



ACYHA GOALIE INSTRUCTION STANDARDS -BASIC POSITIONING AND SAVES

1. Butterfly and Recovery:

- Goaltender starts in ready position
- While on inside edges, goalie leans ankles to ice and "slips" the inside edge. FEET DO NOT MOVE FURTHER OUT.
- Knees drive straight down to the ice

- Knees and shoulders should line up
- Chest is tall
- Catch glove is up and fingers can "pinch the sky"
- Shoulders over goalie's knees
- Back is straight
- Gloves are forward and stick slopes up toward goaltender

- Recovery happens with restoring a standing position, in the basic stance.
- Movement is not side to side or forward and back, but down and up happens in the same spot

Movement Drill:

Iron Cross:

Goaltender starts at bottom of circle. Using Forward movement, Lateral Movements (Shuffle and T-Push) and the Butterfly, Goaltender navigates the entire circle or hashmarks, alternating movements with a Butterfly Drop at each movement termination.

