



ACYHA GOALIE INSTRUCTION STANDARDS

BASIC MOVEMENTS

1. Inside Edge Balance C:

- Goalies position themselves in their stance
- One leg pushes while the glide leg makes a complete C.
- Once the C is complete, change legs and complete another C.
- Progress for a minimum of 5 C cuts.
- Always maintain stance!

Progression: Add a hop from foot to foot over the line in increase agility and balance literacy.

2. Simple Shuffle - short, quick movement, using inside edges

- From Stance, Load weight on push leg, so the opposite skate can slide on the ice.
 - Push is only a short distance, like half the width of a goalies stance.
 - Stop shuffle play placing weight back on sliding foot so inside edge stops the movement.
 - Always maintain stance!
- Repeat for several pushes then pivot to change push leg.

3. T Push - Long Distance Movement, Glide and Stop

- From stance, glide foot pulls behind the push leg. Push with stationary foot inside edge and glide for a full distance the width of the goalie's stance.
 - Glide Foot turns like a standard hockey stop to finish movement.
 - Stopping movement should be quick and snap the pad back to facing the shooter.
 - Always maintain stance!
- Repeat for several pushes then pivot to change push leg.

4. Forward Push - Standard forward movement

- From stance, start with only one foot. Forward propulsion by a goalie is from the heel half of the skate.
 - Goalie digs a C with their heel, the same foot for the whole length of the drill.
 - Always maintain stance!
- Change Push foot for next repetition. Progression: alternate feet.

5. Backward Movement - Standard backward movement

- From stance, goalie turns heel out and digs a C with the toe half of the skate, for the whole length of drill
- Always maintain stance!

Progressions:

- Combo the movements to challenge the goaltender.
- Shuffle / Pivots while moving backwards.
- Combine several shuffles with T pushes.

