

## **GOALTENDING SKATING**

- The better the skater, the better the goalie
- Lifeblood of goaltending
- Equally as well moving in all directions

## **MOVEMENTS**

- Always lead with eyes/head first, body second
- The shuffle should be used when the puck is in the possession of the opponent
- Use short shuffle movements and do not drag the back leg to expose the five hole
- Lead with your hands/stick so that your hands guide you to the destination, this also helps with shoulder rotation to stay square to puck
- Remember that most ice surfaces are 200x85. The net is only 6x4. More often than not be patient and slow down your movements
- Try to set yourself for shots and limit lateral or backward movement. It is very difficult to control rebounds when moving
- The T-Glide should only be used on passes when the opponent makes longer passes and gives up temporary possession
- The pass allows time to get a hard push in your t-glide and quickly get to your target destination
- Always push to the middle of the crease first as to set your angle before worrying about gaining depth out of the crease
- Do not drag your back leg but quickly snap it back to your stance position to get set for shot and close potential five hole
- Do not use when opponent has control of puck as you expose five hole and this movement usually turns shoulders to be a little off angle
- Lead with hands/stick again to lead you to destination and help rotate shoulders to stay square to new shooting threat

## **STANCE**

- To maximize net coverage and ability to move while maintaining balance
- Feet – Little more than shoulder's width apart, slight ankle bend with weight slightly on inside edges of the balls of feet
- Skates – Parallel to each other
- Knees – Push knees forward creating a slight bend (applies pressure to the balls of the feet)
- Similar to a golf stance or batting stance
- Chest – Up so shooter can see the logo of the jersey
- Allows balance to be slightly forward
- Increases net coverage
- Helps tracking high shots
- Shoulders - Parallel to each other and level to maintain proper chest positioning
- Gloves should be out in front of the body above knee. They should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body eliminating double coverage
- Stick – 8 to 12 inches in front of skates resting on a slight angle allowing for proper cushion on shots at stick and coverage of five hole (never hold stick perpendicular to the ice)

## **BENEFITS OF A PROPER STANCE**

- Allows goaltender to be balanced and under control.
- Proper balance limits excessive and/or wasted movement
- Leads to more efficient movement and save selection.

## **STANCE PROBLEMS**

- Feet too wide
- Weight too much on inside edges – limits lateral speed

- Feet too narrow
- Weight too much on flat part of blades – minimizes lower corner coverage, presents balance issues
- Hands not level and in front of body
- Holding catching glove too high or too low leads to poor balance
- Too much bend at the waist
- Chest pointing down
- Too little bend at the waist
- Standing too erect
- Knees and ankles are not bent
- Gloves not in front of body
- Gives up more net and makes goalie appear smaller
- Catching palm not open to shooter
- Batting the puck with blocker

### **BUTTERFLY STANCE**

- Stick blade on Ice
- Stick is angled back toward body (never hold stick perpendicular to the ice)
- Stick blade in front of pads leads to better rebound control and 5-hole coverage
- Pulls blocker hand out in front of hip
- Gloves coverage is low, just above and slightly outside of leg pad

### **RECOVERY TECHNIQUE**

- 1 Leg at a time
- Begin by raising leg to opposite side of puck

- Puts goalie in better position to move to puck side if needed

### **LATERAL TECHNIQUE**

- Shuffle both pads on ice – pads flush
- Stick blade covers 5 hole
- Chest Up

28 • Gloves in front of body

### **POST TECHNIQUE**

- Begin by raising leg to opposite side of puck
- Pivot body
- Shuffle push to post
- Keep upper body square to puck
- Stick blade covers 5 hole
- Chest up

### **SITUATIONAL PLAY: EVEN RUSH**

- Good vision required - assess all possibilities before they happen, know if your back side is covered
- Rebound control essential
- Deflect to corners or freeze
- Slight backwards momentum
- Communicate

ODD RUSH (2 on 1, 3 on 1)

- Goalie must play the puck carrier/shooter

- D-man responsible for back door pass
- Communicate
- Good vision required - assess all possibilities before they happen, know if your back side is covered
- Rebound control essential
- Deflect to corners or freeze

### **BREAKAWAYS**

- Gap control is critical
- Goaltender must judge speed and angle of the player
- Always be in position to pivot & push, beat player to post
- Breakaways are very age and skill specific
- Never commit first
- Force shooter to commit

### **PUCK BEHIND NET AND WALKOUTS**

- Vision
  - Always look over the shoulder
- 29 • Never turn to face puck behind the net
- Tightly hug post
  - Feet perpendicular to goal line
  - Glove and stick cover passing lanes
  - Shuffle or T-Glide post-to-post
  - ½ butterfly may be used for quick and tight wraparounds
  - Paddle down may also be used

- Pass out front, goalie must gain middle of net then immediately close the gap
- Standing up, explode off the goal line to put yourself in position to make the save
- Watch the puck over your shoulder and keep the stick in position to deflect any pass outs
- As the player with the puck moves there are two ways to deal with the result
- Stay on one post until the puck crosses behind the net then drive across to the other post
- The goalie can keep the puck in sight and move across the net with the puck
- In either case the goalie must keep the puck in sight and never turn around and face into the net

### **RIMS: Forehand**

- T-Glide to boards placing front skate toe first firmly against boards with back skate following up ankle to ankle (toe facing puck) making an “L” shape to catch puck
- Stick blade is placed in front of feet and angled to prevent puck from deflecting to front of net
- Pull and place puck away from boards for teammate

### **RIMS: Backhand**

- T-Glide to boards placing front skate toe first firmly against boards with back skate following up ankle to ankle (toe facing puck) making an “L” shape to catch puck
- Blocker and stick are raised above dasher
- Once puck is stopped in skates, pull and place puck away from boards for teammate

### **SCREENS**

- Close gap between goaltender and the screen
- General rule, never go more than 2 feet beyond crease
- Crouch low near butterfly position
- Glove in front of body

- Stick on the ice
- Find puck by looking off either hip of the screener
- Save selection: paddle down or butterfly

## **DEFLECTIONS**

- All of the screen skills apply
- Get as close as possible to the stick of the offensive player while staying in line with the puck
- Keep your stick out in front of you and on the ice, you may choose to put your paddle down

## **POSITIONING**

- “90 percent of the save happens before the player shoots the puck.” Jonathan Quick, Two-time Stanley Cup Champion and U.S. Olympian
- Play angles from the top of the paint
- Challenge shooters