty of time to spare

"A good pre-game routine sets the tone for your performance.

Find what works for you and stick to it."

- Marc-Andre Fleury

Age-Specific Tips:

U7-U12:

Keep it simple and fun

U13-U15:

Incorporate visualization and light stretching

U16-U18:

Refine your routine to maximize focus and readiness

8. OFF-SEASON TRAINING

U7-U12:

Stay active with other sports
Practice hand-eye coordination drills
Work on flexibility and basic strength

U13-U15:

Begin a structured off-ice training program
Attend goalie camps or clinics
Work on weaknesses identified during the season

U16-U18:

Implement a comprehensive off-season training plan
Seek additional coaching or mentorship
Consider participating in showcase events or tournaments

*"The off-season is where you build the foundation for your success. Make every day count."
- Braden Holtby*

9. PARENT'S GUIDE

As a parent, you play an invaluable role in your young athlete's growth and development as a goalie. Your support, encouragement, and dedication can make all the difference in helping them reach their full potential on and off the ice. Whether it's attending practices, providing nutritious meals, or simply being a positive presence during games, your involvement builds confidence and resilience in your goalie.

At Gold in the Net, we deeply appreciate your commitment to their journey and are here to partner with you in nurturing their passion for the game. Together, we can help them become not just exceptional goalies, but well-rounded athletes ready to face any challenge!

To help you in this important role, we've compiled a checklist of key ways you can support your goalie's development:

Support your goalie's passion without adding pressure
Help maintain a balanced schedule between hockey and other activities
Encourage a growth mindset and learning from mistakes
Provide nutritious meals and snacks to support training
Be a positive presence at games and practices

"The best thing a parent can do is offer unconditional support and encouragement."

- Pekka Rinne

CONCLUSION

Remember, every great goalie started somewhere. By following this checklist and consistently putting in the work, you're setting yourself up for success this season and beyond. Stay focused, stay determined, and most importantly, have fun!

Want to take your goalie training to the next level? Check out Gold in the Net's specialized programs for goalies of all ages. Our expert coaches are ready to help you reach your full potential!

[Click Here to Learn More About Our Programs](#)

**WE CAN'T WAIT TO SEE
YOU ON THE ICE!**

GOLD

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