



TECHNICAL

Goaltending I



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OBJECTIVES

- To understand the proper body positioning and stance necessary for a goaltender
- To understand the movements available to a goaltender and when to use them
- To understand the importance of the butterfly

INTRODUCTION

Goaltending is a combination of sound structural technique and athleticism. This chapter will provide coaches with the tools necessary to successfully teach the position. It is important for coaches and goaltenders to consistently work on and practice the concepts they learn. Goaltending is a position of muscle memory, detail and habit. It is the responsibility of coaches and goaltenders alike to reinforce all fundamentals and practice with detail. A goaltender will operate in games in the same manner that he or she practices.

This chapter covers three areas of goaltending that goaltenders must first master in order to develop properly. The three areas of focus are stance, movement and butterfly. The order that is given is the order in which each aspect should be introduced to goaltenders.

STANCE

The purpose of having a proper stance is to maximize net coverage and have the ability to move while maintaining balance.

Body Position

- Feet – little more than shoulder's width apart, slight ankle bend with weight slightly on inside edges of the balls of feet
- Skates – parallel to each other
- Knees – forward, creating a slight bend that applies pressure to the balls of the feet
 - similar to a golf stance or batting stance
- Chest – up so shooter can see the logo of the jersey
 - allows balance to be slightly forward
 - increases net coverage
 - helps tracking high shots

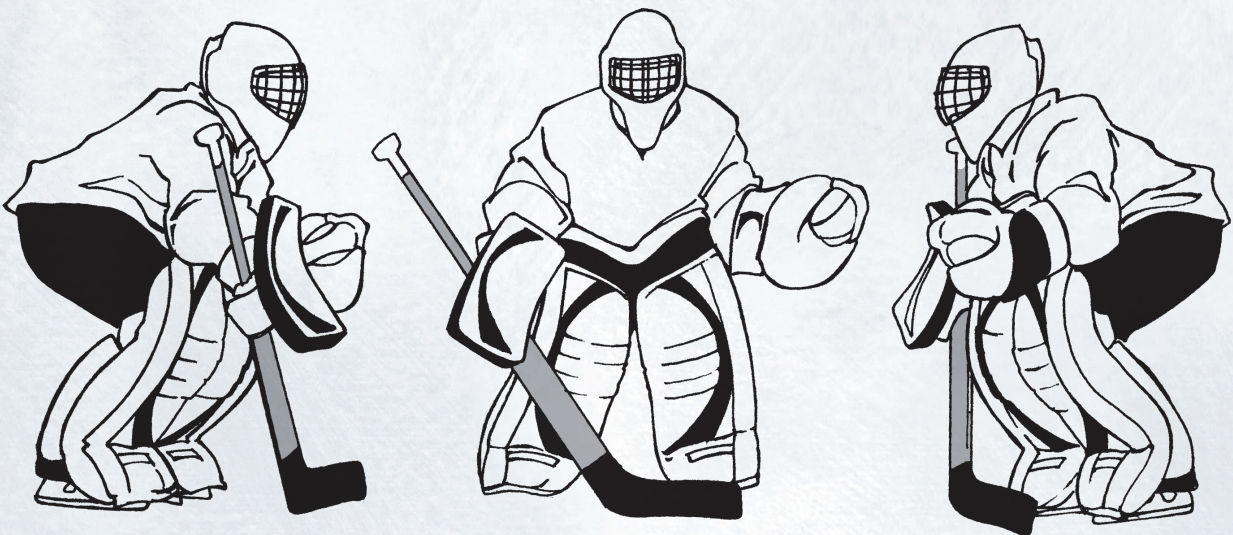


Figure 17-1. The goaltender's basic stance (front and side views).

- Shoulders – parallel to each other and level to maintain proper chest positioning
- Gloves – out in front of the body creating good balance. They should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body creating no double coverage
- Stick – 8 to 12 inches in front of the skates and resting on a slight angle, allowing for proper cushion on shots and coverage of the five hole
 - never hold stick perpendicular to the ice

Benefits of a Proper Stance

- allows goaltender to be balanced and under control
 - proper balance limits excessive and/or wasted movement
- more efficient movement and save selection

Tendencies

- goaltenders have feet too wide (limits movement and save selection)
- goaltenders have feet too narrow (limits power in movement, lessens lower net coverage and decreases balance)
- poor glove positioning (leads to wasted movement and poor puck control)
- chest bent over (creates poor balance and trouble tracking high shots)

MOVEMENT

Skating is very important for goaltenders. The following will cover three movements that goaltenders should learn when beginning to play the position:

Parallel Shuffle

The purpose of the parallel shuffle is to make side-to-side short-distance movements. It helps the goaltender stay square to the puck while minimizing holes in the stance when moving.

Terminology

- “Drive” Leg
 - the opposite leg of the intended direction
 - used to initiate side-to-side movement

- “Lead” Leg
 - the leg of the intended direction
 - used to balance and stabilize side-to-side movement
 - offers some resistance to control side-to-side movement

Proper Use

- Used to stay square to the puck when the shooter is carrying the puck in tight or across the slot.
- When moving post-to-post, the parallel shuffle is always used.

Technique

- In this stance the goaltender is square to the puck.
- Weight is on the inside edges of the balls of the feet.
- To start the shuffle, transfer weight to the ball of the foot on the inside edge of the “drive” leg.
- Bring the “drive” leg back to regular stance position.
- The “lead” leg maintains the stance position and stabilizes momentum.
- To stop, place weight on the inside edge of the lead skate and resist momentum.

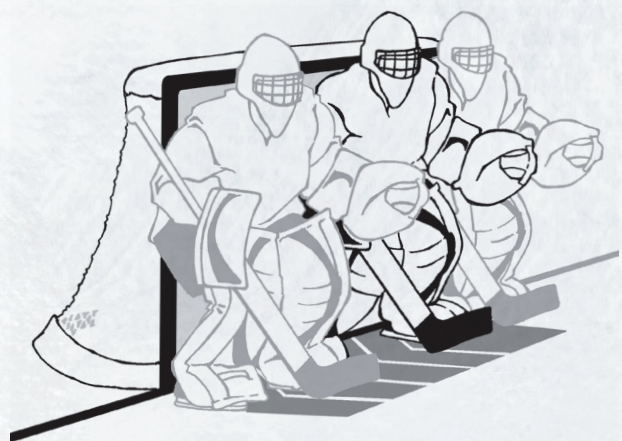


Figure 17-2. *The parallel shuffle.*

Lateral T-Push

The purpose of the lateral t-push is side-to-side explosive movement used to cover big areas of the crease. This movement allows the goaltender to set his or her feet in position ahead of the play in order to read the play and make a proper save selection.

Terminology

- “Drive” Leg
 - the opposite leg of the intended direction
 - used to initiate side-to-side movement
- “Lead” Leg
 - the leg of the intended direction
 - used to carry the momentum and weight in side-to-side movement

Proper Use

- Used to quickly gain ice in the crease and set the feet while following the play.
- Movement should be quick and explosive.

Technique

- Turn the head and eyes toward the intended direction and lead with the stick and gloves.
- The heel of the “lead” leg is brought slightly back toward the “drive” leg then pivots in the desired direction.
- Weight is placed on the inside edge of the balls of the “drive” leg skate.
- Lift the “drive” leg off the ice after the initial push.
- To stop, turn the inside edge of the lead leg skate and resist momentum.
- Set the feet in a stance square to the potential shot angle.

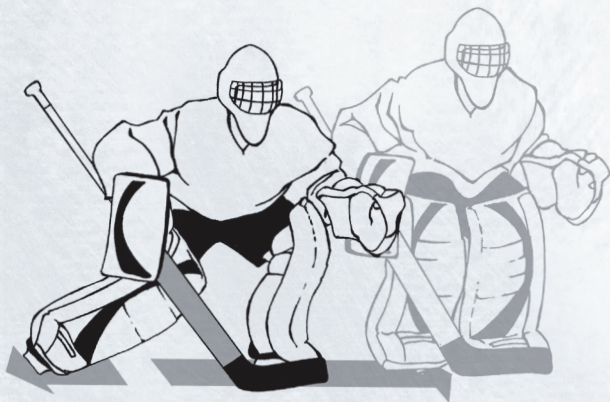


Figure 17-3. Lateral t-push.

Small T-Push

The small t-push is a movement used when the play will result in an immediate shot. The goaltender will find this movement useful when the puck is rapidly moved in short areas inside of the zone. This movement allows a goaltender to move and be set before a shot is able to be taken.

Terminology

- same terminology as t-push

Proper Use

- Used to move in small areas at a rapid pace.
- Movement should be quick and explosive, with the feet regaining stance position quickly.

Technique

- Turn the head and eyes toward the intended direction and lead with stick and gloves.
- The heel of the “lead” leg is brought slightly back toward the “drive” leg, then pivots in the desired direction.
- Weight is placed on the inside edge of the balls of the “drive” leg skate.
- To stop, turn the inside edge of the lead leg skate and resist momentum.
- Set the feet in a stance square to the potential shot angle.

BUTTERFLY

The purpose of the butterfly is to eliminate the lower portion of the net while maintaining balance and recovering ability.

Body Position

- Chest – up so shooters can see the logo of the jersey
 - improves balance and net coverage
- Shoulders – parallel to each other and level to maintain proper chest positioning
- Pads – extended to the sides with the inside of the pads flush on the ice and knees together
 - when dropping into a butterfly the goaltender should quickly drive knees onto the ice
- Butt Up – helps with the following:
 - keeps chest up and maintains balance

- improves net coverage and keeps knees on the ice
- maintains positioning for proper and quick on-ice or full recoveries.
- Gloves – out in front of the body creating good balance. Gloves should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body creating no double coverage
 - on shots in tight, a goaltender should bring elbows in and to the side of the body, eliminating any holes and forming a wall
 - on shots from one foot away, a goaltender can extend the arm and angle the glove above the puck
- Stick – 8 to 12 inches in front of the skates and resting on a slight angle, allowing for proper cushion on shots and coverage of the five hole
 - never perpendicular to the ice

Benefits of a Proper Butterfly

- allows goaltender to be balanced and under control
 - proper balance limits excessive and/or wasted movement
- more efficient movement and recoveries.

Tendencies

- Goaltenders sink their butts back to the heels of skates
 - poor recovery and balance
 - limits net coverage
 - separates knees, opening a hole between the legs
- stick extended too far out in front of the goaltender's knees (creates a ramp for pucks to go over goaltender's shoulders)
- sinking chest and shoulders (limits net coverage)



Figure 17-4. *The butterfly.*

EXTENDED BUTTERFLY/HALF BUTTERFLY

The extended/half butterfly is used to give the goaltender proper net coverage and rebound control based on where the shot is heading.

Body Position

- the goaltender drops into an extended butterfly so his or her shin is extended toward the puck while keeping the pad flush to the ice.
- center of gravity moves toward the puck, including eyes, stick and glove.
- the goaltender's thighs remain tight together to keep the five hole closed.

Tendencies

- The goaltender lifts his or her extended pad off the ice, causing a triangle effect between the foot and five hole.
- The goaltender leans away from the puck or reaches without moving.
- The goaltender creates holes instead of closing them.

LEARN MORE

Click on the following link(s) for more information on the topics covered in this chapter. (*Internet access is required*).

www.usahockeygoaltending.com/