

## Goaltender Development Guidelines / Requirements

| LTAD Stage              | Ringette Alberta Groups | Goaltending Focus  | Full Time Goaltender Permitted                               | Goal Equipment   | Nets  | Modified Ice surface for competition |
|-------------------------|-------------------------|--|--|--|---|--------------------------------------|
| Active Start            | Active Start 1          | n/a  | n/a  | n/a  | n/a   | n/a                                  |
|                         | Active Start 2          | n/a  | n/a  | n/a  | n/a   | n/a                                  |
| Fundamentals            | U10-1                   | Introduce goaltending concept and rotate position to all players.<br>Stress:   | No   | Stick  | Small   | Divided                              |
|                         | U10-2                   | <ul style="list-style-type: none"> <li>• basic grip</li> <li>• stance</li> <li>• stick on ice</li> </ul>   |  | Stick and Gloves   |   | Divided                              |
| Learning to Train Early | U10-3                   | Continue to introduce and refine goaltending concept and rotate position to all players. Same skills as above plus: <ul style="list-style-type: none"> <li>• skating</li> <li>• ring skills</li> <li>• mobility</li> <li>• stick work</li> <li>• positioning</li> <li>• ring distribution</li> </ul> | No   | Full equipment.<br><br>Goal skates recommended for those players wanting to try goal skates and where properly fitting skates are available. | Small<br><br>May introduce full size net towards the end of the season in intersquad scrimmages for those players showing an interest in playing goal full time or part time in the future. | Full                                 |
| Learning to Train Late  | U12                     | Identify and develop every interested player.<br>Same skills as above plus: <ul style="list-style-type: none"> <li>• Communication / interaction.</li> </ul>   | *Yes, however no player may play more than 50% of the games. | Full equipment.<br><br>Goal skates should now be used for those players who have decided to be full time goaltenders.                        | Full  | Full                                 |

\* The 50% maximum is intended to ensure other players have the opportunity to try the goaltending position. When they are not playing goal, individuals are encouraged to play other positions rather than “sit”.