

River Lakes Coaches

Goalie Handbook

And

Drills

By Jake Engquist

Introduction

Objective

- A. To improve our associations coaches general knowledge on today's goaltenders.**
- B. Make it easier for our puck stoppers to develop into goaltenders.**
- C. Get the maximum benefit and utilization of our team practices for our goalies.**
- D. Give the associations coaches a resource, so they can incorporate goalie training drills during team practices.**
- E. Make sure all coaches are on the same page.**

Basics

1. Movement

- A. A goaltender in youth hockey lives and dies by his ability to move into position to stop pucks.**
- B. Every team practice make it mandatory for at least 5 min of warm up movement drills. Examples will be shown later in this packet.**
- C. During practice incorporate at least one movement drill for the goalie specifically with shots.**
- D. A goaltenders must stride to make all their movements sharp, crisp, and in CONTROL! Do not encourage floppy/sloppy goaltenders!**
- E. When they patrol the crease make sure they always lead with their stick, so if a unexpected shot does come it forces them to be ready to make the save.**
- F. Always, Always have them stop with their outside foot! This is crucial because if they do not they will not be able to recover nearly as fast for that second or third shots.**
- G. As a coach when you watch your goalie move throughout the crease look to emphasize that they are not bouncing/bobbing around. Make sure that their hands are parallel and their chest is up.**
- H. Knee Bend is a must, otherwise they will become hunched over and lose their balance. Bend knees chest up!**
- I. Skating is huge! Make your goalies skate with your team! They will get faster/ quicker and more agile. When you condition goalies especially younger ones it is key to get them out of their comfort zone! Barrel rolls, belly ups, two pad stacks ex.....**

2. Form

- A. As a coach when you look at a goalies form/ technique he should look parallel/ uniform. Whether they are up or in the butterfly.**
- B. Make sure he/she looks comfortable in their stance.**
- C. Their hands should always be parallel to each other, their stick should be 6-10 inches in front of pads ON THE ICE! Knees always bent and head and chest up.**
- D. Every goalie is different and every goalie is unique. The key to a great goalie at the youth level is that they develop into whatever style/ form that works best for their abilities.**
- E. Butterfly is a style used to stop pucks on the ice at the younger levels their butterfly might be shaky but help them through this! REPS REPS REPS! As a coach I would expect no less than 25 up downs in a practice outside of all drills. Get them used to it.**
- F. When you start to evaluate a goalies form it is key that you look at three basic things. CONTROL, COMFORT, KNEE BEND.**

3. Angles

- A. Angles are absolutely 100% the key to a rock solid youth goalie. You could have the worst puck stopper in the world, but if he has great angles he WILL win you hockey games!**
- B. A goalies ability to read the play and find the spot on the ice where he needs to be is detrimental to their success in the paint.**
- C. Try to incorporate at least one angles drill for your goalie in each practice. 5 min a practice on angles could make or break your season!**
- D. When you try to coach angles there are some keys to watch for;**
 - 1. Make sure that they come out and challenge the shooter. Get out of the crease! The further the shooter is out the further they NEED to be out of the net!**
 - 2. Make sure that in practice the goalies are staying square to the puck. Take the shot head on.**

3. In practice have a coach work with them on their angles. There will be some basic drills later in this packet.
4. Each goalies aggressiveness is different, some are faster than others, so the slower ones will not come out and challenge as much in fear of getting beat. We as an association must get these goalies faster and quicker, which will make them more comfortable and in turn be more aggressive and stop more pucks.
5. Any drill that has shooters skating east to west on a rink is great for angles, but start slow and work your way up. Start with one shooter then progress.
6. ALWAYS ALWAYS ALWAYS make sure the goalie is set before the shooter starts moving if you're working on angles. If you do not the drill will be wasted. Have them start on a post and follow the puck not the shooter!

4. Rebound/Control

A. Rebounds/ rebound control is a team objective.

B. When a goalie stops a shot, their ability to control where the puck ends up could be the difference maker in a game. A lot of times a team doesn't score on the first shot.

C. Staying square to the shooter is one of the main keys to rebound control. If a goalie stays square a lot of times they can gobble up the puck, whereas if they are not they will not be able to field it cleanly.

D. Do not let your goalies be lazy in practice! Have them follow every puck after the initial save.

E. A lot of bad rebounds come from a lazy goaltender, you have to break this habit early on! Follow the puck in practice!

F. When they stop a shot and it falls to the ice, have them cover it immediately! Make sure there is no hesitation. A goalie who hesitates gets beat!

G. Have your goalie do ball work before every game and practice. It will help drastically! Get a tennis ball and stand behind them and bounce it off of a wall then they catch it and hand it back. Or they can throw it themselves. Hand eye coordination is key at this position. A puck that hits the glove should never hit the ice.

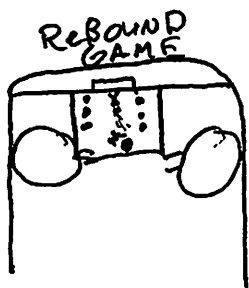
Things to remember:

- **NEVER scold your goalie during a game! This will mentally take them out of it!**
- **As a coach you must strive to make every player on your roster better by seasons end.**
- **The old philosophy of just shoot pucks and they'll get better is done. Playing goalie is a fine art, and like most things it takes time to master. Be patient and watch them develop.**
- **Teach! Don't Preach!**
- **Learn with them. Every year you will become better at coaching today's goalies.**
- **Take time to set goals for your tendys, establish a goal and push them to get there.**
- **They are just kids! They will make mistakes count on it! Get over it! Teach them to learn from it!**
- **A goalie has one job. STOP THE PUCK! Do NOT let them make excuses it is a bad habit to form.**
- **Warm ups are crucial, they get the goalies head in the game. NO HEAD SHOTS.**
- **Always make sure the goalie is set and ready when running drills in practice.**
- **Get all coaches on board.**
- **If you have any questions call me! I will help!**
- **Remember we are in this together!**

CLOSING

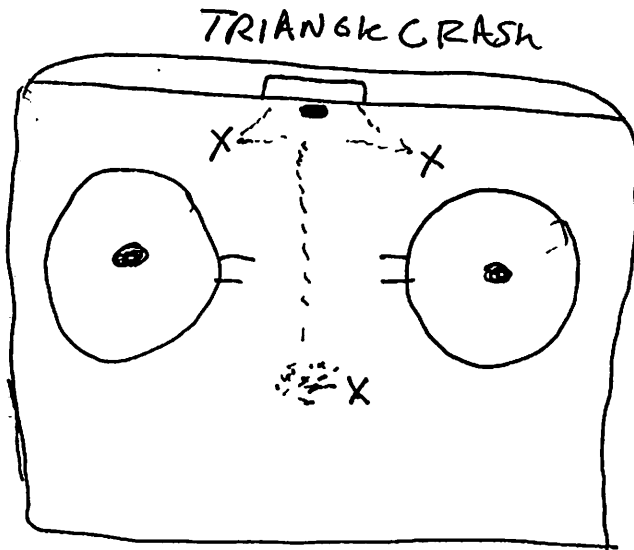
From here on out we need to stop thinking of our goalies as punching bags, and start focusing on their development. Every goalie is different as a kid and every goalie is different between the pipes, so we need to adapt to his/ her needs as a goalie and a player. Do not try and coach the kids yourself, together we can and will produce high quality goaltenders. Goaltending is all about the little things, remember as a skater if you mess up it's just a bad shift, but if you're a goalie and you mess up your team is down 0-1! They have enough pressure on themselves that we do NOT need to come down on them for every missed save. As a goaltender you are developed to have short term memory loss every time you get scored on it's a fresh start, a new game! Remember as an association we are in this together and in it for the long haul, goaltender development is a key role in any teams success. If we forget that, we are fighting a battle that we cannot win! Your goalies will get better at every goalie practice I guarantee that, but the rest of the time it's up to you!

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BACKWARDS TRIANGLE CRASH

Goalie faces Glass
Once shooter stops
stick on ice
he turns around
& squares up for
slot.

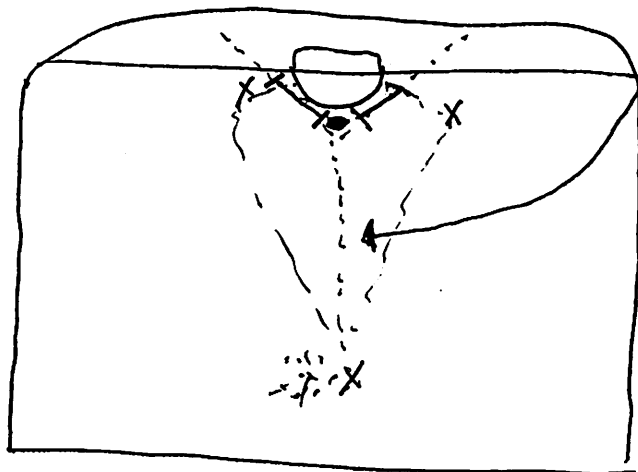


Pucks in the slot.

ONE shooter. Rebounders on
EACH side. Shooter gets one
shot then rebounders have
to try and score. Rebounders
get 1 shot to every pass. IF
Puck goes out side BOX, Behind
Goal line OR goalie covers, Goalie
gets 1 pt. IF they score
shooters get 1 pt. FIRST TO TEN WINS.

SHOOTER ON TOP OF SLOT
Rebounders on each side
Just outside of crease.
Slot from shooter, wherever
the puck goes on rebound
they shoot. Objective for
Goalie is to put puck in
corner or cover.

DIAMOND



STICK DEFLECTIONS:

SHOTS FROM UP TOP.
Goalie deflects pucks
into corners on the
slot.

Pucks up top.

PASSER PASSES TO SHOOTERS
DOWN LOW.

ONCE SHOT IS TAKEN
Goalie must push into
corner or cover
immediately!

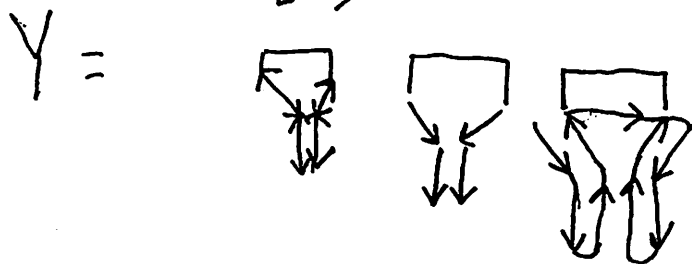
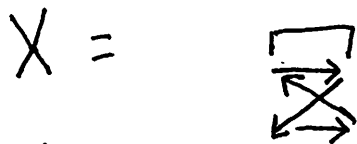
BUTTERFLY WARMUP/HANDS:

Have goalie start in Butterfly.
Shoot pucks from slot area,
5 Glove, 5 Blocker, 5 Stick.
Aim at Gloves! This is a WARMUP!

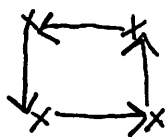
HAND BALL: Tennis ball / Racquet Ball

Before Practices & Games
Stand behind player and throw ball off of
wall they will catch & repeat.

MOVEMENT DRILLS



BOX PIVOTS



Goalies start in the BFLY, PIVOT TO ONE side, then push with opposite side leg, usually 2-4 ft depending on strength. Repeat.

LINES

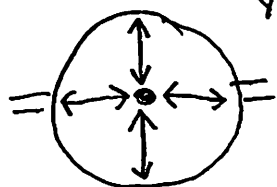
- Have your goalie shuffle, T-Glide, Butterfly slide across the lines. Make sure knees are bent and chest up, hands out and parallel.

MIRRORS - BFLY, BFLY slide, shuffle, T-Glide, 2 Pad STICKS

IF YOU HAVE 2 Goalies THIS IS GREAT! One goalie does movement drills while the other mimics his movements.

- IF ONE goalie have them do movements facing the glass, so they can watch themselves

IRON CROSS

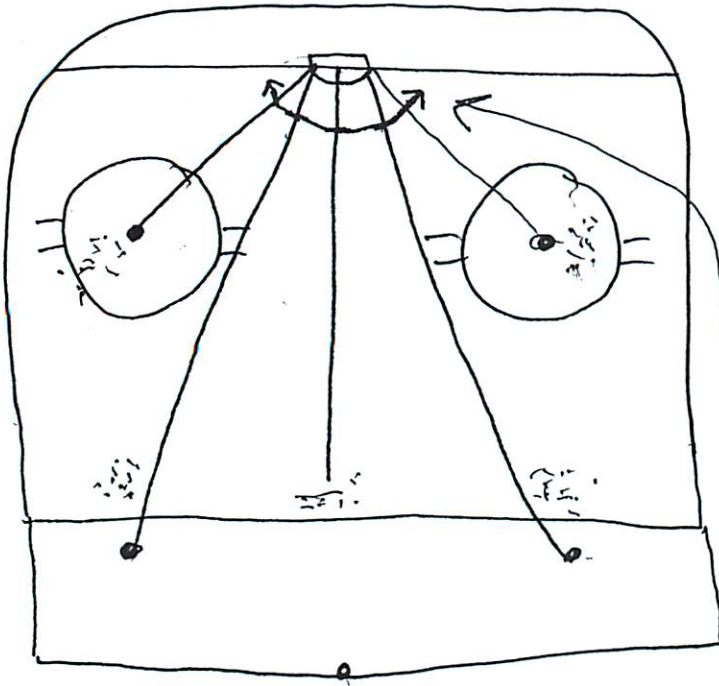


You can have goalies shuffle, T-Glide, BFLY slide on the sides.

Make sure they lead with stick, chest up, knees bent, hands out and level.

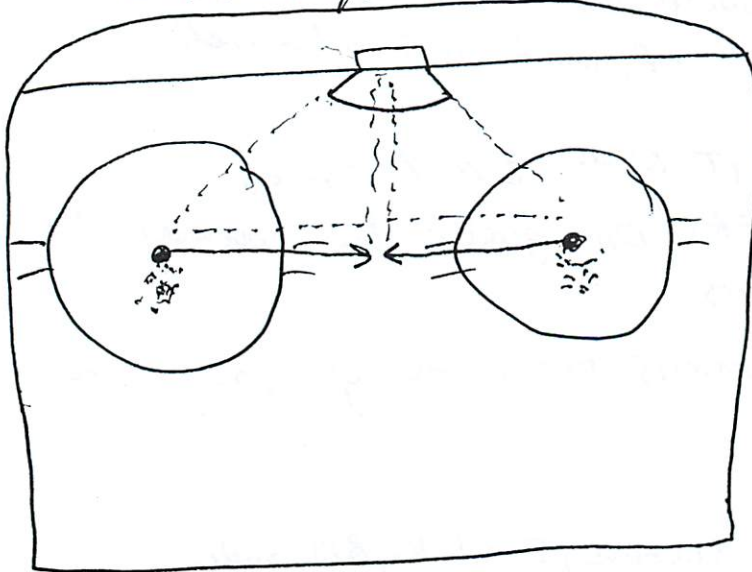
ANGLE DRILLS

5 LINES



5 lines divides the ice into 6 slices. Place shooters on the dots or in front of them. Make sure goalie is set. Before shot, goalie must come out and challenge shot.

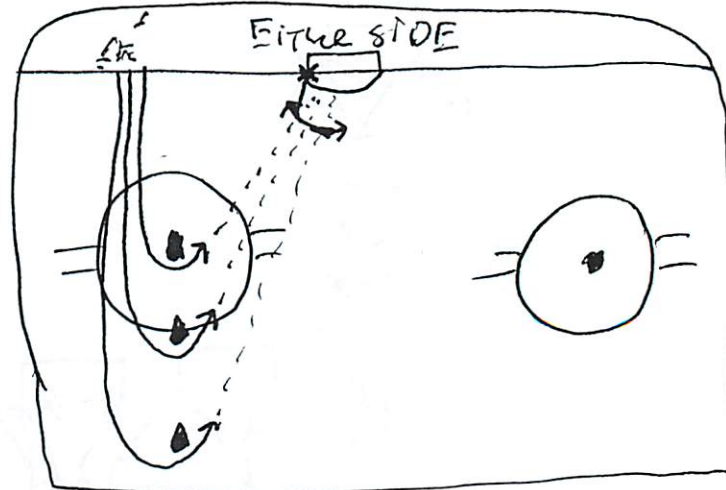
CUT ACROSS/PASS ACROSS



Pucks on face off dots. Shooters walk across slot & fire, one at a time.

shooters pass puck across slot other shooter fires once goalie is set.

WALK-OUTS



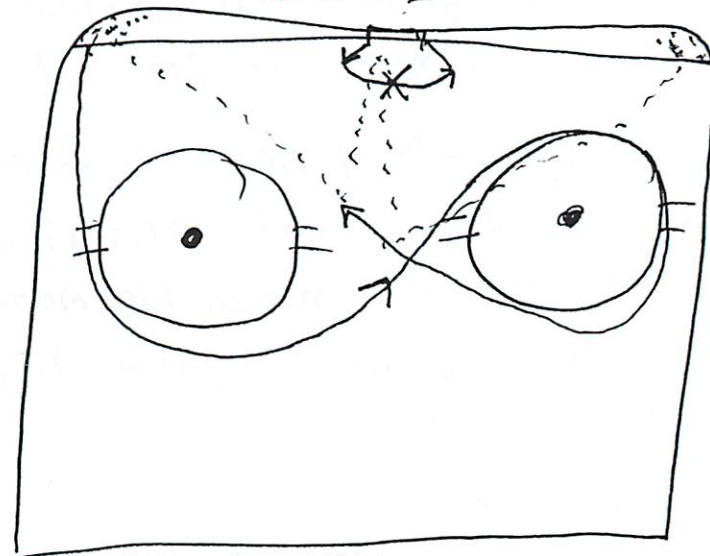
Puck in corner. Shooters walk out timing their shots. Make sure goalie challenges shot, and stays square to shot.

5 PUCK



Place 5 pucks aligning with face off dots. call out #'s

SNAKE



shooters on each side come around circles catch pass & shoot