

## GOAL TENDING

By Mark Greenhalgh

### **DRILLS:**

- Incorporate the goaltender's development into practices.
- Use drills that require the goalie to move as opposed to stationary shot drills or only straight away shots.
- The goalie as well as other players will benefit most from game-like situational play. This will include playing rebounds and play that originates from the corner and along the extended goal line. Teams cycle the puck and generate offense from the corners and behind the net more than before.
- Make the goalie work on handling the puck. Most goalies are not good with their stick because they never work on it. It is an often neglected yet important part of a goaltender's game. This can be worked on when there is more than one goalie at practice. When not taking shots, the goalie should stickhandle the puck and work on shooting the puck. Utilize the extra goalies in practice as shooters on rebounds, tips or screens.
- Select a phase of the game at various practices that the goalie is to concentrate on for that whole practice. Set goals; i.e., no 5-hole goals, up with both legs at once, or strong play with the stick. This forces the goalie to develop areas of his/her game that are weak that might otherwise remain neglected.
- Practice is the perfect place to develop the ability to communicate on the ice. Allow the goalie to get in the habit of talking to his/her defensemen; directing traffic. This is beneficial to their teammates and aids in the goalie's concentration on the game. The intent is to develop this into a habit utilized in games.
- If a coach is available, or a shooter, allow 5 to 10 minutes to work on an isolated move or technique of a save. Preferably this should be done near the beginning of practice. Examples: extended pad saves, 5-hole, 2-pad slides, rebounds, etc.
- Whatever save is being executed, always recover back to a regular game stance. This will establish a good habit of being ready for the next shot. Most goalies do not do this, especially the younger ones.

- **Every goalie has a side they can move to easier or better than the other one. Make sure the goalie gets adequate reps to his/her bad side. Otherwise they will never improve on it.**
  - **Let the goalies do the 10-point game or another enjoyable exercise that includes saves, rebounds, shooting, competition. It allows them to have fun while they play.**
  - **Make sure the goalie is set prior to the next shot in any drill. The goalie should recover quickly but allowed to be ready for the next shot. This will allow for the goaltender to execute the proper technique instead of developing sloppy, bad habits. Emphasize good technique at first not speed. The speed will come with repetitions.**
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## **GOALIE NOTES:**

- **The kid has to like the position. Make sure the player wants to play goal. Desire and determination are big components of goal tending.**
- **Be positive and lend encouragement. They know when they are doing poorly. Their mistakes are highly visible to everyone in the building.**
- **Help them break bad habits – stick off ice, out of stance, flinching, backing too deep into net, going down early or always on too many shots. Most of the time they don't realize they're even doing it.**
- **Explain why when doing something. Teach them the game. Explaining why we teach a certain method or the reasoning for a technique was considered highly when surveyed at our last camp. The performance improvement confirms this.**
- **There is no one-size-fits-all. Everyone is different. Provide them the fundamentals to succeed but don't force too much on them. (i.e. going out and fielding the puck way out of the net)**
- **If possible, allow for progression in practice so the goalie experiences some success, building confidence. The kid has to feel comfortable to enjoy the position at all.**
- **Try and observe the goalie's temperament. Is the kid suited for playing goal? Do they have thick skin or a short memory? Are they competitive? Are they mentally tough? Is the kid a natural leader? These are qualities that are necessary to play goal regardless of athleticism. Encourage an even keel.**
- **Encourage other sports and activities away from hockey. Many other sports compliment goal tending so well. This also prevents them from burning out or getting stale.**
- **Note when the kid is tired and starts to get sloppy. Allow for a break or change up the drill, otherwise the exercise will break down and bad habits will set in.**
- **Make sure the kid is a part of the team and not an outcast or afterthought.**