



MGD Goalie/Coach Presentation

For Goalies Eight keys to making you and your team better...

1. Learn the basic economic principle of supply and demand. There is only one net but more than one goalie. As you get older there is less demand and more supply. If you don't train for real now you won't be playing later.
2. Accept the two rules of goaltending. Rule number one is that you are going to get beat. Rule number two is you can't change rule number 1.
3. Never get beat twice. When you get scored on in practice be determined not to let the next shot in. This will train your mind so that, if you get scored on in a game, you will quickly put it behind you and get ready for the next one.
4. Know your own skating drills so when you have time you can do your goalie-specific skating drills. Goaltender skating drills are different from player skating drills, so goalies need this time to get their work in. When there are dead periods in practice goalies should work at their movement drills. Ideally goaltenders should skate 10-12 minutes on their own at the beginning of practice.
5. Don't expect different treatment than any other player. The old approach of "just leave the goalies alone" has long passed. A goalie is a member of the team just like anybody else. He should be encouraged, instructed, and accountable just like any other player on the team.
6. Take care of yourself away from the rink. Stretch, watch your nutrition and stay hydrated. Watch as much hockey on television as you can. Learn about technique, strategy and equipment and prepare yourself for practices and games.
7. Goalies need to have a performance statement derived by what they do well when they are in the zone. (ex. Be aggressive and control my rebounds)
8. Have fun. The key to being successful at anything is to have passion when you do it. Embrace the position and enjoy it every time you are on the ice. If you do your coaches and teammates will see it and feed of your passion.



For Coaches.... Eight keys to making you and your team better...

1. Have a goalie coach or name an ["Assistant Coach Responsible for Goalies"](#) The goalie coach or the assistant coach responsible for goalies responsibility is to ensure that the team's goalies are preparing for games, maximizing their time in practice and there is a clear line of communication. If you do not have a trained goalie coach, the AC responsible for goalies does not need to be a former goaltender or even know the technical skills of goaltending... but is responsible making sure that the goalies accountable, working hard and improving.
2. Learn to communicate with your goalies. Be clear for the onset what the expectation are how playing time will be allocated. Most issues do not become issues if the lines of communication are established and the message is consistent.
3. The head coach can adopt the five-second rule to your teams practice drills or start and stop drills on the whistle. After a shot is taken in drills, the players often go directly to the next line, and neither the shooter nor the goaltender follows the rebound. To create a game like situation, tell the players, that after each shot is taken, to imagine five seconds left in the third period of a tie game. This will prompt the goaltender and attackers to play the rebound, allowing for scrambles, walkouts, pass-outs, wraparounds, and so on. These drills will make not only the goalies better but the shooters as well. It will also add tremendously to the goaltenders' conditioning and not affect the tempo of practice. When utilizing the five-second rule in practice, have one coach at each end responsible for making sure the effort is at 100 percent. To make it fun, the coach can yell a countdown of 5, 4, 3, 2, and 1 to create a sense of urgency.
4. The head coach can play to the whistle in practice drills. Once again trying to create more game like situations, coaches can use their whistles not only to start drills but to end them as well. In this situation, the players and goalies are trained that, after the initial shot is taken, they should continue to play until the whistle is blown. The next group starts only after the whistle is blown. This creates a number of situations for the goalies to handle, and it helps in their training of following the puck and battling until the whistle.

5. If there is going to be downtime for goalies in practice, prepare accordingly. If a head coach is going to work just one end of the ice and leave the other goalie standing around at the far end, the goalie coach or coach responsible for the goalies should be prepared to work on skating drills, reaction drills or dump pucks in to work on passing and clearing skills. If practice is split sheet and only utilizing one net, find an area of the ice that the goaltender not in net can do skating drills, reaction drills or passing and clearing drills.
6. Let the goalies know they are part of practice. So many times coaches are consumed with practice and do not take time to recognize the goalies. This will create more accountability and add to goalie and coach relations.
7. Communicate with your goalies. The number one problem in any relationship is communication. The more you communicate with your goalies, the better they will be able to play. By keeping them guessing or playing head games, a lot of negative energy can be created. Try to create an environment where there is open communication.
8. Make a point of once a month taking a few minutes to sit with the goalies before or after practice to review their practice and game performance level, get feedback and review or reassess goals. A goalie is only as good as his confidence level. Be cognoscente of that fact and remember to build confidence throughout the season.



Goalie Specifics

Practices

1. Goalies need to work hard, track the puck and maximize their practice time. Goalies should be accountable if they are not physically or mentally putting forth the effort to challenge the other players and themselves to improve.
2. Compete at a high level.
3. Controlling rebounds and cover or clear loose pucks.
4. Stay visually attached to pucks. Following the puck into your body and away from your body.
5. Be vocal during situational drills and interact with teammates.
6. When the players are participating in on-ice warm-up drills do 5 to 10 minutes of your own goalie-specific skating drills at the beginning of the ice session.
7. Create a goaltending department within the team. In practices both goalies compete hard to make themselves and the other players better. Competition between goaltenders is encouraged because you will push each other to improve at a faster rate. When the puck drops for a game be supporting each other because the team depends on the goaltending division in which both goaltenders contributed through preparation.

Games

1. Make sure you know the expectations of playing time. Whether it is an equal rotation or play to win system the goalies and parents should all understand the coach's philosophy in order to eliminate any issues throughout the season.
2. Goalies should arrive at the game in plenty of time. Time varies per level. You should prepare for the game physically (ex. Dynamic warm up/ball drills) and mentally (Focused and prepared to start the game)
3. Goalies should be supportive of teammates including the other goalie, play with passion, and be respectful of coaches, officials and the facilities.
4. Work on controlling rebounds, smothering and directing pucks.
5. Be patience, don't go down early.
6. Learn how to manage a game. ex when the team really needs a whistle.
7. Identify the flow of a game and when there are key moment be ready to make the big save.
8. Play the puck. the only way to get better is to make mistakes.
9. Learn how to have a short memory. Don't get rattled by a bad goal. We all make mistakes and you have to learn to move on.
10. After the game you can be disappointed but after you have analyzed the game move forward and don't look in the rearview mirror.



Coach Specifics

Practices

1. Goalies need to work hard, track the puck and maximize their practice time. Goalies should receive positive reinforcement when they are practicing hard and create accountability if they are not physically or mentally putting forth the effort to challenge the other players and themselves to improve.
2. Demand a high compete level.
3. Demand goalies are controlling rebounds and covering or clearing loose pucks.
4. Goalies must stay visually attached to pucks. Following the puck into their body and away from their body.
5. Goalies must be vocal during situational drills and interact with teammates.
6. **When the players are participating in on-ice warm-up drills plan to have the goalies do 5 to 10 minutes of their goalie-specific skating drills at the beginning of the ice session. Goaltender skating drills are different from player skating drills, so this allows goalies time to get their work in. The goalies and goalie coach or AC responsible for goalies should know the skating drills.**
7. **The head coach can adopt the five-second rule to your team's practice drills or start and stop drills on the whistle. After a shot is taken in drills, the players often go directly to the next line, and neither the shooter nor the goaltender follows the rebound. To create a game like situation, tell the players, that after each shot is taken, to imagine five seconds left in the third period of a tie game. This will prompt the goaltender and attackers to play the rebound, allowing for scrambles, walkouts, pass-outs, wraparounds, and so on. These drills will make not only the goalies better but the shooters as well. It will also add tremendously to the goaltenders' conditioning and not affect the tempo of practice. When utilizing the five-second rule in practice, have one coach at each end responsible for making sure the effort is at 100 percent. To make it fun, the coach can yell a countdown of 5, 4, 3, 2, and 1 to create a sense of urgency.**
8. **The head coach can play to the whistle in practice drills. Once again trying to create more game like situations, coaches can use their whistles not only to start drills but to end them as well. In this situation, the players and goalies are trained that, after the initial shot is taken, they should continue to play until the whistle is blown. The next group starts only after the whistle is blown. This creates a number of situations for the goalies to handle, and it helps in their training of following the puck and battling until the whistle.**
9. **If there is going to be downtime for goalies in practice, prepare accordingly. If a head coach is going to work just one end of the ice and leave the other goalie standing around at the far end, the goalie coach or coach responsible for the goalies should be prepared to work on skating drills, reaction drills or dump pucks in to work on passing and clearing skills. If practice is split sheet and only**

utilizing one net, find an area of the ice that the goaltender not in net can do skating drills, reaction drills or passing and clearing drills.

- 10. Let the goalies know they are part of practice. So many times coaches are consumed with practice and do not take time to recognize the goalies. This will create more accountability and add to goalie and coach relations.**
11. Don't treat your goalies differently from any other player. The old cliché of "just leave the goalies alone" has long passed. A goalie is a member of the team just like anybody else. They should be encouraged, instructed, and held accountable just like any other player on the team.
12. Create a goaltending department within the team. In practices both goalies compete hard to make themselves and the other players better. Competition between goaltenders is encouraged because they will push each other to improve at a faster rate. When the puck drops for a game the goalies are supporting each other because the team depends on the goaltending division in which both goaltenders contributed through preparation.

Games

1. (Game Time) Make sure there is a system in place that clearly spells out the expectations of playing time. Whether it is an equal rotation or play to win system the goalies and parents should all understand the coach's philosophy in order to eliminate any issues throughout the season.
2. (Notification) Goalies and the family should know who is playing in the game. Ideally the time to let your goalie know who is playing with 20 minutes left in the last practice before the game. Pre-game anxiety is one of the toughest challenges for goalies.
3. (How to notify) Notify your goalie one on one and through the same voice whether it's the head coach, assistant coach, goalie coach or assistant coach responsible for goalies.
4. Goalies should arrive at the game in plenty of time. Time varies per level. They should prepare for the game physically (ex. Dynamic warm up/ball drills) and mentally (Focused and prepared to start the game).
5. Goalies should be supportive of teammates including the other goalie, play with passion, control rebounds and the clock and be respectful of coaches, officials and the facilities.
6. Goalies should receive feedback in between periods and after games.
7. Goalies need to be coached during games just like any other player.

