



2011 GDI PRAIRIES SUMMER CAMP INFORMATION

REVISED AND PROGRESSIVE CURRICULUM THEMES

GDI has gone back to the drawing board on its complete curriculum. GDI has, over the last number of years, added programs to the front and back end of its traditional ADV2 and HP3 programs. The additions of our INTRO1 and ELITE programs have expanded the scope of our curriculum but we have now revisited the entire curriculum in a cohesive manner. GDI's progressions and corresponding themes now include:

Introduction to Goaltending INTRO1

FOCUS: Foundation Development

Advanced ADV2

FOCUS: Introduction to Multi Inputs

High Performance HP3

FOCUS: Advanced Technical and Multi-Input Training

Elite

FOCUS: Advanced Technical and Game Dynamic Training

BROADENED PERFORMANCE FOCUS

GDI's camps have long stood for a comprehensive approach to goaltender development with a strong emphasis on the technical, psychological, physiological and equipment dimensions of the game. Starting in 2011, GDI's performance focus has broadened to include the following array of performance inputs:

1. Technical
2. Reactive
3. Competitive
4. Instinctive
5. Anticipatory
6. Athletic
7. Mental

Continuing to study and evolve GDI has broadened his instructional approach and philosophy, along with both the on-ice and off-ice curriculums to accommodate each of these crucial inputs. Each goaltender attending GDI will not only be exposed to each of these but will explore, within themselves, their unique recipe for success. GDI will help facilitate this personal journey and exploration.

NEW TEACHING APPROACHES AND TECHNICAL INNOVATIONS

Finally, but certainly not lastly, GDI will be providing its elite netminders with new technical and tactical approaches. The latest innovations from GDI, in concert with all Regional Managers, will find its way into our curriculums. Learn the latest approaches tested and tried by today's leading netminders. From netplay tactics to traffic management to rush management to read-and-anticipatory skills to new reboundcontrol training, GDI is braced to take your game to its next frontier. Are you?



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CAMP FEATURES 2011							
PROGRAM	RATIO	# DAYS	HOURS ON-ICE/DAY	OFF-ICE TRAINING	FITNESS TESTING	CLASS/JOURNAL	FLEXIBILITY/HAND-EYE TRAINING
ADV	3:1	5	3	X	X	X	X
HP	2.5:1	5	3	X	X	X	X
MST ADV/HP	3:1	3	2.5	X			X

X – Indicates included in programming