



Goaltender Development Program



During a game the goaltender's focus should be on the next shot. Focus should not be on the result, previous shot, or future situation. It must be in the moment. Next shot focus keeps the goaltender in the moment and focused on what is in his or her control. Focusing on what can be controlled will produce better results. *Joe Exter-Former US National Goaltending Coach*

USA Hockey Goaltender Resources
<https://www.usahockeygoaltending.com/>

USA Hockey Goaltender videos
<https://www.youtube.com/watch?v=ANjng29WSro&list=PLic5nbXG3HoFW9oY0BiKTOKWA89bzYqli>



For more information on
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