



# GLENLAKE GOALIE COACHING PRESENTATION

# GOALIE COACHES

---



- ❑ Congrats on being chosen to be a goalie coach
  
- ❑ Why are goalie coaches being mandated?
  - Good consistent goaltending creates the basis for winning teams:
    - Teams with winning records in Atom 3 score approximately 3 goals per game and have a positive goal differential over 10 games of 3 to 9 goals – a little goaltending, can go a long way
  - Goalies have to develop skills that are different than other players and need to have instruction in such
  - A complex save is built on practicing a plethora of simple actions. Without coaching, a goalies ability to make more complex saves is greatly hindered
  - The explosion in Finnish goaltenders is a direct result of dedicated goalie coaches on all teams. Goalies like Juuse Saros, Pekka Rinne, Antti Raanta, Tuukka Rask, just to name a few, are dominant in todays game due to the Finnish system
  
- ❑ Skills to be a goalie coach
  - No requirement to have been a goalie in the past
  - Have to be able to develop a good rapport with the goalies
  - Willing to learn about goaltending- whether you are a goalie or not the game is constantly changing and so is goaltending
  - Support your goalies on their journey to be the best they can - goalie is last line of defense and there can be lots of pressure both in games and in practice
  - Be willing to mix things up - try new drills and different approaches for different goalies
  - Will have good attendance at practice and games
  - Be able to discuss and advocate different techniques, drills, perspectives, styles with your goalie

# GOALIE COACHES

---



- ❑ How Glenlake will support you
  - Goaltending is a combination of skills but is individualistic at the same time. This requires you to get to know your goaltender
  - Glenlake will provide you a skills development road map and practice ideas
  - Glenlake will provide paper tools for tracking goalie performance in games that can be used to diagnose goalie performance and skills to be improved on
  - Glenlake will provide practice plans, videos and other resources to work with



## APPROACH TO COACHING

---

- ❑ What is the goal of a goalie coach?
  - To develop the goalie both on and off the ice
  
- ❑ A successful goalie coach will build a good rapport with their goalies
  - Get to know the goalies the more interest you take in them the harder they'll work
  - Constructive interaction is critical to be able to develop and get the goalies to be their best
  - Goalies are not needed for all drills and goalie coaches can operate in this time – target 50% to 70% of practice
  - Can use areas of the ice not needed - even in half ice practices
  - Scoring drills using targets can lead to better offence than shooting on goalies
  
- ❑ Where will they practice
  - In areas of the ice not needed – best if it can be on the boards for shooting
  - Not much space is needed to work with goalie – 55% of all goals in the NHL last season were scored within the first 20 feet from the net, focusing on in tight shots is not a bad thing
  - If there is not enough room for shooting drills, movement drills with no shots can be done – movement drills are good to build muscle memory and make a goalie more efficient in the net, a goalie will make many more pushes the they will make saves in a game
  - The more time the goalies can get in the crease, the better to learn angle



## APPROACH TO COACHING

---

- ❑ What does a goalie coach need
  - From the head coach (very important):
    - Support, acknowledgement and constructive feedback from the head coach – all coaches look to the head coach – if the head coach supports the initiative, it will have the best chance to succeed
    - Create a practice plan that gives time for the goalie coach to work one on one with the goalies
    - Understanding that it will take time to make progress, especially in the lower divisions
  - Their own bucket of pucks
  - On ice toys
  - Occasional shooter from the team
  - Ability to shoot on the goalies when no shooters are available
  - Organize a midget or junior goalie on ice occasionally to demonstrate drills and offer advice – this will be beneficial for both goalies as it is skill building for your goalie and leadership building for the demo goalie
  
- ❑ Get creative
  - The goalies will play their best and work their hardest when they are having fun
  - Try different techniques, new drills, and think outside of the box to make things fun – let the goalies get competitive with each other using race and battle drills
  - Discuss and argue over different ways to compete, move, and make saves - there is no one right way to play goalie

## A GOOD SAVE

- ❑ A good save looks boring because the goalie has more control than the shooter



## A GOOD SAVE ?

- ❑ A circus save looks good but the shooter is in control – and save Percentage goes down





## ANATOMY OF A SAVE

---

- ❑ Phases of a save
  - Getting in position / angles
  - Tracking / seeing the puck
  - Executing the save / pose
  - Reacting/blocking
  - Managing the puck / rebound control
  - Recover / position for next save
  
- ❑ Position / angles
  - Being square to the puck with the correct depth, good posture, and a comfortable stance is essential to being able to make a save – the goalie controls how big the net behind them is for the shooter
  
- ❑ Tracking / seeing the puck
  - Tracking the shot off the stick and into or off of a goalie's body is essential to making the save – a goalie's head should lead his movement
  
- ❑ Executing the save / pose
  - A goalies save selection will vary depending on the situation
  
- ❑ Reacting vs blocking
  - Reaction saves are when a goalie is forced to move to into a shot – shot from far out
  - Blocking saves are when the goalie simply stays tight and lets the puck hit them – shot in tight

# ANATOMY OF A SAVE

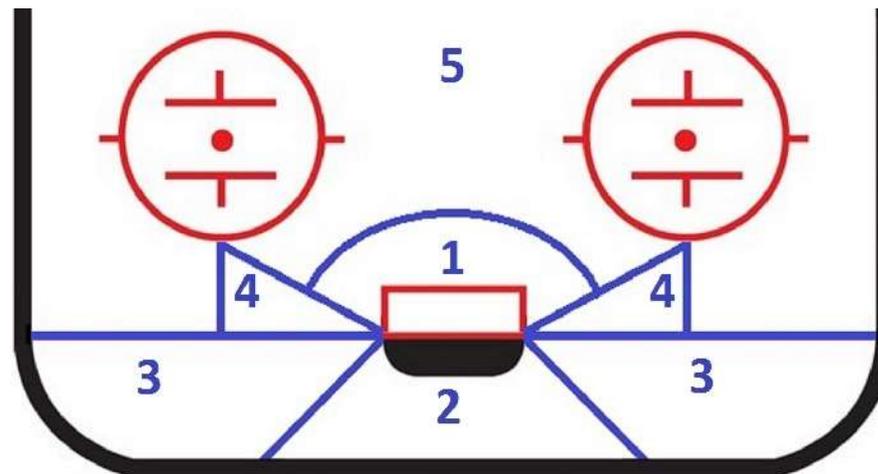
---



- ❑ Managing the puck / rebound control
  - Its important to cushion, catch or steer the puck to prevent bad rebounds – get goalies to follow there rebounds in practice - 19.5% of rebounds in the NHL resulted in a goal last year
- ❑ Recover / position for the next save
  - Recovery is led by the head - once the eyes locate the puck body follows
- ❑ Every save is built on these fundamental skills - every situation is going to vary, there is no one right way to make a save

## A GOOD SAVE

- ❑ There are many different save situations that affect choice of movement and save selection:
  - 1. Entries 2. Clear Shot 3. High-Low Passes 4. East-West Passes 5. Net Drives 6. Below the Goal Line
  - 7. Rebounds 8. Deflections 9. Screens 10. Breakaways
  - Where the puck is on the ice



- ❑ A goalie will see all of these situations over the course of a game and therefore goalies require training in various situations – it sounds cliché but practice makes perfect
- ❑ No matter the situation, squareness and overall positioning is essential to making saves – a goalie needs to be square to the puck and block it



## IT STARTS IN PRACTICE

---

- ❑ Drills with only movement
  - Its important to focus on basic movements for beginner goalies as a goalie progresses challenge them with more complex movements – you learn how to walk before you run
  - A goalie makes many more pushes in a game then they will make saves
  - Techniques will vary from goalie to goalie, its important to help the goalie build on what works for them, not change it
  - Practice edge work
  
- ❑ Drills with shots
  - Please hit the net – it is important for a goalie’s development to hit the net so they can fully practice the phases of a save
  - Its important that the goalie is challenged
  - Build there confidence - give them feedback during drills
  - Play the rebounds
  
- ❑ Shake things up
  - Bring tennis balls on the ice to practice cushioning
  - Get the goalies engaged by creating drills where they can be competitive with one another
  - Use your resources - there are many different drills, tips, analysis on the internet
  - Use an ipad to show the goalie what the puck sees when practicing angles and poses
  - Use box control method to show depth and angles

# WHERE TO START

- Start with movement and angles – and do that at every practice
- Ask your goalie what they are best at and where they are challenged – they know already
- Track in game performance and use that to determine the biggest areas for improvement and start there
- Track in game performance with monitoring sheets

Notes on each goal  
(rebound, screen, beat clearing, etc)

X = Shot on goal  
# = Goal (number each goal to show where the shot came from on the ice and where it entered the net – below)

1.

2.

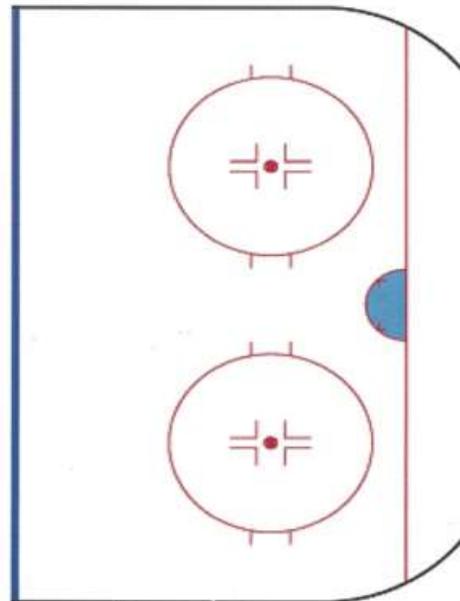
3.

4.

5.

(if more, over page)

Doing well



# = Goal (number each goal to show where the shot entered the net)

To Consider:  
Steering rebounds  
Good movement  
Squaring puck  
Telescoping  
Tracking puck



Improve

Notes on each goal  
(rebound, screen, beat clearing, etc)

X = Shot on goal  
# = Goal (number each goal to show where the shot came from on the ice and where it entered the net – below)

1. Goal Scramble  
catch + CLEAR

2. Screened deflection  
point shot 'PP'

3.

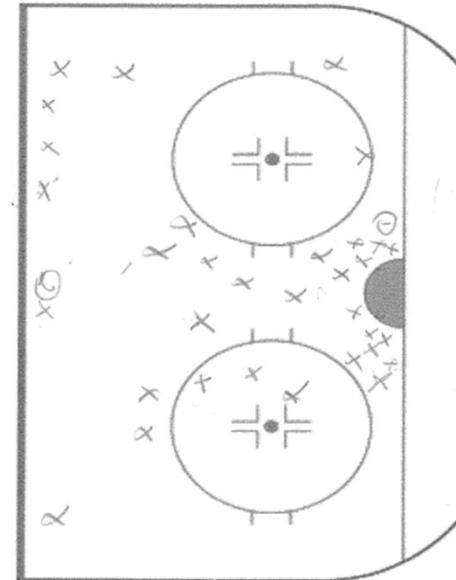
4.

5.

(if more, over page)

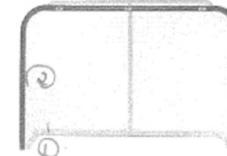
Doing well

- Rebounds  
- Steering rebounds  
- position



# = Goal (number each goal to show where the shot entered the net)

To Consider:  
Steering rebounds  
Good movement  
Squaring puck  
Telescoping  
Tracking puck



Improve



## GOOD RESOURCES

---

- ❑ There are many amazing free resources that can be used such as:
  - YouTube- with a quick search you can find a lot of useful coaching tools
  - Instagram- there are so many great pages that provide everything from drills to in depth analysis of movements
  - Subscribe to goalie specific internet magazines
  - Reach out to other coaches or goalies for tips and tricks
  
- ❑ Some good resources
  - YouTube:
    - Glenlake list of skills and videos
    - FinnGoalie Training
    - Maria Mountain
    - Goalie Coaches
    - Pure Hockey
    - Cortex Goaltending
    - Michael Garman
    - [Coaches Eye](#)
  
  - Instagram:
    - @goalietraining
    - @goaliecoaches
    - @thegoalieguild
    - @goaliebygarmen
    - @fishergoaltending
    - @stop\_it\_goaltending
  
  - InGoal Magazine

## GOOD RESOURCES ON ICE

- ❑ The top on ice toy is a tripod and ipad or iphone to take pictures and video – goalies can't see themselves and often a picture will settle any discussion



- ❑ Medicine balls and resistance bands for core strength and push strength
- ❑ Tennis balls
- ❑ Seven foot string and big marker – instant crease
- ❑ Pieces of rope
- ❑ Off ice –
  - Slide boards
  - Batting cage to practice catching and steering off the blocker
  - Tennis balls for juggling

# CONNOR HELLEBUYCK



- ❑ Connor Hellebuyck went from being ranked number 17<sup>th</sup> overall in wins, 28<sup>th</sup> overall in save percentage and playing 56 games in 15/16 to being tied for 1<sup>st</sup> in the league for wins, 10<sup>th</sup> in the league for save percentage and playing 67 games in 17/18
- ❑ What caused the massive improvement in his game over just one off season?
- ❑ Core strength training
  - Off ice
    - Connor focused on his obliques to reduce the counter rotation of his body while pushing, the sequence in which his core muscles fired, and focused core stability training to make him more efficient in his movements
    - With the addition of a new mental strength training coach Hellebuyck improved on the mental side of the games as well.
    - Connor hired a new nutritionist to fuel his body better
  - On the ice
    - Connor worked with his new strength and conditioning coach Adam Francilia and was on the ice four times a week in Kelowna
    - During his ice times he focused on refining his game, by improving on small details - these small areas of improvement were often brought out during strength resistance training where he would be strapped into a harness with a resistance band attached to him while he performed various movements
    - Hellebuyck raved about how his off ice training directly translated into his game, making him feel faster and more in control

## GIVE EVERY KID A CHANCE

---



“In Canada, the goalie who physically develops the fastest, whose parents have the money to send him to summer camps and buy the best equipment, and who makes the select touring squads, will get the best coaching. Canada is inadvertently weeding out the kid who would have ultimately become its Olympic starter 15 years down the road.”

*The Atlantic, “The Oracle of Ice Hockey, How a 70-year-old Finnish goalie coach is transforming a global sport”, March 2014*