



Goaltending Development Tips For Coaches

Because Every Coach is a Goalie Coach!



Practice Design

Make every drill a 'goalie drill' by including...

1. **Time To Get Set Before Shot & To Control Rebound:** to do it well in games, give goalies enough shot pacing in practice to work on it.
2. **Decision Making:** Design drills so that goalies have to make challenging, game-like decisions. E.g., instead of knowing each shot will come from same spot, add possibility of wraparound/pass/etc.
3. **Quality Over Quantity:** For goalies, 'more pucks' is not necessarily more development. Emphasize intentional practice & strong habits.
4. **Constant Involvement:** E.g., dump in? Have goalie set/play puck.



Game Management

Age-appropriate guidelines from USA Hockey

- 8U** – With quick-change gear, kids can rotate in & out of net multiple times/game. Make a few saves, then go score! Use intermediate nets.
- 10U** – Split halfway of each period. Alternate starts.
- 12U** – Each goalie plays full period "shift" then rotates. Alternate starts.
- 14U** – Split games at halfway point. Alternate "starter" & "closer".
- 15U+** – Regular season: ditto 14U. Tournaments: alternate full games.



10+ Minutes Per Practice

For goalie-specific training

Assign an assistant to lead 10+ minutes of goalie-specific training at beginning of each practice. This way, goalies learn techniques to practice that day and warm up in a controlled environment. Examples:

- **Goalie-Specific Skating & Edge Work:** E.g., "goalie letter drills". Avoid overly repetitive drills that simply do not resemble the game, like shuffles/butterfly pushes back & forth along entire goal line.
- **Pre-Shot Movement:** incorporate pre-shot movements to practice edge work in game scenarios & emphasize getting set quickly.
- **Puck Tracking:** Emphasize seeing puck all the way in+out (rebound)



Learn More

Constantly developing together

1. **Questions?:** Contact the USA Hockey Goaltending Development Coordinator in your area. See list: <https://bit.ly/32hVFyS>
2. **Drills & Basics:** find more at usahockeygoaltending.com
3. **Goaltending Module:** take the self-paced goaltending module available from the USA Hockey Coaching Education Program.
4. **Goaltending Certification:** Take the Goaltending Bronze, Silver & Gold track clinics at usahockey.com/goaltendingcoachdevelopment