



OFF-ICE

Dryland Training For Goaltenders



REVISED 2/19

OBJECTIVES

- To provide dry land activities for goaltenders
- To provide off-ice games for goaltenders
- To give a variety of activities for all levels of goaltenders

INTRODUCTION

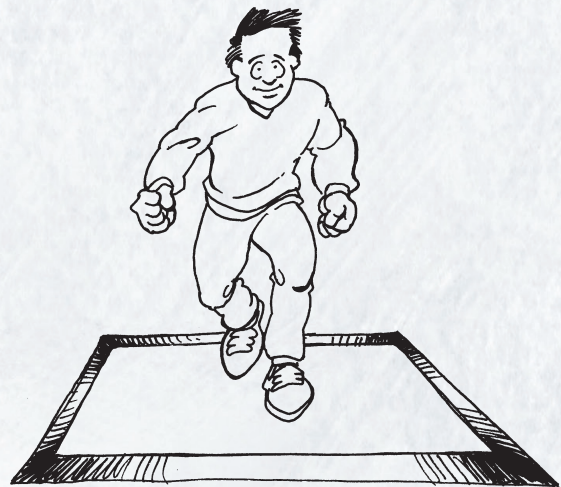
Goalkeepers can improve their games tremendously with off-ice training. Almost every move can be imitated off the ice that is utilized on the ice. Equipment for a successful off-ice training program for goalkeepers is inexpensive and almost always available.

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.

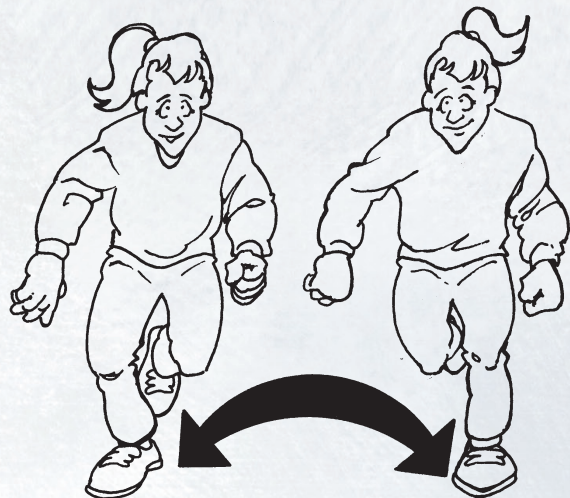
Goalkeepers can work alone, with a friend, teammate or family member. It is preferable to work with another goalkeeper, especially a teammate. The goalkeeper can work in a basement, gym, schoolyard, backyard, and/or play area.

Equipment needed for a complex program are: a jump rope, tennis balls, medicine balls, a soccer ball, a volleyball, a goal (hand-made), goalie equipment and a 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 or 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



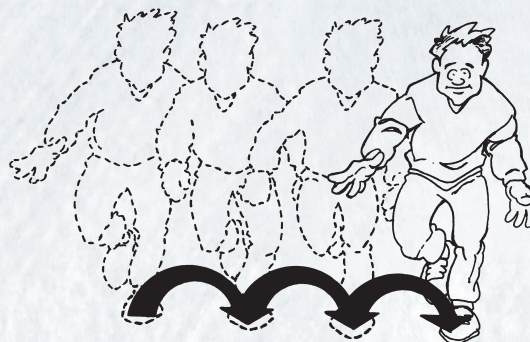
3. Alternating hops on the right and left legs.



4. Lateral jog on both the left and the right.



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



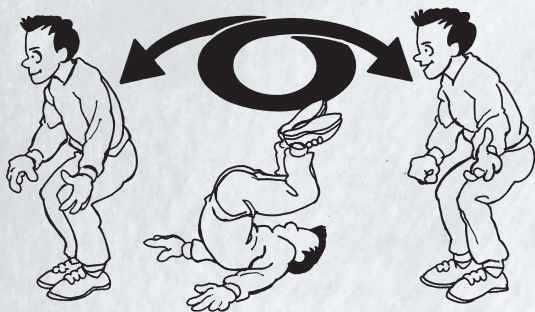
5. From the basic stance, walk with the feet wide apart, bouncing a tennis ball in the catching hand. Variations: bounce two tennis balls or juggle three tennis balls.



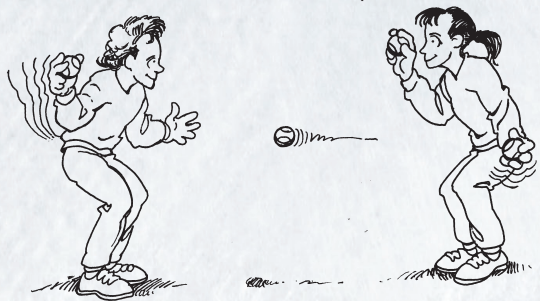
7. Jump rope on both feet, then on one foot. This is good for hand-eye coordination.



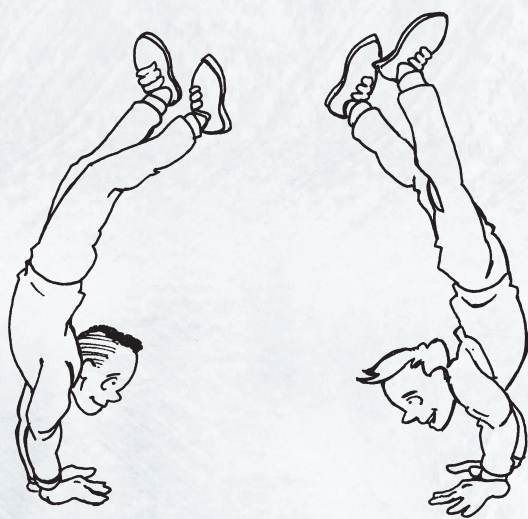
8. Tumble forward and backward, always beginning and ending in the basic stance.



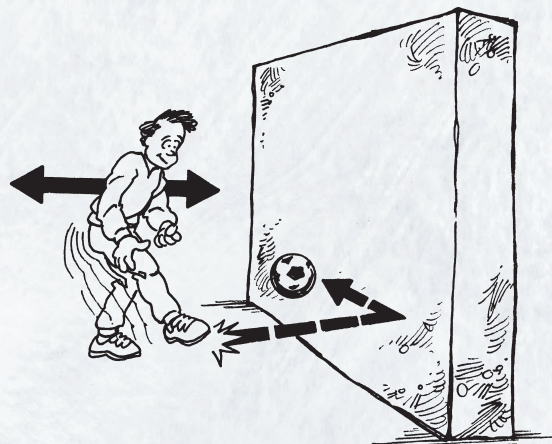
10. Face a partner and toss a tennis ball back and forth to each other. Use your catching hand. Add balls to increase difficulty.



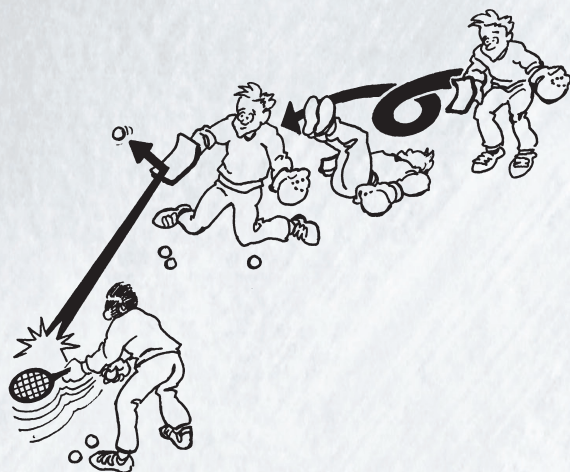
9. Practice the mirror drill with a partner, taking turns. One partner (always in the basic stance) makes a move and the other imitates as quickly as possible. Use all types of moves, including tumbles, etc.



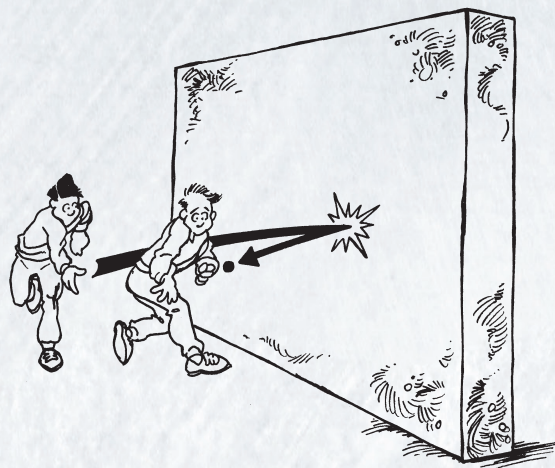
11. Play soccer against a wall, using a soccer ball or tennis ball. Practice foot-eye coordination, moving forward and backward in the basic stance.



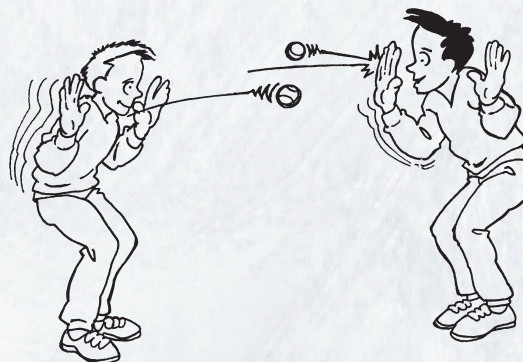
12. From the basic stance using the blocking glove and catching glove, jog forward and roll over (somersault). Come up in the butterfly position while your partner rapidly hits tennis balls at you. Use a tennis racquet.



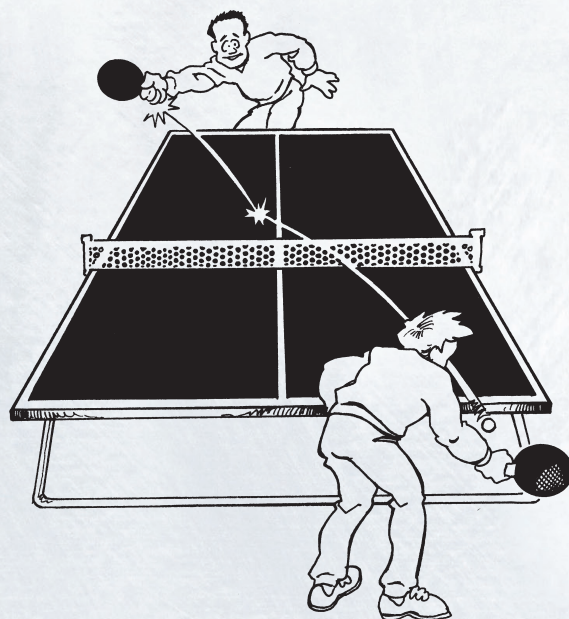
14. Handball



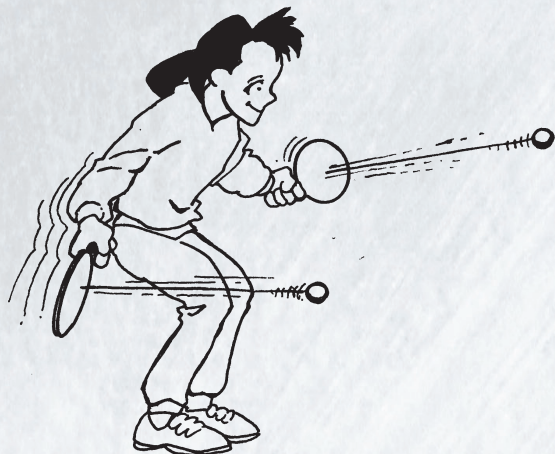
15. Face your partner and keep one or two tennis balls in play by slapping them back and forth to each other.



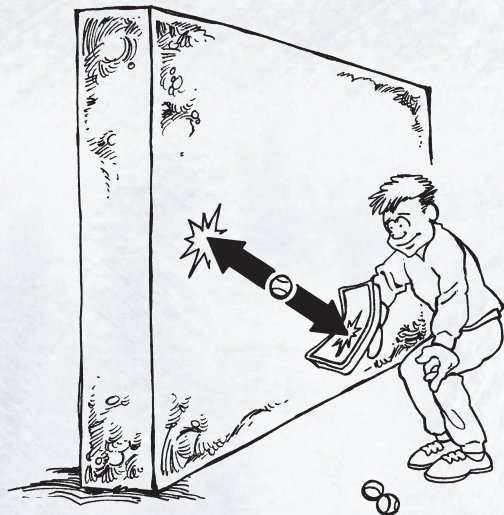
13. Table tennis



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



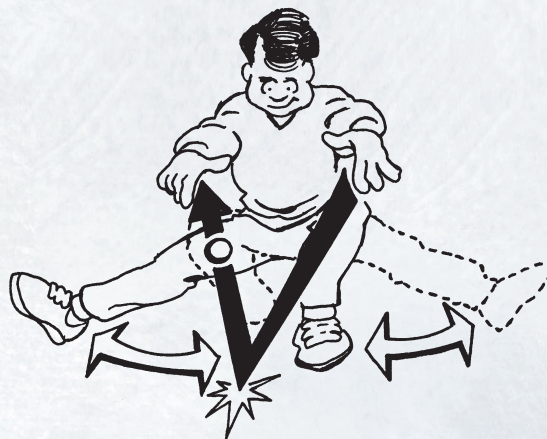
17. Using the back of your blocker glove, keep a tennis ball in play against a wall.



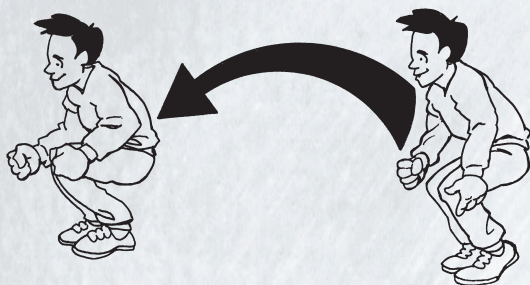
18. With a group of players on their knees and facing the middle of a circle, drop a tennis ball in the circle while everyone tries to grab it. This is similar to a faceoff.



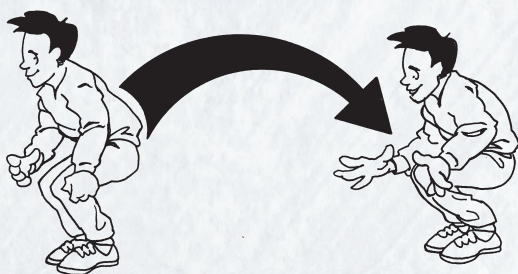
19. The goalie, while bouncing a tennis ball from a crouched position, throws one leg straight out to the side and then the other leg straight out to the side. His or her head should be forward and the ball should be bounced as quickly as possible from one hand to the other.



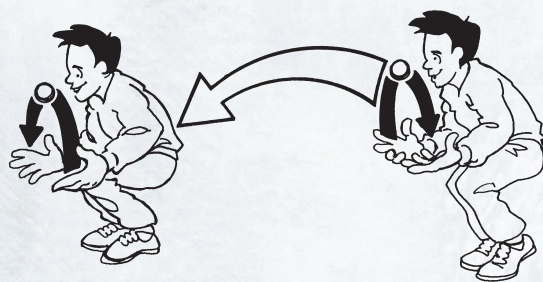
20. Kangaroo jumps from squat position forward (remain in the squat position throughout the exercise)



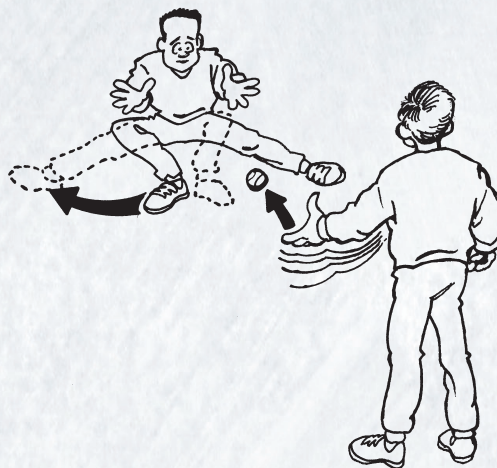
21. Same exercise going backward



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



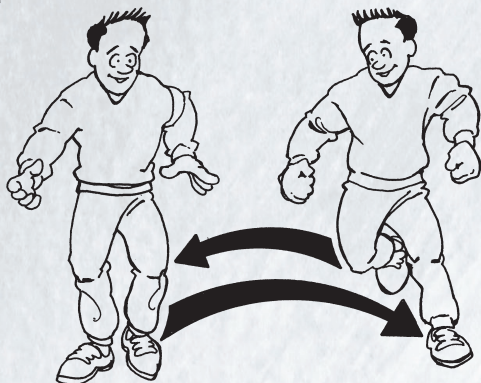
23. From a crouched position, throw one leg to the side, then the other while a partner, standing in front of you, throws a tennis ball. Try to catch each thrown ball.



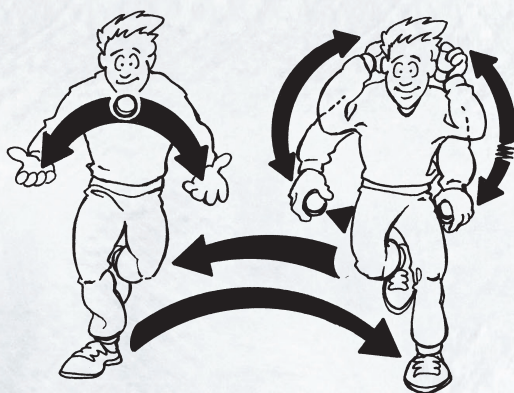
24. From a standing position, jump straight up as high as you can. As soon as you land, take off on a short sprint. Then jump and run backward as fast as you can for a short sprint.



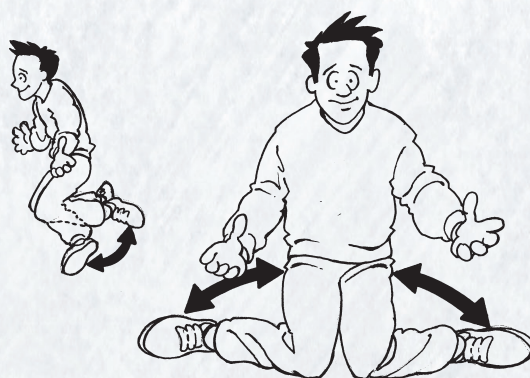
25. From an upright position, jump as far to the right as possible, landing on one leg. From that leg jump to the left as far as possible and repeat.



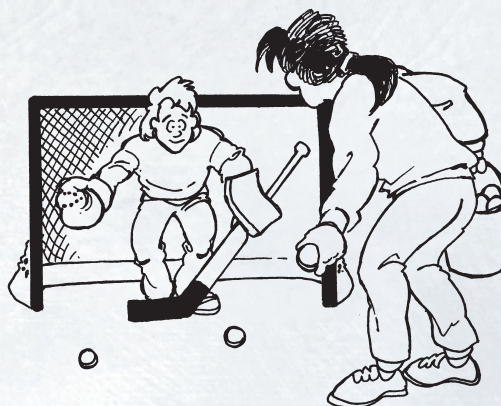
26. Perform the same exercise as #25, but add a moving tennis ball around the body and over the shoulders. In general, handle it in all positions as well as tossing it back and forth from hand-to-hand.



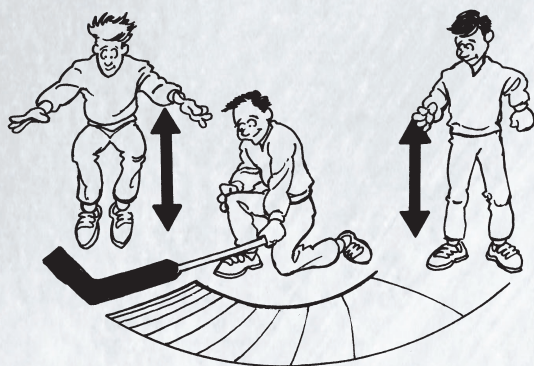
27. Get in the butterfly position: your knees together and on the ground with the legs flat on the floor and extended as far as possible to the side. From this position move around in a semi-squat position. Your legs move out and in but always return to the butterfly position. This stretches the muscles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



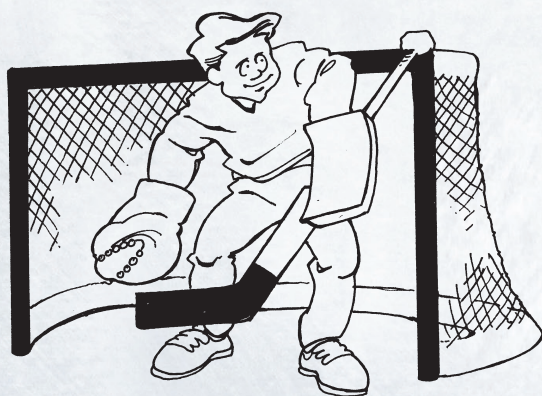
28. A partner with tennis balls moves in close to the net and places a ball in front of the goalkeeper at various positions on floor as quickly as possible. The goalie must react and clear the balls with his or her stick.



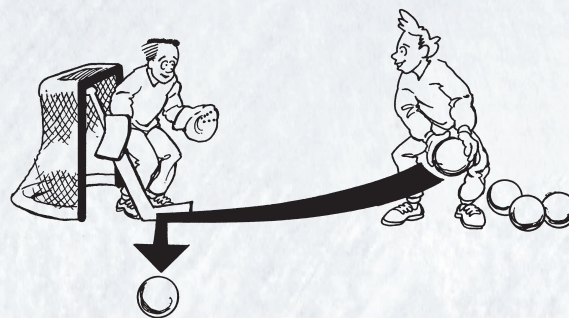
29. A partner stands between two goalkeepers and, keeping the goalie stick on the ground, swings it in a circle. The goalkeepers have to react by jumping over the stick. The partner can swing faster and faster so the goaltenders are forced to jump quicker.



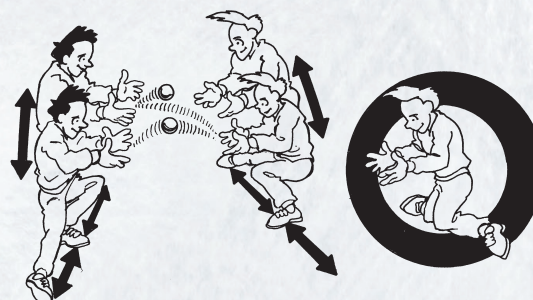
30. A goalkeeper with a stick in his hand exercises by clearing shots with his stick on the left hand side, starting with an imaginary shot on the ice and moving up to head level. Move the stick from the front of the pads out and then go higher and higher, back and forth as quickly as possible. The same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



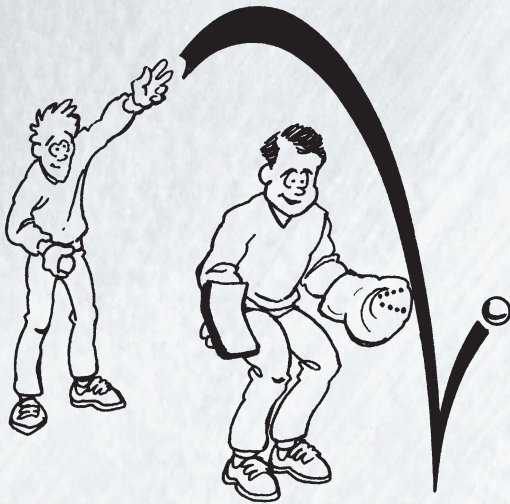
31. Using a team handball or volleyball, a partner rolls a ball at the goalkeeper, who has to stop the ball with the stick and then clear it to the side. You can increase the speed of the rolls as the goalie becomes more proficient.



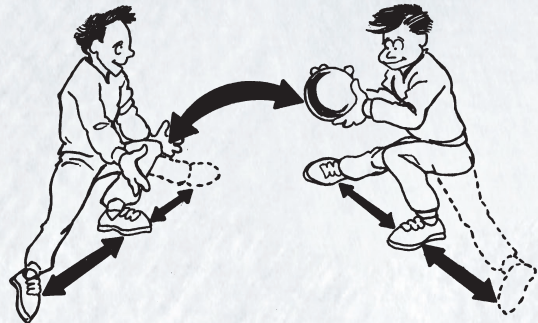
32. Two goalkeepers squat facing one another and throw two tennis balls back and forth. The goalkeepers should move from the squat position to have one leg out, then the other leg out, to the butterfly position, to standing up, then to the crouch.



33. A goalkeeper is without his or her stick but has goalie gloves. A partner stands behind the goalie, both facing the same way, and drops the ball over the goalie's shoulder or head. The goalie has to react to the bounce, grab the ball and clear it to the side. The goalie's eyes should remain forward.

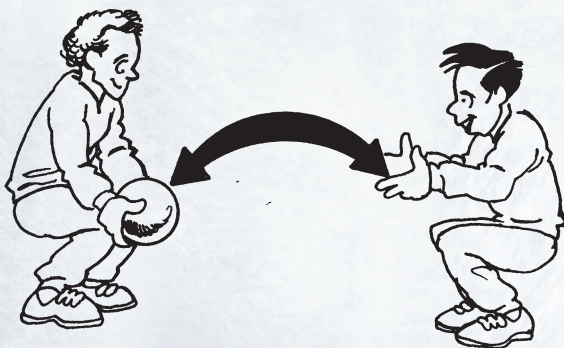


35. Throw a medicine ball back and forth from a squat position while throwing one leg out to the side, then the other.



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

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



Shadow Drill

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



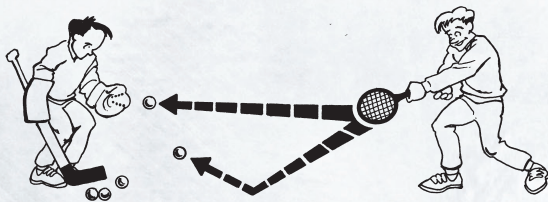
2. Move closer to the goalie and, using the handle of your tennis racquet as a pointer, put the handle as quickly as possible on the ground. Have the goalie react with his or her stick. The idea is for him or her to make contact with the handle while you're trying to move the handle as quickly as possible.



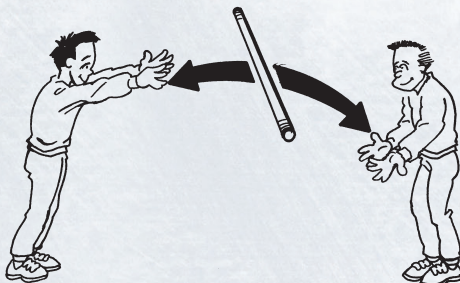
5. Using the fireman's carry, one goalie carries another goalie on his or her shoulders using relatively long strides across the floor, forward and backward. Naturally, the length of stride will be reduced when moving backward.



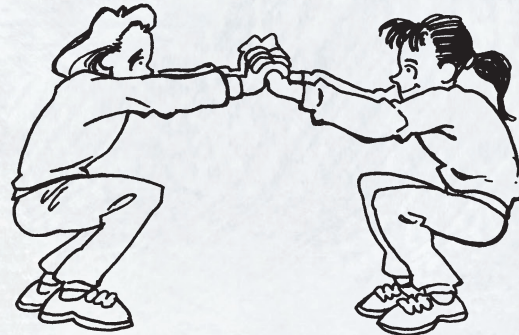
3. A partner moves about 15 feet from the goaltender and hits tennis balls at the goalie. Start out at medium speed, trying to get the ball up around the hands so the goalkeeper can react to both sides with his hands. You can hit them straight at the goalkeeper or with a bounce in front.



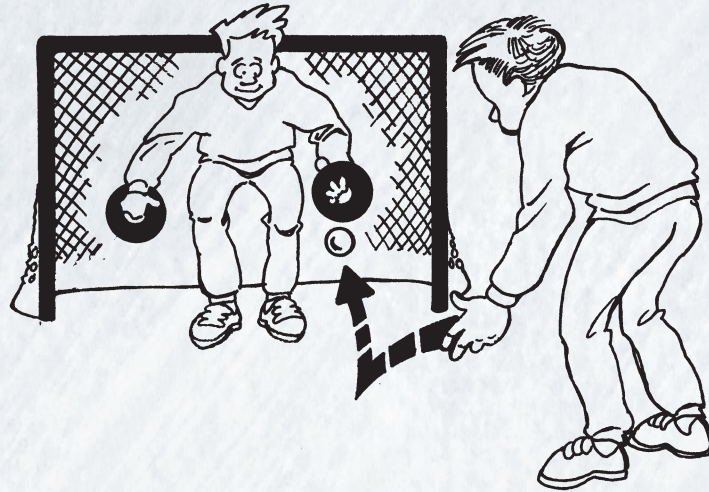
4. Two goalkeepers facing one another throw a bar back and forth, underhand and overhand.



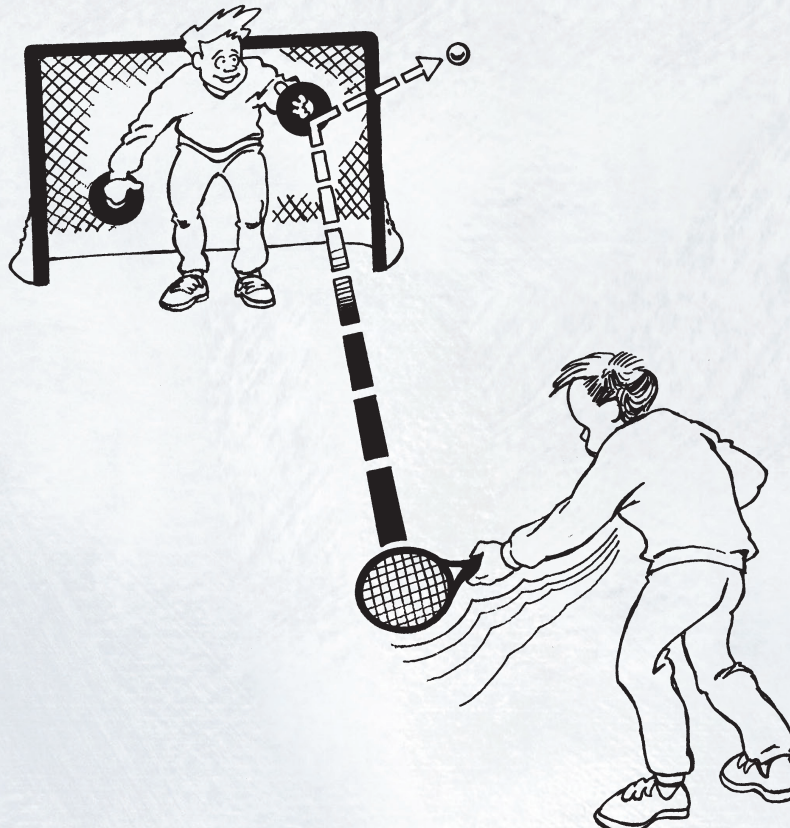
6. Goalies face one another, putting their hands forward and wrestling to push the other goalie from his or her stance. This can be done in a squat position, in a crouch position and standing up. Variations: hands on shoulder, hands in hands



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



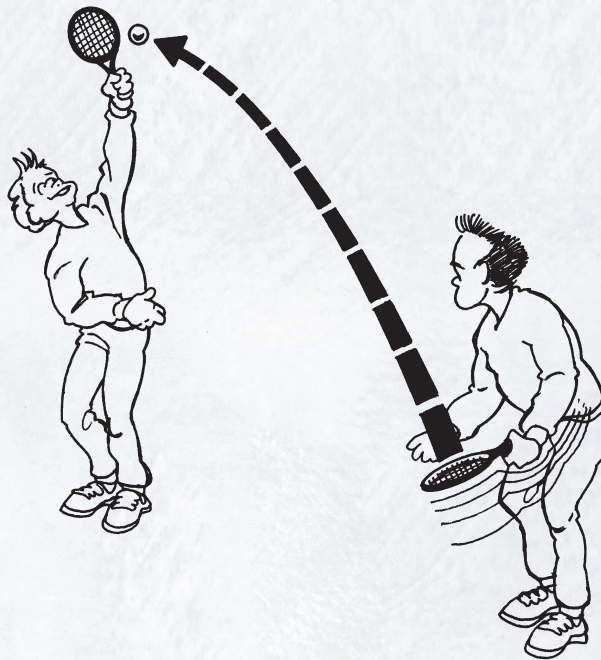
8. Move backward and, with the use of a tennis racquet, drive the ball harder. Have the goalkeeper react with weights in his or her hands.



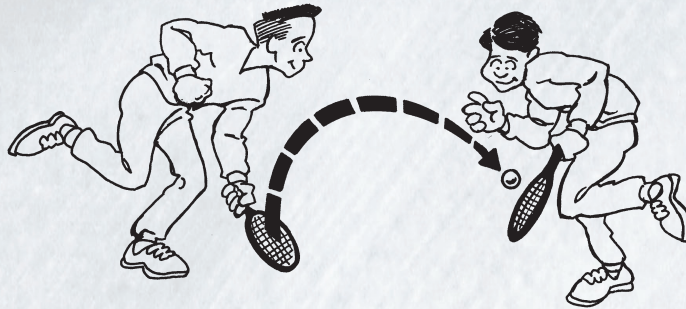
9. With sticks and gloves, put one goalie in the net in a crouch position, and have the other goalie stand five to six feet in front to act as a screen. A partner then stands 10 to 15 feet out and bounces a ball through the screen or drives it straight by the screen. The goalie will react.



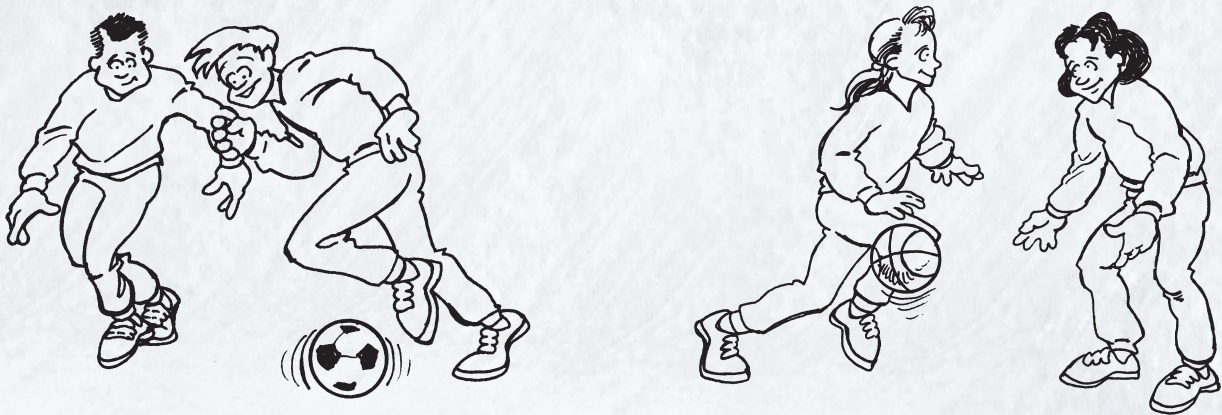
10. Have goalkeepers stand six feet apart with tennis racquets and hit tennis balls back and forth in the air.



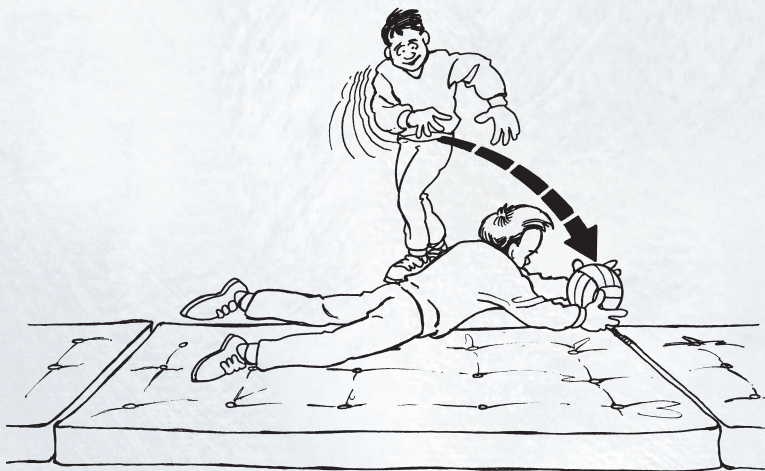
11. Perform the same drill as above while on one foot, then on the other.



12. Using a volleyball or a team handball, have goalies play 1-on-1 basketball or 1-on-1 soccer.

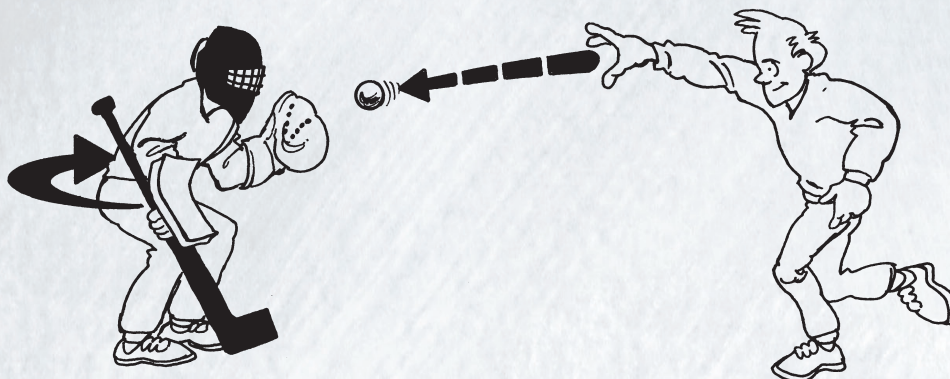


13. Using a mat or soft turf, one partner throws a volleyball or team handball to either side of the goalie and has him or her leave his or her feet to catch the ball.

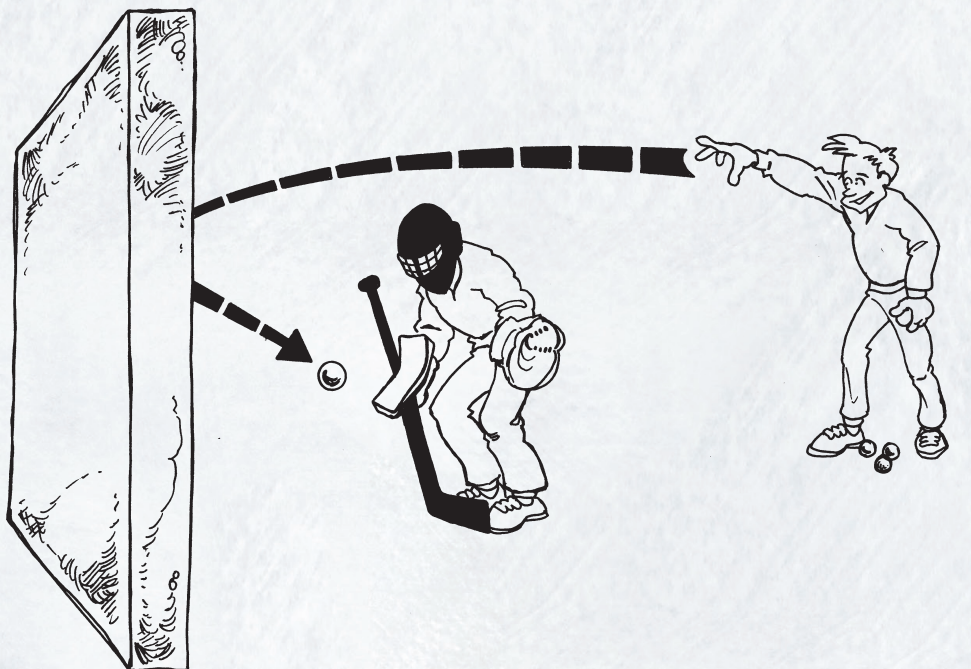


WITH FULL EQUIPMENT - STICKS, GLOVES AND MASK

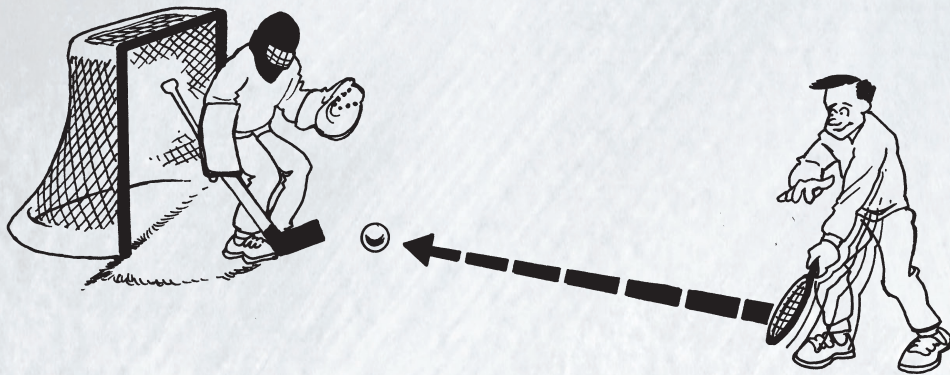
1. The goalie turns on command and deflects, catches or blocks a tennis ball.



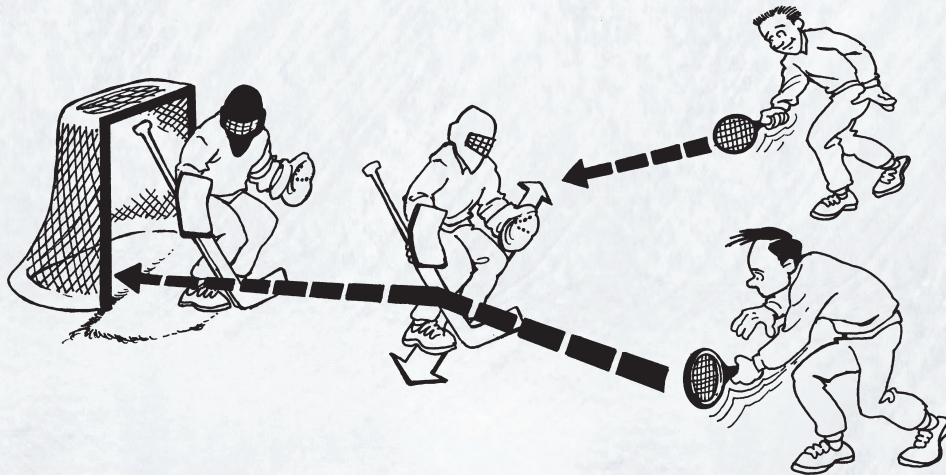
2. The goalie faces a wall from 10 feet out with his or her back to a partner. The partner throws a tennis ball off of the wall and the goalie reacts.



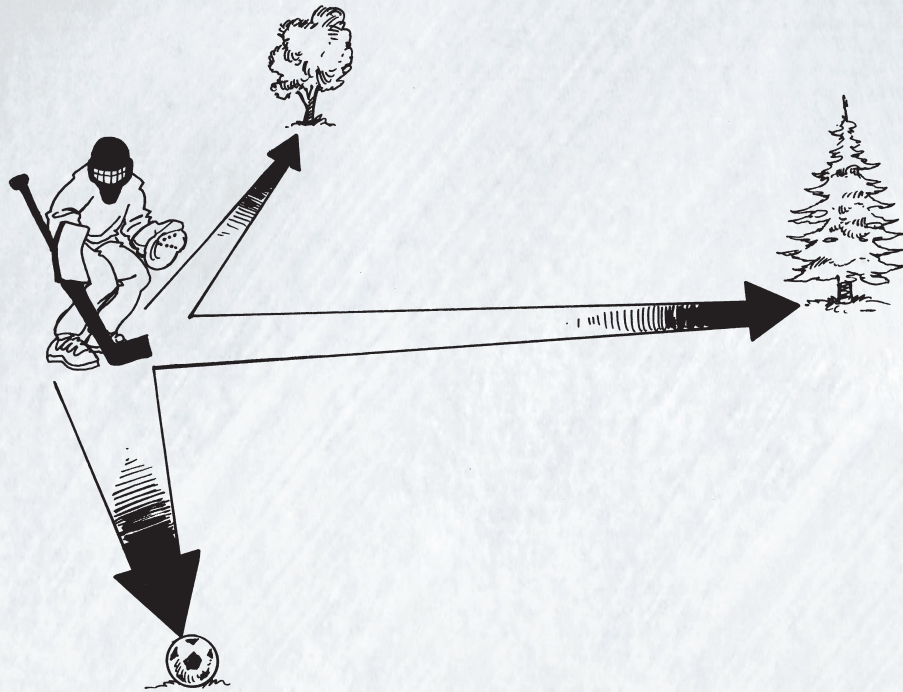
3. A partner fires tennis balls from various angles while the goalie moves and adjusts to the angles.



4. Screen shots and deflections



5. Adjusting eye focus to objects



6. A partner fires tennis balls, one at a time at the goalie. Balls should be easy at first and get progressively more difficult. It is important that the goalkeeper use correct technique.



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

LEARN MORE

Click on the following link(s) for more information on the topics covered in this chapter. *(Internet access is required).*

www.usahockey.com/page/show/1578029-dryland-training