



ACYHA GOALIE INSTRUCTION STANDARDS

T.A.B. - Tracking, Angles and Balance

T - Tracking

What is the most critical part of the goalies equipment? **The Eyes.**
The eyes find the puck, they eyes turn the head and the head turns the body.

Each your goalie to turn their head to the direction they need to move towards, and use exaggerated movements to form good habits.

Glove tracking - Shoot or toss pucks towards the goalie's glove while they are in their stance. The should catch the puck with their head turning directly to the glove holding the puck, with an exaggerated movement.

Goalie Baseball - Shoot or toss pucks towards the goalies stick while they stand sideways holding their stick open in their hand and they need to hit the puck with their paddle.

Stick Save Bingo, Bango, Bongo- While in the butterfly, the coach should shoot pucks towards the toe of the goalie, alternating sides. The goalie should deflect the puck towards a series of three circles at each side of the goalie. The first circle is Bingo, second in Bango, the last is Bongo. See if they can go in order!

Tennis ball juggling off the glass. Juggle by bouncing two or more tennis balls off the glass.

A - Angles

The further a goalie comes out of the net, the more the open net disappears from the shooter. The goalie needs to practice forward and backward movement within the Goalie Grid. Pictures illustrate. Take photos of your goalies at various positions and show them!.

B - Balance

Balance is about a good stance, deep knee bend and edge control. Figure 8's with one skate, heart transitions - forwards to backwards, one push air plane stance for as long as you can hold it, other edge skating drills will give the goalie comfort with balance and their edges, so they can start more advanced drills.

