

**HEAD INSTRUCTOR  
DAVE MARLIN**

Dave is entering his 6th season of professional hockey. He began the 2006-2007 season playing in Austria with the Vienna Eisloewen. He was invited to the 2004 Hershey Bears (AHL) training camp an affiliate of the Colorado Avalanche. The previous 5 seasons he played in the East Coast Hockey League with the Reading Royals, Trenton Titans, Atlantic City Boardwalk Bullies, Fresno Falcons, and Las Vegas Wranglers. Dave has molded his style of teaching from the various goalies he has worked with throughout his years of playing and extensive video analysis of the NHL's top goaltenders. He learned the Quebec Butterfly in 1995 and has since traveled several times to Finland and studied the Finnish Style that has taken the hockey world by storm. His goal is to help each goaltender find their strengths and utilize them to the best of their abilities. Dave graduated from SUNY Geneseo in 2001 and is certified as a math teacher. He played locally for the Quakers (1996 National Champion Runner-up) and Downingtown High School where he graduated in 1996.

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<http://www.zengoaltending.com>

# Marlin



# GOALIE ACADEMY

[www.zengoaltending.com](http://www.zengoaltending.com)

**July 16-20 @ Ice Line, West Chester PA**

**( Now a 5 Day Camp!)**

*Cost \$535*

**July 30-Aug 2 @ Body Zone, Reading PA**

*Cost \$395*

# OVERVIEW

The **Dave Marlin Goaltender Academy** is designed to teach all of the physical and mental aspects of modern day goaltending and apply them to game situations. Almost every drill used is identical to what NHL goalies use to train today.

## Styles Taught

**Finnish Style-** Hands, Skating, Flexibility, Aggressiveness

**Quebec Style-** Compact, Butterfly, Leg Recovery, Footwork

**Classic Style-** Balance, Small Steps, Patience

**Old School-** Hasek-like, Whatever it takes to stop the puck

**Tretiak Level Intensity-** Be ready to work hard!

## SKILLS & TECHNIQUES

### Positioning

- Be square or die
- Angles
- Challenging (when to and when not to)

### Skating

- We skate lots, the best goalies are the best skaters
- Forward/Backward (C-cuts/ quick transition)
- T-push & pushing power
- Shuffles

### Butterfly

- 1/2 Butterfly
- Full Butterfly (Quebec and Finnish butterfly taught)
- Leg Flares (Quebec and Finnish flares taught)
- Glove saves from butterfly

### Stance

- Be Comfortable and Balanced

### Slides

- Butterfly, 1/2 butterfly, Finnish
- Power Slides
- 2 pad, desperation

### Recovery

- Getting up with the proper leg

### Wraparounds/Sharp Angles

- Paddledown/butterfly techniques/one knee down/ stand up

### Screen Shots

- Finding the puck/ When to use the butterfly or paddledown

### Puckhandling

- Passing/Shooting/Handling Dump-ins

### Mental Play

- Reading & reacting to the play/ game situations

## CLASSROOM INSTRUCTION

**\*\* Video analysis of each goalie daily**

- Game situation reviews

- NHL Goaltender-style analysis (techniques used)

- Mental preparation

**\*\* Off-ice Training (plyometrics, flexibility, eye/hand coordination, aerobic conditioning)**

# Dave Marlin Goalie Academy

*CHECK OUT THE WEBSITE!*

[WWW.ZENGOALTENDING.COM](http://WWW.ZENGOALTENDING.COM)

*FOR MORE INFORMATION ON THE CAMP OR UPCOMING CLINICS*

## DAILY SCHEDULE

ARRIVAL AT RINK	9:00AM
ON ICE	9:30-11:30AM
LUNCH / LECTURE	12:00-1:00PM
ON ICE	1:30-2:30PM
VIDEO ANALYSIS/MOVIE	2:45-3:45PM
OFF ICE PLYOMETRICS	3:45-5:00PM
PICK UP	5:00PM

**\*\*FOR ICE LINE CAMP ONLY DAY 5, JULY 20**

ARRIVAL	8:00 AM
ON ICE	8:30-10:30 AM
OFF-ICE PLYOMETRICS	10:45-11:45 AM
PICK UP	12:00 (NOON)

**ON-ICE  
3 HOURS  
DAILY**

**OFF-ICE  
CONDITIONING**

**4-1 STUDENT to  
INSTRUCTOR RATIO**

# APPLICATION

Camp Location:	_____				
NAME:	_____				
ADDRESS:	_____				
CITY:	_____	ST:	_____	ZIP:	_____
HOME PHONE:	_____				
CELL PHONE:	_____	AGE:	_____		
JERSEY SIZE:	_____				
PARENTS NAMES:	_____				
LAST TEAM:	_____				
EMAIL:	_____				

## CAMP DATES

July 16-20 @ Ice Line, West Chester, PA (5 day)  
July 30- Aug 2 @ Body Zone, PA (4 day)  
Remit \$150 non-refundable deposit with application for 4 & 5 day camps

**\*balance due on first day of camp**  
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**QUESTIONS???**  
PLEASE CONTACT

Dave Marlin

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