

COACHING CONCEPTS: DOWNWARD MOVEMENT



DOWNWARD MOVEMENT CAN BE BROKEN DOWN INTO MANY CONCEPTS. WE WILL DISCUSS THE BUTTERFLY, SHIFTING, AND STICK SAVES. IN THE BUTTERFLY WE WANT THE GOALIE TO BE TIGHT AND HAVE KNEES TOGETHER (SEE PICTURE BELOW). THE GOALTENDER SHOULD FIND BALANCE THROUGH THE WIDTH OF THEIR BUTTERFLY WHILE HAVING ACTIVE AND BENT HIP. WHEN SHIFTING THE GOALTENDER NEEDS TO UNDERSTAND WHEN TO SHIFT TOWARDS A PUCK VERSUS WHEN TO DROP STRAIGHT DOWN GIVEN THE SITUATION PRESENTED TO THEM. A GOALTENDER WILL WANT TO SHIFT WHEN THEY HAVE LOST DEPTH AND DOES NOT FILL ENOUGH NET FOR THE SHOT OR WHEN THEY HAVE FOUND THEMSELF BEHIND THE PLAY. STICK SAVES AND STICK POSITIONING IS IMPORTANT FOR A GOALTENDERS ABILITY TO CONTROL REBOUNDS AND SEAL THE ICE. THE GOALTENDER NEEDS TO UNDERSTAND WHEN THEY SHOULD RAMP PUCKS VS KEEPING THE PUCK ON THE ICE, LEARNING HOW TO REDIRECT PUCKS TO OUR DESIRED LOCATIONS AND HOW TO CONTINUE TO USE OUR BODY TO MAXIMIZE OUR SAVE SELECTION.



NHL COMPARISON VIDEO

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**DOWNWARD MOVEMENT SKATING
PROGRESSION**

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**DOWNWARD MOVEMENT SHOOTING
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