

Now that we have covered the basic stages of development, we will look at how to apply each step of the ladder to goalies of different skill levels and age groups. First, it is important to note that each step does not need to be worked on individually - the steps can be mixed together to help the goaltender climb the development ladder.

A simple way to categorize goaltenders is to make three different groups and work on the steps of the ladder that apply to each group.

*Beginner group:*

70% of the development would be on steps 1,2

20% on steps 3,4

10% on step 5

0% on step 6

*Intermediate group:*

40% on steps 1,2

30% on steps 3,4

30% on steps 5,6

*Advanced group:*

30% on step 2

20% on steps 3,4

40% on step 5

10% on step 6

This breakdown is based on monitored goaltender training, not general team practice ice time. However, when structuring drills, allow the goalie a chance to practice the steps of the development ladder.