

# COACHING CONCEPTS: BAD ANGLE OVERLAP



WE CLASSIFY A BAD ANGLE AREA ANYWHERE FROM THE GOAL LINE TO THE DOT ANGLE. THE GOALTENDER NEEDS TO UNDERSTAND WHEN TO PROPERLY USE THE RVH AND WHEN THEY CAN USE THE OVERLAP. IF THE PUCK IS AT A DISTANCE THE GOALTENDER WILL WANT TO USE AN OVERLAP MEANING THEY ARE OVERLAPPING OR IN FRONT OF THE POST FILLING NET (SEE PICTURE FOR REFERENCE). IF THE PUCK GETS TIGHTER AND CLOSER TO THE NET THE GOALTENDER CAN REMAIN IN OVERLAP OR TRANSITION INTO A RVH. THE OVERLAP CAN BE A USEFUL TOOL IN ORDER TO MAXIMIZE COVERAGE IN AN AREA OF THE ICE WHERE THERE IS NOT MUCH NET TO SHOOT AT. WHEN GOALTENDERS LEARN TO USE THE OVERLAP IT ALLOWS THEM TO MAXIMIZE COVERAGE AND MINIMIZE MOVEMENT.



**NHL COMPARISON VIDEO**

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**BAD ANGLE OVERLAP SKATING  
PROGRESSION**

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**BAD ANGLE OVERLAP SHOOTING  
PROGRESSION**

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