



# Veit Goaltending Training

The Veit system has been designed over many years training Pro, Junior and College Goaltenders.

Who is YOUR coach?

Ron's bio:

10 NHL clients have hired Ron for personal coaching.  
18 years in the BCHL (Junior A hockey league) including coaching the 2006 RBC Junior A championship winning Express- Burnaby and Langley  
4 years in the WHL (Western hockey league) - Tri City Americans  
5 years in the CIS (Canadian University League) - UBC Thunderbirds, Division 1  
20 years owner, Veit Goalie Schools

Ron has worked with and learned from some of the top experts in biomechanics, giving him the edge in assessment of movement

Some of the goalies Ron has trained:

Carey Price - Montreal Canadians (Vesina Cup winner!)  
Dan Cloutier - Vancouver Canucks  
Olaf Kolzig - Washington Capitals (Vesina Cup winner!)  
Felix Potvin - LA Kings  
Damian Rhodes - Ottawa Senators  
Peter Skudra - Pittsburg Penguins  
Jan Lasak - Nashville Predators  
Chet Pickard - Nashville Predators

Ron trained overseas in Bratislava as a special goaltending consultant to the Slovakian Olympic Team and 2006 World Championship team.

## **What will you learn training with Ron?**

*Tactical* - What component to use, when and how.

*Technical* - How to move and execute each component of goaltending properly with balance and efficiency.

*Post Positioning* - Proper use of RVH, VH and deep flex.

*Angles* - Use of a proven landmarking system used by many NHL goalies.

*Rebound Control* - Body basics as well as pad, stick and blocker basics with some added NHL goaltending secrets!

*Lateral Feeds* - Learn techniques to enhance your speed, efficiency, positioning and destination.

*Puck Play* - Passing options and shooting techniques.

*Proper Butterfly Technique* - When, where and why to use your body to block pucks and more importantly, when to stay ON your feet and be patient.

*Reaction Drills* - Battle games for enhanced tracking and reaction - use of Bony Puck Machine, shots up to 100mph available!

*Goalie Fitness Classes* - Strength, speed, power and agility.

*Mental Strength Coach* - Professional trained coach to work with you on the psychology of goaltending.