



ACYHA GOALIE INSTRUCTION STANDARDS -BASIC STANCE AND POSITIONING

1. Basic Stance:

- Knees and shoulders should line up
- Goalie is balanced on inside edges of skates
- Catch glove is up and fingers can "pinch the sky"
- Knees bent and over goalie's toes
- Shoulders over goalie's knees
- Hands and head forward of center line
- Back is straight
- Gloves are forward and stick slopes up toward goaltender

2. Goalie Grid:

A-B-C-D

- A: Aggressive - outside of crease for long shots or break aways
- B: Base - At the edge of the crease for most shots beyond the dots
- C: Center - Middle of the crease - (90% of all shots)
- D: Deep - Puck is below the bottom of the circle or lower.

1-2-3

- 1: The Post. 2: Corner of the Crease. 3: Top of the Crease.

3. T.A.B.

T - Tracking: Eyes move the body, Eyes find the puck. Teach goalies to exaggerate head and eye movement in all movements and saves to train the eye.

A - Angles: Position in the net and crease are key to making the "Easy" save. A positional save doesn't look cool, but it works the best!

B - Balance: Good Stance, balance on edges and working on skating skills help get the goalie into the right spot, to make the save.

