



Coaching Today's Goalies



Key Points

Notes

Basic Goalie Position

Knees bent
Weight on inside edges of skates
Gloves out and open
Stick on the ice, in front of skates
Eyes up, chest up

The Three R's of Goaltending

Ready.....for the shot
React.....to the shot
Recover.....from the shot

Building the Foundation

Stay in proper goalie position
Weight on inside edges of skates
Back inside edges to go forward
Front inside edges to go backwards

Building the Foundation

Skate saves
Half and full butterfly moves
Stacking the pads

Crucial Crease Play

Perception vs. reality
The shooter's illusion
Square up to the puck

Crucial Crease Play

Preparing for breakaways
Align with puck or play
Control the gap
Challenge the shooter

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10-15 Minute Focus Session

Warm-up: Skating

- * T-Drill: Shuffles, T-Glide, Cross-Push w/ Butterfly saves (5 x's @ center dot).
- * Circle skate forward and backward in goalie position.
- * Across ice skating w/ Shuffles, T-Glides and Cross-Push.
- * V-Drill, X-Drill and Y-Drill in the crease warm-up movement.

****start each practice with one of the above warm-up skating drills**

Day 1: Stand up Skate Saves

- * W/ stick: focus on form, control and recovery.
- * W/O stick: “ ” “ ”

Day 2: Full Skate Saves

- * Focus on hand position (stick following lead skate), extension, control and recovery.
- * Post to post execution.
- * W/O stick skate saves.

Day 3: Glove and Blocker Saves

- * Focus on “watching” the puck into the gloves.
- * Stand-up glove saves (using same stand-up skate save form).
- * Blocker: punch or trap puck's.

Day 4: Half & Full Butterfly Saves

- * Focus on hand position, stick and pads.
- * Stationary Butterfly saves.
- * Moving into Butterfly saves or pivot w/ saves (Y-Drill).
- * Recovery: efficiency and speed.

Day 5: Stack Pads Save

- * Focus on overall approach, execution and recovery.
- * W/ pivot stacks to each goal post (Y-Drill).

Day 6: Turn-Around Saves

- * Goalie's back to shooter and turns around to shot.
- * Focus on maintaining good goalie position, stick and hand placement, speed and ability To react.

****The above breakdown is an example of focus drills you can utilize over the course of nearly two weeks to improve your goalkeepers skills and speed. One of the best ways for helping your goalies is to allocate both time and space for doing focus drills. Thus, allow one end of the ice to be utilized solely for your keepers!**

Goalkeepers Confidence:

“I started to worry about what could go wrong before I even stepped on the ice”...

“...Suddenly, I started to panic. Things started bad. Then they went from bad to worse. And all I could think all the time was ‘what else can go wrong?’”

**–Manny Fernandez
Star Tribune**