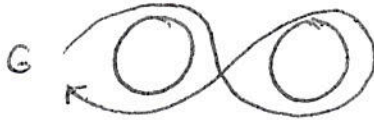




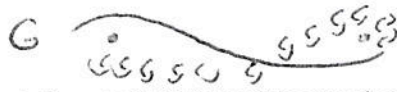
Goalie Practice Drills

SKATING/MOVEMENT DRILLS – AWAY FROM NET

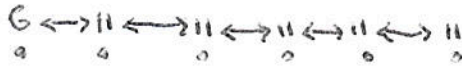
Crossovers - Skate figure 8's around end face-off circles performing crossovers - 3 times forwards and 3 times backwards.



Forward/Backward Transitions – Mark 2 spots on the ice approximately 20 feet apart (or use 2 pucks). Goalie performs figure 8's transitioning from forwards to backwards – 3 times going each direction.



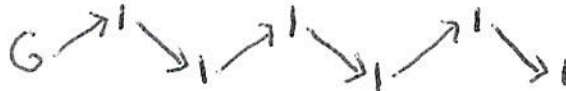
6 Spot Shuffle – Mark 6 spots in a straight line with a marker (or use 6 pucks) and have goalie perform a strong, quick shuffle to each location and make full recovery to goalie stance – move up and down the line 2 times for 4 total repetitions.



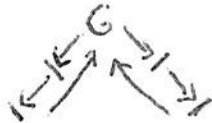
Zig-Zag Shuffle - from side boards to side boards, goalie makes 3 shuffle moves to left, pivots, then 3 shuffle moves to right, pivots, and repeats until reaching far side boards



Zig-Zag Butterfly Slides - from side boards to side boards, goalie makes butterfly slide and recovers to glove side, pivots, butterfly slides to blocker side. Repeats until reaching far side boards



V-Drill (standing) – Goalie pivots to glove side, performs 2 shuffles and uses a T-glide to immediately return to start position. Immediately repeat to blocker side - 2 times for 30 seconds.



V-Drill (butterfly push) - Goalie drops to butterfly, pivots on ice to glove side, performs 2 butterfly pushes, returns to goalie stance and uses a T-glide to immediately return to start position. Immediately repeat to blocker side - 2 times for 30 seconds.

SKATING/MOVEMENT DRILLS – AT NET

Y-Drill (standing) - Goalie starts between hash marks and top of crease, skates backwards towards top of the crease, then pivots to the pipe with stand-up slide or T-glide - 3 times each direction.



Y-Drill (butterfly) - Goalie starts between hash marks and top of crease, skates backwards towards top of the crease, then pivots to perform a butterfly slide to just outside the pipe - 3 times each direction.

X-Drill - Goalie starts at right post, t-pushes out diagonally to top left of crease, stops and sets position, pivots and T-glides to top right of crease, stops and sets position, pivots and T-glides to left post - 3 times each direction.



Post-to-Post Shuffle (standing) – Goalie starts at a post, looks under crossbar and over the shoulder closest to the post, looks under crossbar and over other shoulder, performs 1 or 2 shuffles to get to the other post – 3 times each direction.



Post-to-Post Shuffle (paddle down wrap) – Same movement as standing post-to-post shuffle but finish at each post with a paddle down wrap – 2 times each direction.

Telescoping – Goalie starts in stance in the middle of the crease. Goalie travels out to just above the crease with a single push and must be traveling in a goalie stance with minimal to zero upper body movement. Goalie stops with one leg and returns in perfect form to starting position with a single push.

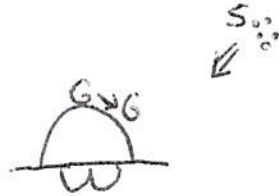


STATIONARY BODY CONTROL SAVES

- 1) 10 blocker saves deflecting puck toward corners. Eyes follow puck.
- 2) 10 catch glove saves. Do not let arm fly back with save. Eyes follow puck.
- 3) 5 - 10 standing stick saves deflecting puck. Move stick in half circle and keep on ice.
- 4) 5 butterfly saves with recovery (no puck).
- 5) 5 butterfly deflections to glove side toward corner with recovery.
- 6) 5 butterfly deflections to blocker side toward corner with recovery.
- 7) 5 butterfly slides to glove side with recovery (no puck).
- 8) 5 butterfly slides to blocker side with recovery (no puck).

MOVEMENT SAVES

Shuffle/Catch – Goalie starts at top of crease. Pivots and performs a shuffle to face shooter on glove side. Always allow them to set position – 7 to 10 saves.



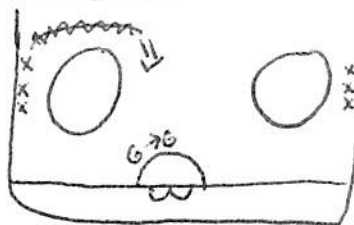
Shuffle/Blocker – Goalie starts at top of crease. Pivots and performs a shuffle to face shooter on blocker side. Always allow them to set position – 7 to 10 saves.



Challenge The Shooter From Pipes – Goalie quickly T-glides from pipe to just above the top (middle) of the crease. Always allow them to set position – 10 to 12 saves total, alternating sides.



Lateral Movement Shot Tracking – Shooter starts at side boards and travels across the top of circles releasing a shot somewhere inside the dots. Force the goalie to move with shuffles and make sure that they do not move too quickly leaving the backside open – 10 to 12 saves total, alternating sides.



Blind Reaction Drill – Goalie starts at top (middle) of crease facing backwards. On command goalie turns around and finds puck for shot. Release puck just as goalie gets set. Goalie should spin around in their stance – 7 to 10 saves.





Proper Goalie Stance

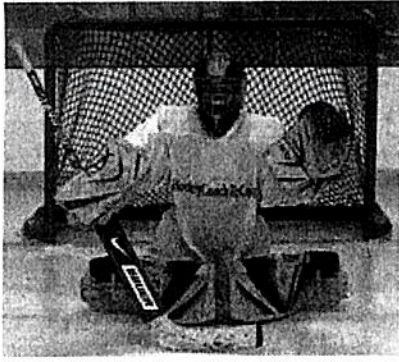
Leg Position – Approximately shoulder width apart with good knee bend.

Catch Glove – Located waist high or a little higher. Hands should be loose and comfortable and sit out in front of the plane of the knees. Glove should be open to the puck and tipped in the 2 o'clock position.

Blocker- Located in front of the knees and fairly vertical (i.e. the top of blocker should not have too much angle toward the goaltenders backside). Hands need to feel loose and comfortable.

Stick Position – Stick needs to always be in the center of the stance approximately 8 – 12 inches from the skates. Older goalies will frequently have the stick further from their body.

*** Proper goalie stance cannot be over-emphasized. When a goaltender is in an incorrect stance, their timing and balance can be impacted dramatically.



Proper Butterfly Stance

Shoulders, hips, and knees are in line with each other. The pads are flush to the ice. Goaltender's legs are together and his/her feet are flared out as far as comfortably possible. Upper body, gloves and arms should be in the same position as the basic stance. Gloves and arms should be tight to body when puck is within 3 feet. Goalies want to "drive their knees to the ice" when using the butterfly.

Effective Use Of A Goalie In A Team Practice And Common Coaching Mistakes

1. Saves, saves, saves...or nothing

In a typical practice, the goalie's chore is reduced to making saves. He/she gets 200+ shots in a typical practice and the message the goalie can receive is all you have to do is react well. Continuous rapid-fire shooting drills may not allow the goaltender to work on their positioning, stance, preparation for shots, and tracking for rebounds. It has been said that we teach our goalies with the **Guilt and Volume Method** where you feel guilty that you haven't done anything with them, so you tell everybody to get a puck and for the next 20 minutes you just shoot on him/her.

2. Finding and Tracking Pucks

In a game, a goalie must spend lot of time finding the puck in traffic and tracking it while it moves around in the defensive zone. However, in a team practice we use an abundance of the drills make it very easy for the goaltender to see the puck. The typical drill may require a number of passes and eventually the shot comes from a player in the slot. Even the dumbest goalie is going to realize he does not have to anticipate the passes. Provide enough time between shots so that at a minimum, your goalie can follow the puck on the last pass before the shot. Make sure to monitor your goalie so they are following the passes that lead up to the shot

3. Breakouts

Time after time goalies are at a standstill during breakout drills. Engage your goalie with any of the following: 1) shot on net that is similar pace to what they will see in a game; 2) wrap around dump that they must stop behind the net; 3) a puck laying loose in the crease that they must clear to a corner or set behind the goal line; or 4) a shot that deflects off the boards next to their net behind the goal line. Also, have your goalie track the puck and move with it during the breakout.

4. Rebounds – Do Not Skip Them

Frequently drills are performed at a pace that does not permit a rebound. As a result, players for the bad habit of not following the shot to the net (i.e. skate past and get back in line) and goalies are not forced to contain, deflect, clear, or get in position to block a rebound. Team drills need to be ran so that adequate time for rebounds always exists, and coaches need to emphasize the importance of crashing the net to finish the play. Everyone benefits --- goalies become more effective at controlling rebounds, crashing the net will produce goals in game situations, and defense can practice tying up players in front of the net.

On a related note, when running a small area game such as a 3-on-3 cross ice scrimmage, require players to back away when a puck is covered so that the goaltender can release the puck and return to a proper stance before play resumes. Do not be the coach that simply yells "throw out the puck".

5. Proper Rest Ratio

Recognize that goaltenders exert as much energy as the balance of the players. If a goalie is properly executing the saves in their entirety (including tracking rebounds) they will become tired after 5 – 10 shots and should take a short rest. When a goaltender is tired and continues in a drill, they become lazy and form bad habits such as setting up in their stance too late.

6. Respect The Need For Goalie To Concentrate During A Drill

Frequently coaches will permit players waiting in line for their turn at a drill to shoot or flip pucks toward the goal. This should never be permitted because it is distracting to the goalie and the other players performing the drill. It can create a trip hazard and unnecessary obstacles in the drill.

7. Eliminate a Goalie's Quirky Habits

If you are looking for it, you will often see silly little habits that a goalie picks up over time. This may include using the top of their leg pads to push their gloves into place before setting up for a shot. These quirks are a waste of time in a

game that is performed at a rapid pace and a good shooter will notice it as scoring opportunity because the goalie is not ready during that split second. A habit of this nature is like telling a wide receiver to clap his hands prior to making a catch --- foolish.

8. Concussions

For regular players, a great deal of attention has been given to head injuries and concussions resulting from aggressive body contact. Within goaltending community, the same recognition is being given to head injuries resulting from shots. In fact, Bauer recently recalled a helmet that received the unfavorable nickname "widow maker". Do not permit players to purposely shoot in the vicinity of a goaltender's head. Starting at the peewee age level, shots can reach speeds of 40+ mph.

Golden Rule - The Three "R's" of Goaltending

READY – for the shot. Goalies should be in their stance whenever play is in the defensive zone. This means start getting ready when the puck crosses the red line.

REACT – to the shot

RESPOND – to the puck. Always get immediately prepared for the next shot.