

COACHING CONCEPTS: ROTATIONS AND RECOVERIES



ONE OF THE MOST CRITICAL ASPECTS OF GOALTENDING AFTER TRACKING ARE GOOD ROTATIONS AND THE RECOVERY PROCESS. IT IS IMPORTANT FOR THE GOALTENDER TO UNDERSTAND WHERE THEY ARE RELATIVE TO THE NET. WHETHER THEY ARE ROTATING PRIOR TO A SHOT OR AFTER A SHOT A GOALTENDER MUST LEARN TO MOVE TOWARDS THE POSTS, THIS WILL ALLOW THEM TO GET ON ANGLE BEFORE GAINING DEPTH. THE CONCEPT WILL BE THE SAME WHEN RECOVERING FROM A SAVE. AFTER MAKING A SAVE, WHETHER THE GOALTENDER CONTROLS THE REBOUND THE WAY THEY WANTED TO OR NOT, THEY WILL ALWAYS NEED TO PREPARE THEMSELVES FOR THE NEXT SHOT BY KNOWING HOW TO PUT THEMSELVES IN THE RIGHT POSITION IN ORDER TO MAXIMIZE COVERAGE, THIS WILL BE THROUGH PROPER ROTATION.

NHL COMPARISON VIDEO

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**ROTATIONS AND RECOVERIES SKATING
PROGRESSION**

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**ROTATIONS AND RECOVERIES SHOOTING
PROGRESSION**

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