

Jr Sharks House League

Goalie Skills

2011-2019 Birth Years



This season, goalies in the Jr Sharks House League will have a chance to take their game to the next level with **dedicated goalie instruction** offered during the JSHL House Skills sessions. While skaters are running their drills and circuits, goalies will receive **position-specific training** right on the same ice — led by an experienced goalie coach focused exclusively on their development.

Each session emphasizes the **core fundamentals of goaltending**, including stance, balance, edge control, positioning, rebound control, and puck tracking. Goalies will also get personalized feedback and movement repetitions to help them build confidence, consistency, and proper technique.

These small-group sessions create an ideal learning environment where goalies can work on both **technical precision and game-awareness**, all while staying integrated within the pace and energy of the larger House Skills program.

Program Details

- Goalies train on the same ice as their House Skills age group
- Limited to 6 goalies per age group, per session
- Age Groups:
 - **2016–2019 Birth Years** (5:00-6:00pm)
 - **2011–2015 Birth Years** (6:15-7:15pm)
- Series Dates:
 - Fall Series: **November 5 – December 17** (\$150 for 6 Wednesday practices)
 - Winter Series: **January 7 – February 11** (\$150 for 6 Wednesday practices)
 - Spring Series: **February 18 – April 1** (\$175 for 7 Wednesday practices)



Each age group has **6 goalie spots available for each age group, per session**, so register early to lock in your spot. [**REGISTRATION LINK**](#)

For more info, go to www.sjrsharks.com/houseleague and **click on the ‘Specialty Programs’ tab**. Thank you for being a part of the Jr Sharks House League!