

GOALTENDER GUIDE



A guide for the introduction and implementation of goaltender skills.



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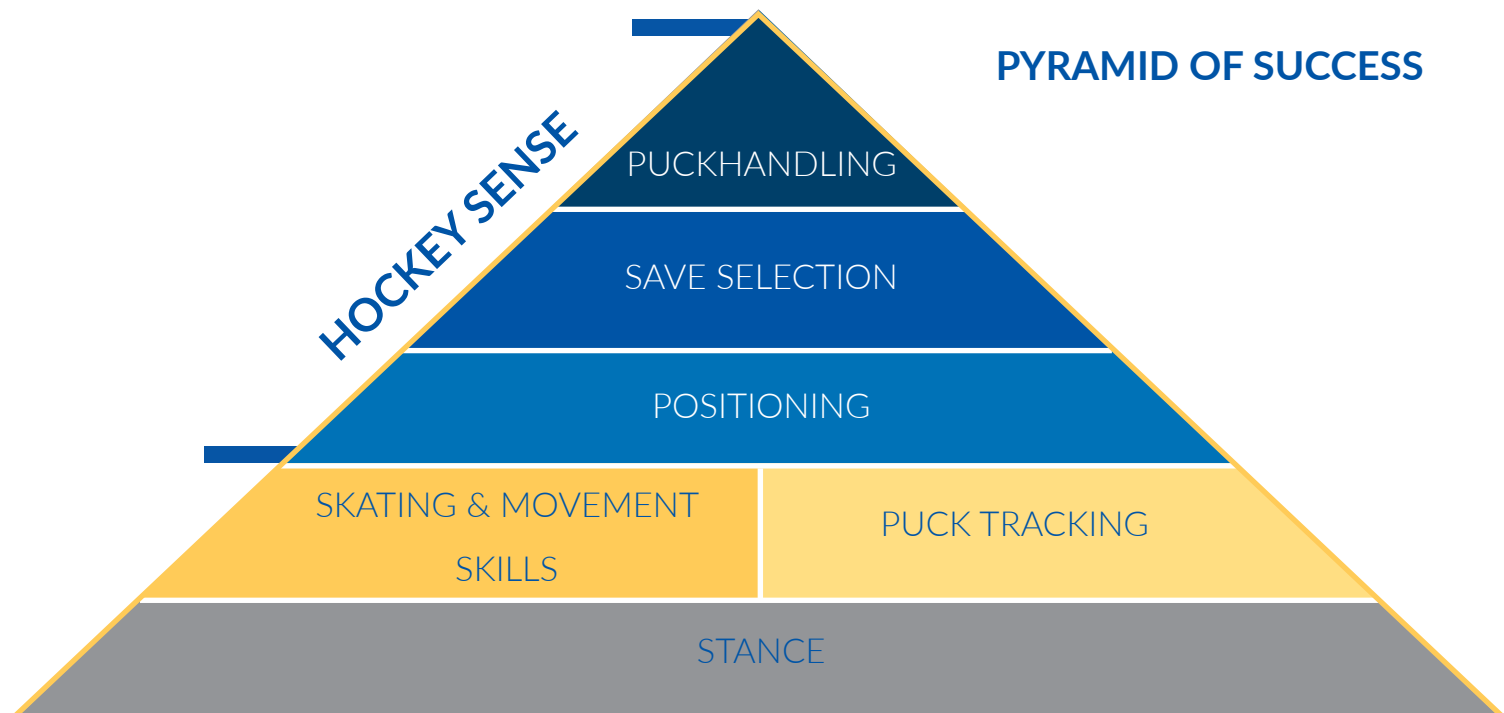
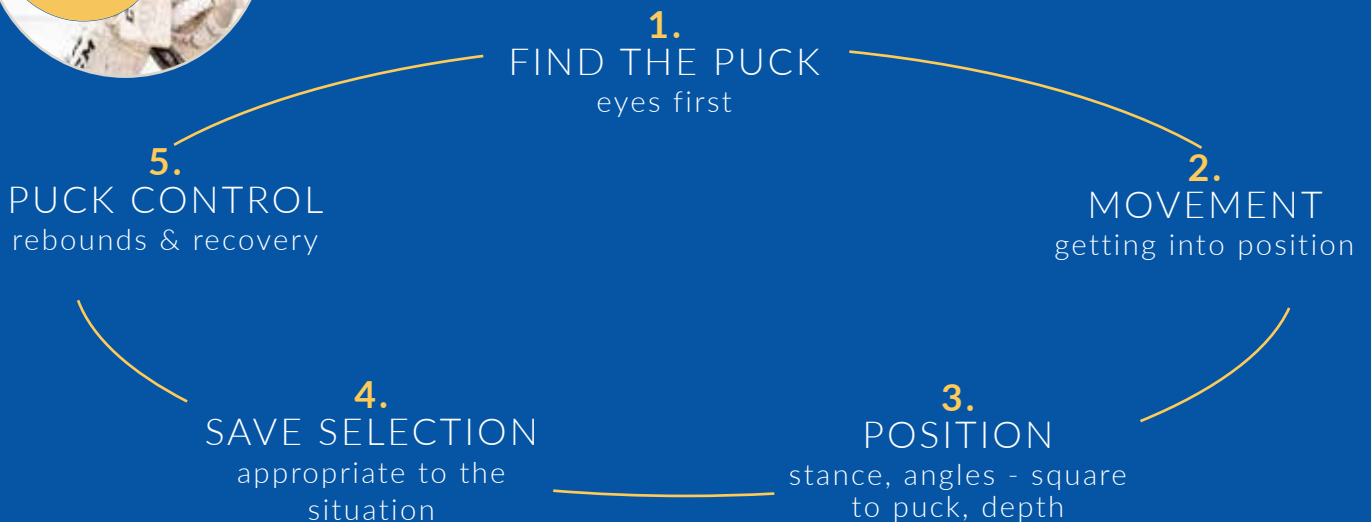
INTRODUCTION

Goaltending is a critical aspect of team play and requires direct and consistent unique coaching skills

Goaltending revolves around the concept of seeing the puck (find the puck), being set on the puck (movement and position) and stopping the puck (save selection).

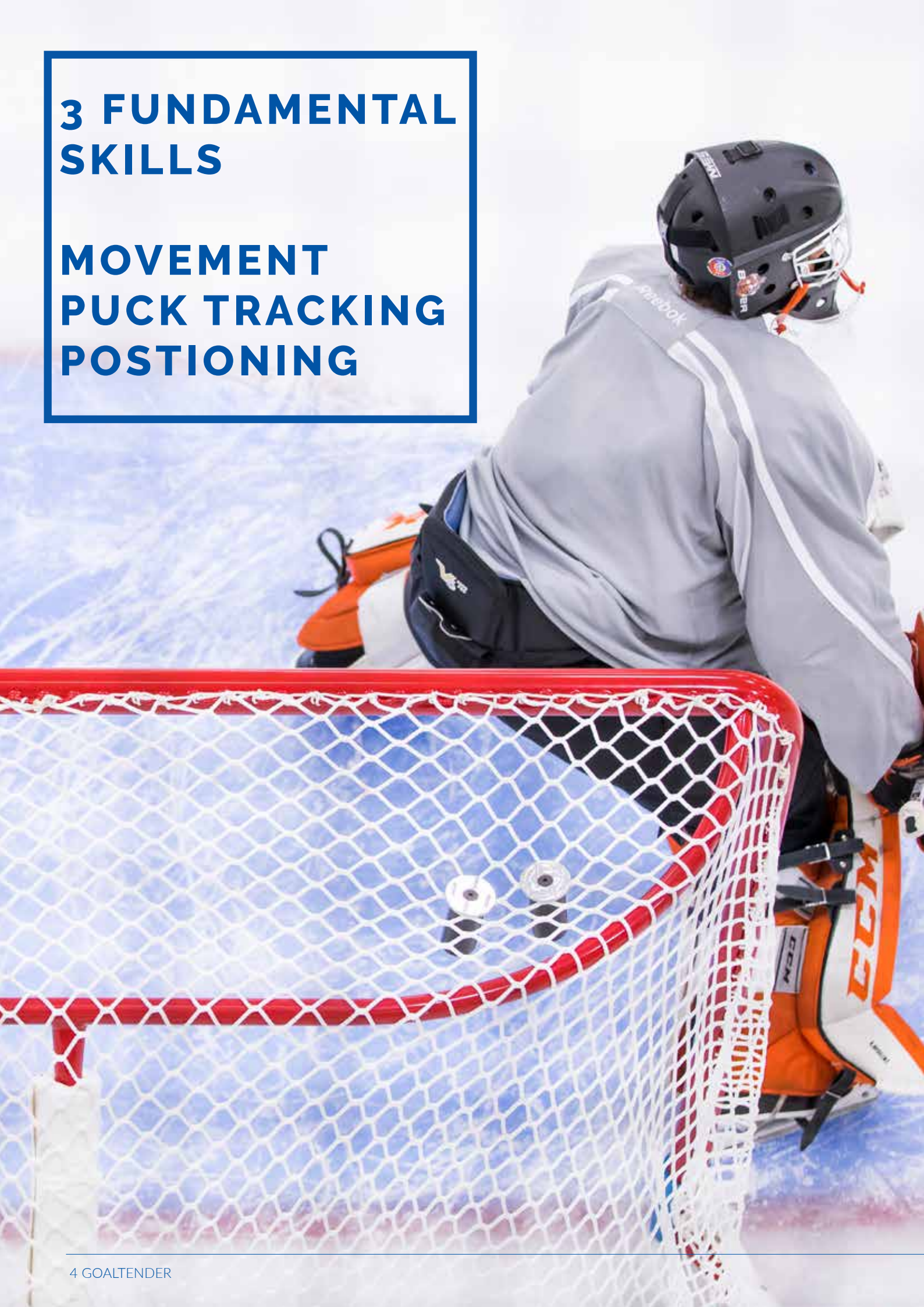


KEY CONCEPTS FOR GOALTENDING PRE-SAVE. SAVE. POST-SAVE



3 FUNDAMENTAL SKILLS

MOVEMENT
PUCK TRACKING
POSTIONING



LEVEL 1 CURRICULUM TECHNICAL

1. Stance (Athletic Position, balance)
2. a. Moving Skills (C-Cut, T-Push, Shuffle, Slides, Backside Pushes)
b. Puck Tracking (Basic Saves)
c. Positioning (Angles, Square, Depth)
3. Save Selection (Reads, Rebounds and Execution)
4. Puckhandling

A proper Stance is necessary to execute these skills. While save selection is the culmination of the three foundational skills order to stop the puck, it is imperative to understand that puckhandling is also a required skill for goaltenders.

In the pages to follow we will explain each element of the pyramid and how they work together to develop goaltenders. By focusing on a step by step approach a solid foundation can be built for a goaltender that allows them to have success at each step.



GOALIE STANCE

The starting base for a goaltender proper stance.



1. Feet slightly more than shoulder width apart
6. Stick on the ice



2. Knees bent
3. Chin in front of body (allows goalies to react and watch the puck properly)
4. Hands in front of the body
5. Stick in front of the blocker

DOWN/BUTTERFLY



1. Eyes looking down to ice
2. Chin in front of knees
3. Knees together (pads flared outward covering bottom of net)
4. Elbows tight to body
5. Hands in front of body
6. Stick is on ice with gap between pads (stick angle should allow puck to deflect into chest)



STICK GRIP



- Stick blade at a slight angle with the toe of the stick ahead of the heel, covering the five-hole (stick falls naturally in place with your hands and in front of skates)
- Blocker rotated outwards slightly caused by stick being in front of blocker
- Stick Grip: For optimal control and strength, stick is held at the shoulders of the stick (top of the paddle) with index finger gripping side of the paddle and supported behind with the thumb. This allows the goalie to steer on ice shots away to corners.

2 PROGRESSIONS OF SKATING

SECTION

Goaltenders must start with the base of a proper stance in order to build good habits to be successful skaters. Each movement begins with the head and eyes looking to the new place of movement.

01

T-PUSH

1. Stick stays on the ice
2. Head and eyes look before the push starts
3. Point toe to new landing spot
4. Push with back foot
5. Stop with only the lead foot

C-CUT

1. Stick stays on the ice
2. Head stays level – does not bob up and down
3. Hands stay in ready position
4. Skates go out and back in – maintaining contact with ice at all times
5. Both hips face forward at all time

SHUFFLE

1. Stick stays on the ice
2. Head stays level – does not bob up and down
3. Toes face forward
4. Push snow with lead foot and pull with back foot
5. Skate blades stay on the ice

02

BUTTERFLY SLIDES (start standing and pushing into a slide)

1. Eyes look to ice and head turns to look at direction of push before body moves
2. Weight transfer to outside/back leg
3. Lead/inside leg hits the ice first covering the bottom of the net
4. Stick stays in line with centre of body, quickly covering five-hole
5. Pads come together quickly

RECOVERIES (start down in a butterfly and push to feet)

1. Eyes and head turn to look where goalie is going
2. Lead leg pulls under the body
3. Elbows stay against body and hands and hips point to where the goalie is going
4. Get up with outside/back leg
5. Push directly with the outside leg
6. Stop only with the lead foot



03

BACKSIDE PUSH (pushing while down)

1. Head turns to look directly where goalie is going
2. Rotate so middle of chest is square to puck
3. Bring back leg underneath body in order to push
4. Push off front half of blade
5. Stick and hands lead

KNEE SHUFFLE (from outside the posts into the posts)

1. Eyes stay down facing the ice
2. Open front leg and quickly close with back leg
3. Stay in proper butterfly position

04

SLIDING INTO POSTS (from outside the posts into the posts)

1. Head stays down looking to find puck on ice
2. Same process as backside push (see 3a)
3. Goalie receives post and seals skate, hip and shoulder against post

POST TO POST PLAY

1. Head stays down looking to find puck on ice
2. Skate stays engaged with post
3. Weight shifts from one post toward the other (not a “push” but a shift of weight)
4. Elbows stay tight to body and avoid space between elbow and body

BUTTERFLY/DOWN C-CUTS

1. Head stays down looking to find puck on ice
2. Pull leg into body, use inside edge to adjust angle. Other leg should be used as pivot leg (rotate do not move).
3. Use same leg to brake - same leg pushes and breaks
4. Maintain good butterfly/down stance. Hands don't move.
5. Push leg stays close to the body when using edge to rotate.

3 SECTION

PUCK TRACKING

Puck tracking works in combination with the head and eyes, allowing the goaltender to maintain sight of the puck. By seeing the puck, the goaltender can establish/maintain proper position in order to execute a proper save and post save. With tracking done properly the Pre-Save, Save and Post-Save can be completed without any noticeable delays. Tracking, like skating, should be done focusing on mastering each progression.

1 STATIONARY TRACKING

1. Tracking In – Goaltender must:
 - Have visual contact with the puck.
 - Watch the puck into the save while moving toward the save
 - Maintain visual contact with the puck during the save.
2. Tracking In and Out – Goaltender must:
 - Have visual contact with the puck.
 - Watch the puck into the save while moving toward the save and maintaining visual contact with the puck during the save.
 - Be able to follow the rebound and begin the save process anew (find the puck).

2 TRACKING MOVEMENT

1. Tracking the Puck Carrier – Goaltender must:
 - Have proper visual contact with the puck.
 - Be able to move with the puck carrier.
 - Maintain a set position in order to be ready.
2. Tracking the Puck Carrier Below the Goal Line – Goaltender must:
 - Work to maintain visual contact with the puck.
 - Be able to move with the puck carrier.
 - Maintain a set position in order to be ready.
3. Tracking Passes – Goaltender must work to:
 - Maintain proper visual contact with the puck.
 - Visually recognize where the pass is going.
 - Visually recognize the new threat of the outcome of the pass.
 - Be able to be set on the new puck carrier.





3 SCRAMBLES & TRAFFIC

1. Tracking While Down/Scrambles – Goaltender must work to:
 - Maintain proper visual contact with the puck while in a butterfly.
 - Be in the shot lane.
 - Be aware of all possible threats.
 - Eliminate as much net as possible.
2. Tracking in Traffic – Goaltender must work to:
 - Maintain proper visual contact with the puck.
 - Maintain proper visual contact for as long as possible with the puck.
 - Be aware of all possible screens and how to see around them in order to maintain visual contact with the puck.
 - Be aware of all possible opportunities where the puck can get redirected on the way to the net.

4 TRACKING A SHOT

The head should turn to allow the eyes to look directly at the puck the entire trajectory of the shot.



Track puck with eyes the whole trajectory of the shot.

Head should rotate to allow BOTH eyes to look directly at puck.



Align glove to puck trajectory

Lean shoulders towards puck

Adjust hand to catch puck in pocket of glove.



POSITIONING

SECTION 4

A. CENTRE OF NET/BODY/PUCK



ANGLE: Centre of the net from the puck's point of view (straight line from puck through chest to the centre of the net)

SQUARE: Shoulders, hips and toes pointed at the puck

DEPTH: Distance from the goal line to the goalie's stance

Goaltenders should get accustomed to playing at the top of the crease. Even at the beginner levels of goaltending, the goaltender should not be much more than a step from the top of the crease at any time. The less movement before a save, the easier to get set and make the save.

Playing at the top of the crease gives the goalie enough depth to eliminate the puck's angle to the net behind the goalie. As well, if s/he avoids backing up and maintains a closer gap to the puck, s/he is more likely to cut the puck off before getting to the net, either via straight shot or a redirection.



GOALIE 1: PLAYING JUST IN FRONT OF THE GOAL LINE



GOALIE 2: PLAYING AT THE TOP OF THE CREASE

Both photos are taken from the ice between the hashmark in the middle of the slot. Goalie **1** - would have to fully extend both of his hands to reach the goal posts and his hands are below the crossbar.

Goalie **2** - feet reach to both posts and his glove is positioned above the crossbar in his stance and covers a significantly greater percentage of the crease.

The key in depth for goalies is not where they start on a rush play but where they are positioned at the moment of the shot and when the puck arrives at the goaltender. Goaltenders should work to maintain depth rather than starting too far out and having to back up quickly which could prevent them from being properly set at optimal depth.



B. SQUARENESS: ALIGNMENT ON PUCK

1. Being square to the puck requires the goalie to look before pushing to find the proper angle.
 - If the goaltender looks to find the puck before pushing, s/he can visualize the proper angle and get square to the puck.
 - If the goalie pushes before finding the puck, s/he is guessing as to where the puck will end up.
2. Goaltender's alignment is between the centre of the net and the puck - not the shooter's body.
3. Puck alignment is in the middle of the chest at all times (goaltender's shoulders and toes pointed towards the puck).

NOT CENTRED ON PUCK:

Aligning with the shooter's body instead of the puck position can create a drastic difference in angle (puck's point of view). This happens because the goaltender fails to look first and identify the shooter's stick.



CENTERED: Square to the puck for a left-handed shooter.



LOOK - ROTATE - PUSH



IN THE 'EYES'
OF THE PUCK

C. OPTICS: PUCKS POINT OF VIEW IN TIGHT

1. A goalie must decide on the type of save - stand up or butterfly - according to the distance of the puck from the crease.
 - This blocking style (with low gloves) is very effective from that distance because the puck cannot "see" the upper portion of the net.
 - Also, a goalie has less time to react to a shot from in tight.
3. The further distance the shot is taken from the crease, the longer the puck takes to cross the goal line. The goaltender also has more time to react to height and direction of the shot.
 - Goalies must be patient (stand up longer).
 - Longer-distance shots may be tipped or redirected on the way towards the net.



IN THE "EYES" OF THE SHOOTER



5 SECTION

BASIC PUCK HANDLING



Goaltender is in the athletic stance (see Section 1) with one adjustment: Blocker is positioned at the butt end of the stick and the glove hand is positioned in an “inverted grip” at the upper shaft of the stick above the paddle

- Glove can rotate to a standard player grip on the stick – based on the skill set of the goaltender.
- Glove hand applies pressure to the ice and prepares to pass the puck
- Legs are bent and in position to pivot forward or backward and use skating movements (c-cuts, t-push)
- Head up to read options and make the pass

6 INCORPORATING GOALIES INTO PRACTICE



Your goaltenders will improve doing team drills but including one goaltender drill per practice makes your goaltenders feel an important part of the team and helps them improve their skills.

For any drill, a coach should reflect on what the goaltenders are expected to achieve in the drill. Each drill should have expectations for forwards, defencemen and goaltenders. Coaches should utilize the term “and the goalies are expected to...”

Other ideas include:

- Have your assistant coaches work individually with the goalies while the rest of the team are working on skills or systems.
- Make your warm-up be a goalie specific drill.
- First 10 or last 10 minutes of practice set aside for coach-controlled goaltending drills.
- Have goaltenders work with each other through skating drills when not being utilized in other drills.
- Have goaltenders participate in puck handling and passing drills.



7 COMMUNICATION

Communication with your team's goaltenders is a key aspect in their confidence and development. Goaltenders need to know in advance who is starting the next game in order to prepare mentally. For regularly scheduled games one day notice is recommended. For tournaments, it is recommended to inform the goaltenders who will be starting before they get to the rink.

Coaches must also communicate what is expected of them in game situations as well as practice. The habits built in practice are what will show up in games. For example, how to play a 2-on-1, handling the puck, and the goaltender's depth are all things that are worked on in practice and tested in a game. Coaches should have clear expectations instilled in practice that will present in games.

Set aside practice time and work with the goaltenders to find specific areas they need to work on.





8

SECTION

ROLE OF THE GOALTENDER COACH

Few head coaches have the knowledge of the position that is needed for goaltender development. Those coaches with a goaltending background don't have the time to focus solely on their goaltenders – therefore a qualified and current goaltender coach is important. A goaltender coach is most effective when encouraged to do the following:

- Design and implement drills
- Act as a liaison between the goaltenders and the head coach
- Help goaltenders with mental preparation and routine
- Assess game and practice performance to identify strengths and areas of development
- Use video as an effective coaching tool from practices and games
- Help the goaltenders deal with pressure and performance

9

SECTION

BEING A GOALTENDERS PARENT

The role of a goaltender parent involves collaborating with the coaching staff to supply your young goalie with development opportunities. Here are some key points:

- Properly equip your goalie for protection and for success.
 - » Ensure your goalie is protected from head to toe in properly fitting equipment.
 - » Proper fitting equipment protects from the dangers of goaltending and allow the goalie the flexibility and mobility to play the position effectively.
- Your young goalie is playing a position at which s/he will inevitably fail (give up a goal).
 - » Support positive performances as well as negative performances.
- Do not blame other players for mistakes or goals.
 - » Teach responsibility and accountability and this hopefully will stop others from blaming the goaltender for mistakes or goals.
- Encourage your young goalie to initiate conversation relating to a game or practice to get their feelings on their performance.
- Remind yourself and your goaltender it takes years to master the position.
 - » Goaltending requires a very specific and unique skill set. Be patient and continue to work for progress.
- The time for advice is before and after games - not during.
 - » Enjoy watching the game and allow your goalie to play.
- Coaches and goalie coaches are trying to help make your young goaltender better.
 - » Try to support additional learning opportunities in the most positive way possible.





- Development is a long-term process.
 - » Don't be in a rush to play at the highest level.
 - » Confidence in young goalies is extremely valuable and is a huge indicator in success.
- Be careful with your internal evaluations of your child.
 - » Coaches and evaluators may see something you don't.
 - » Selecting goalies for teams is extremely challenging – teams either have 1 or 2 goalies and a “fair” evaluation is extremely hard to make happen.
- Stats are just numbers. It is frustrating when the statistician misses shots but be civil in trying to ensure accurate stats for your child.
 - » Especially at the younger ages being on a team that gives up lots of shots could be better for your child's development.
- Respect the decisions by coaches and evaluators.
 - » Whether it relates to playing time, playing allocation or player placement this situation is almost assuredly out of your control and the decision will almost assuredly not be changed.
 - » Be supportive to your child and respectful to the decision.



10 SUPPORTING GOALTENDER PARENTS

SECTION

It is extremely important (especially at younger age groups) to include the parents in supporting the development of goaltenders. Goalie parents will most likely expect a development plan that relates specifically to the goaltenders on a team. It is imperative that a coaching staff has a plan to answer the needs of the goaltender and provide accountability to the parents. Consider the following check lists relating to dealing with goaltenders and their parents:

Practice Environment:

- A coach must express to the goaltender a basic understanding of the position
- Practice expectations should be laid out to the parents and goaltenders
- Coaches should make clear time allotments to work on goalie-specific skills
- Coaches and parents must collaborate on the use and role of a goaltender coach on the team as well as the financial commitment to bringing in a specialized coach

Game Environment

- A coach should explain how playing time will be distributed and when the starting goaltender will be announced
- Especially at the younger age groups, parents and coaches should be aware of how to get the goaltender dressed properly for a game or practice.
- Especially at the younger age groups, coaches should be aware how to fix basic equipment malfunctions (untied laces, undone pad straps or helmet straps).





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