

# Chapter 12

## Dry Land Training for Goaltenders

### OBJECTIVES

- Provide dry land activities for goaltenders
- Provide off-ice games for goaltenders
- Give a variety of activities for all levels of goaltenders

### INTRODUCTION

Goalkeepers can improve their game tremendously with off-ice training. Almost every move can be imitated off the ice that is utilized on the ice. Equipment for a successful off-ice training program for goalkeepers is inexpensive and almost always available.

The most important qualities needed for a goalkeeper are courage and dedication. Given the natural physical makeup necessary to be a goalkeeper, one can learn to play the position well.

Goalkeepers can work alone, with a friend, teammate or family member. It is preferable to work with another goalkeeper, especially a teammate. The goalkeeper can work in a basement, gym, schoolyard, backyard, and/or play area.

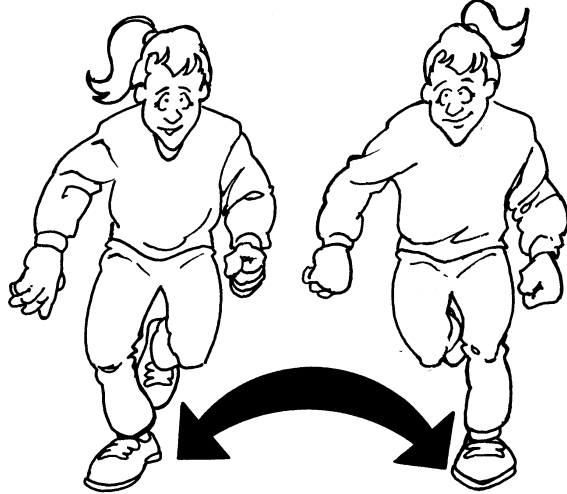
Equipment needed for a complex program are: jump rope, tennis balls, medicine balls, soccer ball, volleyball, goal (hand-made), goalie equipment and tennis racquet. Again, use your imagination. Be creative and devise your own program based on the principles of goalkeeping. Here are some of the

exercises a goalkeeper can utilize to improve his/her game. It is important that all exercises be done in the basic stance of the goalkeeper. The following exercises should be done without goalkeeper equipment.

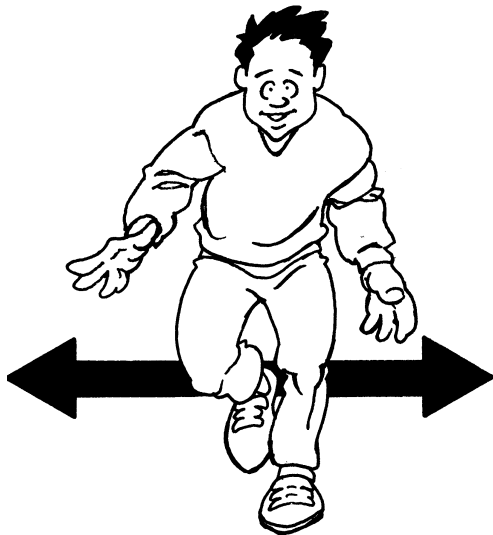
1. Stretching
2. Light jog in a small area



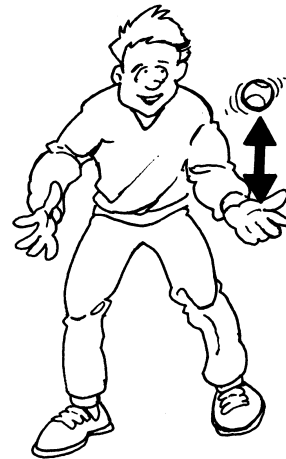
3. Alternating hops, right and left leg.



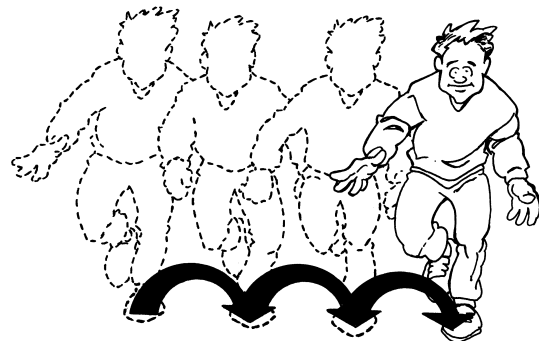
4. Lateral jog both left and right



5. From the basic stance - walk with feet wide apart, bouncing a tennis ball in the catching hand. Variations: bounce two tennis balls or juggle three tennis balls.



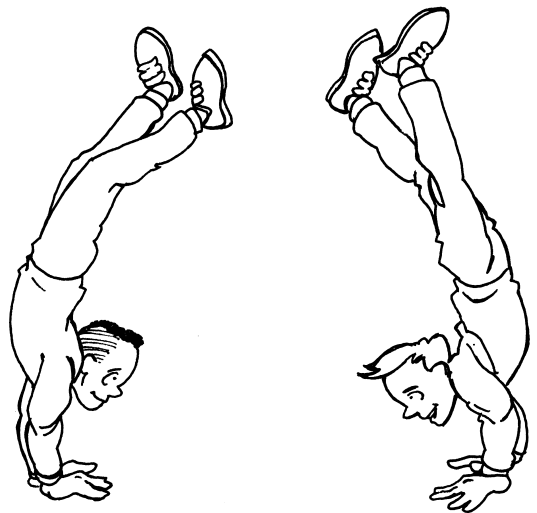
6. Lateral hopping from basic stance - three hops on the left foot and three on the right foot.



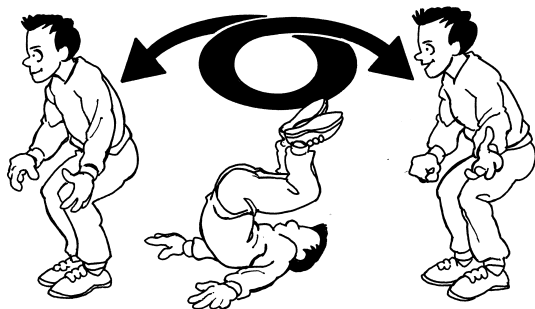
7. Jump rope - on both feet, then on one foot.  
Good for hand-eye coordination.



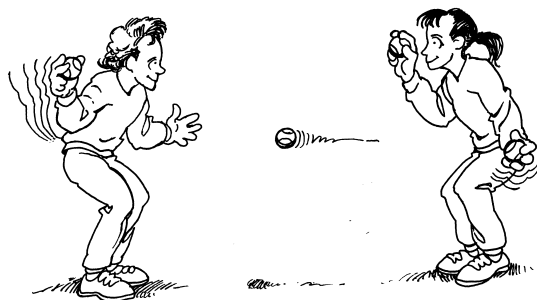
9. Mirror drill - with a partner, take turns. One partner (always in basic stance) makes a move and the other imitates as quickly as possible. Use all types of moves, tumbles, etc.



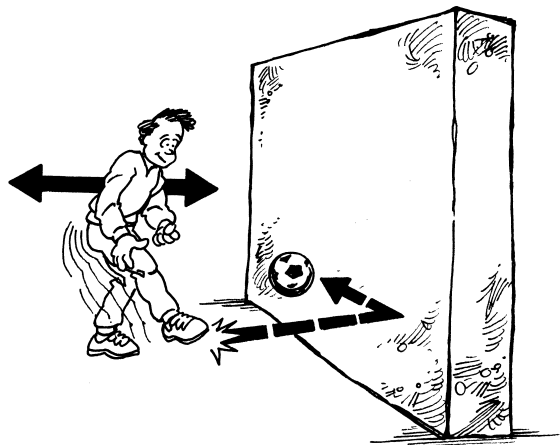
8. Tumbling - forward and backward, always beginning and ending in the basic stance.



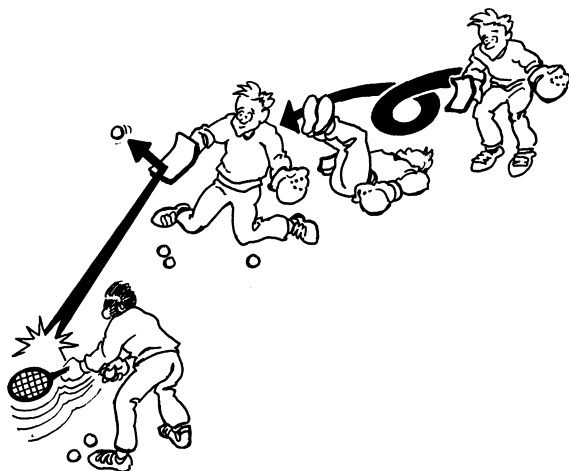
10. Face partner and toss tennis balls back and forth to each other. Use the catching hand. Add balls to increase difficulty.



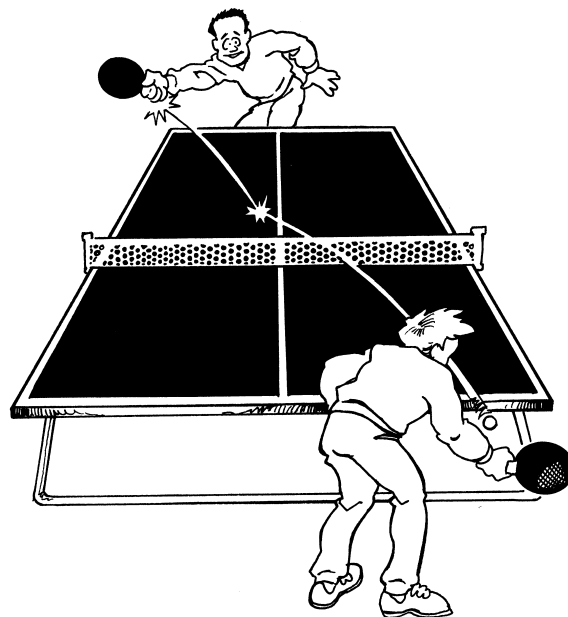
11. Play soccer against a wall, using a soccer ball or tennis ball. Practice foot-eye coordination, moving forward and backward in the basic stance.



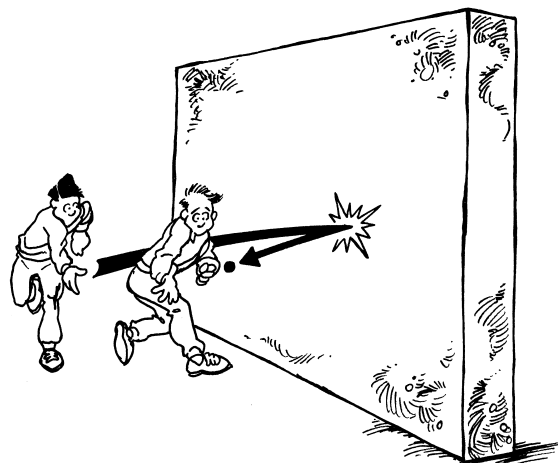
12. From the basic stance using the blocking glove and catching glove, jog forward and roll over (somersault), come up in butterfly position and partner should rapidly hit tennis balls at goalkeeper. Use tennis racquet.



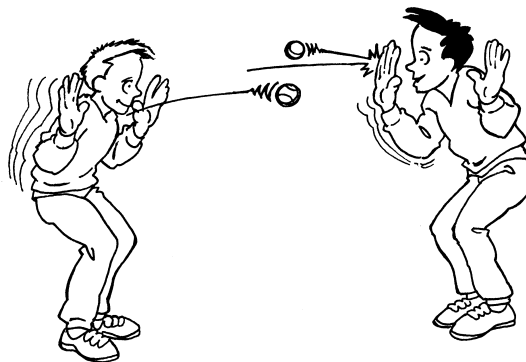
13. Table tennis.



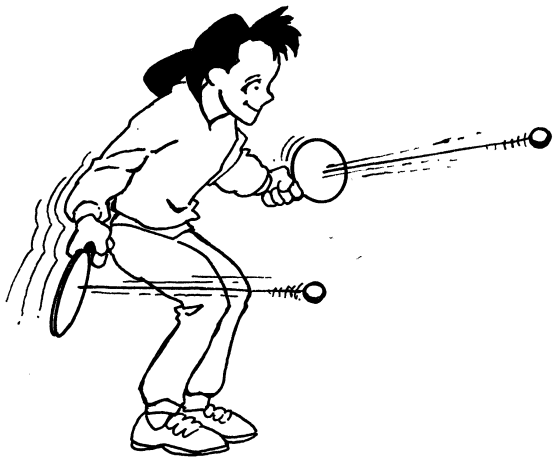
14. Handball.



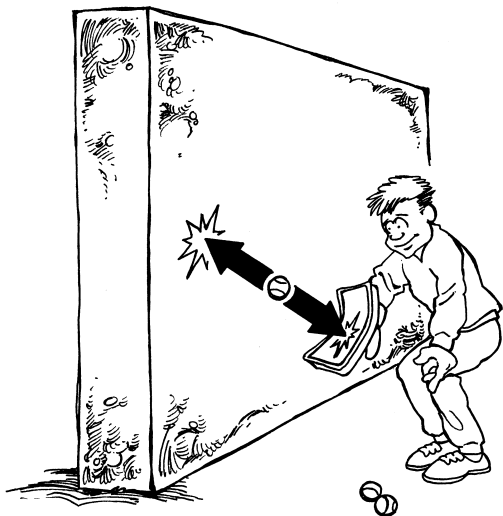
15. Face partner - keep one or two tennis balls in play by slapping them back and forth to each other.



16. Use a wooden paddle with a rubber ball attached to paddle by rubberband. Keep ball in play. Use two paddles using both hands.



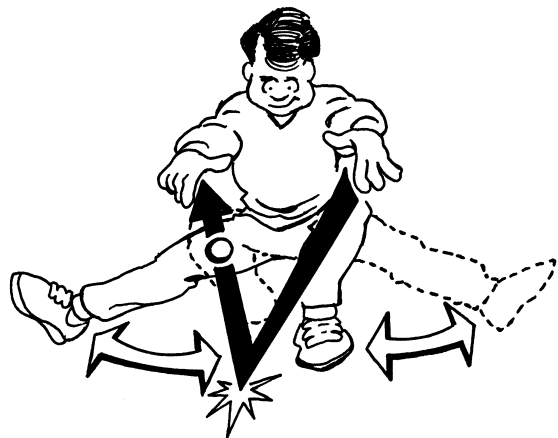
17. Using the back of your blocker glove, keep the tennis ball in play against a wall.



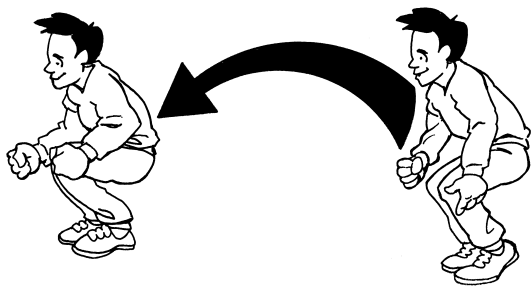
18. With a group of players on their knees and facing the middle, drop a tennis ball in the middle and everyone tries to grab it. Similar to a face-off.



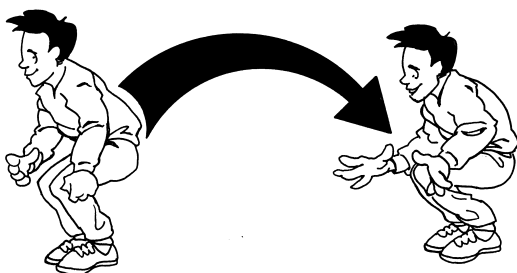
19. Goalie bouncing tennis ball from a crouched position, throws one leg straight out to the side and then the other leg straight out to the side. (Head should be forward and ball should be bounced as quickly as possible from one hand to the other).



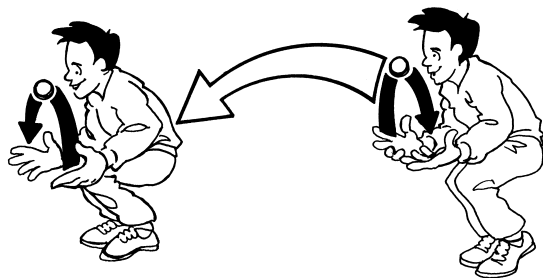
20. Kangaroo jumps from squat position forward (remain in the squat position throughout the exercise).



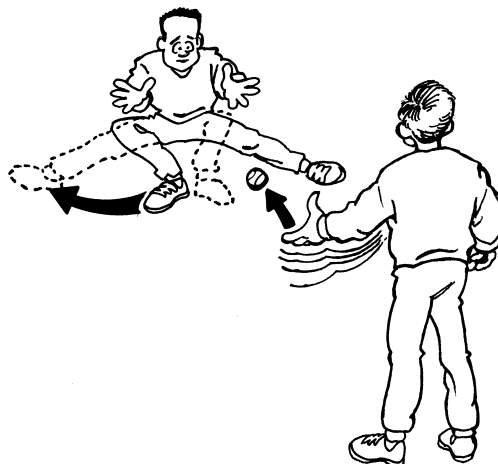
21. Same exercise backward.



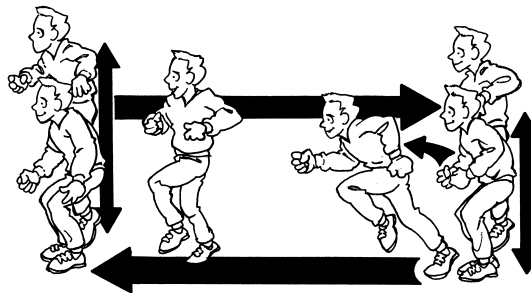
22. Same exercise forward while tossing a tennis ball from one hand to the other.



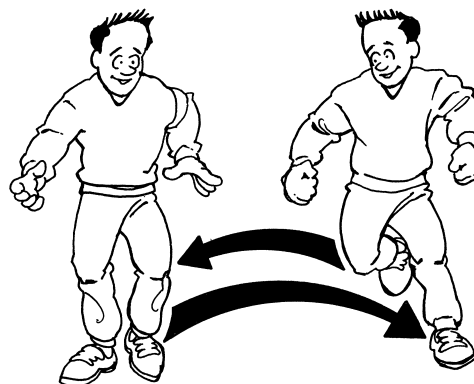
23. From a crouch position throw one leg to the side, then the other while a partner, standing in front, throws a tennis ball. Try to catch each thrown ball.



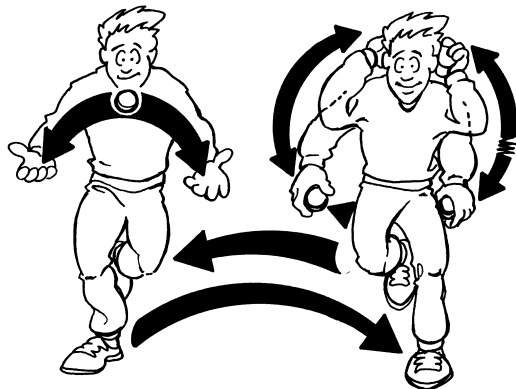
24. From a standing position, jump straight up as high as you can. As soon as you land, take off on a short sprint. Then jump and run backward as fast as you can for a short sprint.



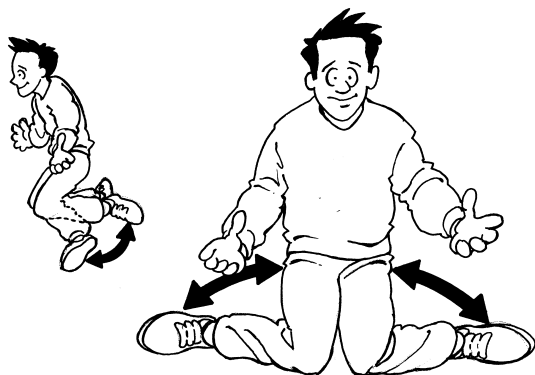
25. From an upright position, jump as far to the right as possible, landing on one leg. From that leg jump to the left as far as possible and repeat.



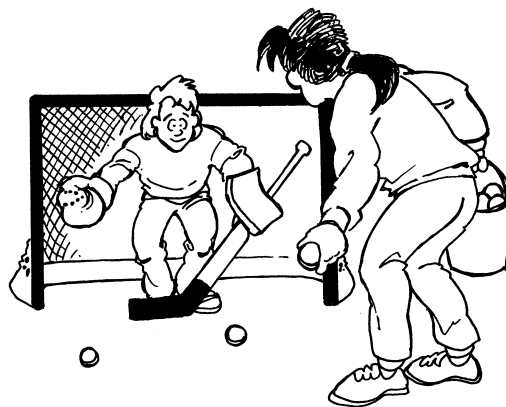
26. Same exercise as #25, add moving tennis ball around the body and over the shoulders. In general, handle it in all positions as well as tossing it back and forth from hand-to-hand.



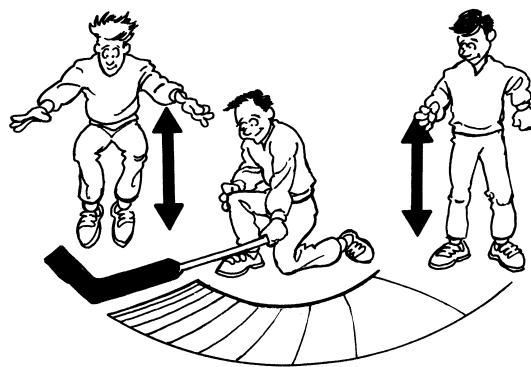
27. Get in the butterfly position, knees together and on the ground with legs flat on the floor and extended as far as possible to the side. From this position you should move around from a semi-squat position, legs out and in but always return to the butterfly position. This stretches the muscles so that this becomes a natural and easy move for the goalkeeper. NOTE: inside of feet should be flat to the floor.



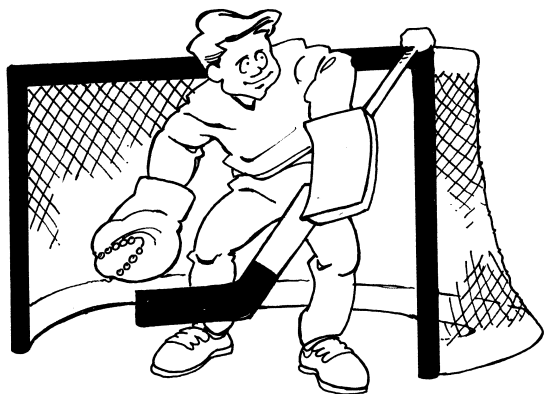
28. Partner with tennis balls moves in close to the net and places ball in front of goalkeeper at various positions on floor as quickly as possible. Goalie must react and clear balls with his stick.



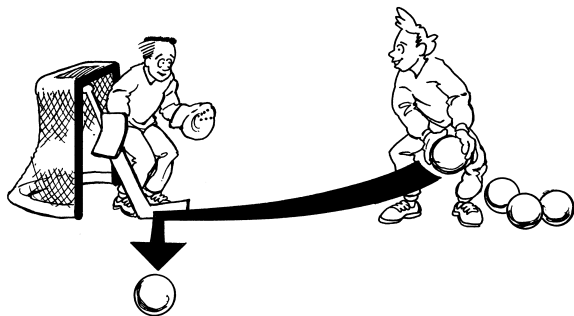
29. Partner stands between two goalkeepers and keeping the goalie stick on the ground, swings it in a circle that the goalkeepers have to react by jumping over the stick. You can swing faster and faster so they are forced to jump quicker.



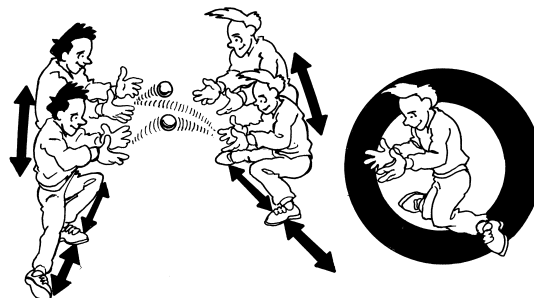
30. Goalkeeper with stick in his hand exercises by clearing shots with his stick on the left hand side starting with an imaginary shot on the ice and moving up to head level. This is moving the stick from the front of the pads out and then going higher and higher back and forth as quickly as possible. The same thing should be done on the opposite side.



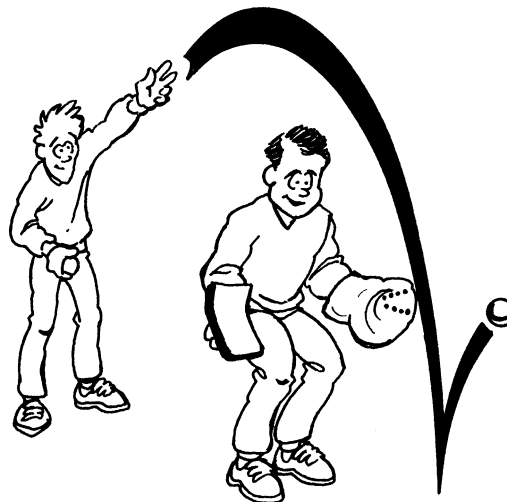
31. Using a team handball or volleyball, the partner rolls the ball at the goalkeeper who has to stop the ball with the stick and then clear it to the side. You can increase the speed of the rolls as goalie becomes more proficient.



32. Two goalkeepers squat facing one another and using two tennis balls, throw back and forth. Goalkeepers should move from the squat position to one leg out; then the other leg out; to the butterfly position; to standing up; to the crouch.

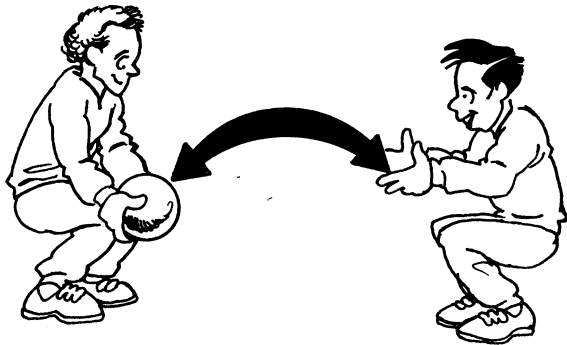


33. Goalkeeper without stick but with goalie gloves. The partner standing behind the goalkeeper, both facing the same way, drops the ball over the goalie's shoulder or head. Goalie has to react to the bounce, grab the ball and clear to the side. (Goalie's eyes should remain forward).

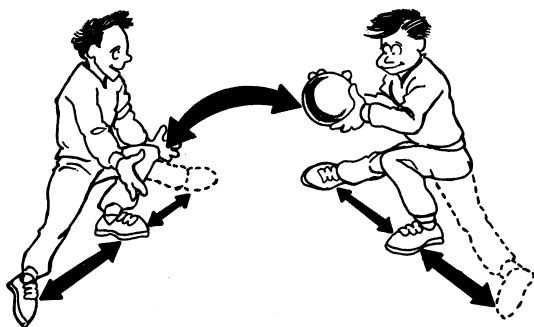




34. Using a medicine ball, two players will squat facing each other five feet apart. Throw medicine ball back and forth from a squat position.



35. Throw medicine ball back and forth from a squat position while throwing one leg out to the side, then the other.



**For the following exercises, the goalie should have his/her stick and glove and the partner should have tennis balls and racquet. All moves by the goalkeeper should be practiced with gloves and stick on the ground.**

### Shadow Drill

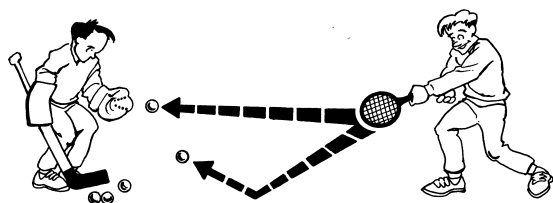
1. Goalie moves in response to partner's hand or racquet movement. Moves should be done as quickly as possible by both the partner and the goalie.



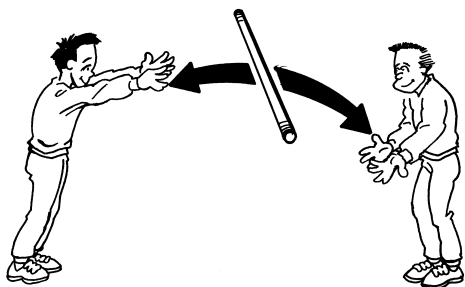
2. Move closer to the goalie and using the handle of your tennis racquet as a pointer, put the handle as quickly as possible on the ground and have the goalie react with his stick. The idea is for him to make contact with the handle while you're trying to move the handle as quickly as possible.



3. Partner moves about 15 feet from the goaltender and hits tennis balls at the goalie. Start out at medium speed, trying to get the ball up around the hands so the goalkeeper can react to both sides with his hands. You can hit them straight at the goalkeeper or with a bounce in front.



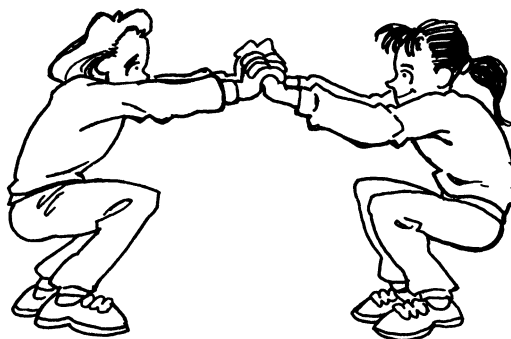
4. Two goalkeepers facing one another throw the bar back and forth underhand and overhand.



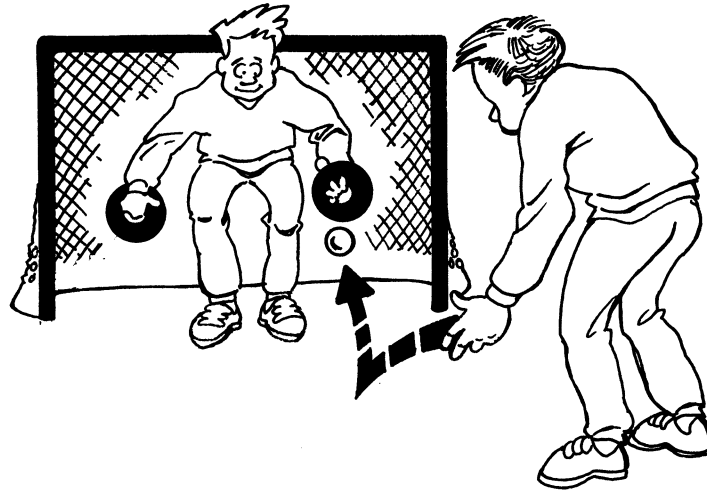
5. Using the fireman's carry, one goalie carries another goalie on his shoulders using relatively long strides across the floor, forward and backward. Naturally, the length of stride will be reduced when moving backward.



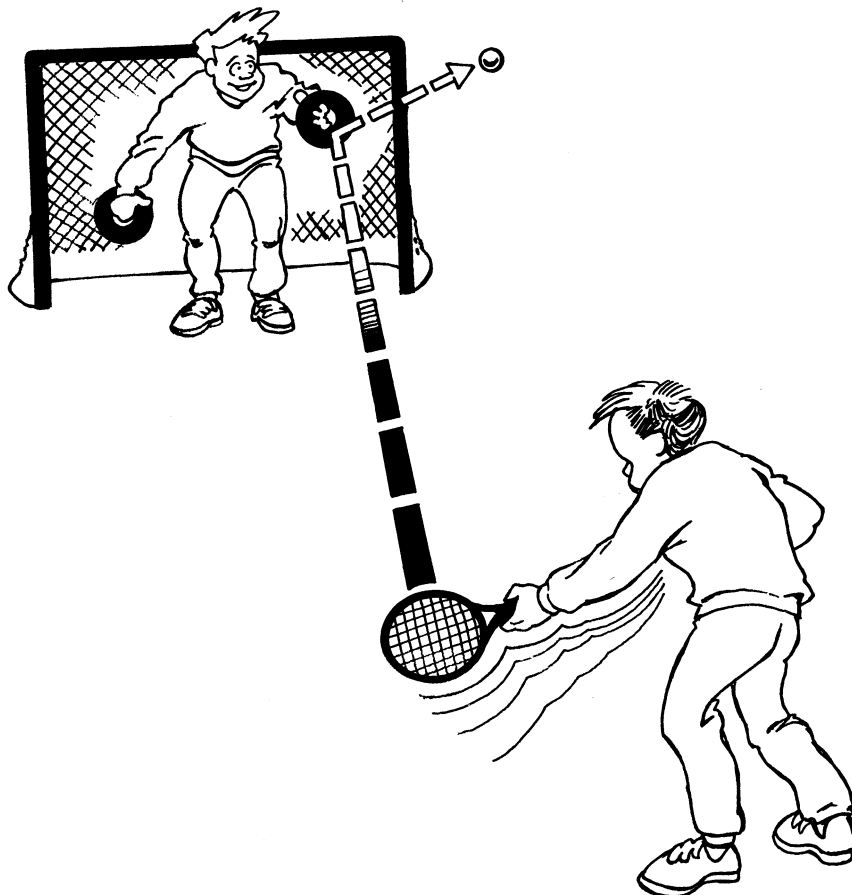
6. Goalies face one another putting hands forward and wrestling to push the other goalie from his/her stance. This can be done in a squat position, in a crouch position and standing up. (Hands on shoulder, also hands in hands).



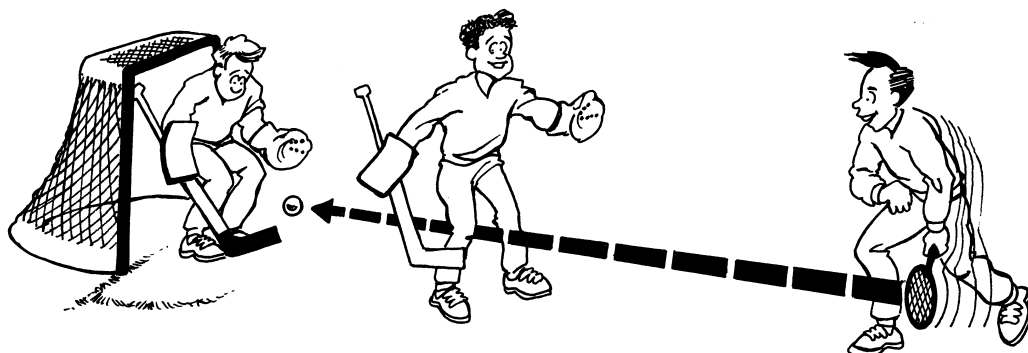
7. Partner standing in front of the goalkeeper will bounce a tennis ball at the goalie. The goalie with 10lb. weights on each hand, will try to deflect the ball from the net. Use circular weights so goalie can put his fingers in both and put the back of the stick hand and the front of the catching hand facing out.



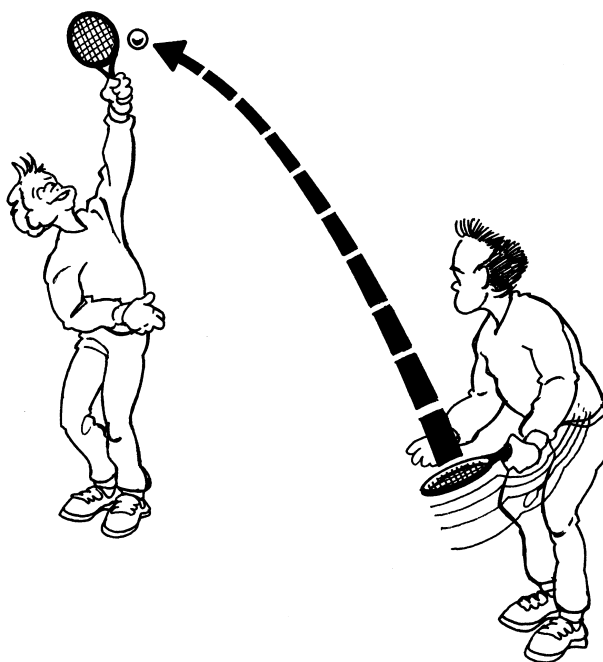
8. Move backward and with the use of a tennis racquet, drive the ball harder and have goalkeeper react with weights in hand.



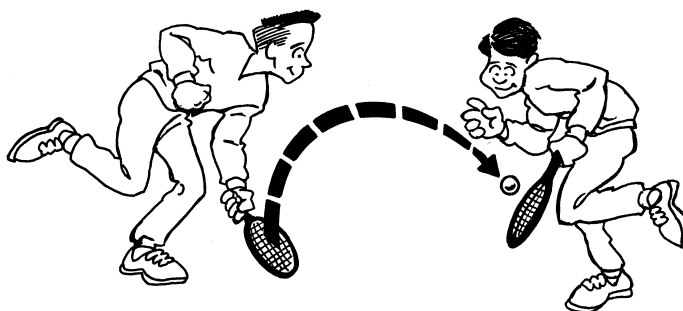
9. With stick and glove, put one goalie in the net, crouch position, and have the other goalie stand five to six feet in front to act as a screen. Partner then stands 10 to 15 feet out and bounces ball through the screen or drives it straight by the screen and goalie will react.



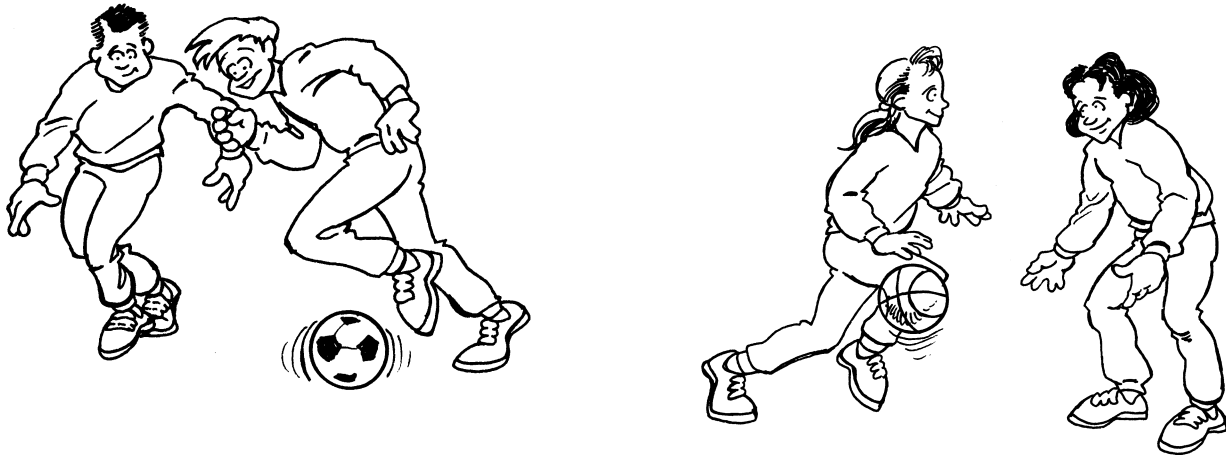
10. Have goalkeepers stand six feet apart with tennis racquets and hit tennis balls back and forth in the air.



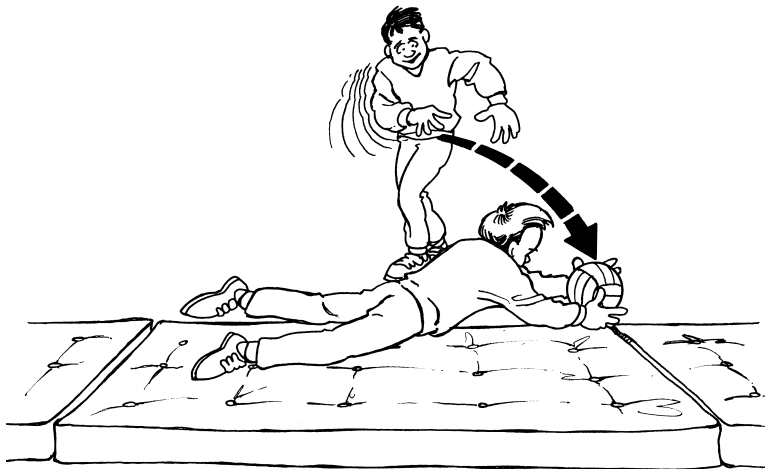
11. Same as above on one foot, then on the other.



12. Using a volleyball or team handball have goalies play one-on-one basketball or one-on-one soccer.

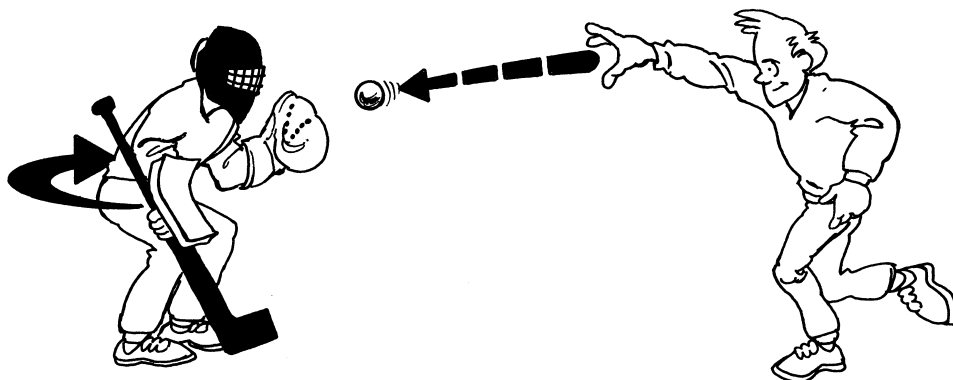


13. Using a mat or soft turf, one partner throws a volleyball or team handball to either side of the goalie and has him/her leave his/her feet to catch the ball.

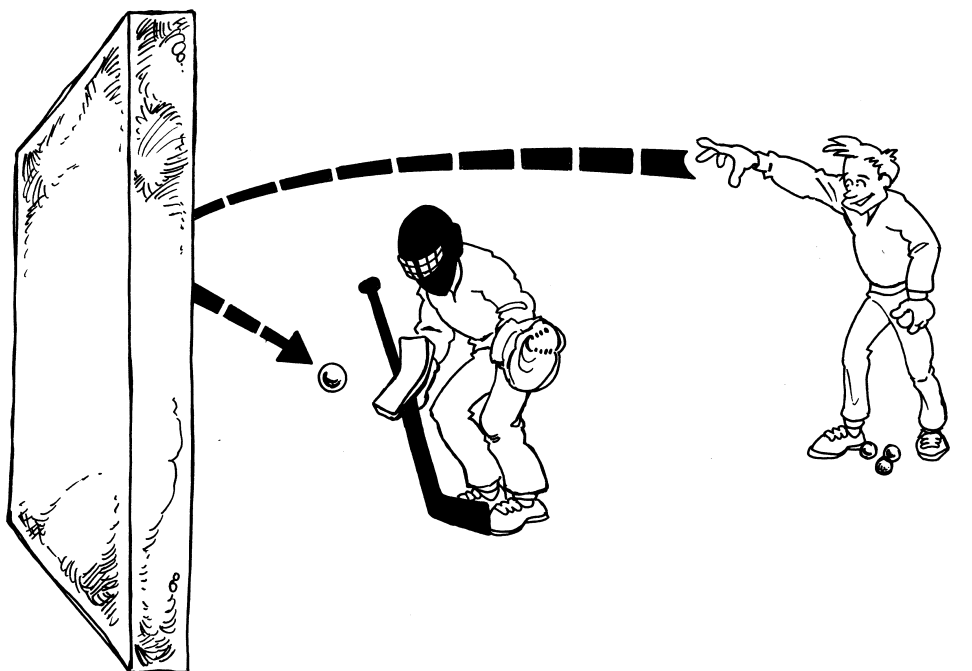


**With full equipment - sticks, gloves and mask**

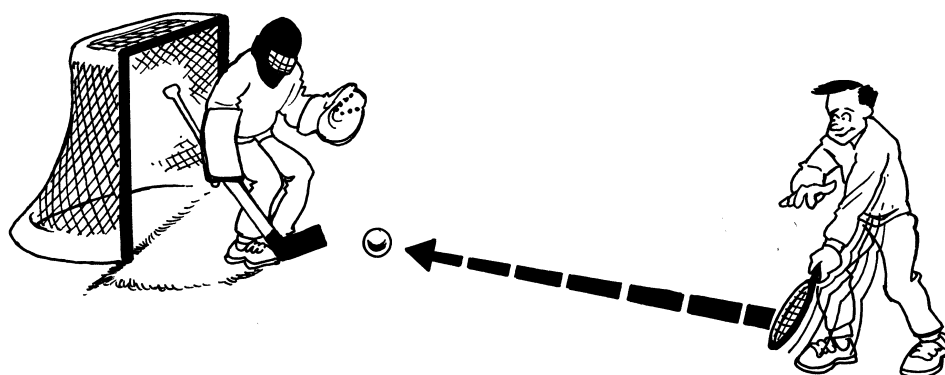
1. Goalie turns on command and deflects, catches or blocks tennis ball.



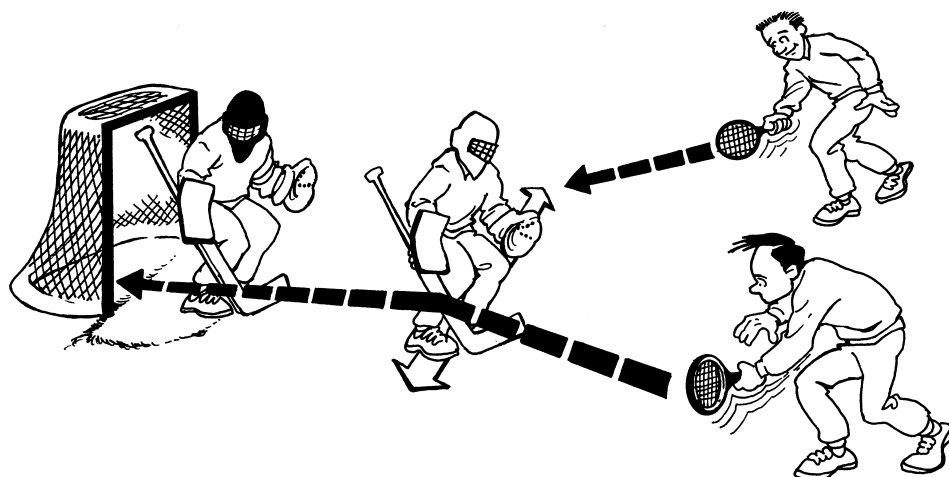
2. Goalie faces wall from 10 feet out with back to partner. Partner throws tennis ball off the wall, goalie reacts.



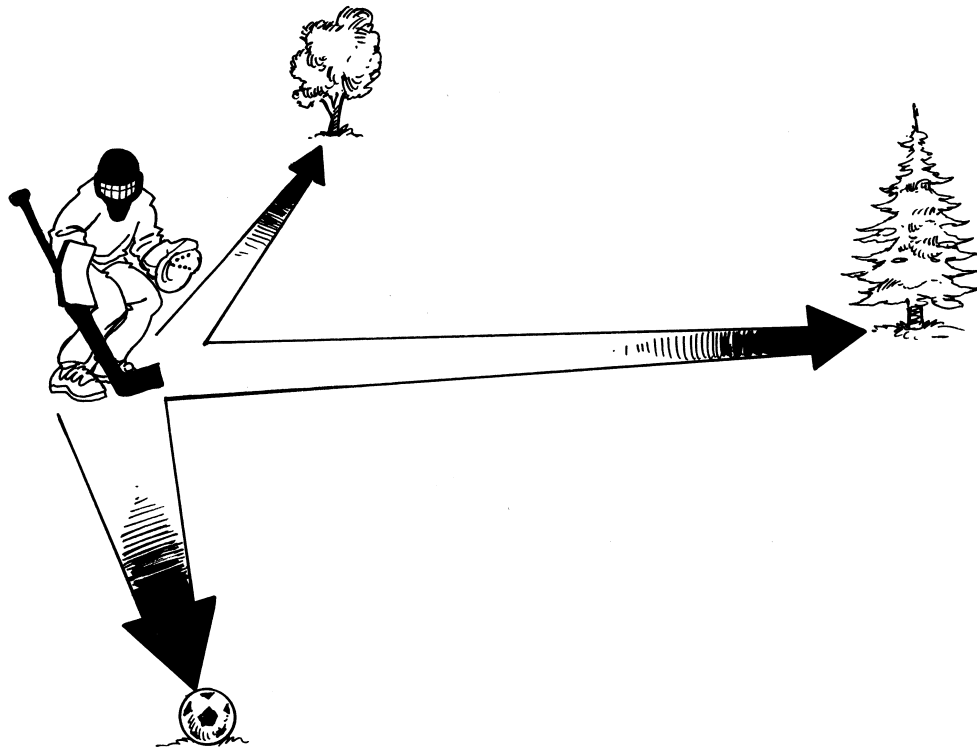
3. Angle shots - goalie is in goal. Partner fires tennis balls from various angles. Goalie moves and adjusts to angle.



4. Screen shots and deflections.



5. Adjusting eye focus to objects.



6. Correct use of gloves. Partner fires the tennis balls, one at a time, easy at first. It is important that the goalkeeper use correct technique.



There are hundreds of exercises one can utilize. These are just a few. Use your imagination. Goalkeepers should also be included with the rest of the squad in their dry land training program.