

# ***PREMIER***

**Goaltender Development**



**Coaches Curriculum**

*In-Season*



## ***Introduction***

This packet is designed to give you an outline and a plan for helping your goaltenders develop throughout the course of the season. Because you will see your goaltenders more than anyone else, you will have the opportunity to make the biggest impact on their development. Thank you for investing your time and effort!

## ***Outline***

This packet includes on and off-ice development information that includes:

1. Development goals
2. Development progression
3. Structuring practice for goaltenders
  - Position Specific Movement skating drills (on-ice PSM)
  - Practice tips and drill structure
  - Goaltender specific development drills
4. Off-ice development information (hand-eye and agility)

## ***Development Goals***

With this information, it is our goal that you will be able to watch the game of hockey through the lens of a goaltender. A goaltender's perspective is unique in nature. It is repetitious, structured, planned out, and it is a game of skating and positioning. Yes goaltenders need to learn techniques to be successful, but they also need to be given an environment that will allow them to practice their techniques, grow their skills, and gain confidence through practice. ***Providing your goaltender(s) the environment to succeed should be your goal.*** Please understand that we are not asking or recommending that you have low expectations for the goaltenders and their work ethic. We are asking that you take time to learn about your goaltender(s) and understand their abilities so that you can hold them accountable and work to develop their skills.

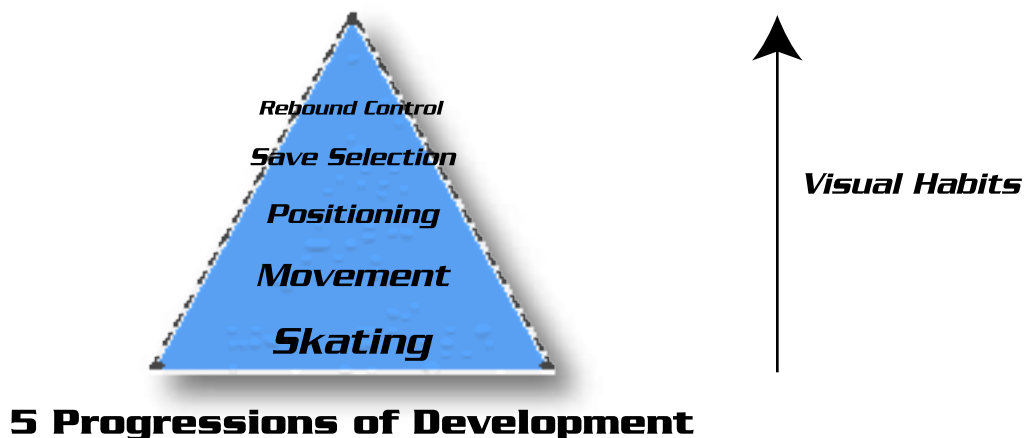
### **Coaching Tips:**

- \* ***Create an environment*** for your goaltenders to succeed
- \* ***Quality reps*** of quantity will allow your goaltender to flourish!
  - More shots are NOT better for your goaltender.
- \* ***Stand up or go down?***
  - Tell your goaltenders to support each save with your body and with your eyes. If the shot is high, the goaltender should stay up in order to keep their eyes closer to the puck. If the shot is low, it is encouraged that the goaltender transition into his or her butterfly to support the save with his or her body. This will also help the goaltender's hand-eye coordination and allow their saves to be more dynamic instead of reaching.
- \* ***Timing & Gap of Sequence***
  - Each drill should be run so that there are not multiple shots taken on goal at the same time. Rather, there should be a gap of sequence which gives the goaltender enough time to follow the rebound AND establish a strong position for the next shot.



## ***Development Progression***

At PGD, we adhere to a proven method of developing goaltenders. At the foundation of this method lies a development hierarchy that every goaltender (mitten to NHL) can be placed on during their *personal* growth as a goaltender. In this unit, we will summarize the five (5) development progressions as well as go into detail in the second progression which begins the goaltender's specific development.



As seen above, the “5 Progressions of Development” includes four elements specific to goaltending and one basic to all hockey.

### **Basic Skating Skills**

...are the same for all players. Through the development and refining of edge work such as c-cutting, turning, and stopping, the beginning goaltender can gain mobility around the rink.

### **Movement**

...which we choose to call **Position Specific Movement (PSM)** allows for the goaltender to efficiently and quickly move through the crease and hit all of their positional targets.

### **Positioning**

...cover how the goaltender gains and applies the three (3) **Positional Priorities**:

1. Angle
2. Body Position
3. Depth

### **Save Selection**

...deals with how the goaltender works from their stance to efficiently stop pucks and how, through a unique set of skills and attributes, they develop their unique save selection.

### **Rebound Control**

...is the pinnacle of the development model. Rebound control can be explored deeper as we define a goaltender's unique save selection & execution as well as through situations that occur during a game.



## Position Specific Movement PSM

The most important skating skills are directions of mobility are lateral in nature. Lateral skating enables the goaltender to track and gain angles on plays and players that move across the offensive zone. Lateral mobility allows angles to be filled, body position to be maintained, and depth to be added for *optimal positioning*.

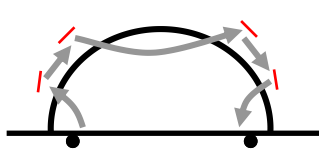
Position Specific Movements (PSM's) are skills that encompass mobility are are unique to ice hockey goaltending. We have broken the PSM's down into several categories.

	Lateral Movements UP	Lateral Movements DOWN	Lateral Movements TRANSITION
Short	Shuffles, C-cuts (forward & backward), Momentum building, Shuffle Step-Outs (depth gain)	Backside Pushes (BSP), Knee Shuffles	Shifting Transition (short BFS), Post Transitions (VH and Reverse VH - RVH)
Long	T-Pushes, Momentum building, Depth drive (depth gain via T-Push)	Backside Pushes (BSP)	Butterfly Slide (BFS)
Other	Starting & Stopping Mechanics: Weight transfer, pivots, edge rotations	Weight transfer, rotations	Weight transfer, rotations, pivots

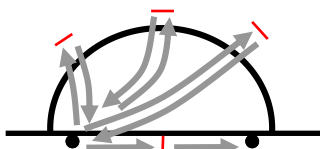
### Practice Structure

#### 10 minutes - PSM

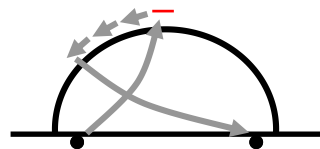
Spend at least 10 minutes every practice on goaltender specific movements & Position Specific Movement patterns as outlined above without shots. These movements can be combined to practice any game-like situation. Keep the patterns simple, yet be creative so the goaltender does not do the same patterns all season.



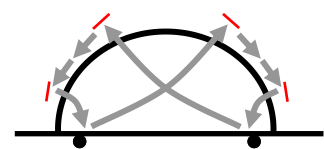
Front Perimeter  
'T-Shirt'



3 Angles  
Positional Priorities



Modified V Drill  
Angle & Depth Management



Angle Tightening  
Angle & Depth Management

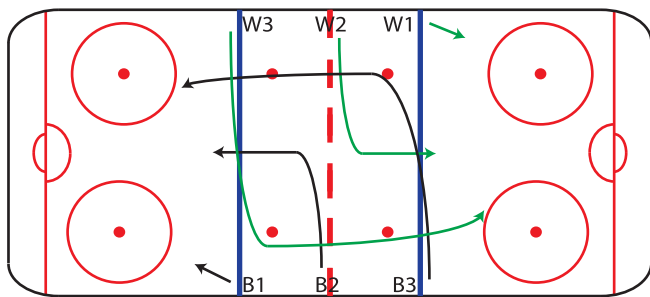


### 10 minutes - Warm-Up Shooting

Spend at least 10 minutes every practice warming up the goaltenders with drills that give them a chance to find a rhythm. Characteristics of these drills are as follows:

- Players are taking long, angled shots
- Goaltender has time to track each puck from the shooter's stick to its final location. Give them time to get set for the shot and time to follow the rebound!
- Depending on the skill level of your team, these drills may involve more puck control vs passing in an effort to maintain drill structure for the goaltender.

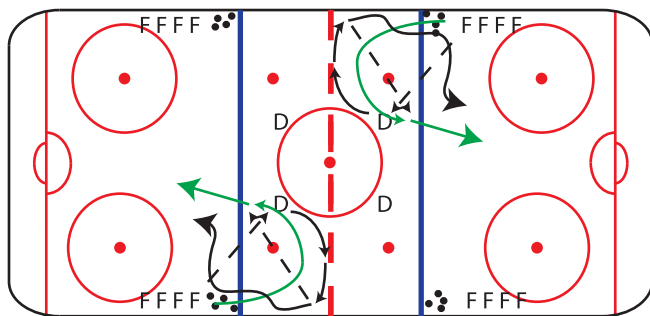
#1 6 Shot Weave



Drill Description

- #1
- Run simultaneously as shown
  - 6 shooters each whistle
  - Switch directions after at the desired time

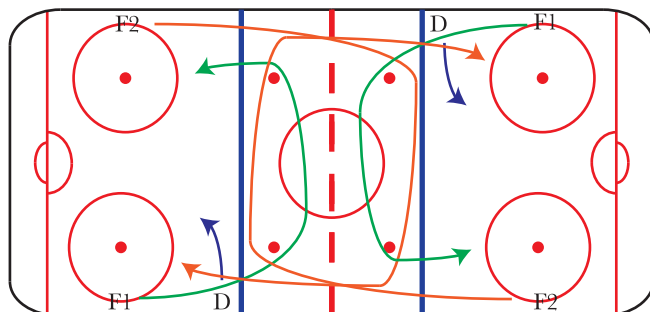
#2 2-Shot Swing



Drill Description

- #2
- F passes to D, D backskates to red line as F crosses and opens up for pass
  - F receives pass from D and shoots, D follows play, picks up puck from blue, walks to buy time and shoots
  - Opposite sides go on a whistle, alternating each time

#3 Royal Warm-up



Drill Description

- #3
- On whistle, 1st player in each line skates the pattern shown & shoots on goal.

### What to watch for....

#### A) Prepare

for each shot with good angles and depth management (emphasis on angle)

#### B) Save selection

(i.e. have good stick usage on low shots with butterfly, yet have a strong stance and hand support on higher shots. Limb saves vs puck acceptance)

#### C) Follow the REBOUND!

Make sure the goaltender(s) are working to follow every rebound in order to complete the save cycle

#### D) COMPETE

Ask the goaltender to compete in every drill through movement, vision, and positioning

#### E) Play the Puck

Encourage the goaltender to play the puck whenever possible & stay positive when they make mistakes. Incorporate the goaltender(s) into team breakout drills.



# PREMIER

## GOALTENDER DEVELOPMENT

**Drill Name:** Butterfly Development

**Development Theme:**

**Progression:**

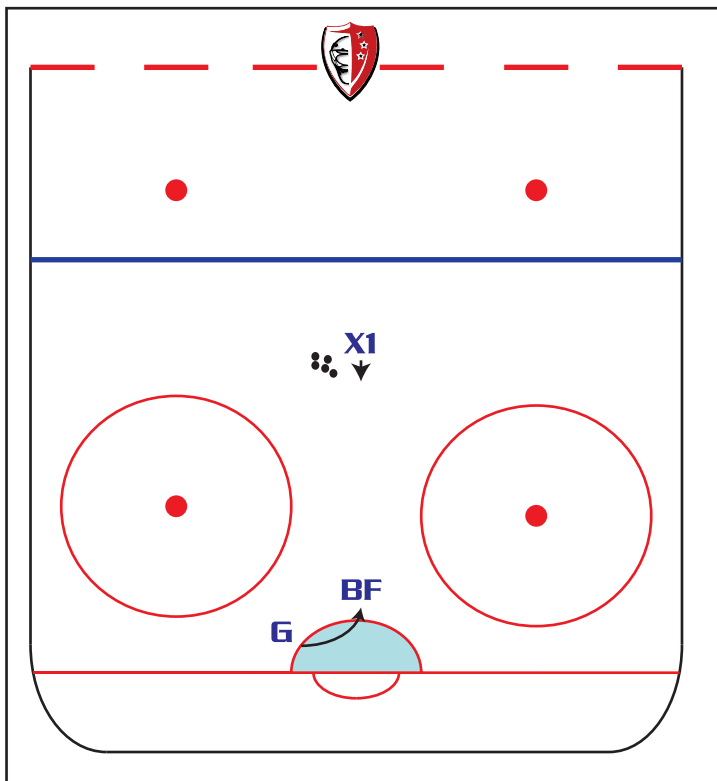
**Placement:** Middle Net

### Drill Description

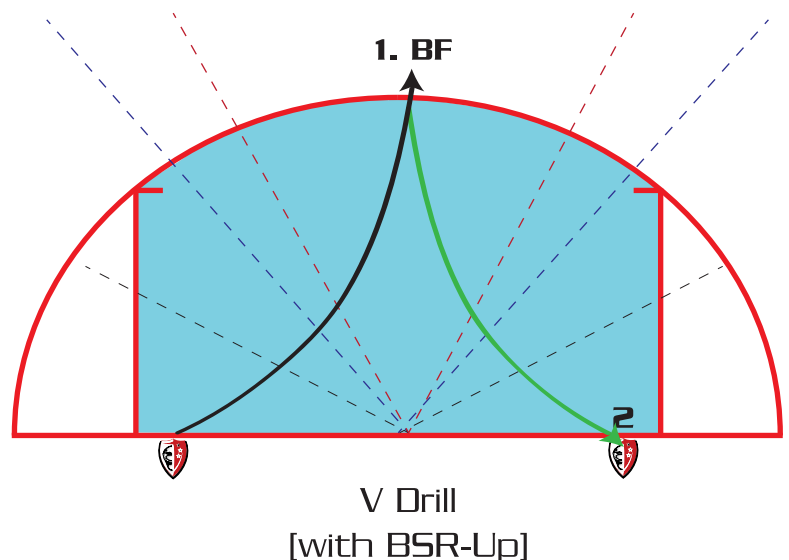
### Key Development Points

- X1 pucks and positioned as shown.
- G will start on top of crease facing dot angle.
- On "go," G will t-push to his or her angle on X1.
- Once G is set, X1 will shoot 3 shots on the ice for the G to redirect to the corner with his/her stick.
- After the 1st round of low shots from each side, X1 will shoot 3 pucks at the G's glove or blocker, or body.
- Alternate sides

- The goal of this drill is to have the G become more comfortable transitioning into their butterfly stance.
- Encourage each G to use an athletic, yet relaxed stance: knees are together, hips are tall and hands are up and active.
- Encourage G to maintain a tall chest and hips throughout the save as well.
  - Track each puck with great visual attachment
  - On the 3rd shot of each set, G will follow the rebound if one is present.
  - G should remain active with his/her hands on all shots!
  - Hands, elbows, and shoulders, should never lock.



### Position Specific Movement PSM





# PREMIER

## GOALTENDER DEVELOPMENT

**Drill Name:** Stance Development

**Development Theme:**

**Progression:**

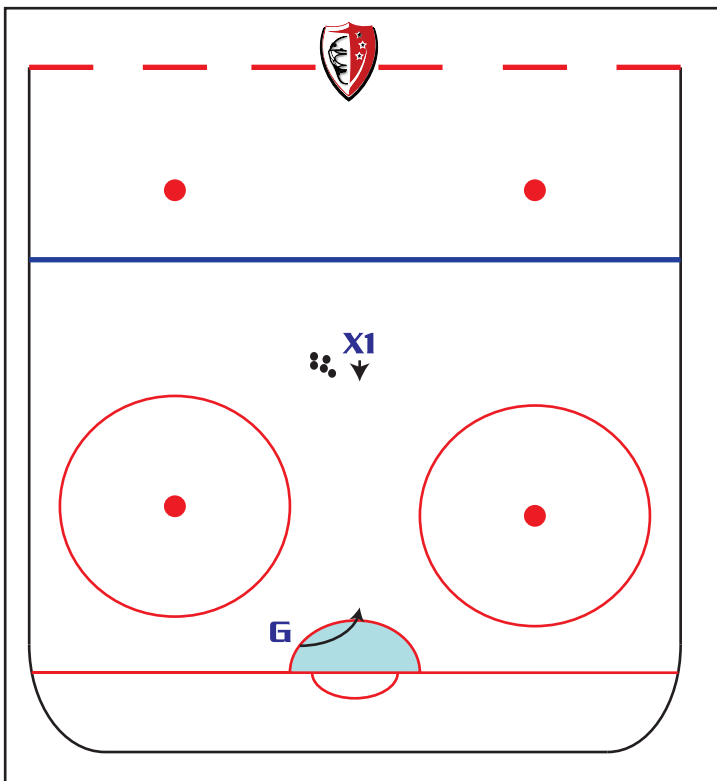
**Placement:** Middle Net

### Drill Description

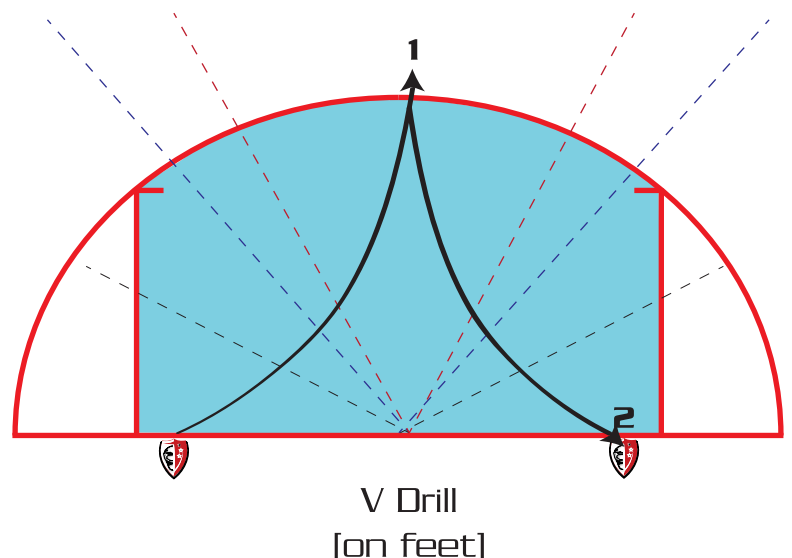
- X1 pucks and positioned as shown.
- G will start on top of crease facing dot angle.
- On "go," G will t-push to his or her angle on X1.
- Once G is set, X1 will shoot 3 shots on the ice for the G to redirect to the corner with his/her stick.
- After the 1st round of low shots from each side, X1 will shoot 3 pucks at the G's glove or blocker.
- Alternate sides

### Key Development Points

- The goal of this drill is to have the G become more comfortable in an athletic stance.
- Encourage each G to use an athletic, yet relaxed stance: Feet shoulder width apart, knees bent, hips slightly flexed, and hands are up and active.
- Encourage G to maintain a tall chest and hips as well.
  - Track each puck with great visual attachment
  - On the 3rd shot of each set, G will follow the rebound if one is present.
  - G should remain active with his/her hands on all shots!
  - Hands, elbows, and shoulders, should never lock.



### Position Specific Movement PSM





# PREMIER

## GOALTENDER DEVELOPMENT

**Drill Name: Intro to Center Shifting**

Development Theme: Save Dev.

**Progression:**

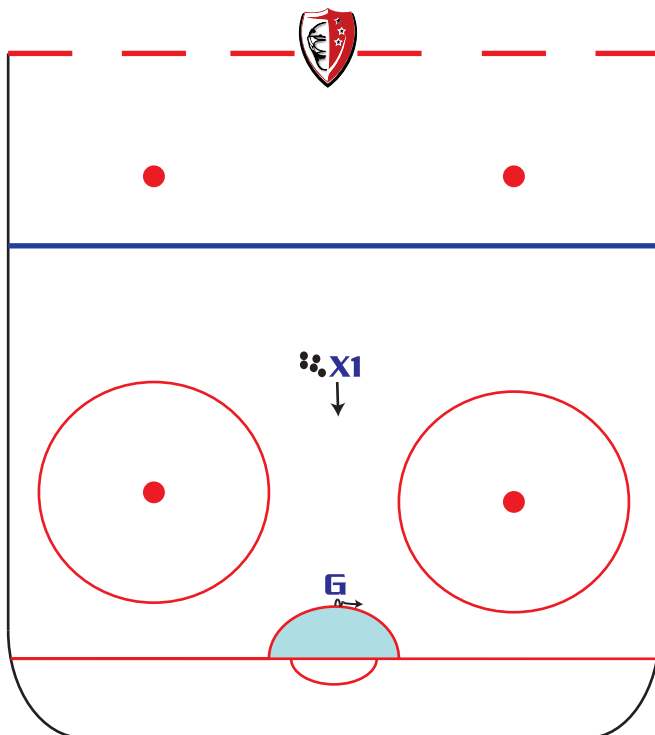
Category: Body Usage

### Drill Description

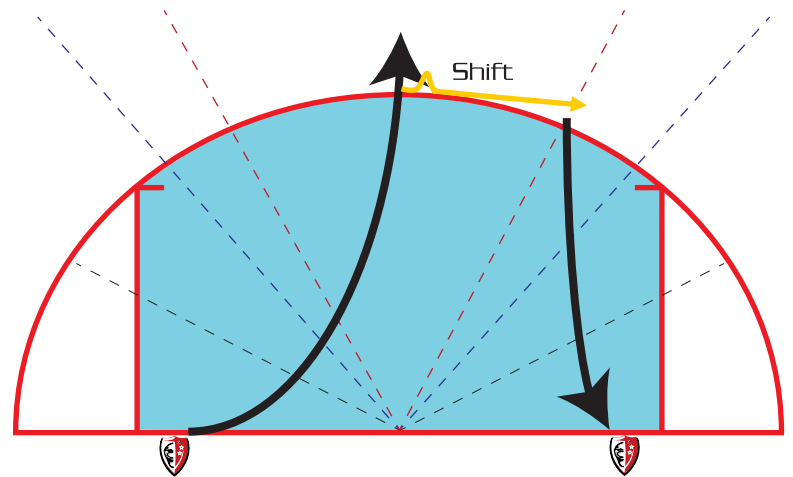
### Key Development Points

- XI and pucks situated as indicated
- G will start on the top of the crease, facing XI
- On "go," XI will shoot low to the G's right-side (shot ~ 6" to 18" off the ice)
- G will transition down to support the save with his/her body
- Work multiple sets, one side at a time.
- Alternate sides

- Making saves that involve the body are no different to any other save in the sense that proper visual tracking must be practiced!
- A major key to shifting the center of G's body into a shot is to transition well using a "low-knee."
  - G's lead knee (knee closest to puck's target) must transition down towards the ice to allow G's body to fall into the shot lane
- As the puck enters the body unit, the G must allow the puck to make contact before concaving the body to control the puck
- Shots into the body should NOT be saved with G's hands
- Once accepted, G should concave the body by dropping the hips back & bringing the shoulders forward



### Position Specific Movement PSM





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## GOALTENDER DEVELOPMENT

**Drill Name:** Narrow Lateral

**Development Theme:** Mobility

**Progression:**

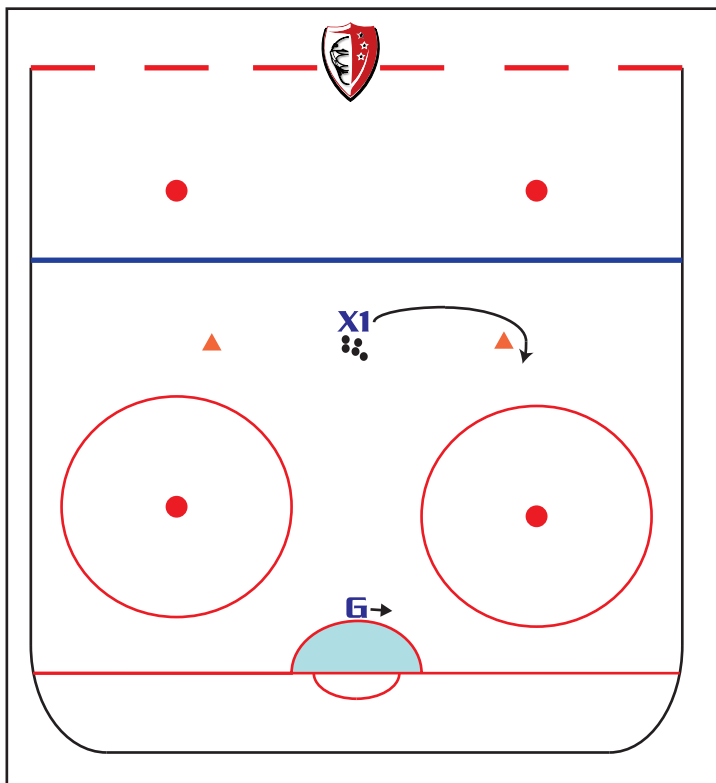
**Placement:** Middle

### Drill Description

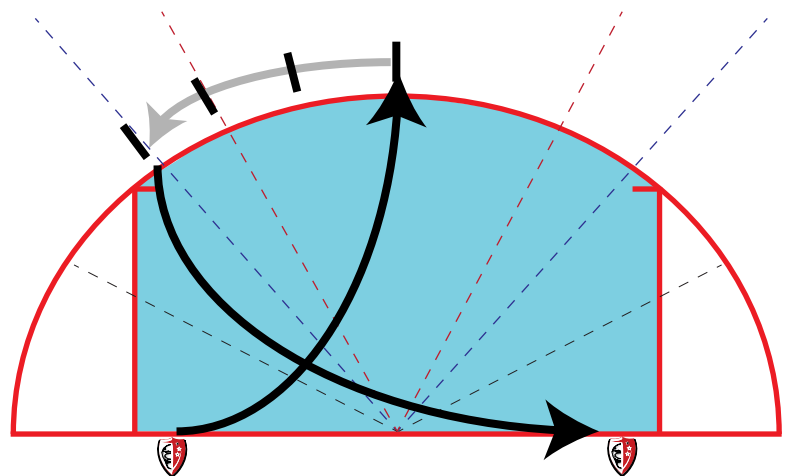
- X1, cones and pucks placed as shown.
- G will start square to X1 on top of the crease
- On "go," X1 will take a puck around one of the cones and release a shot on net.
- As X1 is moving laterally around a cone, G will track the puck laterally; maintaining angle until the shot is released.
- If G is able, he/she should seek to follow rebounds out and complete the save cycle
- 

### Key Development Points

- Angle plays the most important role in the G's positional game (followed by body position & depth)
- When the threat of a shot is imminent, the G must use short, crisp shuffles in order to remain square to the puck's angle and get set quickly.
- When using shuffles, keep the following key elements in mind:
  - All stance fundamentals should remain in tact
  - Hands, and upper body should remain stable
  - Use short shuffles so there's time to get set before the shot is released



### Position Specific Movement PSM





# PREMIER

## GOALTENDER DEVELOPMENT

**Drill Name:** Shortened Outside Drive

**Development Theme:** Rush/Attacks

**Progression:**

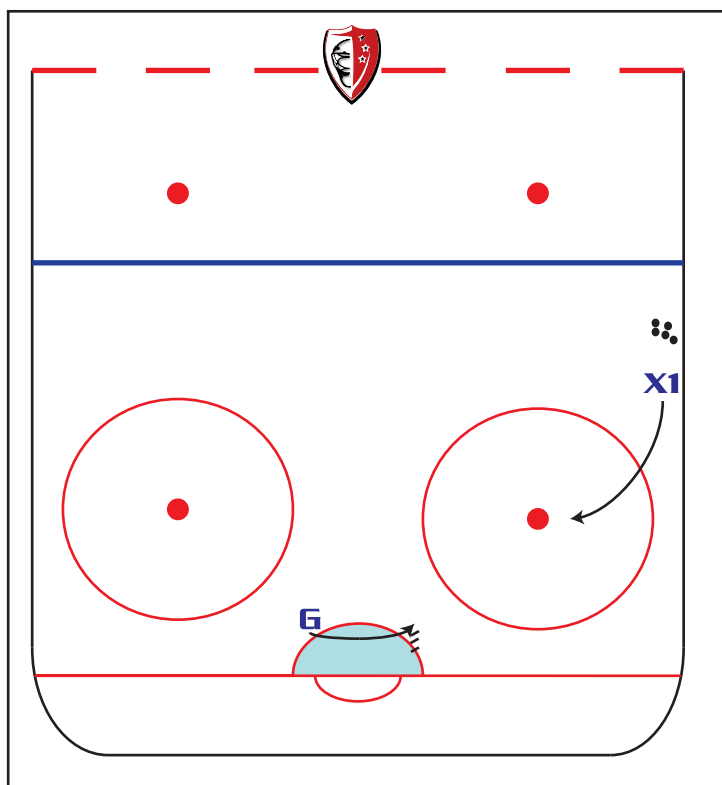
**Placement:**

### Drill Description

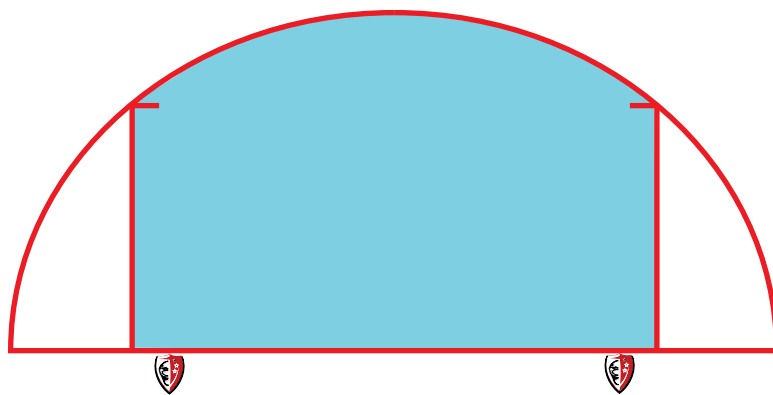
- X1 will be positioned on the far blue line angle near the top of the face-off circle.
- G will start on the opposite blue line angle as X1
- On "go," G will T-Push to his/her desired position on the angle on X1.
- X1 will drive wide with speed and will release a shot on goal.
- G will tighten his/her angle on X1 as the outside drive develops and will adjust his/her depth accordingly.
- At your discretion, start younger or less experienced goaltenders on top of the crease facing the middle of the ice.

### Key Development Points

- The key is to handling an outside drive well is to balance angle tightening with depth management.
- Establishing a strong initial position on X1 will allow the G to adjust his depth appropriately.
- When X1 is driving with speed, the G should seek to use *backwards shuffles* to maintain a square stance on the puck
- The lower X1 gets into the zone, the more the G will rely on proper timing to support his transition into the save. This will allow his hands to support his body better.



### Position Specific Movement PSM





## Hand-Eye Drills

### Drill 1 - 2 puck partner toss

- Partners stand 5 ft apart & toss both pucks to each other at the same time with these variations:
  - Even toss
  - High/Low toss
  - Criss-cross toss
  - Even toss w/ clap before catching

### Drill 2 - Reaction Ball

- Drop the ball and catch it (No partners)

### Drill 3 - Racquet Ball wall-toss

- Variations:
  - Throw the ball to hit the wall & it must bounce on ground before catching it
  - Use partner who stands behind and throws the ball (same as above)
  - Alternating wall toss (throw with right hand, catch with left hand). Must have a direct toss off the wall

### Drill 4 - Juggling

- Juggling with tennis balls
- Juggle against the wall

### Drill 5 - Stick Drills (4 x to right, 4 x to left on each drill)

- (With partner) Stick catcher starts in athletic stance (hands on hips). Partner drops both sticks 1 sec apart.
  - Player catches stick 3 times with right hand on bottom, left on top and 3 times with left hand on bottom and right hand on top
  - palms always facing ground

Variations from start:

- Hands on hips: clap, then catch
- Hands on hips w/ eyes closed. Partner says "go," open eyes and catch sticks
- Hands on hips with back turned to (in athletic stance): Partner says "go" to turn and catch



## Agility Circuit

- Warm-up
- Speed Ladder (4 drills)
- Speed ladder drills with a 10 yd sprint after ladder (4 hard strides)
- **Agility**
  - **Pro-test** (3 cones, 5 yds between each) -- 3 times each direction
    - Start at middle cone ( X ----- X ----- X )
    - Sprint to left cone & touch, sprint to right cone & touch, sprint back through middle cone
  - **Ball-Bounce** Need a tennis ball and a partner who is 10 yds away (on asphalt) -- 5 times each partner
    - One partner drops ball and the other sprints to catch ball before 2nd bounce
  - **4 cones** (in a square)...10 yds apart. -- 2 times each direction
    - Start on left bottom cone, sprint forward to top left cone, tapioaca to top right cone, backpedal to bottom right cone, shuffle to starting point (bottom left cone)
    - Use groups of 3 per drill: (Give approx 1:2 work:rest ratio)
  - **2 puck Shuttle Run** 2 pucks at point 10 yds away from starting point --- 4 times each
    - Sprint to first puck, pick-up and sprint back to starting point and drop puck, sprint back to retrieve 2nd puck, and sprint back through starting position, drop puck on starting point. Make sure pucks are not rolling.
    - Use groups of 3 per drill: (Give approx 1:2 work:rest ratio)
  - **Dice Drill** (5 cones like a "5 on a dice"...5 yds apart) --- 4 times each
    - Start at middle cone, shuffle to bottom left, touch, and shuffle back to middle....repeat clockwise to each cone
    - Use groups of 3 per drill: (Give approx 1:2 work:rest ratio)
- Stretch

**For more information**

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**or email us at**

***[info@PGDgoaltending.com](mailto:info@PGDgoaltending.com)***