



GOALTENDING BASICS

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Michigan Affiliate Goaltending Director

USA HOCKEY

GOALTENDING BASICS

- Muskegon USHL, Goaltending Consultant & Scout
- NAHL Michigan Warriors & Corpus Christi
- 12 Goalies currently playing NCAA DI & OHL
- 7 years minor-pro experience, AHL, ECHL, and CHL
- Marian University, NCAA D3, 2004-2008
- Future Pro Goalie School, USA 2000- Present



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GOALTENDING BASICS

- USA Hockey Goaltending Development Program (GDP)
- Structured teaching similar to ADM Skills Program
- GDP needed in response to European goalie influence in 2000's



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GOALTENDING BASICS...GDP

- Sweden, Finland, and other European countries out producing USA Hockey & NHL goalies
- “51 in 30”
- 51% of NHL minutes played by USA goalies by 2030

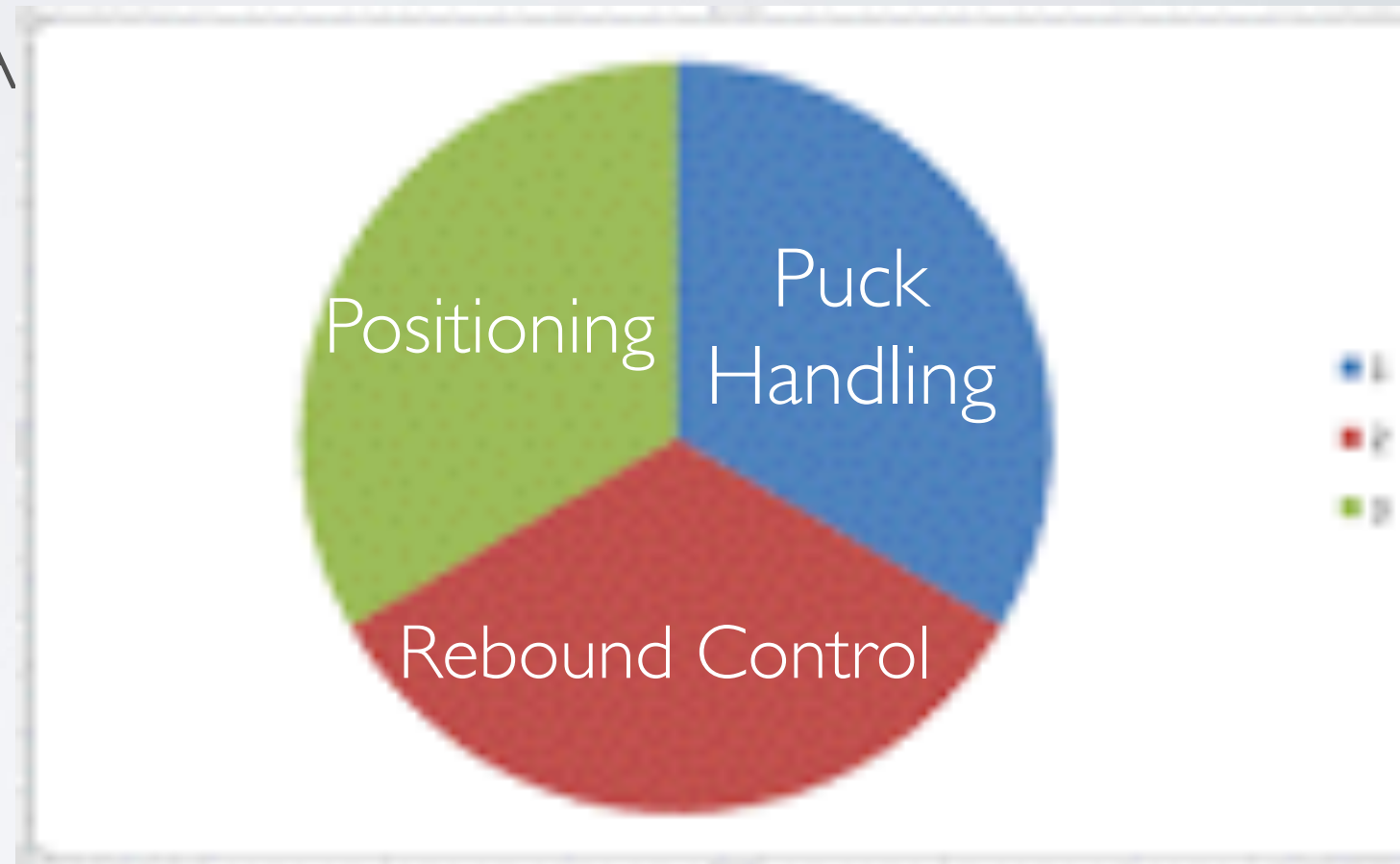


http://www.quanthockey.com/TS/TS_GoalieNationalities.php

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GOALTENDING BASICS...GDP

- From beginner to elite AAA goalies, focus 3 core areas
- Positioning
- Rebound Control
- Puck Handling



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GOALTENDING BASICS...GDP

- **Positioning**

- “Being in the right place & the right time”



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Positioning - Basic Stance:

- Stick

- Center of the 5-hole / roughly 12" from the feet

- Needs to have clearance of both feet and body when using stick involvement to insure proper control of the puck without secondary contact

- Stick Involvement vs. Stick Discipline

- S.I. = Actively using the stick to control the puck
 - S.D. = Strictly maintaining the proper 5-hole position to insure puck does not penetrate the 5-hole.



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Positioning - Basic Stance:

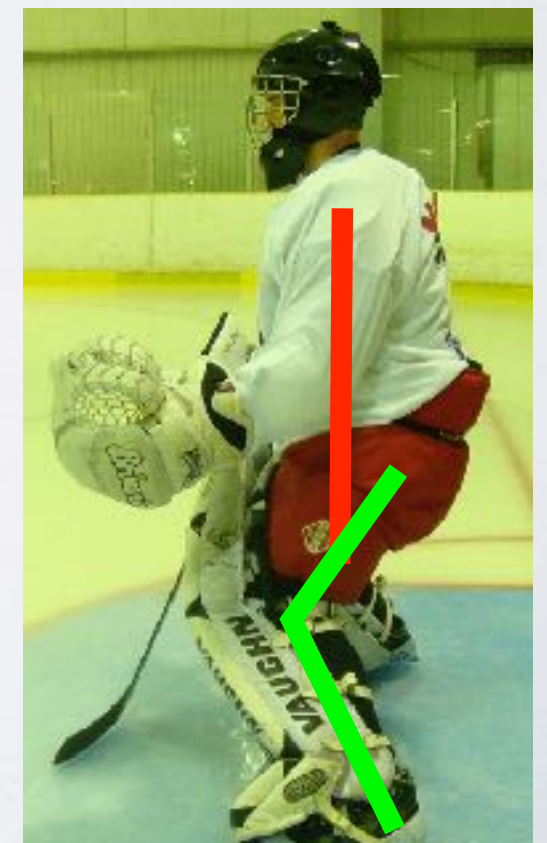
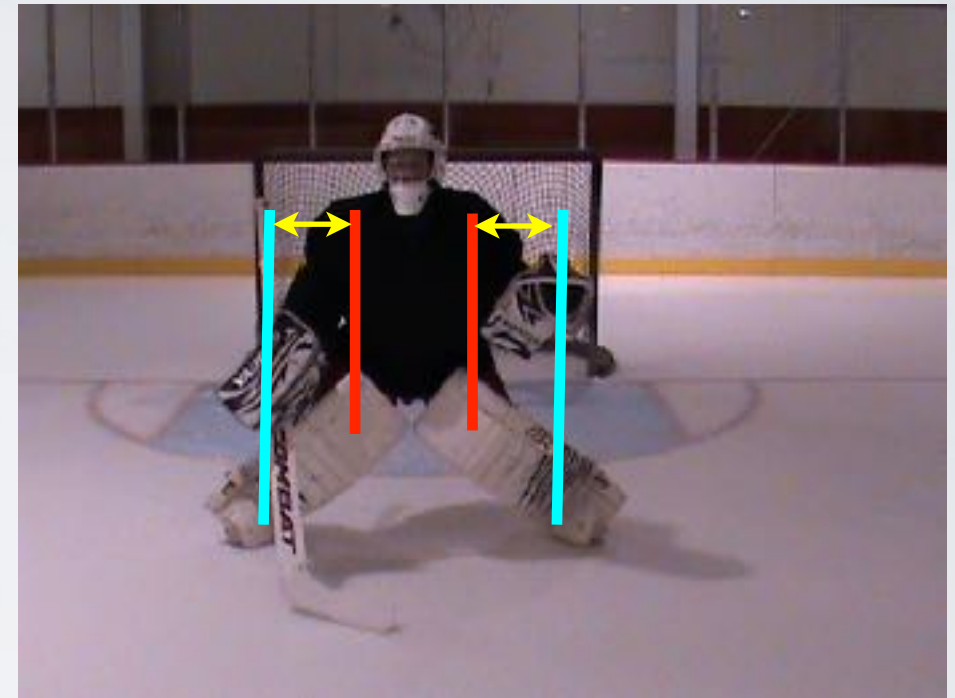
- Lower Body

- Feet

- 4-6 inches outside shoulder width
 - Wider = quicker butterfly / slower lateral
 - Tighter = slower butterfly / faster lateral
 - Balls of feet through shoulders

- Knees

- Roughly 45 degree bend
 - Changes relative to the play
 - Directly inline with shoulders
 - Knees too tight = slower butterfly
 - Knees too wide = lack of 5 hole coverage

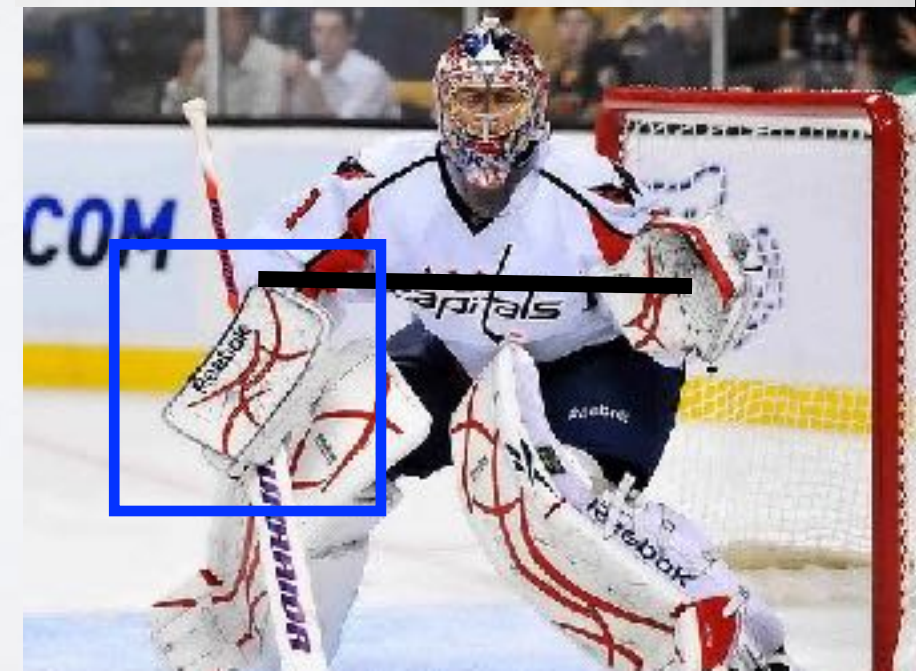
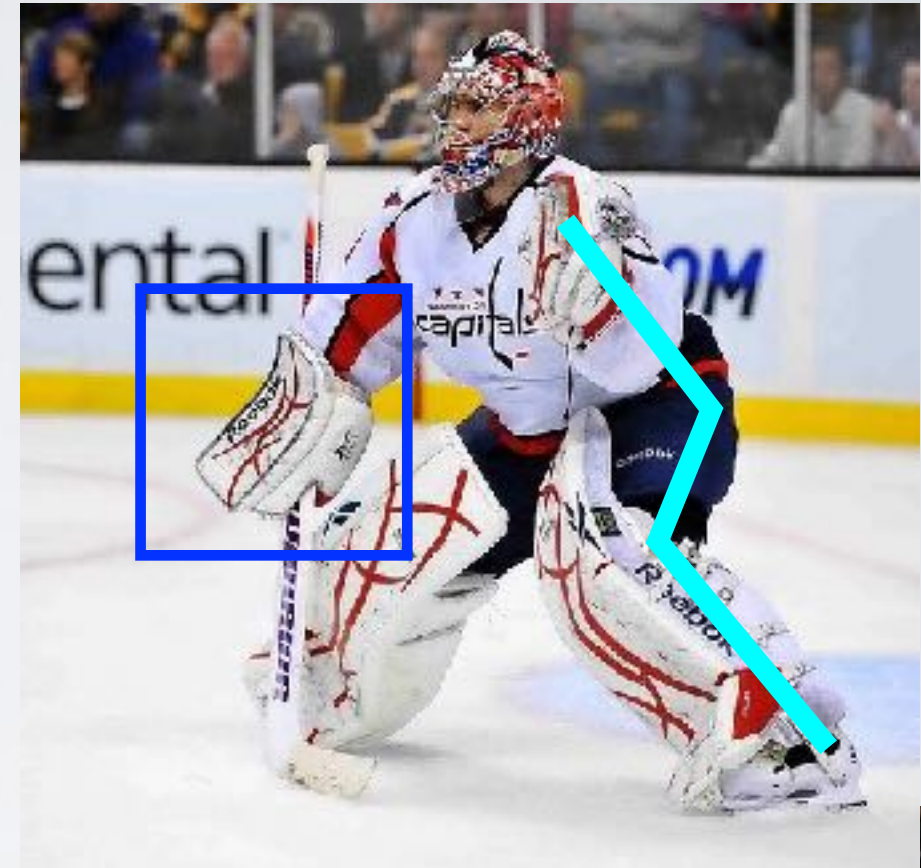


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Positioning - Basic Stance:

- Upper Body
 - Shoulders level
 - Slightly bent forward
 - Back and Knees should be = and opposite
- Arms
 - Glove: Palm square
 - Glove: Mid height
 - Glove: Off body (No double coverage)
 - Blocker: Similar height to glove
 - Blocker: Off to the side of the pad
 - Both glove and blocker slightly in front
 - Both glove and blocker visible



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- Positioning - The Butterfly
 - Two Types
 - Blocking
 - Reactionary
 - Reactionary
 - High glove positions
 - Full Flare/ Wide feet
 - Stick position normal distance
 - Gloves normal body position
 - Blocking
 - Low glove positions
 - Wide Flare/ Wide Feet
 - Stick position farther from body
 - Seal off body holes



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GOALTENDING BASICS...GDP

Positioning -
Basic Movement

- Types

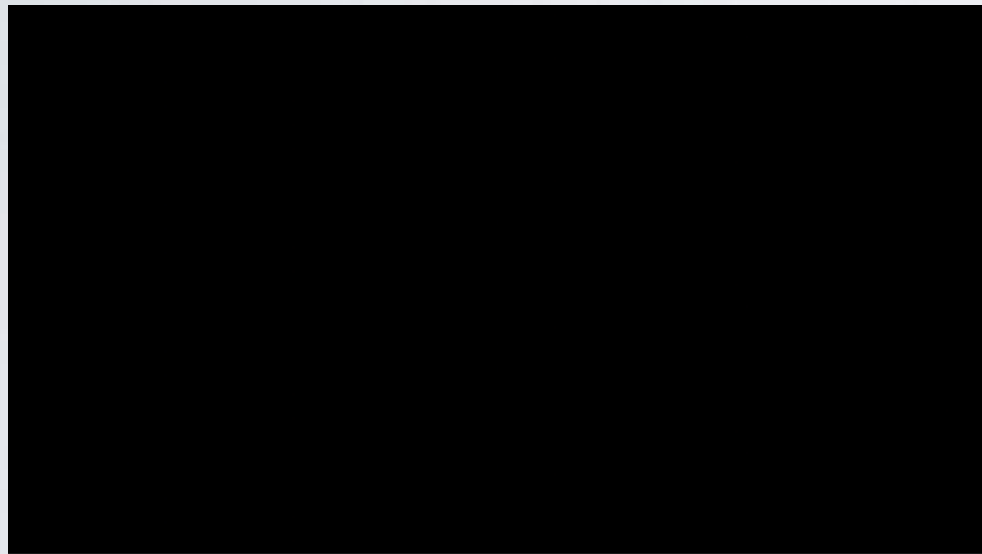
- C-Cuts
- T-Pushes
- Shuffles
- Sliding Butterfly
- Pivots
- Shimmy's



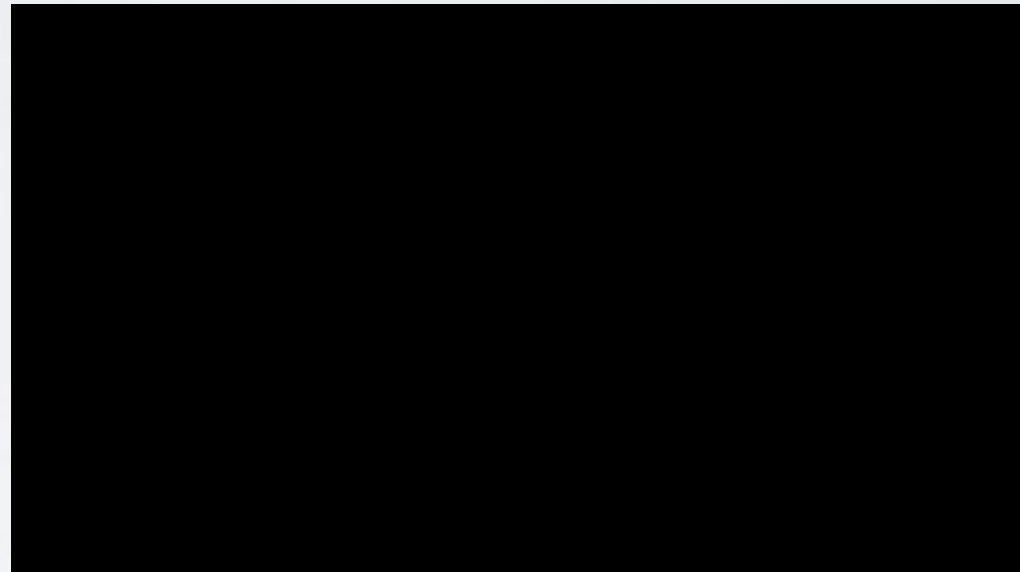
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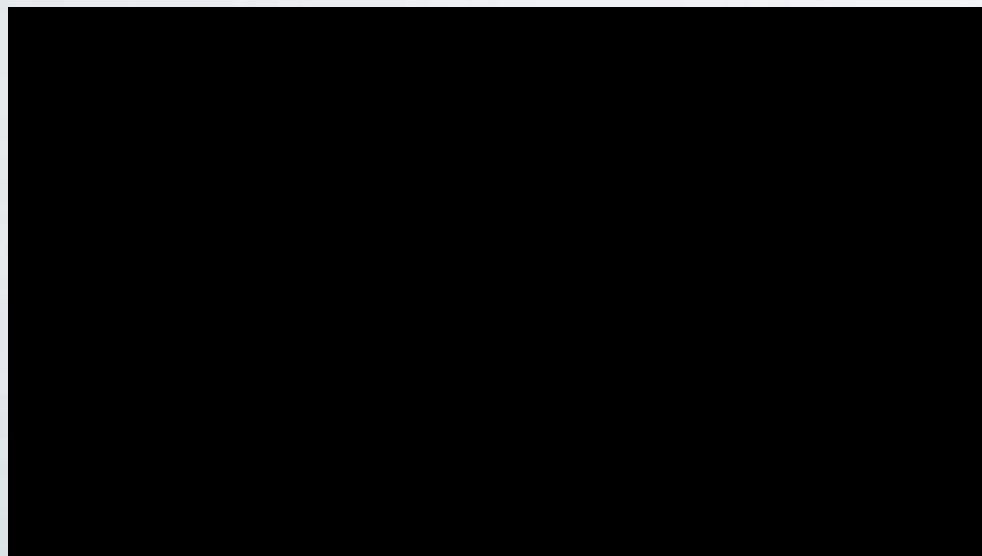
- Movement Patterns....



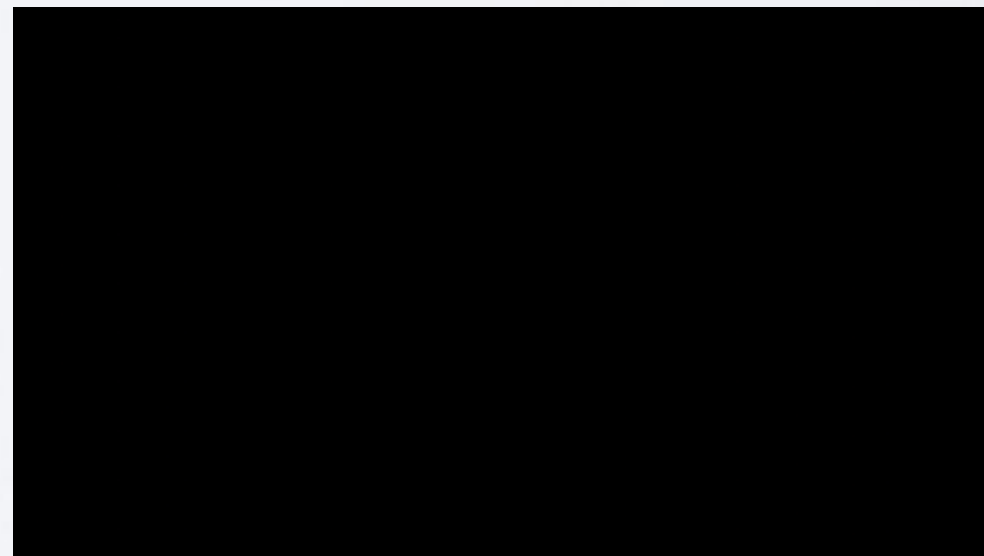
C-Cuts



T-Pushes



Sliding Butterflies



Shuffles



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Positioning - Angles & Depth

- 3 Types

- Vertical

- Ice to cross bar (G)

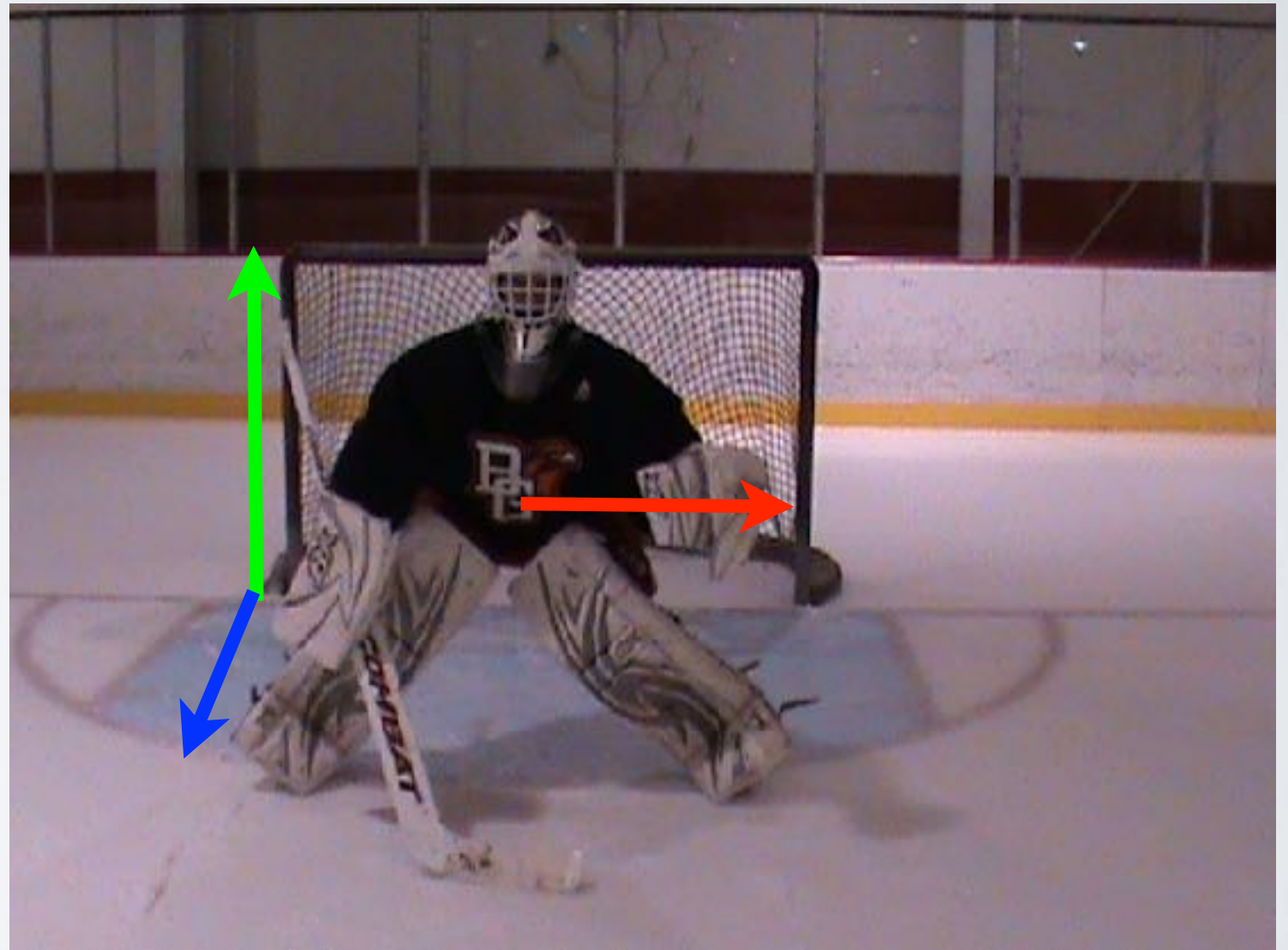
- Depth

- Distance from Goal-line (B)

- Lateral

- Distance from center of net (R)

Does the Puck see the same things as our eyes do?



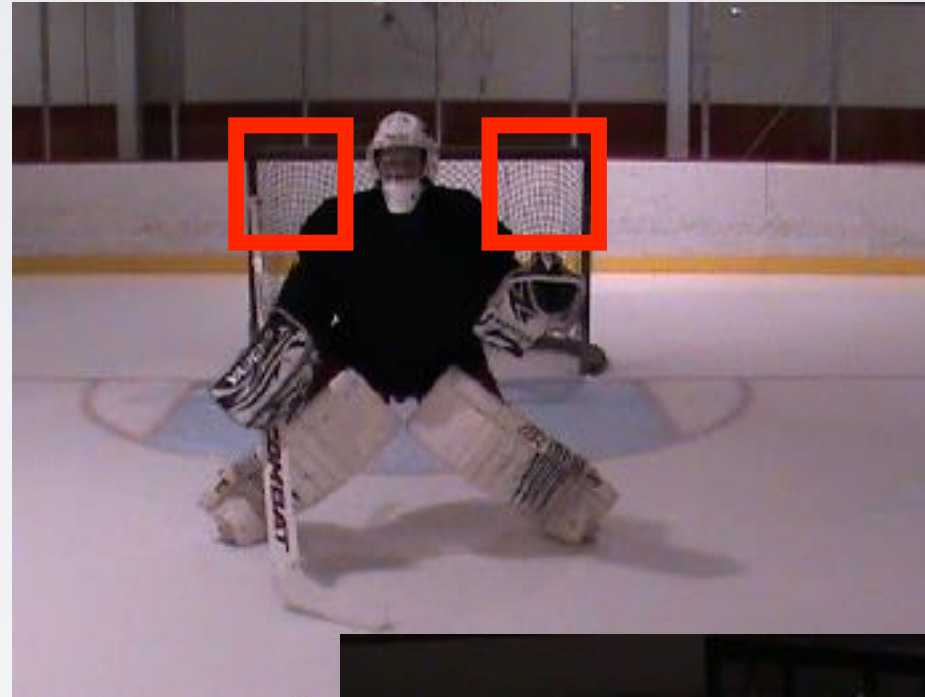
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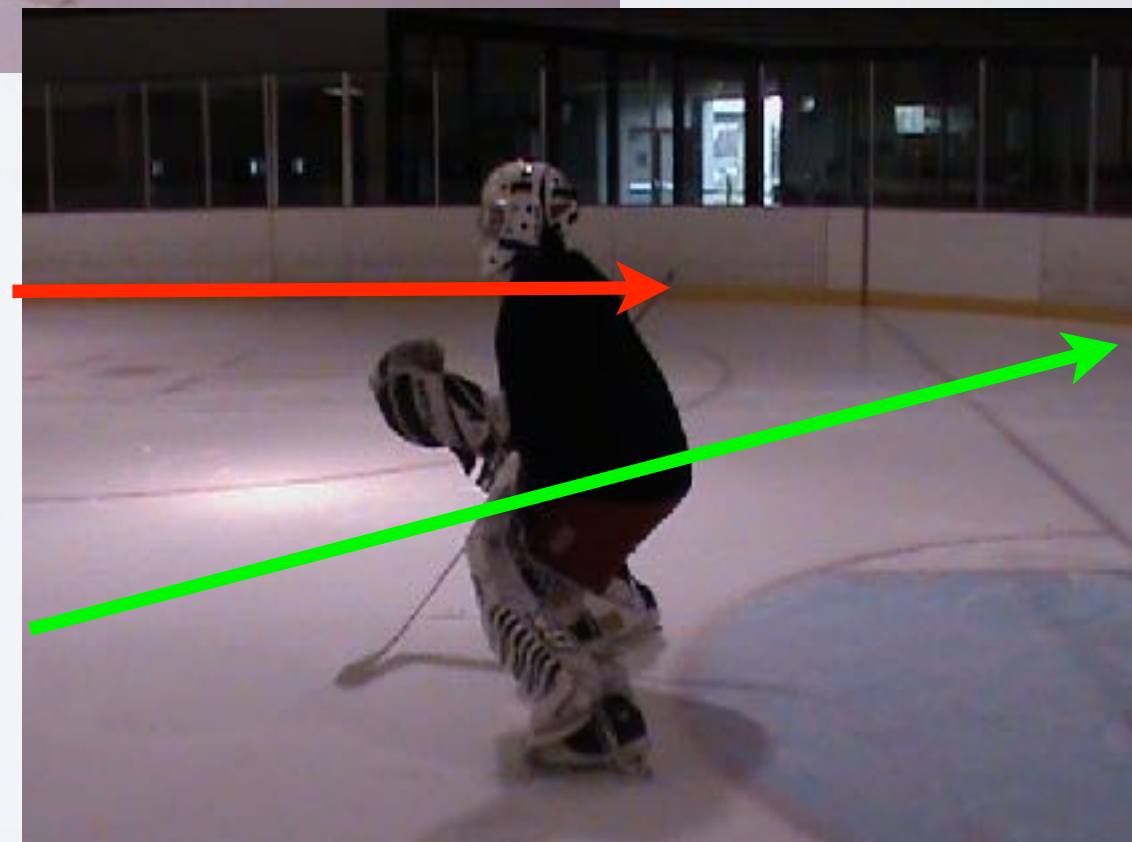
Angles

- Misunderstood

- It's not what you see, its what the puck sees
- This means that your vision is not only way too high seeing way too much net, but also off to either side by 3-4 feet since you are taking the shot from the side of your body



“What We see”



“Red = What we see
Green = max puck
trajectory”



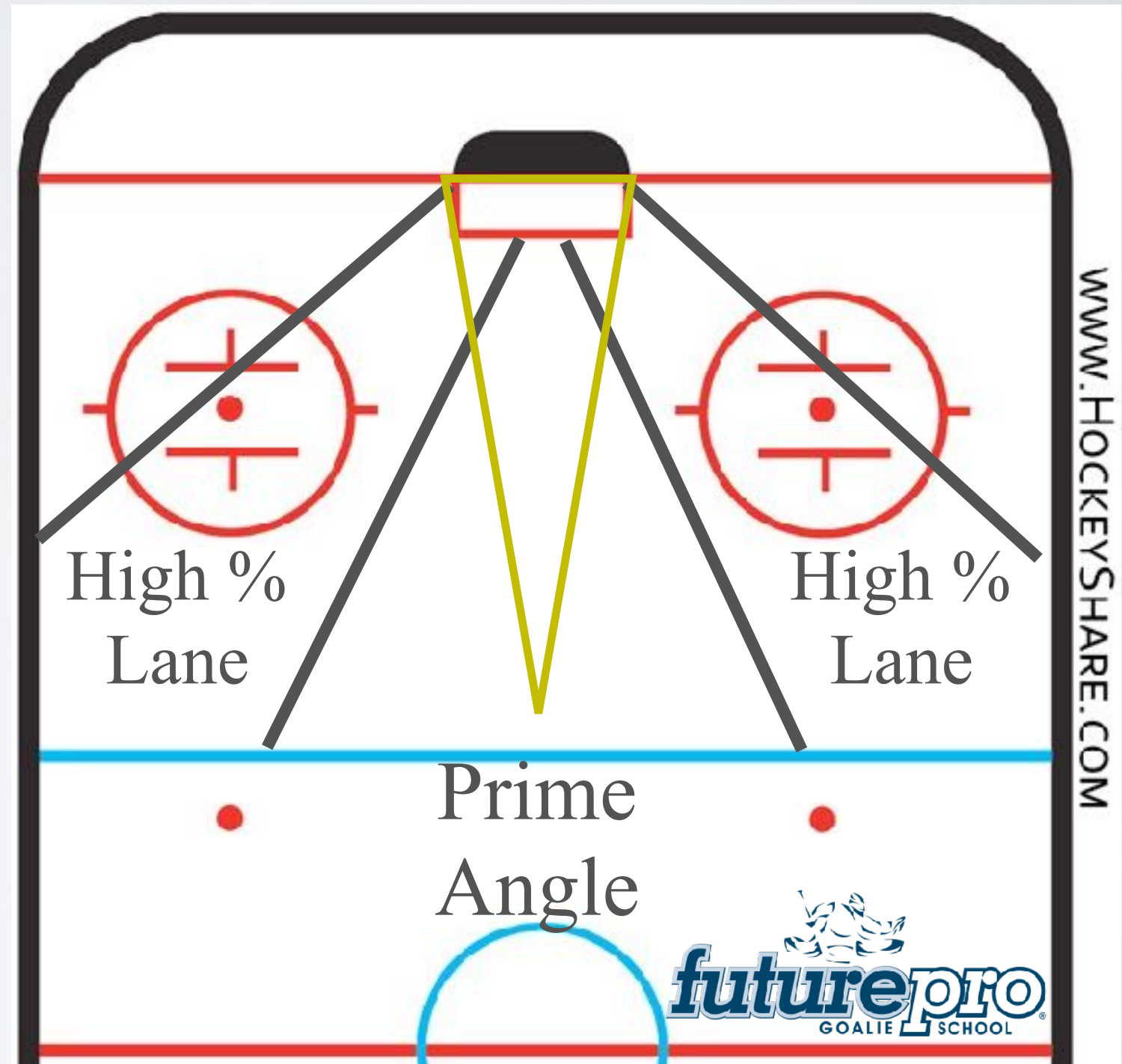
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Angles

• Shooters Triangle

- As stated before:
 - The prime angle for a shot is from the slot.
 - The farther the shooter moves off center the less net there is.
 - Most shots come from the high percentage shooting lanes



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Rebound Control

- “...Beer leagues are filled with goalies that stop pucks. Goalies that control pucks get paid & get hot girlfriends...”

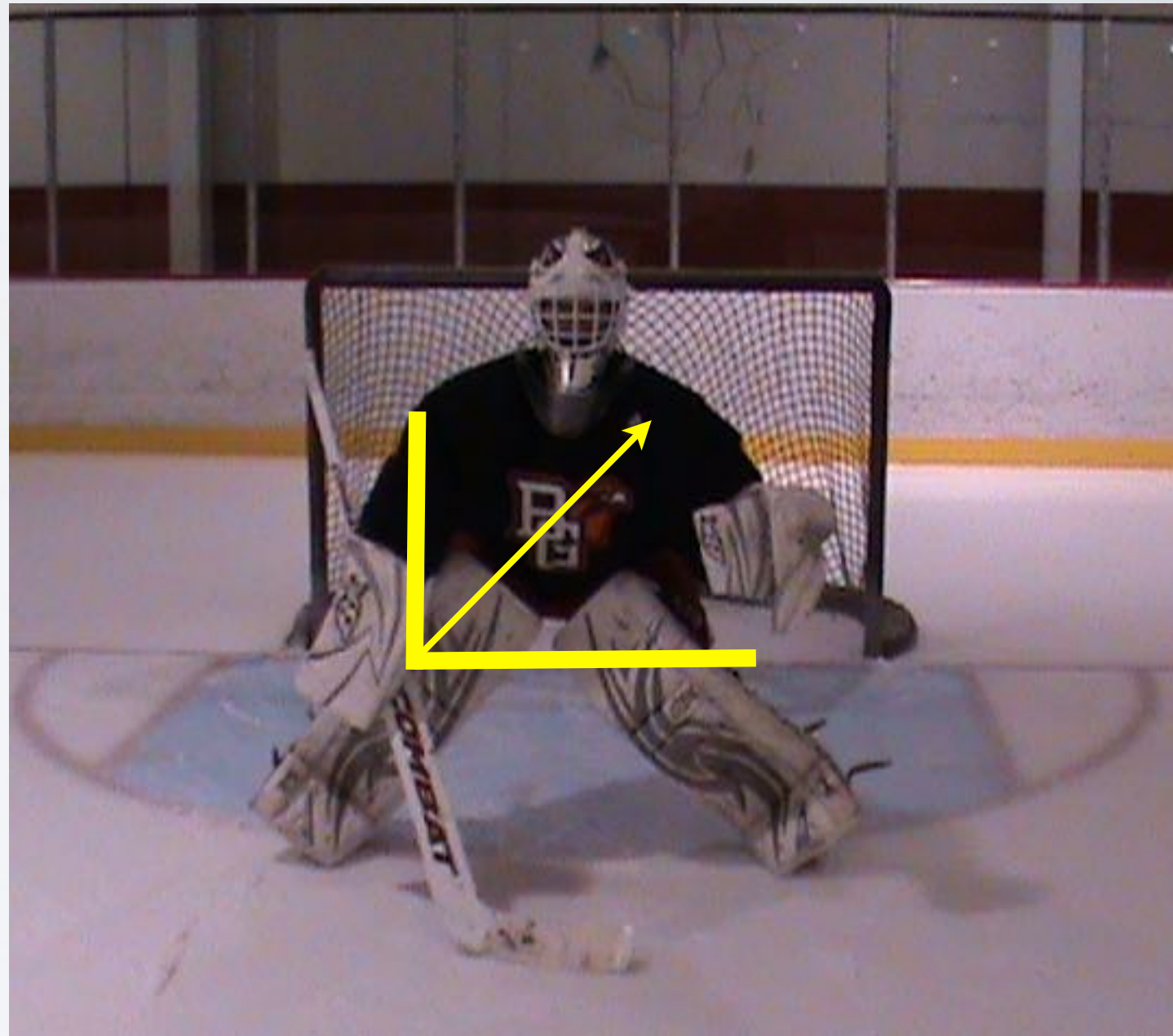


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Rebound Control

- L-Theory
 - Theory that states anything within the “L” should be absorbed or controlled
 - The “L” starts at the goalie’s blocker side elbow, down to the knees and across to the glove



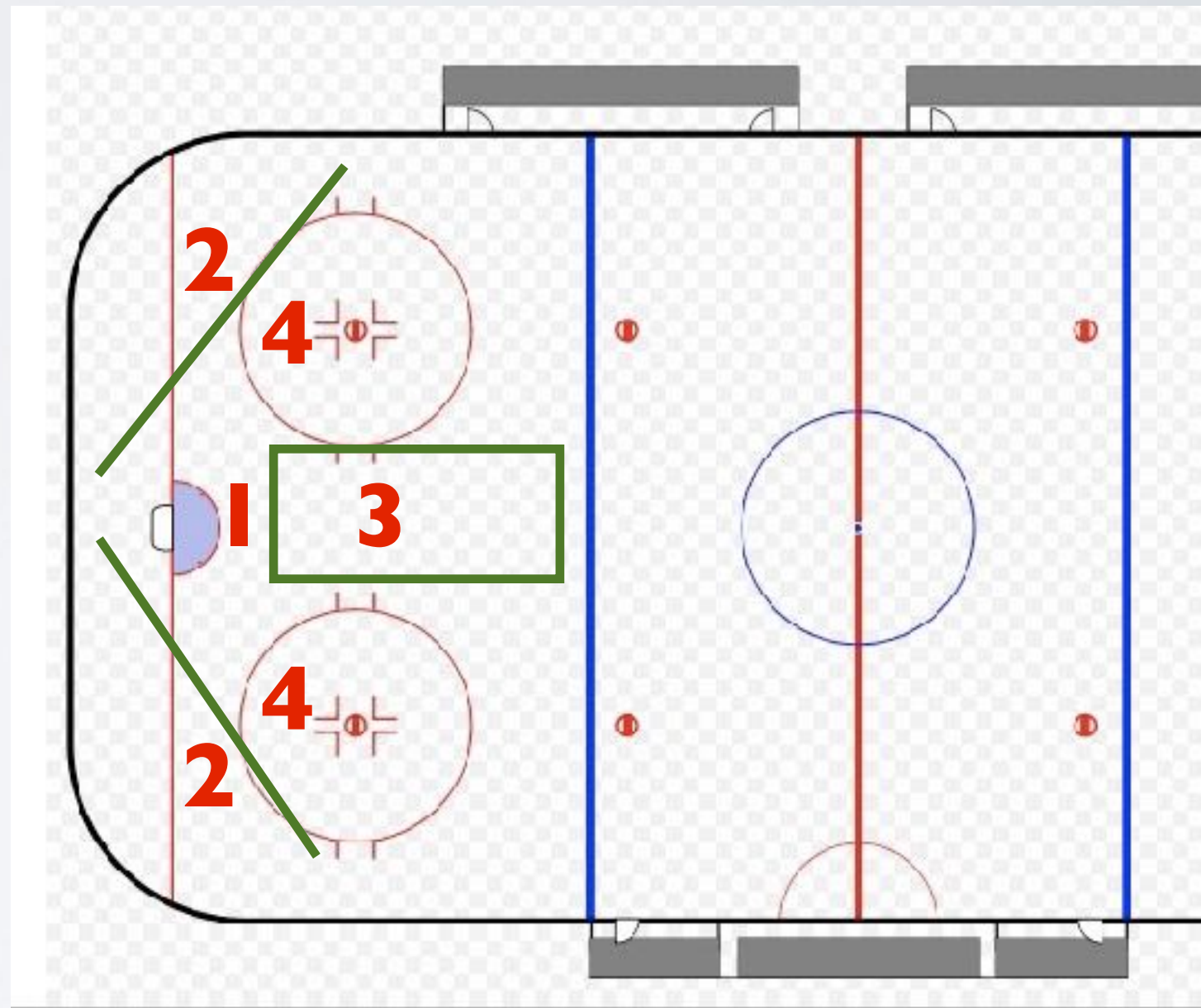
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Rebound Control Efficiency

- Rating System

- 1 = Possession
- 2 = Corners (elevation)
- 3 = Square directly in front of the goalie
- 4 = Kill zone, weak side of goalie
- 5 = Goal
- A rebound directly in front of a goalie is better than to the side since the goalie doesn't have to readjust their lateral position
- Each shot is given a number, the numbers are added up and then divided by the number of shots. The lower the number, the better the rebound control



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- **Puck Handling**
- “...The ability to keep possession of the puck...”
- Technical & Cognitive



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GOALTENDING BASICS...GDP

Goaltending Spectrum of Style Development
(Pre-2000's)

Stand-Up

Blocker

Scrambler



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Goaltending Spectrum of Style Development
(Modern Era)

Athletic

Reactor

Blocker



Hybrid A



Hybrid B



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- **Goaltending Development: Skills**

- Off-Season

- Summer Camps
- Alternative Sports

- In-Season

- Goalie Development sessions
- Practices
- Private Lessons



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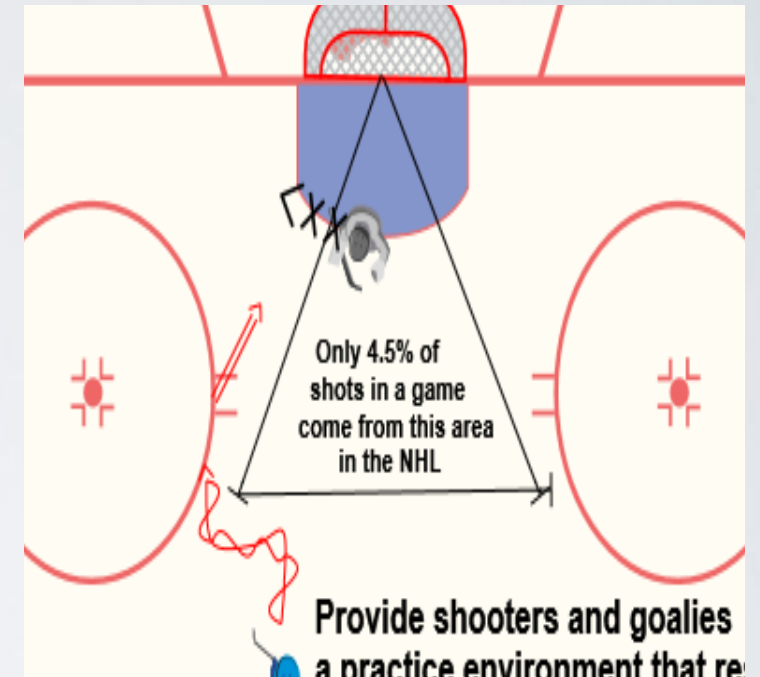
- **Goaltending Development:
“The Driving Range Goaltender”**
- **A practice goalie vs. “a gamer”**
- **Practices are too often controlled environments & non-pressure situations**
- **Solution = Understanding Cause & Effect (Reads, Anticipation, “Connecting the Dots,” etc.)**



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GOALTENDING BASICS...GDP

- **Goaltending Development: Practices**
- **Skatings/ Warm-up, Goalie specific**
- **Rebound Control Accountability**
- **Puck Handling w/ breakouts**
- **Drill design 3-4sec. gap**



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GOALTENDING BASICS...GDP

- **Goaltending Development: Choosing a Goaltender/ Tryouts**
 - **Recruiting Goalies**
 - **Practices, Development Sessions**
 - **Goalie Coach Involvement w/ Head Coach**
- ☐ Director of Goaltending Development
 - ☐ Team Goalie Coach
 - ☐ 10-15 Structured Goaltending Development Practices. (Coach attends)
 - ☐ 3-1 Practice to game ratio.
 - ☐ Off-Ice Athletic Development Every Practice
 - ☐ Playing Time (No “Back-up” Goalies)



FINALLY THIS GUY IS DONE.... QUESTIONS.....

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