



TECHNICAL

Goaltending III



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OBJECTIVES

- To understand the three parts to goaltender positioning
- To understand the importance of on-ice awareness
- To identify and train the different kinds of tracking skills needed by goaltenders

INTRODUCTION

This chapter builds on the information provided in both Goaltending I and II articles. Once again coaches must ensure that all details covered in those articles are reinforced during the coaching of Goaltending III. This chapter will introduce positioning, awareness and tracking.

POSITIONING

There are three parts to positioning – angle, squareness and depth.

Angle

First, goaltenders must establish the proper angle. The position of the puck and its relation to the net determines the angle that the goaltender takes. Without the proper angle, a goaltender would not have proper net coverage, thus eliminating the effect of both squareness and depth.

Squareness

Like angle, squareness is also determined by the position of the puck and its relation to the net.

Depth

The position of the players away from the puck determines the depth of the goaltender. For example, a goaltender cannot over-commit to the puck carrier on a 2-on-1. If the goaltender does over-commit he or she would not be able to get across if a pass is made.

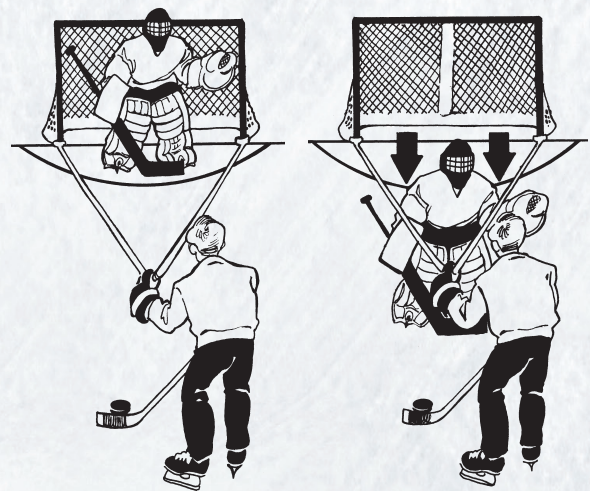


Figure 9-1. Utilizing ropes to demonstrate angles.

AWARENESS

It is important for goaltenders to be aware of all players that are on the ice. This will help establish proper positioning as well as help a goaltender anticipate plays. A time that goaltenders should survey the ice is when the puck is in a non-threatening area. These areas would be below the goal line, along the boards or at the point. When the puck is in these areas a goaltender has time to survey the ice then report back to the puck. Establishing these habits will help a goaltender anticipate plays and gain proper depth.

TRACKING

There are two types of tracking when playing goal - tracking shots and tracking plays.

Shot Tracking

Shot tracking is when a goaltender follows the puck all the way through the save. At no time does the goaltender take his or her eyes off of the puck when making saves. This will help a goaltender choose proper save selection, control rebounds and get into position quickly for second-chance opportunities.

Play Tracking

The body will always follow where its eyes lead it. It is important for a goaltender to follow all plays with his or her eyes. This will help a goaltender track pucks, locate his or her next position and anticipate potential situations. Remember to preach the importance of leading with the eyes.

SUMMARY

It is important for coaches and goaltenders to understand the importance of practicing with the same details you would want to use during a game. Goaltending is a position of habit and detail combined with good athletic ability. In order for goaltenders to reach their full potential they must practice each drill with speed and detail.

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/