



Hockey Canada's Atlantic Centre of Excellence

Developing Goaltenders Clinic



“Partners in Development!”



Atlantic Centre of Excellence Developing Goaltenders Clinic



The “Developing Goaltenders” Clinic is an initiative of Hockey Canada’s Atlantic Centre of Excellence aimed at improving the overall skills and experiences of minor hockey goaltenders throughout the Atlantic Canadian region. These clinics provide the hockey participant with goaltender specific education and skill training with the hope of further developing current and future athletes at this position. Participants receive quality instruction and training by certified coaches in an enjoyable and positive environment.

Throughout the clinic, players will:

- Develop and enhance the fundamental skills of playing the position of goaltender
- Meet other players and develop friendships
- Enjoy the “fun” of hockey through skill development
- Learn the concepts of fair play, fitness, safety, teamwork, and the importance of a positive attitude
- Leave with a memorable experience

Hockey Canada's Atlantic Centre of Excellence, established on April 20, 1995, is both an administrative Hockey Development body and a resource facility located in Saint John, New Brunswick, and represents Hockey Canada in serving the four Atlantic provincial hockey associations.

Administratively, Hockey Canada's Atlantic Centre of Excellence is primarily responsible for the co-ordination of Hockey Development Programs serving the 55,000 registered participants of the four Atlantic Provinces (HNL, HNB, HNS, PEIHA). In co-ordinating these Hockey Development Programs for trainers, coaches, officials, players, and administrators, the approach of the Atlantic Centre of Excellence is to provide training and development opportunities to Program instructors. In turn, these instructors return to their home community and deliver regional Hockey Development clinics. The philosophy of "Reaching Out" creates an opportunity for a significant impact on the members of the Atlantic Canadian Hockey community.

HOCKEY CANADA

ATLANTIC CENTRE OF EXCELLENCE

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Goaltending Clinic Key Teaching Principles

1. SKATING

Goalies must be strong skaters, particularly in their 'ready' position, which includes:

- Movement forward and backward – 'C' cuts
- Movement laterally – shuffle
- Getting back behind the net for dump-ins and rims
- Racing for loose pucks

2. BALANCE AND AGILITY

Goalies must be quick and agile with good balance for various situations:

- Recovering to ready position after a save
- Reacting to passing plays and direction changes of the puck

3. POSITIONING AND ANGLES

Goalies should always be in the 'ready' position and try to intimidate shooters by giving them no net to hit. Gloves are compact, facing forward with palm of catching glove facing the shot. Knees are slightly bent and stick is 15-20cm from the toes. Several key points for goalies to remember are:

- Read the play and take the net away from the shooter as much as possible.
- Always have your shoulders square when tracking the puck.
- Challenge shooters in the slot, but be careful if/when challenging point shots. Don't get beat by an open man behind/beside you.
- Challenge shots from the front of the net, but not the sides.

4. PUCK HANDLING AND CONTROL

Goalies need to constantly work on and improve their ability to handle the puck. They must always make smart decisions when doing so, and should be continually reading the play and identifying the support they have. There are several options for a goalie when playing the puck:

- 'set' the puck behind or beside the net
- 'pass' the puck to open teammate
- 'spot' the puck to an open corner
- 'clear' the puck if time and space is available to do so



5. SAVES (STOPPING THE PUCK)

Making saves is the biggest part of a goalie's job description. There are a variety of types of saves, including:

- Catching glove saves (and controlling the puck)
- Blocker saves (and directing puck out of scoring area)
- Upper body saves (chest, arms, shoulders)
- Stick saves (paddle down, deflections, pokechecks)
- Pad saves (butterfly saves, two pad slide)

The action of a save consists of three main parts:

- *Pre-shot Preparation* which includes the basic stance and moving to the puck and cutting down the angles.
- *Save Selection and Execution* which involves deciding on the appropriate save or combination of saves for the situation and then executing quickly.
- *Recovery back to Basic Stance* because many goals are scored from rebounds and being in poor second shot position. It is important for a goaltender to get back into ready position, or clear a rebound, or save the puck as quickly and effectively as possible.

6. REBOUND CONTROL

Goalies should be doing more than just stopping the puck. They should be responsible for where the puck goes after the initial save is made. Rebounds must be smothered, controlled to a teammate, or directed into the corners where danger is at a minimum. Good rebound control requires excellent balance, being set for the shot, and using proper save selection. Some keys to rebound control are:

- Catch whenever possible with glove hand
- Rotate blocker to redirect puck to corner and away from net
- Use stick to redirect low shots to corner
- Have body properly positioned so that rebounds end up being easily smothered or picked up by a teammate

7. BREAKAWAYS

There are steps in stopping a breakaway:

- Coming out; to well above the top of the crease and getting set for a shot or deke.
- Backing up; when the player reaches the top of the circle, back up and receive his attack.
- Save Selection; decide which save to use based on goalie's assessment of the situation. Follow players motion, eyes, tendencies, etc. Most players have limited moves, and most will dictate where they are going by looking there before they go.

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8. READ AND REACT

Goalies must be students of the game and read the attack they are facing. Is the situation odd or even, is there a potential for a backdoor play, is a shot coming or a pass? It is important for goalies to be aware of systems and set plays and prepare accordingly. Some key points for goalies to remember are:

- ‘read’ the attack and get in position accordingly
- protect the net and don’t beat yourself
- exercise patience, all while taking away the shooter’s time and space
- don’t be afraid to freeze the puck and get face-offs when necessary

9. COMMUNICATION

Goalies should get into the habit of communicating as much as possible with teammates, particularly their defencemen. Communication should be loud and with clear messages such as “man on” and “take it”. Elite and successful goalies become leaders by communicating and offering teammates positive encouragement and praise during the game. Getting into the habit of communicating starts in practice.

10. FOCUS AND CONCENTRATION

Goalies should maintain focus and concentration at all times during play. Focus should be particularly on the puck and they must work hard to see it, especially in traffic. There are several key elements to remember:

- Maintain composure and keep emotions under control. Don’t let anything take you off your game.
- Follow the play and react to it accordingly to ensure proper positioning at all times.
- Rise above distractions. Don’t allow incidents, fans, etc. to cause a loss of attention or focus.
- Attempt to be ‘calm and cool’ at all times and maintain a focused and composed state.

11. POSITIVE PRACTICE HABITS

Perhaps more than any other position, practice is of the greatest importance for goalie development. Goalies must be among the hardest workers on the team and should be in a mental state where they absolutely hate to be scored on in practice. Some key elements of developing positive practice habits are:

- Be in proper position at all times.
- Work hard and NEVER give up on the puck.
- Manage rebounds and practice this with every shot.
- Try to get into a ‘game like’ mental scenario.

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12. REACTION TIME

Quick hands and feet are major weapons for the goalie and therefore should be worked on continuously. The goalie has to read and react with muscle memory to situations, shot stopping, and rebounds.

13. TEAM PLAY

Goalies must never forget that they are an integral part of the team and should make decisions and base actions upon this. Goalies should know and understand team systems and their specific roles in those systems. They can be a key element of powerplay, penalty kill, and even strength situations. A good example of this is that the goalie always takes responsibility for the shooter on a 2 on 1. If the D and goalie are aware of this, then they have a greater chance to stop it.

14. EQUIPMENT

Goalies should have safe and effective equipment that fits their body properly. Consult your goalie coach or local sports store professional for assistance.



DEVELOPING A GOOD RELATIONSHIP WITH YOUR GOALIE IS KEY FOR ANY COACH.

SOME OF THE WAYS TO FOSTER AND DEVELOP THIS RELATIONSHIP AND CREATE A QUALITY GOALIE ARE:

- Challenge your goalie to work on specific skills, to reinforce strengths and upgrade shortcomings. Encourage the goalie to be the hardest working member of the team.
- Demonstrate your support through instruction, teaching and drills.
- Ask your goaltender's opinion regarding drills, practices, and techniques.
- Encourage and teach your goalie to be a leader.
- Win as a team, lose as a team. Don't make the goalie the 'goat'.
- Recognition and praise are powerful tools. Let your goalie know when you see him/her doing the small things that are correct.
- Discuss your expectations at the start of the season and reinforce them throughout the year.
- Discuss the fact that the goalie needs teammates and vice versa. A positive relationship between the goalie and players goes a long way. All involved should remember not to lay blame.
- Inform your starter a day in advance that they will be starting. This allows for proper preparation and shows confidence.
- Both goaltenders need to play, and both need to be aware of that.
- Help the goalies stay focused. Don't let them concern themselves with things that are out of their control.
- Visualization is an important key. Foster this habit in a stress-free environment.
- The coach should be a support system for the goalie at all times.



WHAT TO DO AFTER A GOAL IS SCORED

Goals are scored for a reason. Putting these situations into perspective will help the goaltender deal quickly and effectively with each goal. The objective is to have the goaltender return to a positive mental state as quickly as possible.

Goal Situation One—A Great Shot or Play

Sometimes no matter who is playing goal, the offensive player(s) will make an outstanding play or shot resulting in a goal. Goalies should realize there is really nothing they can do about these unique plays and forget about it as quickly as possible. Write it off as a great shot or play, and re-focus.

Goal Situation Two—Team Breakdowns

These can be situations such as someone leaving a man open in front or missing an assignment that leaves the goalie in a tough spot. These goals are breakdowns for reasons such as lack of communication or not fully understanding responsibilities within a system. Goalies can have a brief discussion with the player(s) or just allow the coach to correct the situation. The important thing is that once it is addressed, the goalie re-focuses on the task at hand and doesn't allow any lingering effects.

Goal Situation Three—A Save Breakdown

In this situation, the goaltender has failed to prepare, execute, or recover from a save. After the goal is scored, the goalie should do a quick analysis of where the mistake happened, and adjust accordingly for the next similar situation.

GOALTENDER INVENTORY CHECKLIST

To help in re-focusing after a goal, the goaltender can run through a checklist to put the goal out of their mind and get ready for the next save. It is important to remember that we cannot change the past, only learn from it.

Positioning

- Know where the goal posts are
- Line up in the middle of the net

Stance

- Pads are together, standing on balls of feet
- Stick on ice (firm grip)
- Catcher out and open
- Balance weight over feet
- Eyes forward
- Have a loose, relaxed feeling and a focused mind

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Challenge

- Move out and reduce angles
- Square to puck
- Arms and legs are loose and ready to react to puck

Challenge in your stance, and force the shooter to make a perfect shot to score. Hold the intimidating stature of the 'ready stance'. Have confidence in your positioning, and make the save!

POINTS TO REMEMBER ABOUT POSITIONING

- Key to goaltending is getting from Point A to Point B in the quickest amount of time and with good balance
- Developing good positioning skills is a result of working on forward, backward, and lateral skating ability
- The basis of positional play is to take away as much of the net as possible in relation to the puck
- Goalie should be out beyond the crease and 'set' as the play crosses the center ice red line
- Always try to keep shoulders square to the puck
- When the puck moves laterally, goalie must square up
- Do NOT be backing up when play is in the neutral zone
- Do NOT retreat until play is in scoring area and opposing player is attacking the net
- On 'odd' man rushes, the goalie should be a step deeper in the net than for 'even' rushes
- When the puck is in the outside lanes, below the hash marks, take the short side away
- Use the crease, neutral zone dots, and defensive zone dots as check points for positioning

Remember to develop these good habits:

- Proper angles
- Correct distance from net
- Stay on your feet when possible
- Control rebounds

“Every drill is a goaltending drill”

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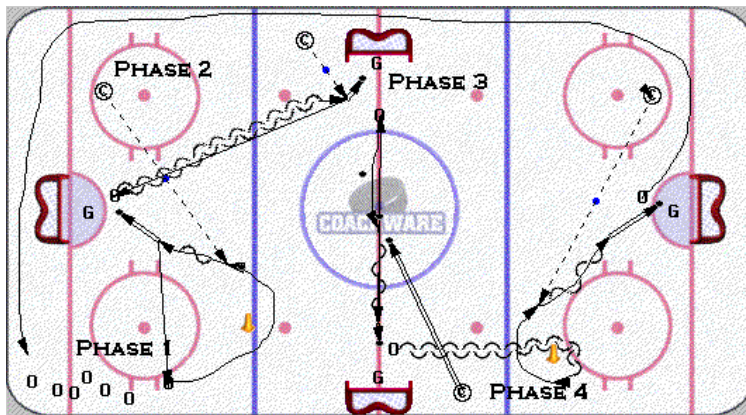
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Drill Name: 4 Phase Breakaway

Age Group: novice, atom, peewee

Drill Description: Shooting Circuit. Players flow from phase 1 to phase 4. Lots of 1 on 1's with goaltenders. Suitable for half ice practices with two teams combining drills. When completed, player skates to phase 1 starting point.



Key Teaching Points:

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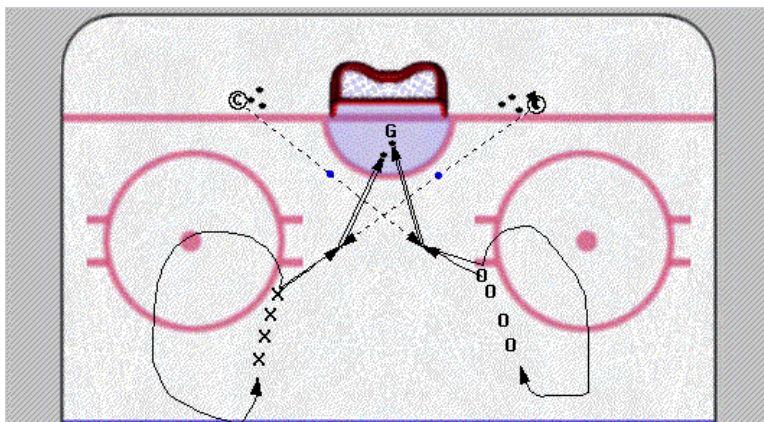
Skills Involved:

stopping breakaways, shots and preventing rebounds

Drill Name: Goalie Reaction Drill

Age Group: all ages

Drill Description: Coaches pass pucks from beside net to players across the slot. Player must take 2 strides in and onetime shot on net. Coaches alternate passes to each line. Right hand shots start on left side, Left hand shot start on right side. Alternate sides after 2 times through.



Key Teaching Points:

- goalie reaction / readiness

Skills Involved: goaltender movement and readiness



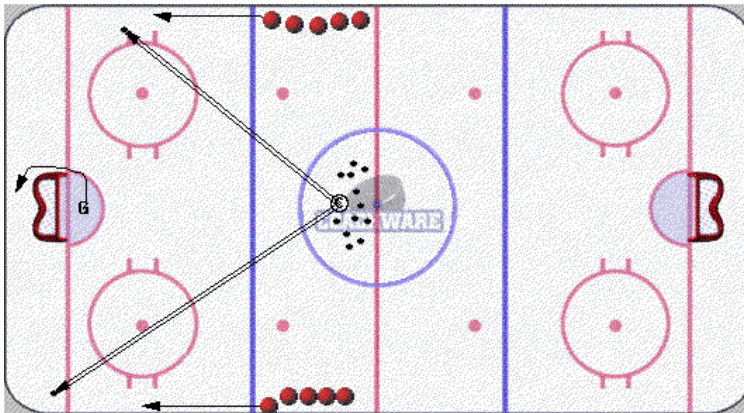
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Drill Name: Rim Drill

Age Group: all ages

Drill Description: coach has pucks at center and dumps one in, rimming it around the boards. Goalie comes out of net to stop the puck behind the net. Goalie then makes a pass to either forward who has skated down to the winger's position on the hash marks by the boards. Player can then skate straight down for a shot on other goalie at far end. Drill can also be done with 2 or 3 fwds at a time, creating a 2 or 3 man rush.



Key Teaching Points:

- Anticipate the play
- Don't leave before puck is dumped in
- Pass should be accurate and hard

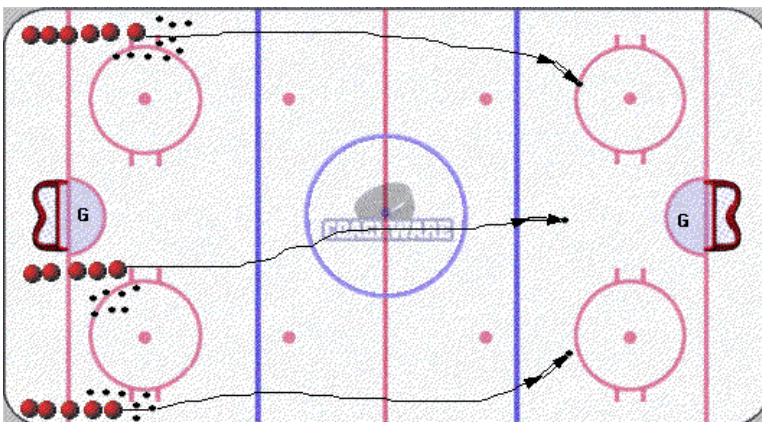
Skills Involved:

- Quick feet
- Puckhandling
- Passing
- breakaways

Drill Name: 3 Lane Warm-up

Age Group: all ages

Drill Description: Players make 3 lines and skate down for a shot from between blueline and tops of circles. Drill alternates ends when all players have shot. Goalies stay in their respective ends. Drill can also be executed with the players passing from one line to the other with the pass receiver skating down and shooting.



Key Teaching Points:

- Shots on net
- Goalies letting puck hit them, getting a feel for it
- Always be in ready stance for the shot coming

Skills Involved:

- Positioning
- Recovery to ready stance
- Rebound control



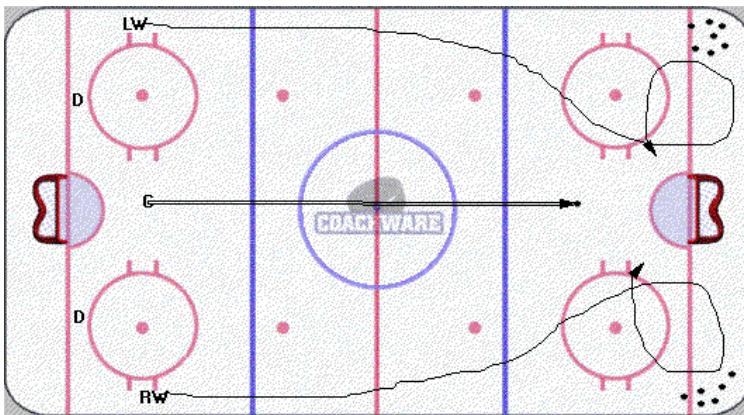
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Drill Name: 5 Shot Drill

Age Group: all ages

Drill Description: As a line, 5 skaters skate down ice and shoot from positional angles. F's carry a puck with them, D follow up without a puck. After wingers shoot, they get a puck from corner and pass to strong side D for 4th and 5th shots. Drill can be done full ice or half ice. Wingers and centreman all crash net for screens and rebound.



Key Teaching Points:

- Goalie should use explosive, quick lateral movement
- Challenge shooters
- Use low crouch to see through screen

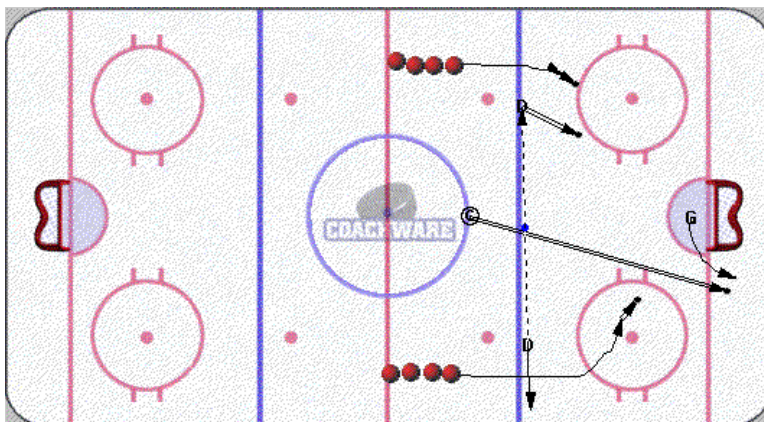
Skills Involved:

- Positioning
- Rebound control
- Concentration/focus

Drill Name: Dave King Drill

Age Group: peewee and up

Drill Description: coach spots puck to side of net, goalie plays it up the boards to D. D passes it to partner D for a shot. After D shoots, F1 skates in for shot from top of circle, followed by F2 who does same thing from other side



Key Teaching Points:

- Goalies 'reads' the play and makes a good pass
- Challenge shooters

Skills Involved:

- Puckhandling, passing
- Positioning
- Lateral movement
- Rebound control



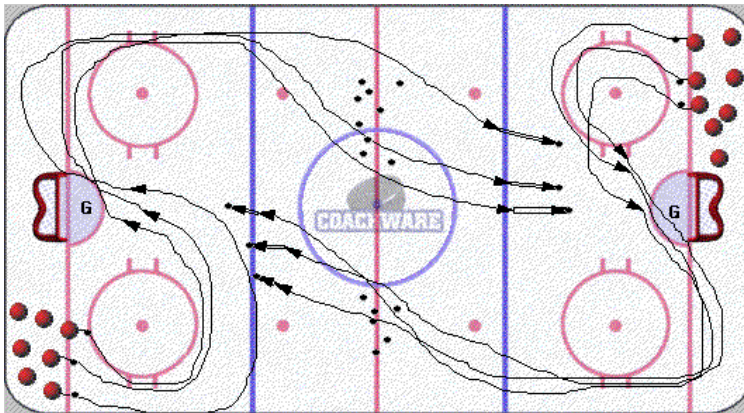
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Drill Name: Rapid Fire Long and Short

Age Group: all ages

Drill Description: 3 players, one after the other, go around circle and shoot on goalie from the slot. Players all keep skating around bottom of other circle and down ice, picking up a new puck and taking a longer shot at far end. **Drill is run from both ends at the same time**



Key Teaching Points:

- Make save and recover for next shot(s)
- Be aware of angles

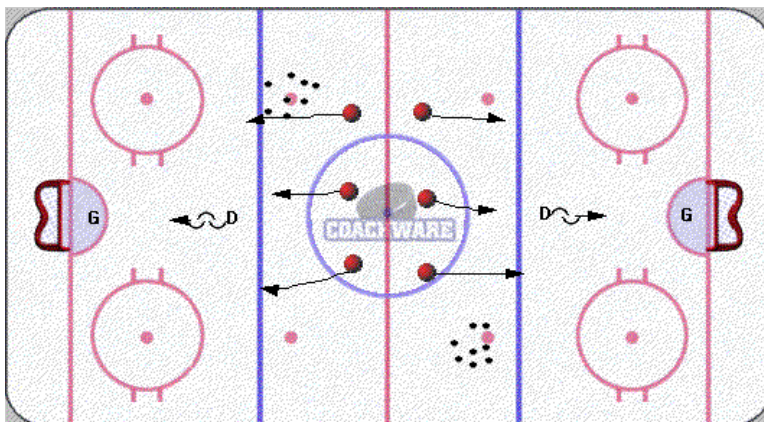
Skills Involved:

- Positioning
- Recovery to 'ready' position
- Rebound control

Drill Name: Loucks' 3 on 1

Age Group: peewee and up

Drill Description: Create 2 teams. Team A always attacks one end 3 on 1, and team B always attacks other end 3 on 1. Waiting players stay out of way. On whistle, 3 players attack each end and have 40 seconds to score as many goals as possible. After scoring a goal, players must all come over blueline to get new puck and must be onside.



Key Teaching Points:

- Read and react
- Communicate with D

Skills Involved:

- Communication
- Reading the play
- Rebound control
- Challenging shooter



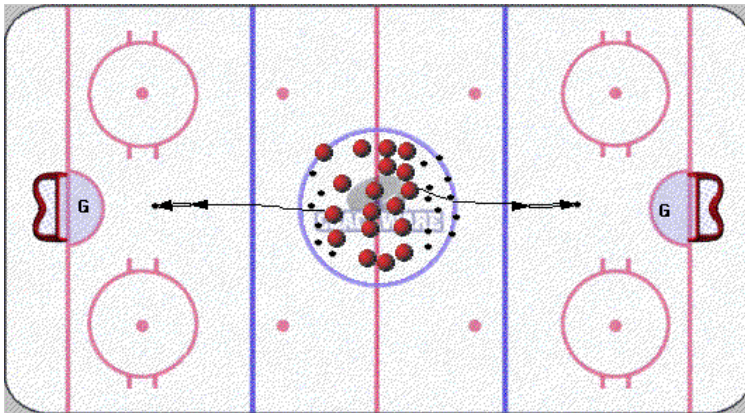
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Drill Name: E.J.'s Breakaways

Age Group: all ages

Drill Description: Make 2 teams. Both ends go at same time. First rush is a 1 on 0 from center ice. If shooter scores, next rush is 2 on 0, and if another goal is scored, 3 on 0. If shooter does not score, next sequence cannot be started. Next player will wait until shooter has crossed blueline and then go. First team to 6 goals wins.



Key Teaching Points:

- Players get one rush

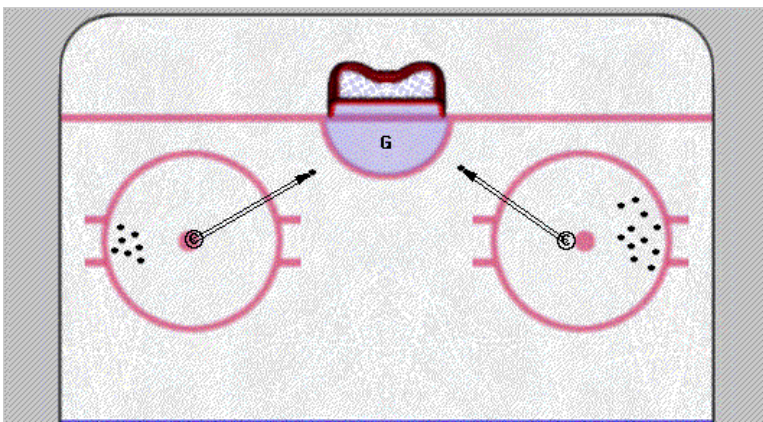
Skills Involved:

- Breakaways
- Facing a variety of attacks
- Challenging shooters

Drill Name: Quick 2 Shot Drill

Age Group: all ages

Drill Description: 2 shooters (can be coaches) get set around each face-off dot on both sides of net. 1st shooter takes shot on net, then signals goalie (whistle, slap stick on ice, etc.). Goalie must then get to other side of net for 2nd shot from other shooter. Each goalie gets 6-8 shots from each side during one turn.



Key Teaching Points:

- Shooter should get shot off as goalie comes across
- Goalie must move side to side as quickly as possible.

Skills Involved:

- Agility and positioning
- Side to side movement
- Rebound control



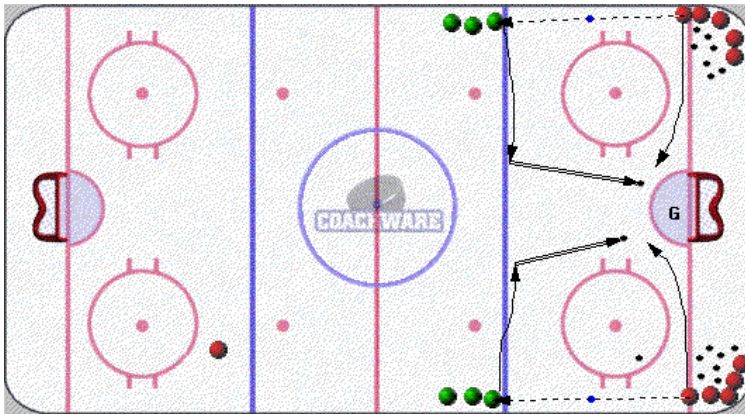
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Drill Name: Deflection Drill

Age Group: peewee and up

Drill Description: Players start by passing puck to point. Player who made pass proceeds to net and awaits point shot. Player at point has option to move to middle and shoot, or shoot from near the boards. Player in front screens goalie and attempts to tip puck. Drill alternates sides and can be run at both ends.



Key Teaching Points:

- Goalies should follow puck as it moves
- Crouch low to see puck
- Read and react to puck direction

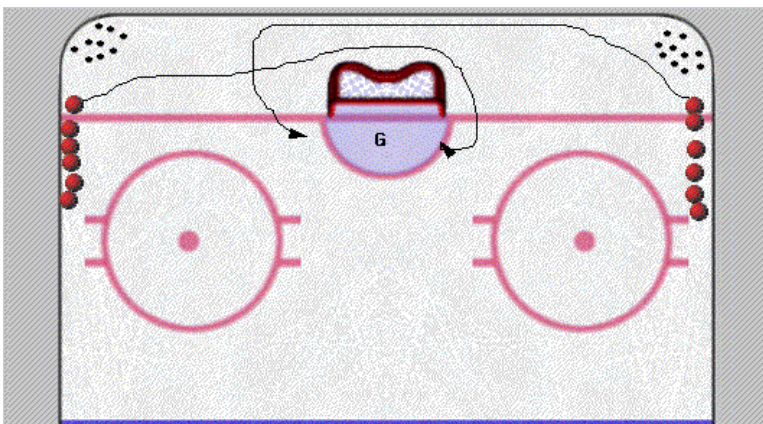
Skills Involved:

- Seeing puck in traffic
- Positioning
- Reflexes, agility
- Rebound control

Drill Name: Wraparound Drill

Age Group: all ages

Drill Description: Players line up in both corners. Alternating sides, player skates with a puck and tries to wrap it far side on the goalie. Drill progression can lead to player having the option of wrapping it or stepping out in front of net for scoring attempt. With drill progression, player can also stop behind net and come out other side. Drill is run out of both ends at same time.



Key Teaching Points:

- Goalie should follow puck at all times
- Be sure to have short side of post blocked off

Skills Involved:

- Positioning
- Agility
- Reading and reacting



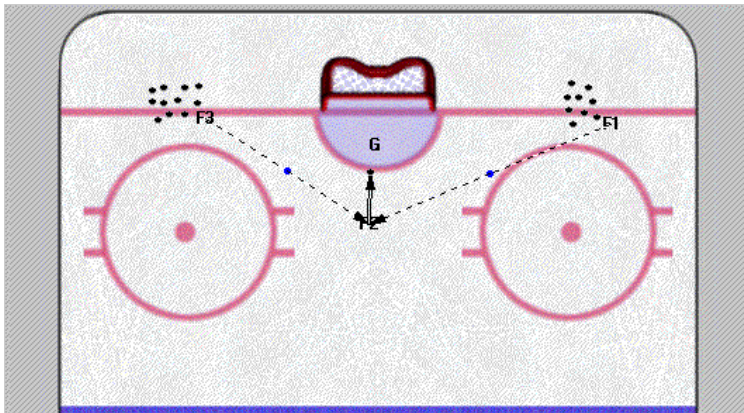
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Drill Name: Center Net Coverage

Age Group: all ages

Drill Description: Shooter stands in slot between hash marks and receives alternate passes from sides of net. Puck can be stopped and shot, or one-timed. This can be at the coach or goalie's discretion. Goalie follows entire play from hugging post to facing shooter.



Key Teaching Points:

- Goalie should follow puck at all times
- G should not drive past midpoint of net
- Shooter should try to score 'through' goalie

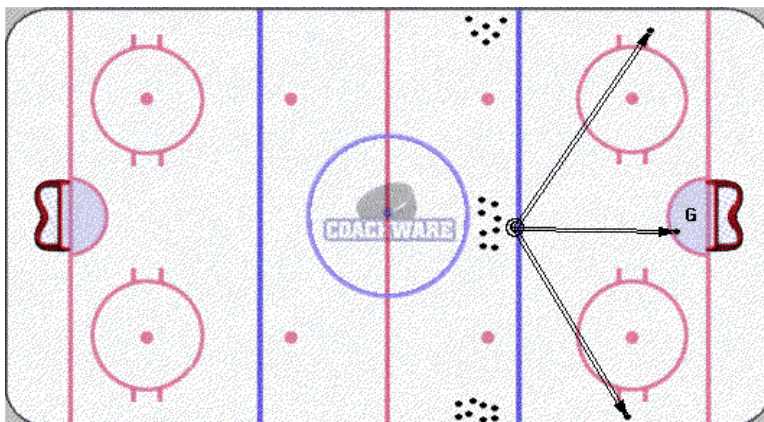
Skills Involved:

- Positioning, anticipating
- Controlled quickness
- Rebound control

Drill Name: Multi Dump Drill

Age Group: all ages

Drill Description: Coach dumps pucks one at a time on net, or to either side. Goalie must corral puck behind net and set it up in the pick-up zone on the side of the net that the coach points to. Drill progression can lead to wingers dropping down and receiving a pass from the goalie.



Key Teaching Points:

- Goalie must have head up while playing puck
- Goalie must move quickly

Skills Involved:

- Read and react
- Puckhandling
- communication



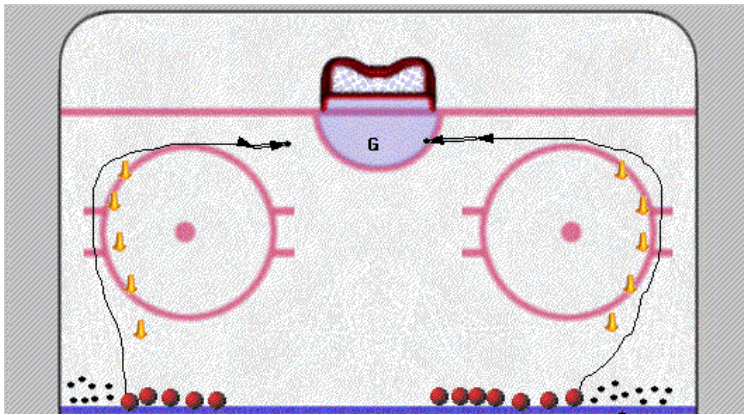
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Drill Name: Outside Drives

Age Group: all ages

Drill Description: Player carries puck wide around pylons and cuts to the net for a scoring chance. Shooter cuts straight to net, through crease, and does NOT cut back out to slot. Drill is for goalie to play shooter from that angle, ideally with a pokecheck. Drill progression: remove middle pylons and give shooter the option of driving low or cutting in after first pylon. This gives the goalie variety.



Key Teaching Points:

- Goalie should move out and establish position
- G should track angle laterally using the shuffle
- Try to work on pokecheck

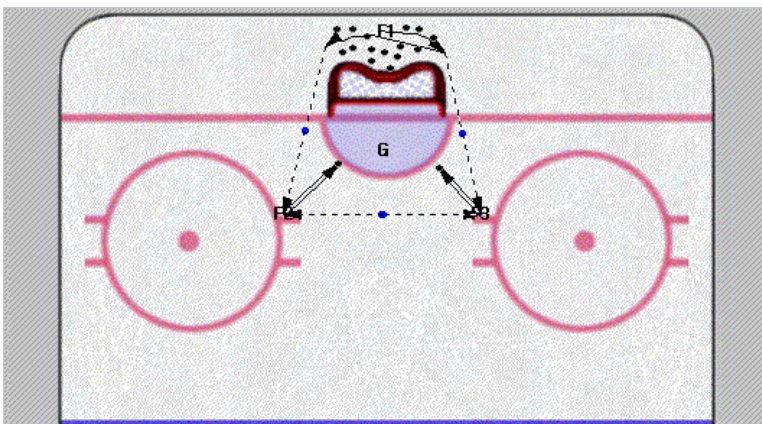
Skills Involved:

- Positioning
- Pokechecking
- Movement

Drill Name: Net Work Drill

Age Group: all ages

Drill Description: 1 player runs drill from behind net. Drill starts with a pass to one of the shooters for a one-timer, then the other. Third pass goes from behind net to F, and then to other F for a shot.



Key Teaching Points:

- Allow goalie time to set up between passes
- G must set up on proper post each time
- G should NOT cheat to middle before pass from behind net

Skills Involved:

- Positioning, movement
- Rebound control
- Read and react



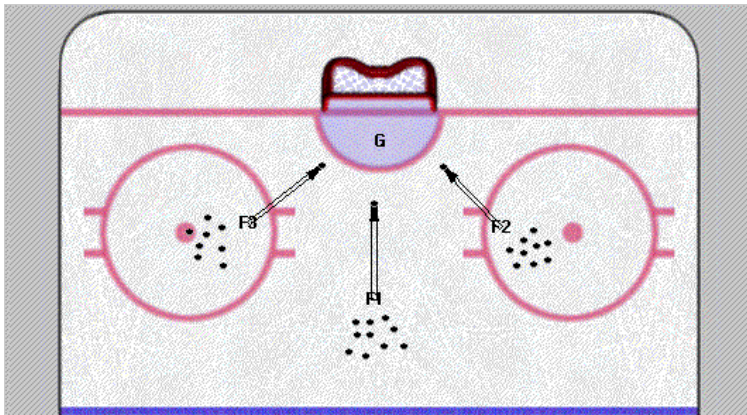
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Drill Name: Butterfly Reaction

Age Group: all ages

Drill Description: F1 fires first shot, followed in order by F2 and F3. Goalie should make all saves in butterfly position. After initial shot, goalie should use leg closest to F3 to push over to face F2's shot. Then vice versa. Drill can be done anywhere on the ice, therefore can be run with up to 6 nets at once.



Key Teaching Points:

- All saves in butterfly position
- Do drill as fast as possible
- Goalie must also keep hands in front of body (this is proper positioning) and don't be afraid to drop gloves to top of pads on low shots

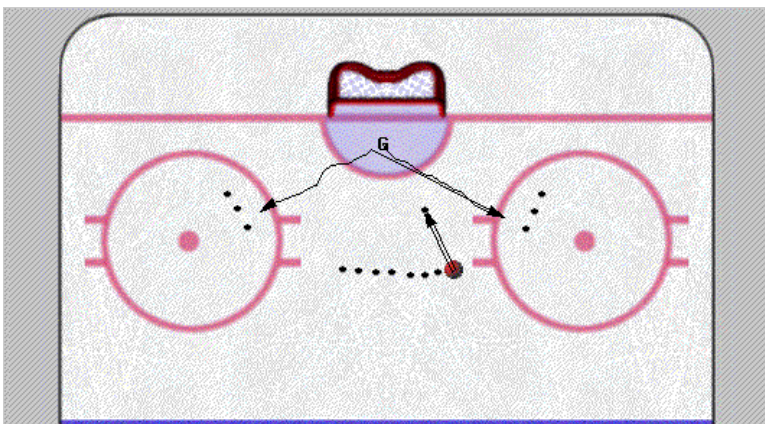
Skills Involved:

- Positioning, butterfly, rebound control, angles, reaction

Drill Name: Dive and Poke Drill

Age Group: all ages

Drill Description: The coach lines up x number of pucks at both circles and in the middle where he is positioned. The drill starts with the shot from the coach. The goalie then skates as fast as he can to the first puck on the circle on his right and executes a diving poke check. Quick recovery and backward skating back to the net. The coach shoots another puck just when the goalie is getting back and gives him a chance to make a save. The goalie repeats the quick skating and diving poke check at the other circle. The drill continues until the goalie has cleared all the pucks from the circles. Use 3 or 4 pucks on both circles.



Key Teaching Points:

- Drill should be done at full speed
- Difficult drill that doubles as a great conditioning drill
- Recommended to be done as last drill of practice for goalie

Skills Involved:

- Poke-checking, timing, quick recovery



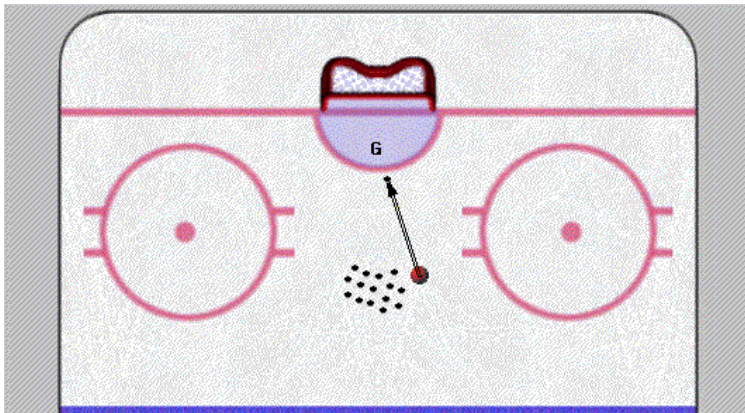
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Drill Name: *Glove/Blocker Saves*

Age Group: all ages

Drill Description: Shooter takes shots at both glove and blocker side. Goalie should follow puck all the way and make appropriate save. Objective on glove side is to watch it into the glove and squeeze it. Objective on blocker side is to watch it in and angle the blocker so that the puck deflects to the corner. On both sides, arms should move in a straight line to the puck, NOT a windmill action. Drill progression can turn this into a rapid fire drill.



Key Teaching Points:

- Watch the puck in always
- For blocker saves, do not punch the puck
- No windmill saves. The shortest route to the puck is a straight line

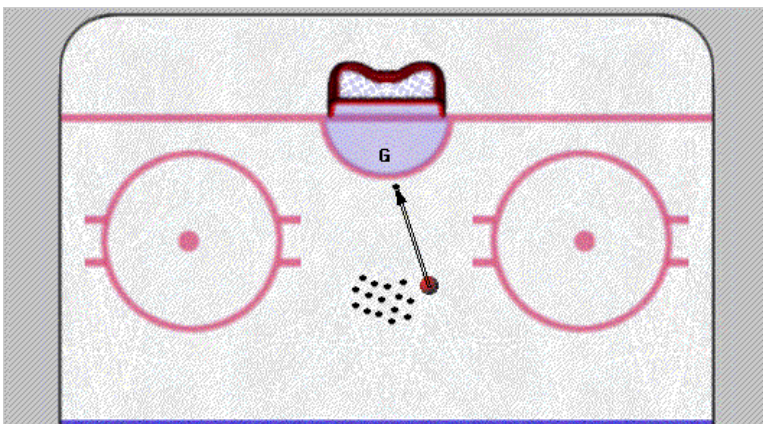
Skills Involved:

- Puck control, rebound control

Drill Name: *Stick Saves*

Age Group: all ages

Drill Description: Same setup as above Glove/Blocker drill. Shooter shoots on the ice to one side or the other. Goalie uses his stick to deflect the puck in the corner. Stick should be 8-10 inches in front of skates. If stick is too close, puck will bounce out, and if too far from skates, puck will deflect upward. Goalies should allow puck to hit the stick, rather than hit the puck with their stick. Drill progression can lead to goalies making saves in butterfly or half butterfly position.



Key Teaching Points:

- Unlike glove/blocker drill, goalies should move sticks in a semi-circle motion
- Allow puck to hit stick, not vice versa
- Keep stick 8-10 inches from skates

Skills Involved:

- Puck deflection, stick use



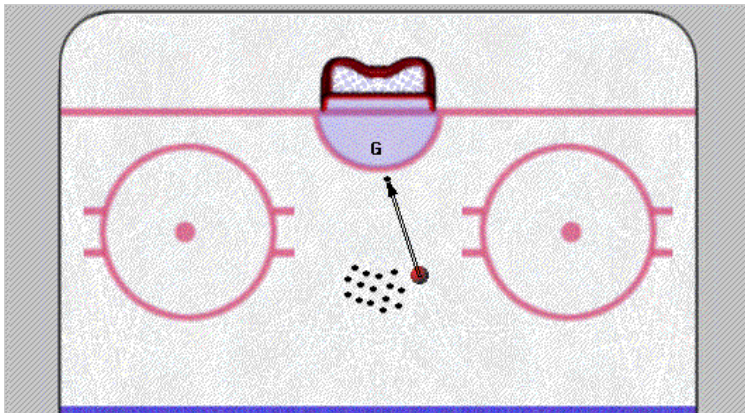
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Drill Name: Recovery Drill

Age Group: all ages

Drill Description: Shooter is in front with pucks and takes shots timed with the goalie's recovery. The goalie goes down on their knees and gets up, and shooter shoots. Goalie then goes down on stomach and gets up, and shooter shoots. Goalie goes down on their back and gets up, and shooter shoots. Goalie should recover as fast as possible, with sticks on the ice and body facing the play at all times.



Key Teaching Points:

- To get up from knees, use stick as leverage and get up 1 leg at a time
- From stomach, push to knees and see above
- From back, get facing play and then get up
- This drill helps to have more instructors involved to help teach

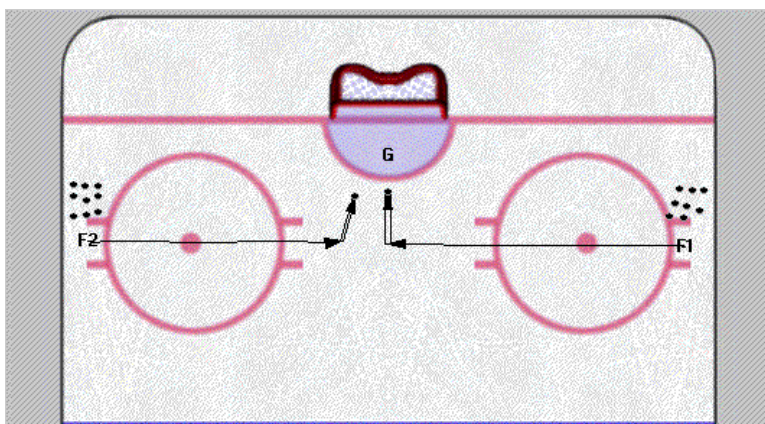
Skills Involved:

- Quick recovery

Drill Name: Angles Drill

Age Group: all ages

Drill Description: Shooter 1 starts at hashmarks on boards. Goalie challenges out. Shooter skates straight across (don't cut in) and shoots from anywhere between the dots. Goalie follows across and makes save. Shooter 2 does same thing from other side. Drill needs to be done in the end zone for proper angling and positioning for the goalie.



Key Teaching Points:

- Goalie uses small shuffles to move laterally and stay with shooters
- Stay at the top of the crease and don't back in

Skills Involved:

- Footwork, angles, saves, positioning

Goaltending Clinic Checklist - Host Association

Item	Description	—
Book 2 hours of ice time per group (eg. 10:00am-12:00noon & 3:00pm - 5:00pm) and MHA to cover the cost		
Book classroom / meeting room suitable for teaching atmosphere		
Arrange to have TV/VCR for classroom presentation		
Provide flipchart / whiteboard for classroom		
Provide 4 local coaches to assist with clinics (Intermediate level coaches preferred)		
Provide 50 pucks for on-ice instructors		
Provide 15 pylons for on-ice instructors		
Provide a registration table for participants		
Identify and schedule dressing rooms (Male / Female)		
Provide dressing room for instructors and assistants		
Provide directions to dressing rooms for participants		
Encourage participants to bring their own waterbottles		
Make arrangements to have players display their first names on their helmets or jersey (front). Masking tape works well.		
Handle all pre-registration		
Collect Money or issue Cheque to ACOE / Branch		
Complete registration form		
Conduct evaluation process - forms to be supplied to ACOE / Branch		
Return completed evaluation forms to the ACOE / Branch		

Skills Clinic Checklist

Item / Material	Quantity	Description	
Dry Erase Board and Markers			—
Videos			
White Board			
Lesson Plan			
Handouts - Players			
Handouts - Coaches			
Players Certificates			
Registration Sheets			
Thank You Cards			
Promotional Items			
HC / Branch Tracksuit & Apparel			
Whistle			
Skates			
Gloves			
Helmet			
Stick			
Rope			
Spray Paint			
Dry Erase Board			
Puck Dots			
Nets			
Waterbottles			