

**EESTI**  
HOKI



# ***BUILDING A NATIONAL GOALIE COACHING SYSTEM: ESTONIA'S JOURNEY***



***Balint Fekti, Sports Director, Eesti Hoki***





# WHERE IS ESTONIA?



- Population: ~1.3 million
- 7 major junior clubs
- Located in Northern Europe





# WHY THIS MATTERS?



- *Goalie development is often overlooked or improvised*
- *In small hockey countries, it's usually the most under-supported role*
- *But every team depends on the goalie—so their development must be intentional*





# THE REALITY IN ESTONIA



- Only 3 clubs had regular goalie coaches
- No national development plan for goalie coaching
- No club-level strategy
- Many clubs believed they were "too small to need a goalie coach"
- Coaches were interested, but overwhelmed—education lost out





# ***THE TURNING POINT***

*Selected for IIHF Domestic Development Program (DDP)*



***TINO TURKIA: Goalie Coaching  
Mentor (Finnish I. H. A.)***



***JURI ROOBA: Project Manager  
(Eesti Hoki)***



***ELENA RASVA: Project  
Administrator (Eesti Hoki)***



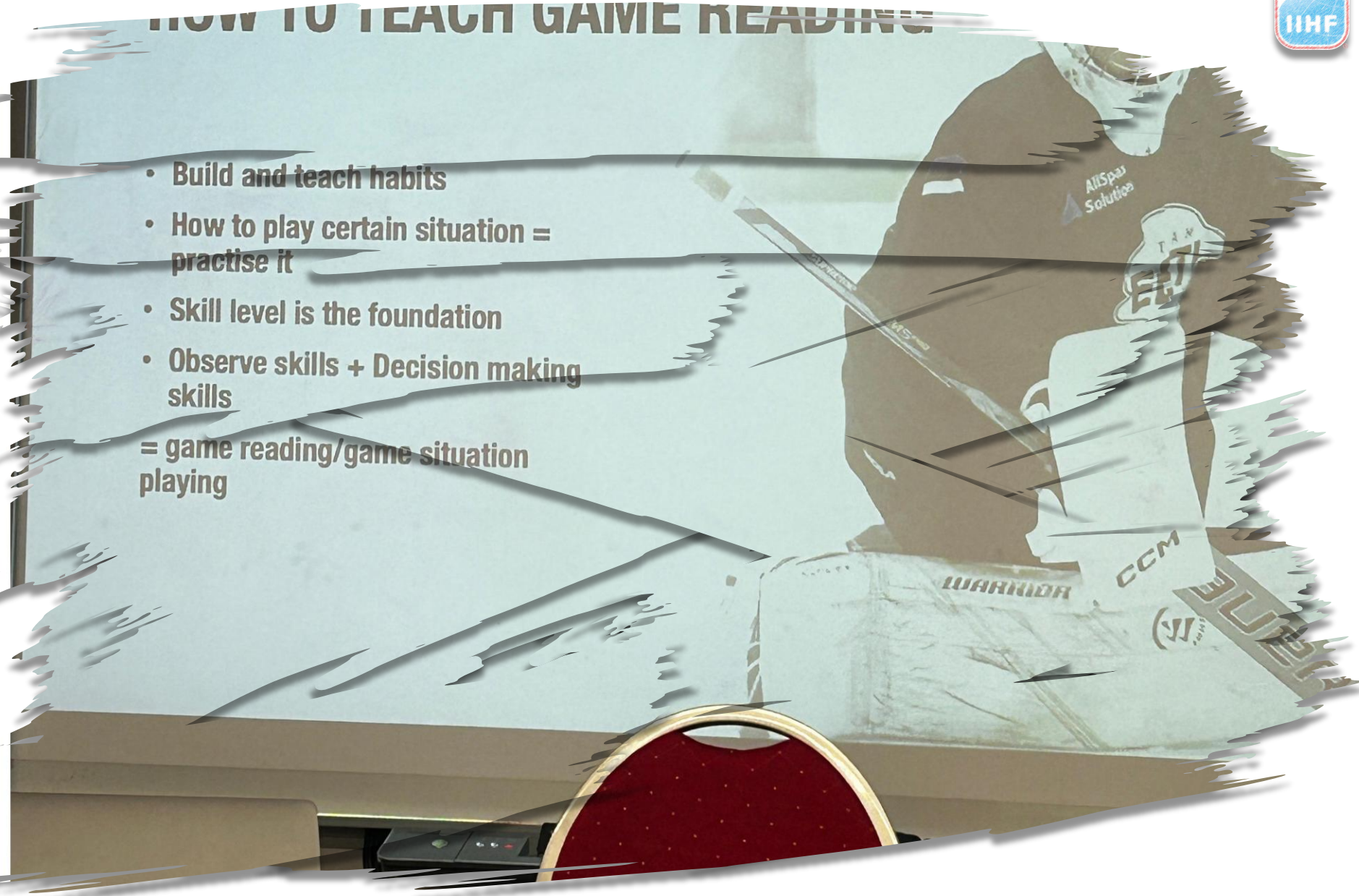


# PHASE ONE – THE FIRST NATIONAL CLINIC



- *Held in Tondiraba Ice Arena, Tallinn*
- *13 coaches participated (goalie and team coaches)*
- *Led by Tino Turkia*
- *First time ever Estonia held a nationwide clinic focused on goalie coaching*

- ## HOW TO TEACH GAME READING
- Build and teach habits
  - How to play certain situation = practise it
  - Skill level is the foundation
  - Observe skills + Decision making skills
- = game reading/game situation playing







# PHASE TWO – CLUB VISITS

## IIHF GOALIE COACHING PROGRAM EST

GOALIE SITUATION/SAVE/GOALS ON TEAM PRACTISE 24-25

Age group: U11-U10 Time: 15:40-16:30

3 Goalies

No Goalie Coach

Drill / time	1-0 Flow	
Shots	36	
Saves	18	64,20 %
Goals	10	
Missed shots	8	

Drill / time	1-1 Flow	
Shots	13	
Saves	6	75 %
Goals	2	
Missed shots	5	

Drill / time	5-5 game	
Shots	9	
Saves	5	71,40 %
Goals	2	
Missed shots	2	

### TOTALS

Practise time	38min netto
Shots on goalie practise	none
Shots on team practise	58
Total shots	58
Saves	29
Goals	14
Save% on team practise	67,40 %
Missed shots	15

- Tino visited all 7 major clubs across Estonia
- Observed on-ice practices and assessed local needs
- Provided direct mentorship to coaches on location
- Strengthened trust and communication with clubs



# PHASE THREE – ONLINE PROGRAM



- *Created an online goalie coaching education system*
- *Supports coaches working full-time or in remote areas*
- *Accessible anytime, from anywhere in Estonia*
- *Helps ensure continuity beyond in-person events*





# PHASE FOUR – APRIL CLINIC



- *Focused only on active goalie coaches*
- *Deepened knowledge and peer-to-peer exchange*
- *Reinforced learning from club visits and online materials*
- *Strengthened long-term motivation and network among coaches*



# PHASE FIVE – GOING TO FINLAND



- 4 Estonian goalie coaches visited Tino's professional club in Finland
- Observed goalie development systems in real-time
- Learned how structure, planning, and communication work at the elite level
- Brought back ideas and inspiration to use at home







# WHAT HAS CHANGED

- *3 clubs with goalie coaches → Now all 7 major clubs have one (some have 2)*
- *All clubs involved and stayed committed from start to finish*
- *Nearly all major-club goalies directly impacted*
- *All clubs now have structured goalie coaching systems*
- *Dedicated goalie ice sessions now exist in most clubs*
- *Goalie coaches are beginning to attend team practices*
- *Parents and clubs report clear improvements in structure and development*







# OUR PHILOSOPHY

- *GOALIE DEVELOPMENT MUST BE STRATEGIC, NOT ACCIDENTAL*
- *BUILD THE SYSTEM, NOT THE "PERFECT" COACH*
- *ATTITUDES CAN CHANGE—BUT YOU MUST SHOW RESULTS EARLY*

## Basic guideline to the goalie ices

### U15-U13

10min skating open ice  
10min skating, small area  
10min basic saves with loop  
20min scoring  
5min 1-slot or stick

### U12-U10

10min game/play  
10min skating  
15min basic saves  
20min continuum drill  
5min 1-slot or stick

Theme from seasonal plan  
1-2 goals what we coach  
Drills that support theme/goals  
Pre videos that goalies need where to focus  
Less talking – more reps  
Progression  
Off ice training preps goalies up coming theme





# CHALLENGES STILL AHEAD



- *Time is still limited—many coaches juggle multiple roles*
- *Coaches continue to need structure, guidance, and follow-up*
- *The official IIHF project is ending—but we are just beginning the next chapter*
- *Now is the time to build on the foundation we've laid*



# WHAT WE'D TELL OTHERS



- *Start where you are—no project is too small to matter*
- *Be consistent and follow through—trust builds over time*
- *Focus on coach support, not perfection*
- *Your goalie development program is a reflection of your values*





# THANK YOU



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