

Canadian Goaltending Pathway

2022-2023



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How a player gets that first experience of goaltending in hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy goaltending and hockey for many years.

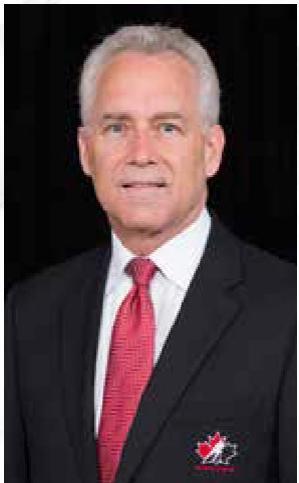


**LEAD, DEVELOP AND PROMOTE
POSITIVE HOCKEY EXPERIENCES**

INTRODUCTION

Hockey is Canada and Canada is hockey.

Let's face it – hockey is a touchstone of Canadian life. It is Canada's national theatre and it is the chatter of the country. Hockey is more than a sport for Canadians, it is a part of the country's heart and soul.



TOM RENNEY
Chief Executive
Officer, Hockey Canada



VISION: World Sports Leader



WHAT IS THE GOALTENDING PATHWAY?

- Goaltending is a critical aspect of team play and requires direct & consistent unique coaching skills.
- As forwards and defenders get specific coaching for their respective positions, goalies require the same attention and guided skill development.



The main goal is to make the beginner's first impression of goaltending a good one!

When goaltenders get started on a positive note they automatically enjoy the game and usually go on to have fun playing hockey for many years



WHAT IS THE GOALTENDING PATHWAY?

The Hockey Canada Goaltending Development program consists of 3 levels:

Community: Introducing players and coaches to the position of goaltending

Developmental: Formalizing instruction for players that have committed to the position and coaches that specialize in teaching the position

High Performance: Refining the skills and teaching methods for High Performance Goaltending

OBJECTIVES

- To learn the basic skills required to play the position of goaltender.
- To develop an understanding of the basic skills to become a goaltender
- To create and refine basic motor patterns and athleticism to have success as a goaltender
- To develop self-confidence and experience personal achievement within a positive team atmosphere.



HOCKEY CANADA'S RECOMMENDATIONS

U9-U11

- Minor Hockey Associations to offer “ Try Goaltending “ sessions to give players a chance to try the position

U13

- Minor Hockey Associations to have an association goaltending coach offer goaltending instruction through small group training sessions to coaches and players

U15 – U18

- An Association goaltending coach to guide the developmental process of goaltenders. Teams could have their own goaltending coaches through the association or an association goaltending coach would over see the development of all rep level goaltenders

OBJECTIVES

- Introduce players to the position
- Introduce fundamental goaltending skills to coaches and young goaltenders
- Develop an enhanced goaltending program through the use of trained / qualified goaltending coaches.



HOCKEY CANADA GOALTENDING PATHWAY

It is recommended that Local Hockey Associations offer “Try Goaltending” sessions to give players a chance to try the position and to avoid specializing early.

FUNDAMENTAL (U7 & U9 CONSIDERED FUNDAMENTAL)

| DEVELOPMENT PHASE | | |
|----------------------|-----------------|----------------------|
| Up To 12 WEEKS | 20 PRACTICES | 2 CROSS ICE GAMES |
| | | |

| REGULAR SEASON PHASE | | |
|----------------------|-----------------|--------------------------------|
| Up To 14 WEEKS | 20 PRACTICES | Up To 10 CROSS ICE GAMES |
| | | |

| PLAYOFF PHASE | | |
|--|--|--|
| No playoffs Up to 4 weeks | | |
| TOURNAMENTS 3 Festivals/ Jamborees 12 modified games | | |

TOTAL PRACTICES: 35 - 45 | TOTAL GAMES: 15-25

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- No Full Time Goalies - No goalie equipment required
- Rotate all players through all positions F / D / G
- No Playoffs
- All games 4 on 4 Cross ice
- Fair / Equal ice time

RECOMMENDATIONS:

- Small Nets
- Blue 4 Oz Pucks
- Consistent prime time ice sessions for practices and games (consistent days and times).
- Ideally 2 Practices per week
- 5 to 1 Player to Coach Ratio Maximum
- Multiple Stations during practice

U9: AGE 7-8

| DEVELOPMENT PHASE | | |
|---------------------|-----------------|--------------------------------|
| Up To 8 WEEKS | 14 PRACTICES | Up To 6 GAMES (Half Ice) |
| | | |

| REGULAR SEASON PHASE | | |
|----------------------|-----------------|---------------------------------|
| Up To 20 WEEKS | 34 PRACTICES | Up To 16 GAMES (Half Ice) |
| | | |

| PLAYOFF PHASE | | |
|--|--|--|
| No playoffs Up to 4 Weeks | | |
| TOURNAMENTS 3 tournaments 12 games | | |

TOTAL PRACTICES: 45 - 55 | TOTAL GAMES: 30 - 40

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- No Full Time Goalies / Rotate all players through all positions F / D / G
- No Playoffs
- Fair / Equal Ice Time
- Regulation Sized Nets
- Blue 4 Oz pucks first half / Regulation 6 Oz pucks second half
- 5 to 1 Player to Coach Ratio Maximum / Station based practices
- Consistent prime time ice sessions for practices and games (consistent days & times)

HOCKEY CANADA GOALTENDING PATHWAY

It is recommended that Local Hockey Associations have an association goaltending coach offer goaltending instruction through small group training sessions or a coach assigned on a team to assist and develop the goaltenders on a regular basis.

COMMUNITY (recreational)

| DEVELOPMENT PHASE | | | REGULAR SEASON PHASE | | |
|---------------------|----------------|--------------------------------|----------------------|-----------------|----------------------|
| Up To 6 WEEKS | 8 PRACTICES | Up To 4 EXHIBITION GAMES | Up To 20 WEEKS | 20 PRACTICES | Up To 16 GAMES |

| PLAYOFF PHASE |
|--|
| Up to 4 Weeks Tournament Style |
| TOURNAMENTS 3 tournaments 12 games |

TOTAL PRACTICES: 25 - 30 | TOTAL GAMES: 25 - 35

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Rotate all skaters through both Defence and Forward – no early specialization
- Fair / equal ice time

RECOMMENDATIONS:

- Full time goaltenders – Goalie not playing in games plays out
- Small Area Games in Practice
- Skill / Station based Practices

DEVELOPMENTAL (competitive)

| DEVELOPMENT PHASE | | | REGULAR SEASON PHASE | | |
|---------------------|-----------------|--------------------------------|----------------------|-----------------|----------------------|
| Up To 6 WEEKS | 12 PRACTICES | Up To 6 EXHIBITION GAMES | Up To 22 WEEKS | 44 PRACTICES | Up To 24 GAMES |

| PLAYOFF PHASE |
|--|
| Up to 4 Weeks Tournament style |
| TOURNAMENTS 4 tournaments 16 games |

TOTAL PRACTICES: 50 - 60 | TOTAL GAMES: 40 - 46

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Rotate all skaters through both Defence and Forward – no early specialization
- Fair / equal ice time

RECOMMENDATIONS:

- Full time goaltenders – Goalie not playing in games plays out
- Small Area Games in Practice
- Skill / Station based Practices

HOCKEY CANADA GOALTENDING PATHWAY

It is recommended that the Local Hockey Associations' goaltending coach guide the developmental process of goaltenders. Teams could have their own goaltending coaches through the association or an association goaltending coach would oversee the development of the competitive level goaltenders through separate practice sessions.

COMMUNITY

| DEVELOPMENT PHASE | REGULAR SEASON PHASE | |
|---------------------|----------------------|--------------------------------|
| Up To 4 WEEKS | 8 PRACTICES | Up To 2 EXHIBITION GAMES |
| | Up To 24 WEEKS | Up To 24 PRACTICES |

(recreational)

| PLAYOFF PHASE |
|--|
| Up to 4 Weeks Tournament Style |
| TOURNAMENTS 3 tournaments 12 games |

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 25 - 35

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- Full time goaltenders – Goalie not playing in games plays out
- Rotate all players through all positions – begin position specific at half way point of season
- Small Area Games in Practice
- Skill/Station based practices

DEVELOPMENTAL

| DEVELOPMENT PHASE | REGULAR SEASON PHASE | |
|---------------------|----------------------|--------------------------------|
| Up To 4 WEEKS | 12 PRACTICES | Up To 6 EXHIBITION GAMES |
| | Up To 24 WEEKS | Up To 48 PRACTICES |

(competitive)

| PLAYOFF PHASE |
|--|
| Up to 4 Weeks Tournament Style |
| TOURNAMENTS 4 tournaments 16 games |

TOTAL PRACTICES: 55 - 65 | TOTAL GAMES: 45 - 50

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- Full time goaltenders
- Rotate all players through all positions – begin position specific at half way point of season
- Small Area Games in Practice
- Skill/Station based practices

U13: AGE 11-12

HOCKEY CANADA GOALTENDING PATHWAY

This is the beginning stage of the High Performance Goaltending Development Model

COMMUNITY

| DEVELOPMENT PHASE | | |
|---------------------|----------------|--------------------------------|
| Up To 4 WEEKS | 8 PRACTICES | Up To 2 EXHIBITION GAMES |
| | | |

| REGULAR SEASON PHASE | | |
|----------------------|-----------------|----------------------|
| Up To 24 WEEKS | 24 PRACTICES | Up To 20 GAMES |
| | | |

| (recreational) PLAYOFF PHASE | | |
|--|--|--|
| Up to 4 Weeks Tournament Style TOURNAMENTS | | |
| 3 tournaments 12 games | | |

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

U15: AGE 13-14

DEVELOPMENTAL

| DEVELOPMENT PHASE | | |
|---------------------|-----------------|--------------------------------|
| Up To 4 WEEKS | 12 PRACTICES | Up To 4 EXHIBITION GAMES |
| | | |

| REGULAR SEASON-PHASE | | |
|----------------------|-----------------|----------------------|
| Up To 24 WEEKS | 60 PRACTICES | Up To 28 GAMES |
| | | |

| (competitive) PLAYOFF PHASE | | |
|--|--|--|
| Up to 4 Weeks Tournament Style TOURNAMENTS | | |
| 4 tournaments 16 games | | |

TOTAL PRACTICES: 65 - 75 | TOTAL GAMES: 50 - 55

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

HOCKEY CANADA GOALTENDING PATHWAY

This is the second stage of the High Performance Goaltending Development Model

COMMUNITY

(recreational)

| DEVELOPMENT PHASE | | |
|---------------------|----------------|--------------------------------|
| Up To 4 WEEKS | 8 PRACTICES | Up To 2 EXHIBITION GAMES |
| | | |

| REGULAR SEASON PHASE | | |
|----------------------|-----------------|----------------------|
| Up To 24 WEEKS | 24 PRACTICES | Up To 20 GAMES |
| | | |

| PLAYOFF PHASE | | |
|--|--|--|
| Up to 4 Weeks Tournament Style | | |
| TOURNAMENTS 3 tournaments 12 games | | |

TOTAL PRACTICES: 30 - 35 | TOTAL GAMES: 35 - 40

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 3 sessions (1 skills session / 1 small area games session / 1 formal game)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

DEVELOPMENTAL

(competitive)

| DEVELOPMENT PHASE | | |
|---------------------|-----------------|--------------------------------|
| Up To 4 WEEKS | 16 PRACTICES | Up To 4 EXHIBITION GAMES |
| | | |

| REGULAR SEASON PHASE | | |
|----------------------|-----------------|----------------------|
| Up To 24 WEEKS | 72 PRACTICES | Up To 32 GAMES |
| | | |

| PLAYOFF PHASE | | |
|--|--|--|
| Up to 4 Weeks Tournament Style | | |
| TOURNAMENTS 4 tournaments 16 games | | |

TOTAL PRACTICES: 80+ | TOTAL GAMES: 50 - 55

REQUIREMENTS:

- No tryouts / evaluations prior to or during the first week of school
- Must provide a minimum of 4 skates before formal tryouts
- Tryouts must be minimum 5 sessions (2 skills session / 1 small area games session / 2 formal games)
- Tournament style playoffs - no rounds
- Fair / equal ice time

RECOMMENDATIONS:

- 1 Dedicated Skill Practice per week
- 2 Seasonal Breaks (School Breaks)

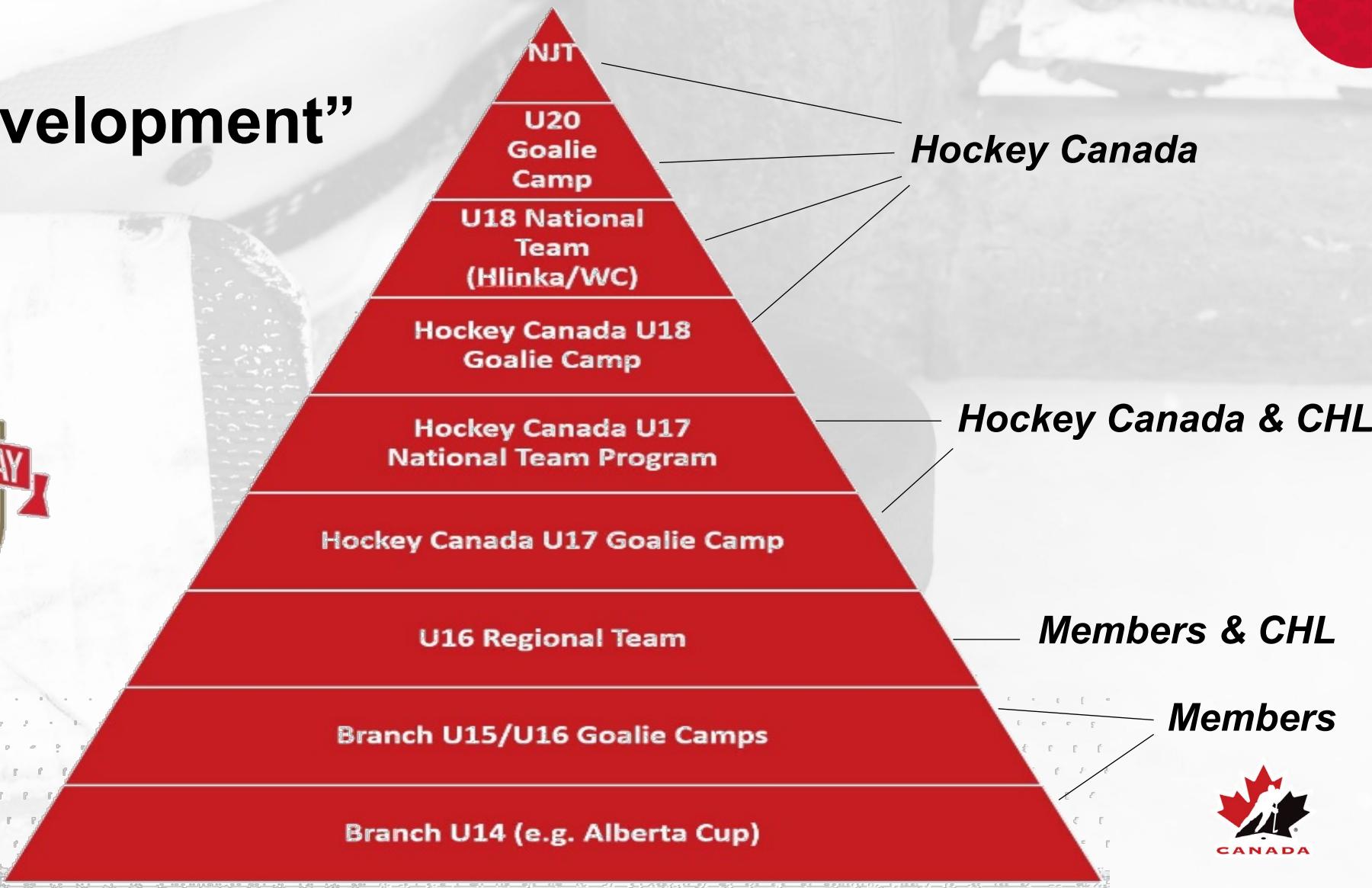
U18: AGE 15-17

HIGH PERFORMANCE GOALTENDING DEVELOPMENT MODEL

Development Pyramid – Men's

“Holistic Development”

- Mental
- Physical
- Technical
- Tactical

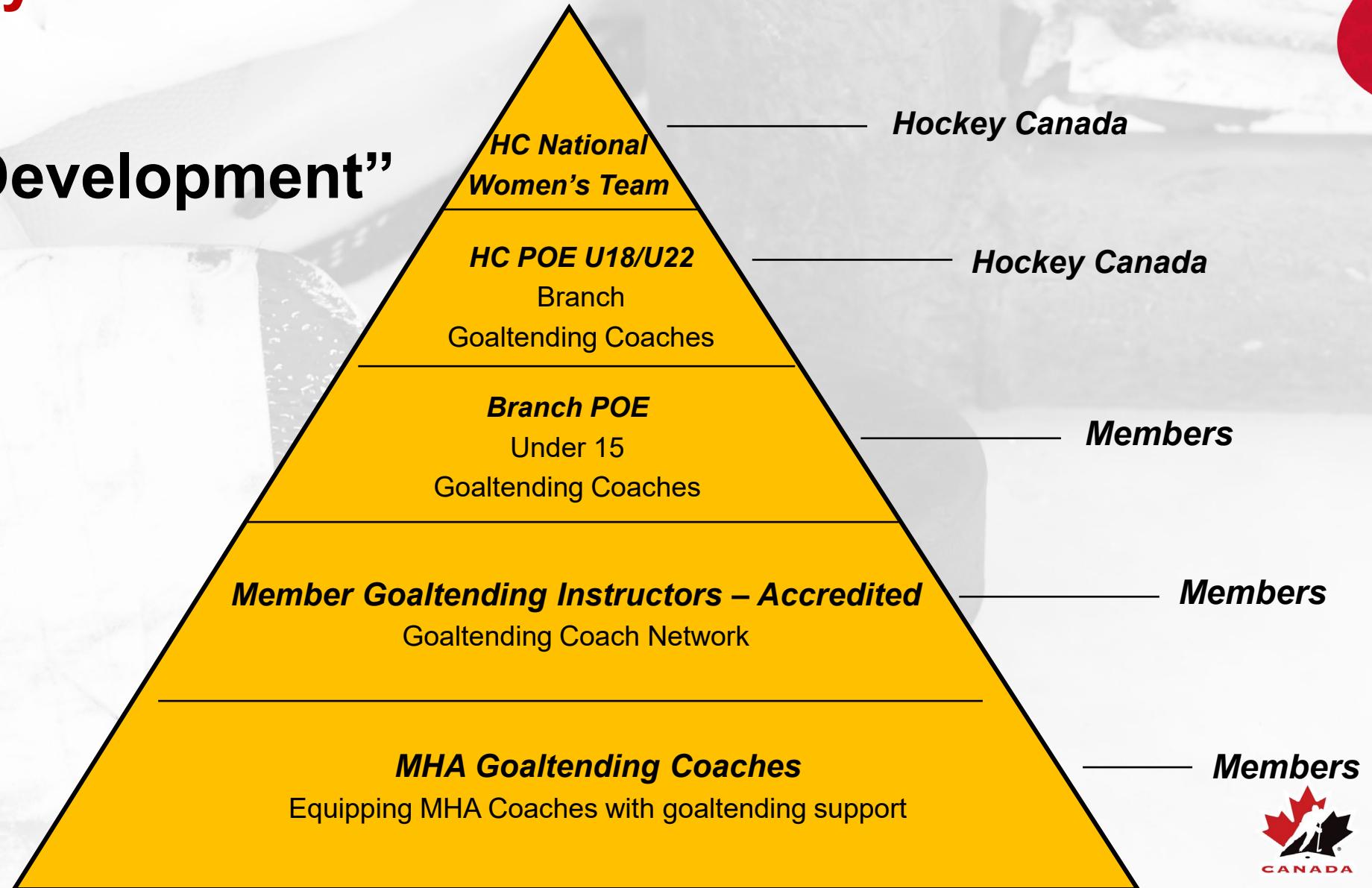


HIGH PERFORMANCE GOALTENDING DEVELOPMENT MODEL

Development Pyramid – Women's

“Holistic Development”

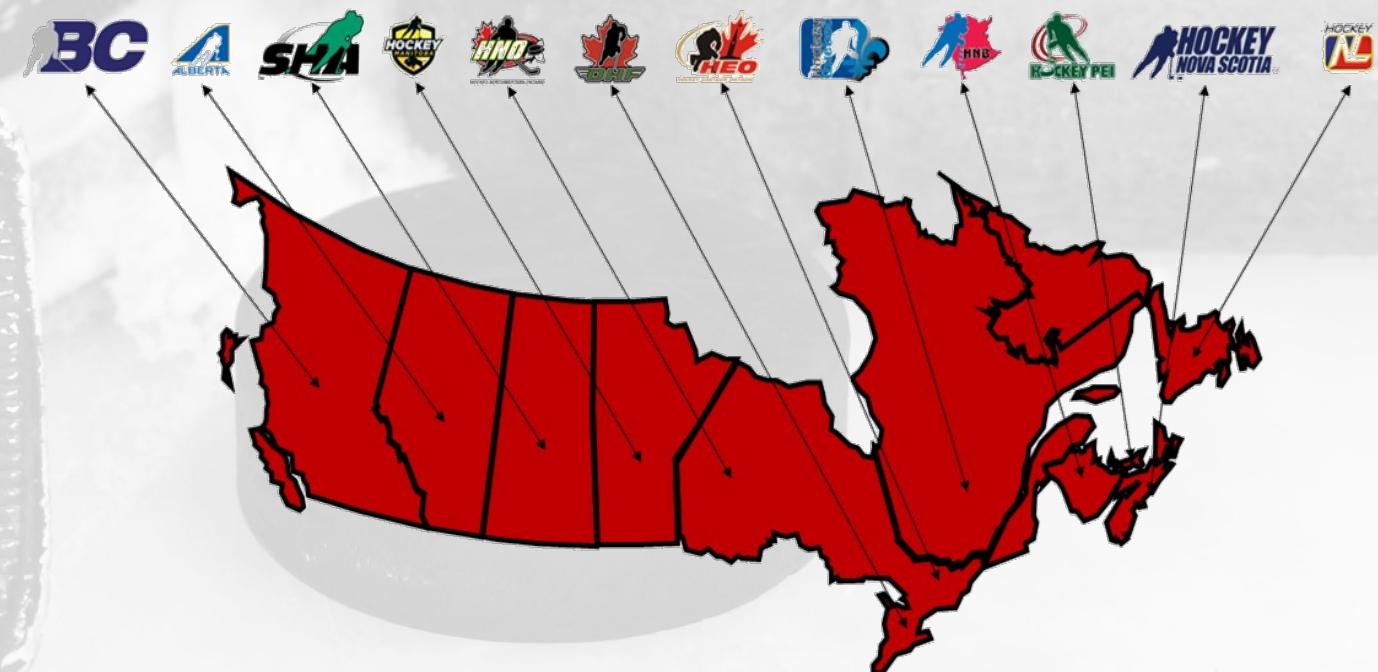
- Mental
- Physical
- Technical
- Tactical



HOCKEY CANADA GOALTENDING PATHWAY

Role of the Member Branches

- **Appointment** of a Member High Performance Goaltending Advisor
- **Training** of Member Goaltending leads in each area of their province (Level 3 Certification)
- **Operate** U16/U15/U14 regional goaltending camps in their Member branch / province
- **Operate** a provincial goaltending development camp for U16 each season.



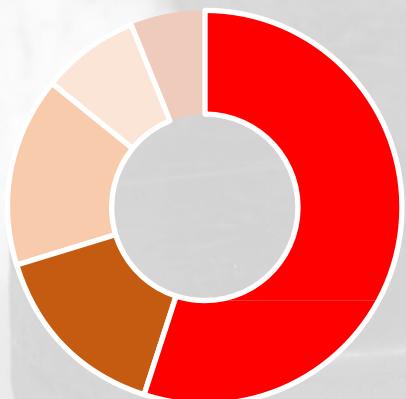
SEASONAL STRUCTURE

| SEPTEMBER | OCTOBER | NOVEMBER | DECEMBER | JANUARY |
|---|---|---|---|---|
| Introduce Technical skills: | Develop Technical skills: | Develop Technical skills: | Refine Technical skills: | Develop & Refine Technical skills: |
| Skating & Movement (t-push, shuffle, c-cuts, pivot) |
| Stance (athletic position, balance) |
| Positioning (angles, squareness, depth) |
| Save Selection (basic saves) |
| | | Introduce: | Develop: | Basic Puck Control (rebound control) |
| | | Basic Puck Control (rebound control) | Basic Puck Control (rebound control) | Stick Handling |
| | | Stick Handling | Stick Handling | |

SEASONAL STRUCTURE

| FEBRUARY | MARCH & APRIL | MAY - AUGUST |
|---|---|--|
| Develop & Refine Technical skills: | Develop & Refine Technical skills: | Off-Season |
| Skating & Movement (t-push, shuffle, c-cuts, pivot) | Skating & Movement (t-push, shuffle, c-cuts, pivot) | Multi-sport Activities |
| Stance (athletic position, balance) | Stance (athletic position, balance) | Goaltender Specific Skill Instruction |
| Positioning (angles, squareness, depth) | Positioning (angles, squareness, depth) | |
| Save Selection (basic saves) | Save Selection (basic saves) | |
| Basic Puck Control (rebound control) | Basic Puck Control (rebound control) | |
| Stick Handling | Stick Handling | |

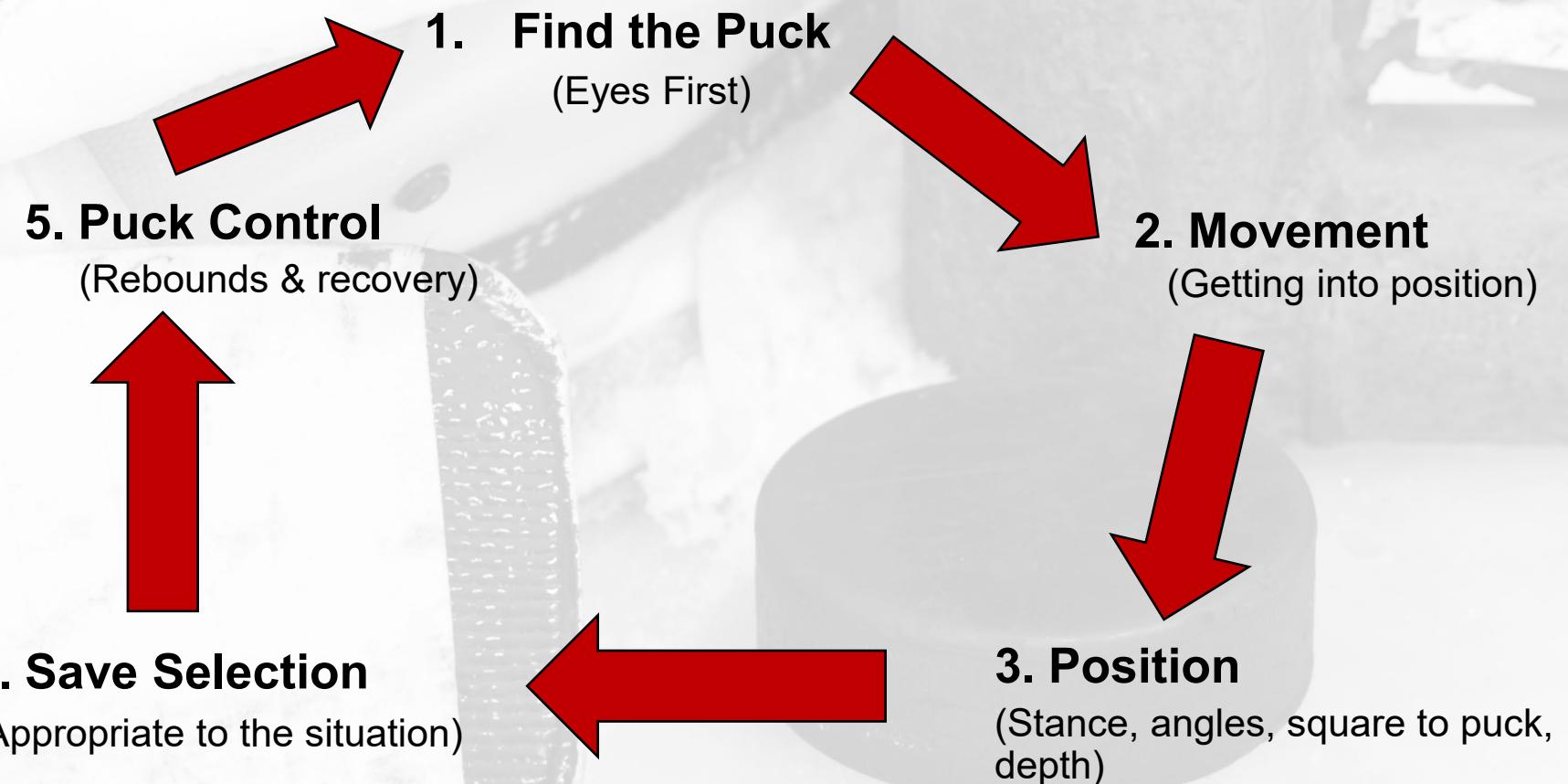
SEASONAL STRUCTURE BREAKDOWN CHART



- 40% - Introducing Technical Skills**
- 25% - Developing Technical Skills**
- 20% - Refining Technical Skills**
- 10% - Introducing Individual Tactics**
- 5% - Developing Individual Tactics**

GOALTENDING SKILL DEVELOPMENT

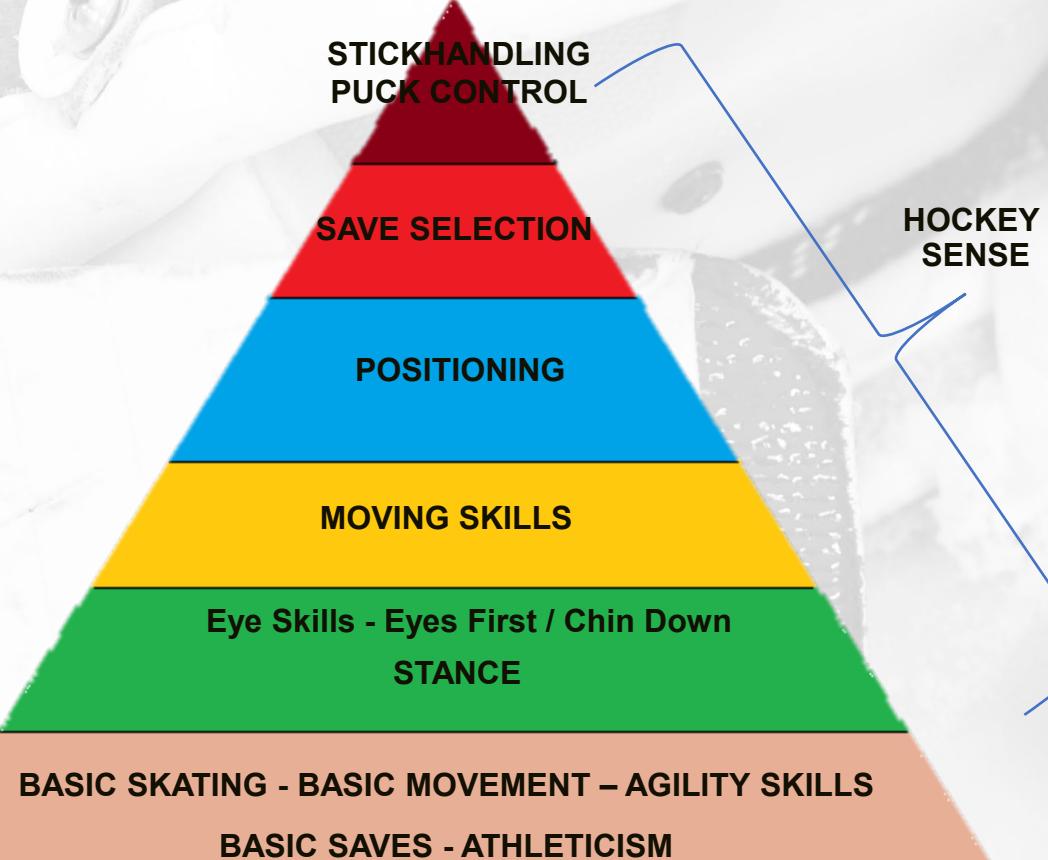
The Save Cycle is comprised of 5 key areas of focus for solid goaltending:



The Save Cycle is the foundation for
Goaltending in Canada!



GOALTENDING SKILL DEVELOPMENT



- **The Beginner Program**
 - 75% movement and positional skills
 - 20% on save movements
 - 5% on tactics
- **The Intermediate Program**
 - 50% movement and positional skills
 - 20% on save movements
 - 30% on tactics and transition
- **The Advanced Program**
 - 35% movement and positional skills
 - 10% on post-save consequences
 - 40% on tactics and transition
 - 15% on advanced positioning



GOALTENDING SKILL DEVELOPMENT

Level 1 Curriculum – Introduction to Basic Skills

1. Skating
2. Stance (Athletic position, balance)
3. Moving Skills (T-Push, Shuffle, C-Cut & Pivot)
4. Positioning (Angles, Square, Depth)
5. Save Selection (Basic Saves)
6. Basic Puck Control
(Rebound Control)
7. Stickhandling

Level 2 Curriculum – Advanced Skills and Scoring Situations

1. Advanced Skating
2. Eye Skills
3. Advanced Hands
4. Advanced Puckhandling
5. Scoring Situation



GOALTENDING SKILL DEVELOPMENT

Level 2 Curriculum – Advanced Skills / Scoring Situations

- The scoring situations are broken down to 10 categories to help the goaltender recognize the situation and select the best way to defend it
- Goaltenders have to be able to read both attacking players options and their own teammates defending position while processing the situation

The 10 Scoring Situations are:

1. Clear Shots
2. Entries
3. Net Drives
4. Breakaways
5. Rebounds
6. Low / High
7. East / West
8. Below the Goal Line
9. Deflections
10. Screens



GOALTENDING SKILLS



LEVEL 1

| Balance and Agility | Moving Skills | Positioning | Save Selection | Basic Puck Control |
|--|---|--|---|--|
| <ul style="list-style-type: none"> • Basic Stance • Butterfly Stance | <ul style="list-style-type: none"> • Shuffles • C-cuts • T-push • Pivot • Slides | <ul style="list-style-type: none"> • Angles • Squareness • Depth • Tracking the puck | <ul style="list-style-type: none"> • Stick Saves • Glove Saves • Blocker Saves • Body Saves • Breakaways | <ul style="list-style-type: none"> • Basic Rebound Control • Freezing Pucks • Stickhandling |

LEVEL 2

| Advanced Skating | Eye Skills | Advanced Hands | Advanced Puck Handling | 10 Scoring Situations |
|--|---|--|--|--|
| <ul style="list-style-type: none"> • Advanced C-cuts • Advanced Pivots into t-push / shuffles / butterfly / powerslides / recovery | <ul style="list-style-type: none"> • Tracking the Puck | <ul style="list-style-type: none"> • Moving fwd / bwd • Moving east / west | <ul style="list-style-type: none"> • Setting Pucks • Outlet Passes • Rims | <ul style="list-style-type: none"> • Clear shots / Entries / Net drives / Breakaways / Rebounds / Low to high / East – west / Below goal line / Deflections / Screens |

LEVEL 3

| Defensive Team Play | Offensive Team Play | Hockey Sense | |
|--|---|---|--|
| <ul style="list-style-type: none"> • D Zone • PK • Odd Man Situations | <ul style="list-style-type: none"> • Breakouts • Rims | <ul style="list-style-type: none"> • Communication • Developing Individual Plan | |

INSTRUCTORS / COACHES

Continuing Education Opportunities

- NCCP Instructional Stream
- Goaltending Level 1
- Goaltending Level 2
- Goaltending Level 3
- Small Area Games Clinic



RESOURCES



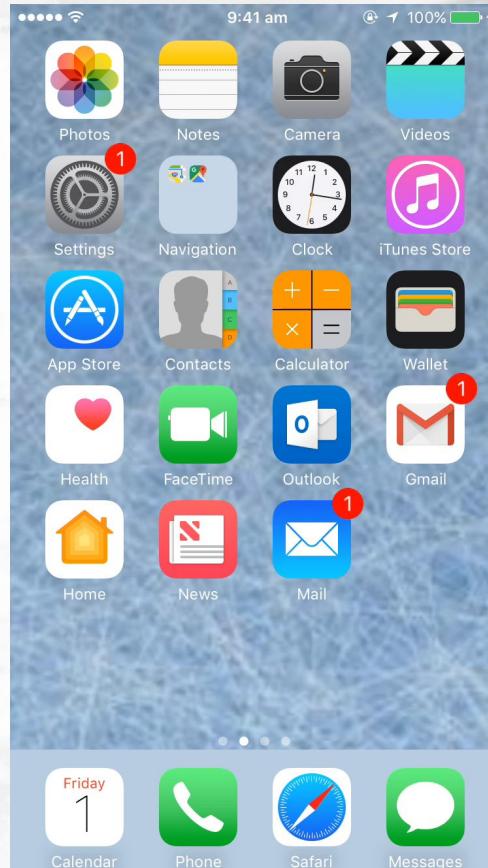


RESOURCES

SUBSCRIBE

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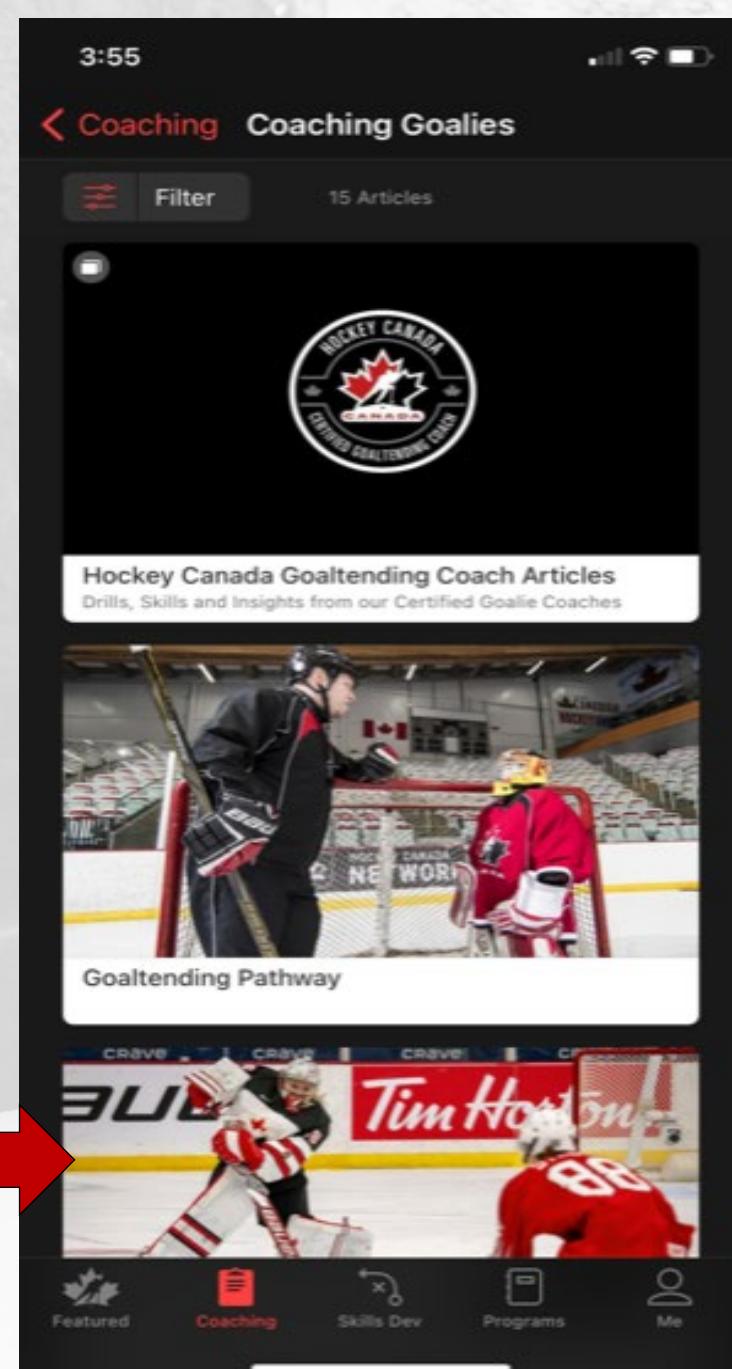
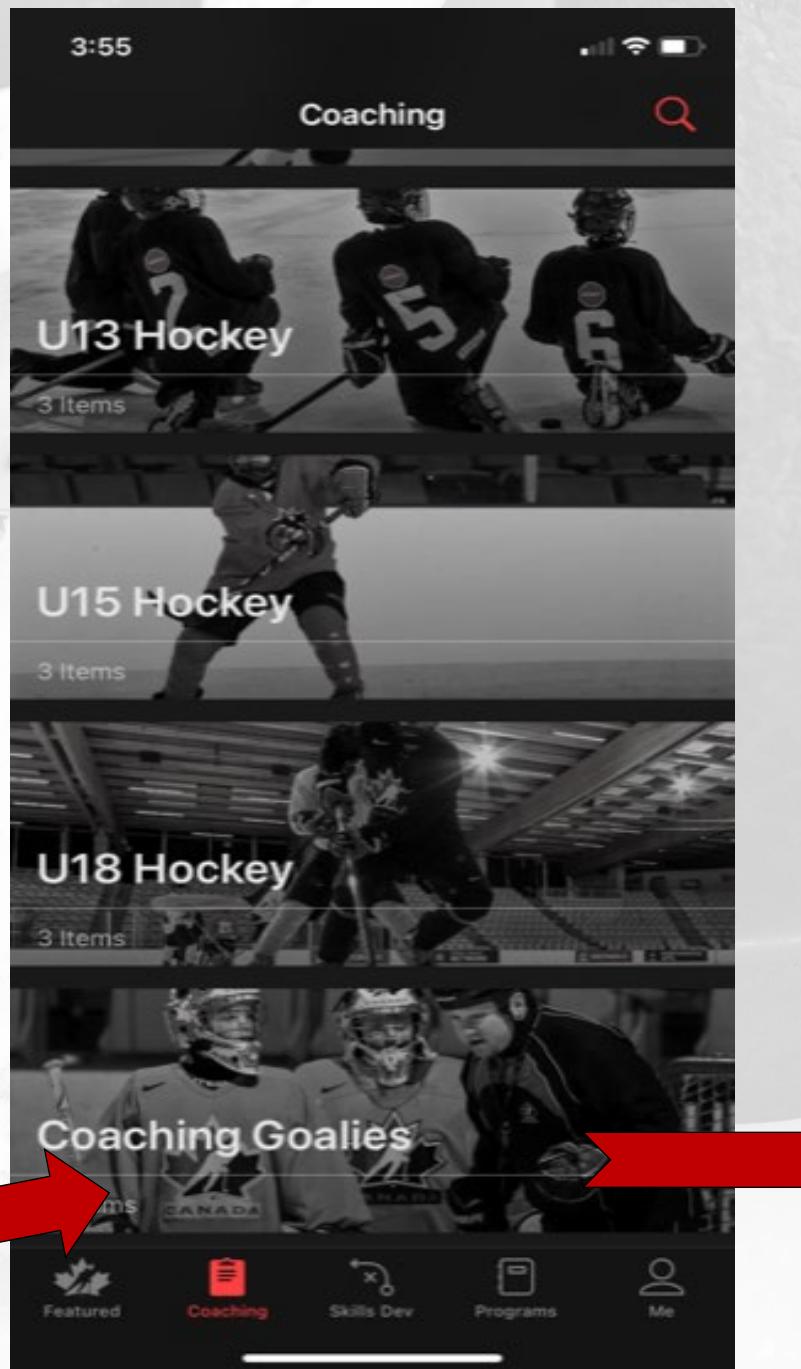
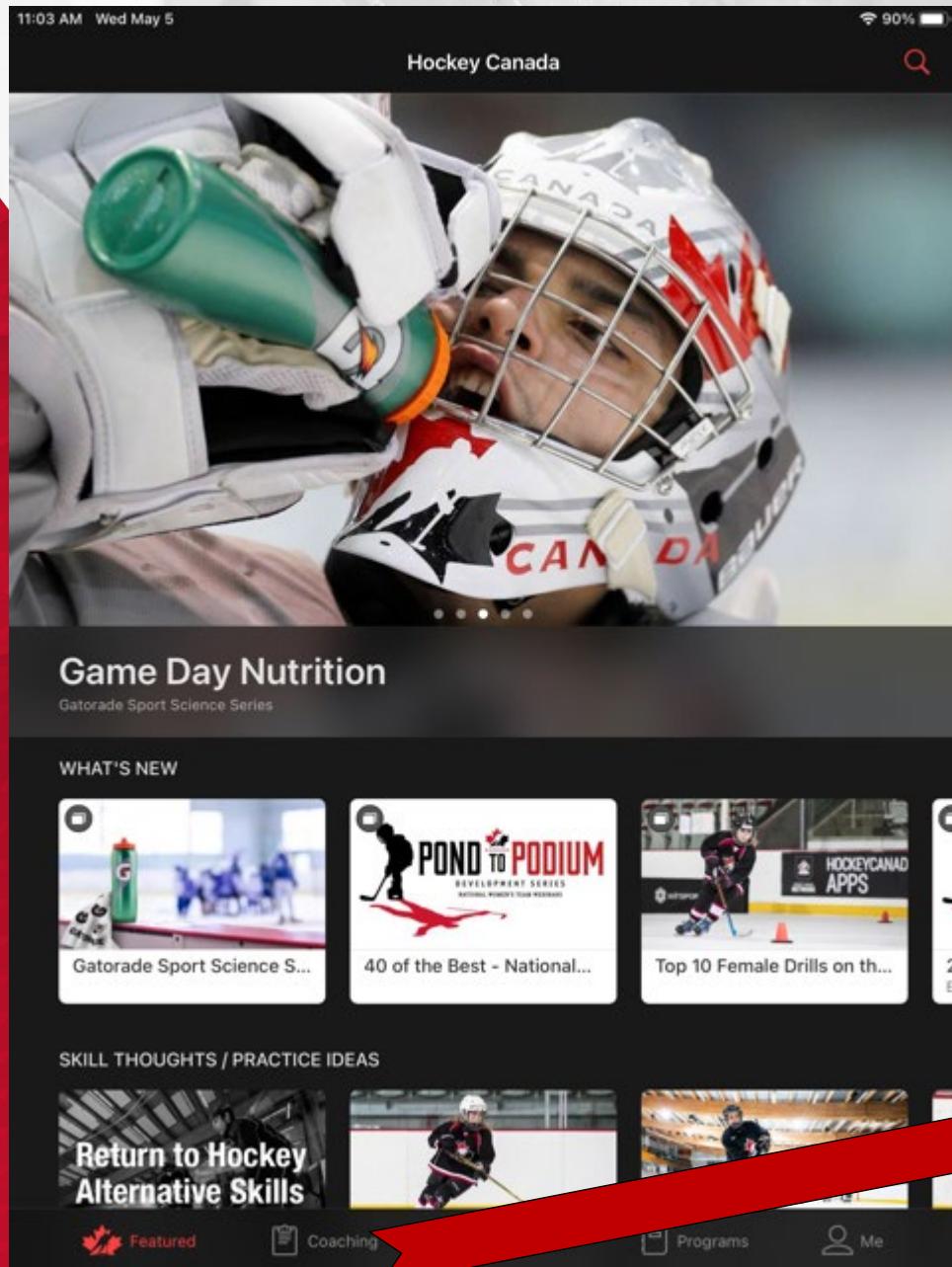
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RESOURCES

Coaching – Coaching Goalies





RESOURCES

Skill Development - Goaltending



RESOURCES

Skills Manuals - Goaltending

The screenshot shows the 'Skills Development' section of the app. At the top, there are three large thumbnail images for U7, U9, and U11 categories. Below them are two rows of smaller thumbnails. The first row includes U13, U15/U18, and a 'Goaltending' category. The second row includes 'POND TO PODIUM Pond to Podium', 'Program of Excellence', and 'Team Canada World Jr Skills'. The third row includes 'Skills of Gold', 'Drills of the Month', and 'Team Canada'. The bottom row includes 'Skills Manuals', 'U9 Drills', and 'U13 Drills'. A red arrow points from the 'Goaltending' category in the first row down to the 'Goaltending Skills Development' category in the second screenshot.

The Hockey Canada Skills Development Goaltending Manual is broken up into 24 separate practice plans for Beginner, Intermediate and Advanced level Goaltenders

Each individual drill can also be accessed. Favorite, download and share an entire practice plan or individual drill

The screenshot shows the 'Goaltending' category. It features a grid of 12 cards, each representing a different practice plan. The cards are arranged in three columns and four rows. The first card in the top row is 'Goaltending Skills Development' (10 items). The second card is 'Goaltending Beginner Plans' (24 items). The third card is 'Goaltending Intermediate Plans' (24 items). The fourth card in the second row is 'Goaltending Advanced Plans' (22 items). The fifth card is 'Goaltending Skating Drills' (48 items). The sixth card is 'Hands and Stick Drills' (33 items). The seventh card in the third row is 'Clear Shot Drills' (9 items). The eighth card is 'Entry Drills' (11 items). The ninth card is 'Net Drive Drills' (4 items). The tenth card in the fourth row is 'Breakaways' (3 items). The eleventh card is 'Rebound Drills' (9 items). The twelfth card is 'Low-High/ High-Low' (6 items).

