

Practice Guidelines for Goalcrease Goalies

- **Challenge yourself and make it fun!**
- **Find time every day in practice to do the basic movement drills.** This is the foundation to becoming a better goaltender.
- **Work on flexibility.** Flexibility is crucial to goaltending. When your muscles are warm and loose, do your stretches and focus on becoming more flexible while you stretch.
- **Watch every puck that is shot at you before, during, and after the save.** If you give up a rebound, follow it, clear it or cover it -- even if the shooters don't go after it.
- **Experiment in practice.** Try different things like poke checks and deck saves. Don't worry too much about making mistakes. Experiment in practice so that you learn when and when not to use certain moves in games.
- **Work on playing the puck.** This begins with skating and includes stickhandling, passing and shooting.
- **Work hard during skating drills** like sprints, stops and starts and crossover drills. Doing this is nearly as important as doing the goalie moving drills.
- **Repeat the right move.** Work on using proper techniques. Quality repetition in this area will improve your fundamentals.
- **Compete in practice.** When you're not working on technique, simply do whatever it takes to keep the puck out of the net. Have fun and show your teammates how good you are. Competing is especially important the day before a game. Play rebounds!
- **Develop a positive working relationship with the other goaltender(s) on your team.** Ask questions of each other, push each other to work hard in practice, and during games, always be supportive of the goalie in the net.
- **Have a goal in mind for each practice.** Say to yourself, "Today I will not go down early on shots," or "Today I'm not going to give up any rebounds." There are thousands of ways to make yourself a better goaltender, and you can't improve every aspect of your game at the same time. You have to break it down into segments. In practice it is a good idea to focus on one area of your game at a time.