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GOALTENDING

In its barest essence, goaltending is a simple position. Playing goal can be broken down into three distinct, but heavily interwoven elements, the success of each are totally dependent on each other. It can be compared to a circular pattern where A leads into B which leads into C which leads into A and so on.

THE THREE R's OF PLAYING GOAL

The first phase is simply being READY. Next, the goalie must REACT. Assuming the other team did not score, he must now RECOVER and get READY to REACT again.

I. READINESS

A. Skating- This is the most important fundamental in goaltending. A goalie who cannot skate can't be taught the proper fundamentals. Also a goalie who can't skate will lack the confidence in his skating ability and will not be able to play the position as aggressively as he should.

B. Stance- Everything begins with the stance. A goalie takes this position and moves in it and from it for the entire game. Find one that is comfortable and effective. Each goalie has their own 'style,' but there are some basic essentials.

- Knees bent comfortably with the weight on the balls of the feet and on the inside edges of the skates.

- Feet are about shoulder width apart. Too wide or narrow restricts ability to move well laterally.

- Stick is 6"-10" in front of the skates

- Gloves are out in front, to the side of the body and just above knee height. Should be able to see them with peripheral vision.

- Should be a vertical line from balls of feet through knees through shoulders.

NOTE- "Hands being the Steering Wheel."

Balance and Power/Explosiveness is critical, and a good stance is essential to having these. The goalie should think of his body like a car. The hands are the steering wheel for his body. The quickest muscle in the body is the eyes. They respond first, and then the hands should direct the body to its desired destination. Just for openers, if the goalie's stance is too high or low, adjust the hands and notice the improvement. Same if he is often back on his heels or you notice him fall on his backside a lot, then simply move his hands forward so they are ahead (NOT in front) of his knees.

C. Positioning- In very simple terms, goaltending is just being in the right place at the right time. At all levels, if the goalie is in position, nine of ten shots will simply hit the goalie or go wide. Great goalies conserve their movement and rarely look 'spectacular.' The acrobatic and flashy goalie is often out of position, inconsistent and usually surrenders bad rebounds. A solid positional goalie will also always be square to the puck. That means having toes, pads, chest, hands and eyes facing the puck. As the puck comes out from behind the goal line, he must immediately 'Square Up' and keep his stance square in all his movements.

1. Angles- Moving out to take away the net from the shooter and lessen the amount of space you must cover and the time it takes to cover the open areas.

- a. Line up on the puck, NOT the man.

shots, so it is the job of the goalie to always control these, as well as the higher percentage bids. Simply making the first save is not nearly enough. It is important to learn to direct the puck. If you need a whistle, but the shot is one which you can't smother, learn to direct it with the stick, pads or blocker over the glass.

-For shots on the pads use a good knee bend to knock the puck down, like a soccer player.

-The stick is a great tool. Cushion the puck, direct to a teammate, put in the corner, put puck over the glass.

-The body should be like a pillow. Absorb the puck.

F. Screens-

-Stay out on the angle.

-Stay low and try to look through the legs or around the players. Keep the body in position and never try to look over the players in front.

-Some goalies have adopted the new 'paddle-down' style. This goalie does not recommend that as it is felt that the goalie has now committed to a move, and he is also off his skates. This means he has lost his quick ability to move. It also opens a lot of net up top, especially on the stick side.

G. Deflections-

-Know where the potential tipper are. Do not have tunnel vision.

-Cut the angle on the shot, but anticipate the possibility of a redirection and try placing body as close as possible to the tipper.

-Be aggressive. Sometimes the goalie can play the shot before it reaches the enemy forward.

-Be careful though to note any forward hiding in the shadows off to the side. A smart D will fake the shot and pass to the player in the back door. This may prevent a goalie from challenging too much in this situation.

H. Breakaways-

-Move out early to challenge. Some like to come right out to the hash marks. This will also give the goalie plenty of room to back in with the shooter, which is speed he can translate into a lateral movement to stay with the shooter.

-Force the player to make the first move. Be patient.

-If he comes in close, and especially if he briefly takes his eyes off the goalie to look down at the puck, the goalie can make an explosive diving pokecheck.

-Again, timing is important, and experience, with good feedback from coaches and fellow players, will be essential in the learning process.

-As goalies develop, some will identify their strengths and weaknesses, and play them on breakaways. It is also helpful to know the tendencies of the opposing shooters whenever possible.

I. Backhand shots-

-Stay on the angle.

-Stay low and hold the stance. Do not flinch

-Be sure to remain lined up on puck, not player.

-This is one of the most dangerous shots. There is little or no warning as it uses a very quick, almost immediate release. Also, often the forward does not know where the puck is going, so it is doubly hard for the goalie to anticipate its target.

J. Shooter coming across the slot

When the attacking player is coming laterally across the area in front of the goalie, it is one of the hardest saves to make. Shooters often time their shot with the opening of the goalie's pads as he shuffles, or they will try to out-wait the goalie and let him go down first. It is best to stay on one's

III. RECOVERY

After reacting to the puck, the goalie must have the ability to quickly return the ready position in his stance and on his angle. He should never take his eyes off the puck, and must always recover facing the play.

There are three positions that cause most young goalies the greatest difficulty:

1. From the stomach- First recover up to a butterfly, and then quickly snap back up to stance.
2. From the back- Recover to the sitting position, and at the same time swing the stick around so the blade is on the ice and the stick is vertical. This means that the blocker hand will be well out in front of the body. Place catching mitt behind and push up. Then kick the heels under the rear-end and stand up.
3. From two pad stack/slide- The common problem to avoid is the goalie rolling over and facing the ice and using both hands to get up. First, take bottom hand and slide it in and under the body. Keep the chest AND the top hand, square to the play up ice. Bring the bottom leg under and dig in to the ice with the inside edge of the top skate. Finish push with bottom hand up to stance. Younger players may have to roll up to their knees first, which is alright.

GOALIE SKILL DEVELOPMENT PROGRESSION SEQUENCE

<u>MITES</u>	<u>SQUIRTS</u>	<u>PEE WEES</u>	<u>BANTAMS</u>
Basic Stance	Half-butterfly	Playing the angles	Playing the puck
Shuffle	Two pad stack	Situations	Face-offs
T-Drive	Control rebounds	Moving behind net	Clearing/passing
Moving in stance	Blocker saves	Screens	Control the Game
Stick saves	Poke check	Deflections	Play behind net
Body saves			
Glove saves			
Butterfly			
Basic angles			

ON-ICE INDIVIDUAL SKILL DRILLS- No Pucks

CREASE MOVEMENTS- These are invaluable at ALL levels. They can be used for training in the the form of a circuit, which can also be combined with a series of up-downs. However, you must insist on perfect technique. These are not simply for conditioning, but more for programming. Training goalies is exactly like the other players. Great repetition with perfect technique at ever increasing speeds with lead to a better goaltender. On these Crease Movements, the goalie should imagine the puck as it moves around him, forcing him to stay square and lead with the hands. Also, he should always be set before moving in a new direction. Finally, these can be done anywhere on the ice.

Arc Shuffle:

- Start on post and come out to corner of crease.
- Shuffle around arc keeping skates perpendicular to line.
- Go to other corner of crease and to post.
- Go back other direction.

Playing Imaginary Shot Around Boards:

- Start a couple feet out of crease
- Move quickly behind net and stop shot.
- Return to front.
- Repeat to other side.

U Movement:

- Start on post and move out on angle.
- Back to post and shuffle post to post.
- Move out on angle on othe side and back to post

W Out and Diagonal:

- Start on post and move out on angle.
- Quick T-Glide to far post
- Repeat from other post

W Diagonal and Back:

- Start on post.
- Quickly T-glide out to far corner of crease.
- Shuffle to post.
- Repeat other way.

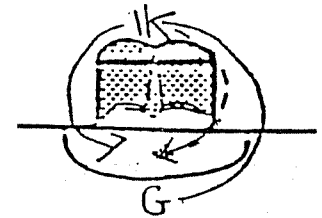
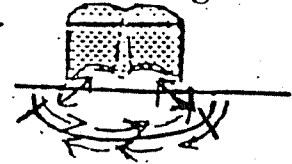
V Movement:

- Start on post and move out to top of crease.
- Move back to far post.
- Repeat in other direction.

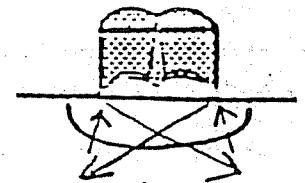
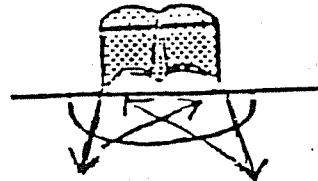
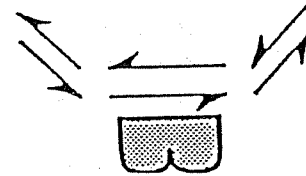
Y Movement:

- Start on post and move out to top of crease.
- Telescope out and back.
- Move back to other post

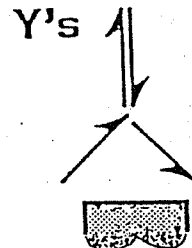
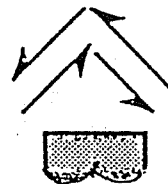
To add some work on coordination, have the goalie take off one glove and bounce a tennis ball with that hand. All the time he must keep his eyes up and remain in his stance. He may even want to try two tennis balls.



U's



V's



ON-ICE INDIVIDUAL SKILL DRILLS- with pucks

Uncle Al Godfry Drill:

- With the goalie's back to the boards, place a net about five feet to his side and slightly ahead.
- Coach will toss (or shoot if good enough) pucks just beyond net-side pad.
- Goalie must try to kick each puck into the net.
- Stress proper form.
- Move net according to ability. With older ones can also have them try to kick field goals.
- This can also be done on the stick-side and have them direct the puck into the net with their waffle or the paddle of their stick.
- Again, can be made competitive. Even when done with no other partner, for every well tossed puck goalie misses he has to do X amount of down-ups. Or you can start with a set amount of down-ups, and each 'goal' reduces that by one.

Russian Recovery Drill:

- Coach has pucks about 15' from net.
- Coach calls out position for goalie to take (B-fly, stack, back....)
- When Coach bang stick goalie must recover and coach will fire shot.
- Play Rebounds!!!
 - It is best to shoot just before goalie is fully ready. Must push him to get faster.
- Also have him start facing the NET, so back is to coach.
- First time simply start in stance, then progress to starting in various positions.
- Must stress finding the puck with the eyes and quickly recovering with good technique.
- Coach can move around to make more challenging.

Wall Goalie:

- Place net facing boards about 10' away.
- From area behind net coach fires tennis ball off the boards. Can do with pucks, but you don't get the same level of speed. Play rebounds!!

Part II-

- Toss pucks over goalie's shoulder so he has to quickly find puck with eyes and cover.
- Coach should look for loose puck.

St. Cloud Hop:

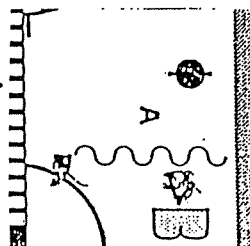
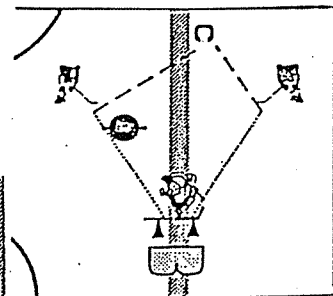
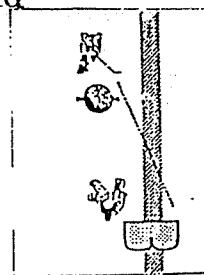
- Goalie, in stance, hops on left foot just outside left post.
- Coach shoots at other side of net.
- Goalie must push off left foot and drive to far side to make save.

Olympic Jump:

- Put stick on cones about 1' from goal line.
- Goalie jumps with both feet over stick.
- When lands coach passes to either shooter. Play rebounds!

Billy Smith Poke Check:

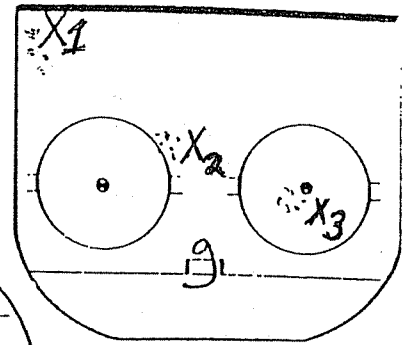
- Goalie tries to stop shooter from coming across net.
- Use Pke check, but hid the move and don't cheat.



ON-ICE GOALIE ORIENTED TEAM DRILLS-

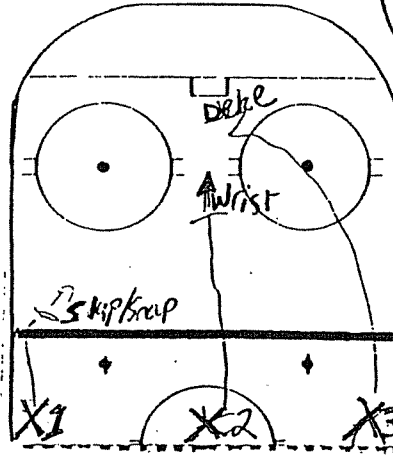
X Diagonal Get-Going:

- Shooting order is X1, X2, X3, X1....
- After shooting, players move in same order.
- Shots should come pretty quickly.
- Force goalie to lead with hands.
- He should be square to every shot and on angle.
- Half-way, move X1 in and X3 to top.



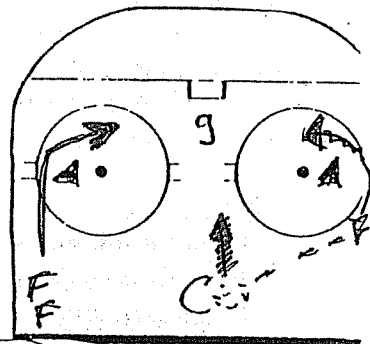
Three Line Half/Full Ice Get-Going

- Three lines on Red line with pucks.
- Leave together.
- X1 takes slapper or snap shot at Blue line.
- X2 takes wrist shot at top of slot.
- X3 comes in for the deke.
- Half way switch roles of X1 and X3.



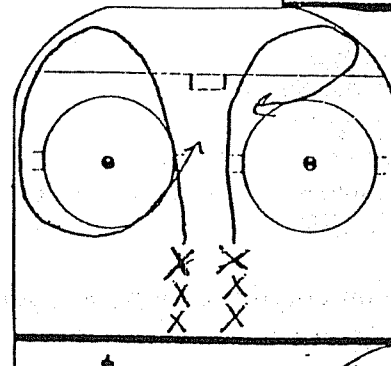
Michigan 2-0:

- Goalie out on angle on Coach with pucks.
- Both F's take off and one receive pass.
- Go low and wide. Start by using cone.
- F with puck shoot or pass to partner.
- Goalie must control wide shot, try to pokecheck pass or make desperation save.



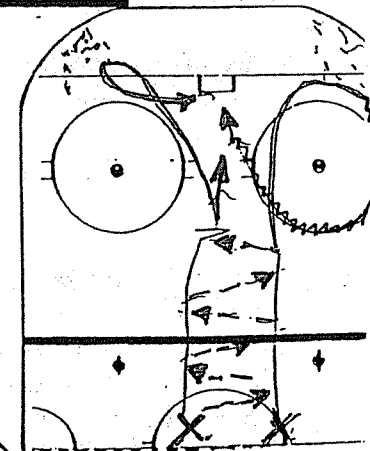
Hi-Low Cycle:

- Two lines of players around top of circles.
- Start at same time and loop in their corners.
- One loops low, other high.
- High-looper might have to buy some time if low player still in process of shooting.
- Can start with puck, or pick on out of their corner.



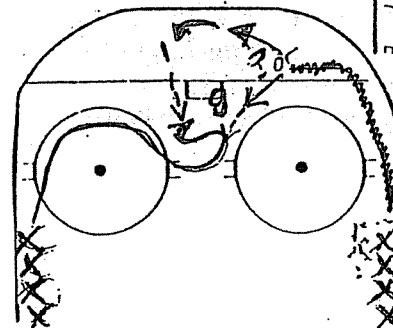
2-0 Plus Hi-Low Cycle:

- Start 2-0 from Red line.
- Shoot in slot then loop into corners and get puck.
- One loops high, other low toward net.
- High looper might have to buy some time if low player still in process of shooting.



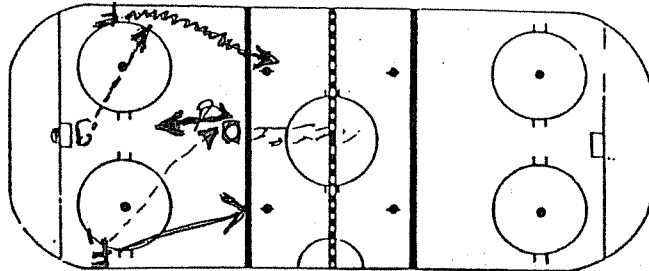
Igloo 2-0:

- Players start at same time.
- Puck carrier goes below the goal line.
- Can pass quickly out front, go behind and pass, or stuff it from either side.



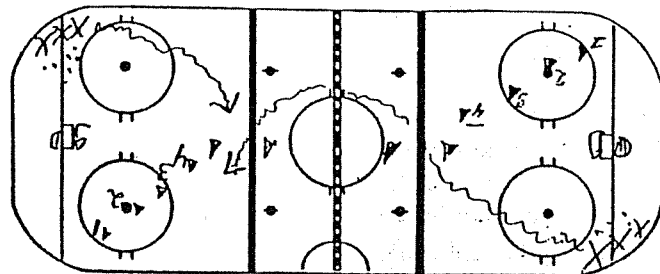
Cornell Get-Going:

- Lines in opposite corners.
- Go at same time.
- X weaves through both pairs of cones at each Blue line.
- X goes around bottom cone and shoots.
- Progress from #1 down low to 2,3,4...
- Force goalie to make save on feet on low cones.



Hextall 2-1 with Goalie Start:

- F₁ pass to D.
- D shoots low and quickly on net.
- G control puck and make quick to a breaking F.
- Should take a step or two in and then turn/pivot and play a 2-1.
- F's can also regroup in Neutral zone for a 1/2 ice drill.



-D should vary shots. Use high, hard and low, bouncing, flip, straight off boards... Just like a game.

-There are many other drills in later sections of this book where the goalie can also have an integral part in starting it.

A- The Gambler

-C throws puck out into slot, and both G and F race for it.

-Change where F start from and where C starts the puck

Designed to simulate a pass that too far ahead of an enemy F

G should use it to learn to judge when to come out, and how to deal

QUICKLY with puck (cover, clear, pass....)

B- Draw 'Em In BO

-G go behind and get puck

-F1 is a FC'er, and G must read which side he comes in

-G then pass to his open open man (F2 or F3)

ADD a shot (ic. F2/3 leaves a drop pass for F1 And F1 attacks net from corner. G must be quick to get back to net)

A- The Lurking F

-F1 is hiding behind net, and will creep out to either side

-F2 will shoot just wide of net to that side

B- Lurking F and Wide Shooters

F2 pass to F3 or F4 on perimeter

-F1 will come out on far side of net for open net tip

Shooters should sometimes shoot on net to keep G honest

