

Hockey Canada Instructional Stream



Goaltending - Level 1



CANADA

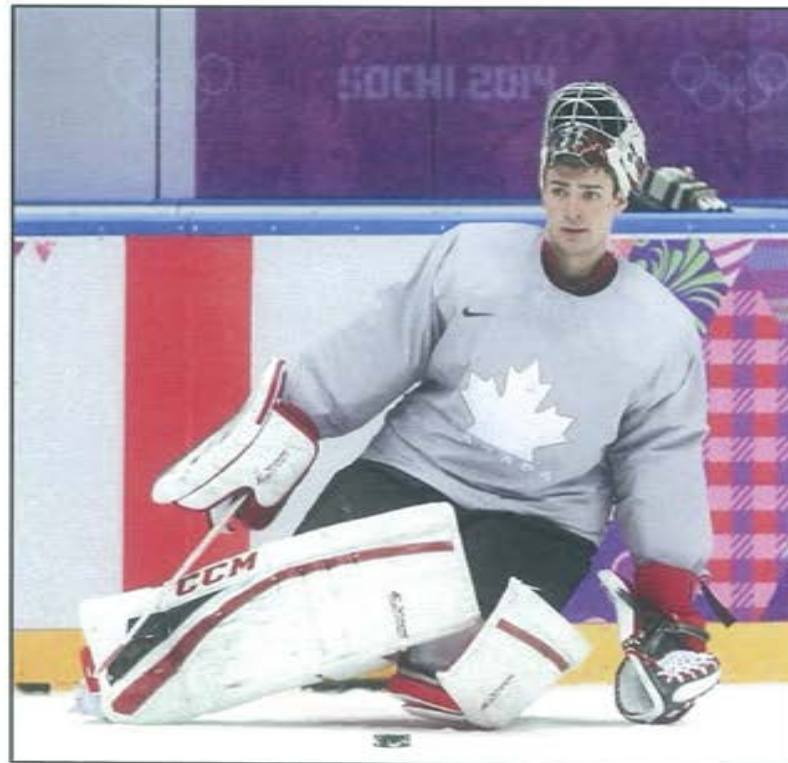
Hockey Canada's Approach

- ❖ *Goaltending is a critical aspect of team play and requires direct & consistent unique coaching skills.*
- ❖ *As forwards and defenders get specific coaching for their respective positions, goalies require the same attention and guided skill development.*



Goaltending Advisory Group Outcomes

What is the identity of Canadian Goaltending?



Goaltending Advisory Group Outcomes

Canadian Goaltending Identity

VS

Other Countries (Finland, USA, Sweden, Russia)

Physical

- **Flexibility**
- Power/Strength
- Balance/Stability
- Agility
- **Hand-eye Coord.**
- Presentation
- Vision
- **Range of motion**
- Stamina / Fitness Level

Mental

- **Preparation**
- Managing pressures
(Early & late in games)
- Short term memory (Bad goal)
- Adversity (short & long term)
- Body Language
- Managing external distractions
- Stay in the moment

Hockey Sense

- Anticipation
- **Ability to Read**
(Plays, Attacks, Game situations)
- **Read the release**
- Save selection (vs size)
- **Ice awareness**
- **Self awareness**
- **Communication**



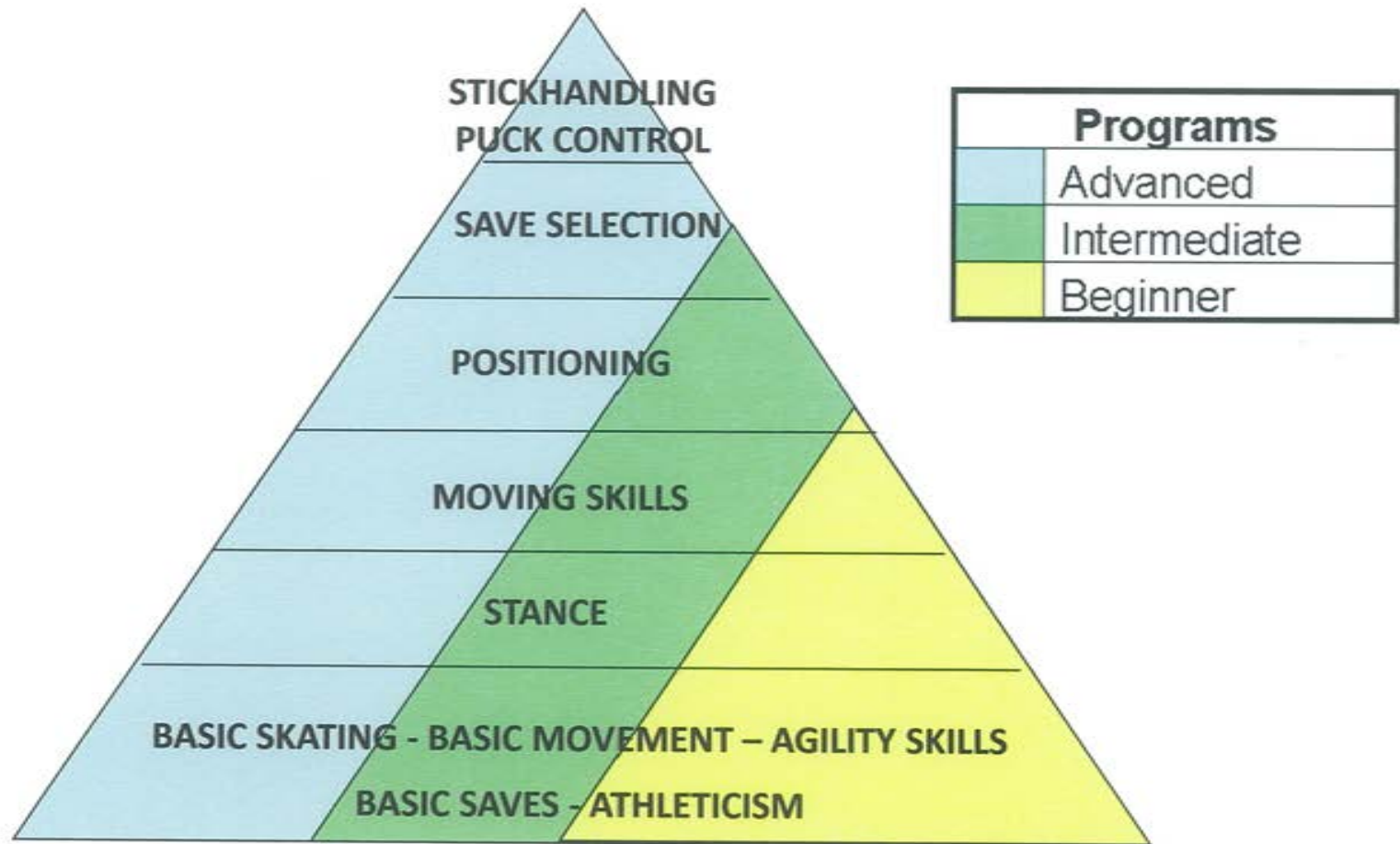
Five Key Concepts for Goaltending

PRE-SAVE / SAVE / POST-SAVE

1. Find the Puck - (Eyes First)
2. Movement - (Getting into position)
3. Position - (Stance, angles - square to puck, depth)
4. Save Selection - (Appropriate to the situation)
5. Puck Control - (Rebounds and recovery)



Hockey Canada's Approach



Level 1 - Technical

- Skating
- Stance (Athletic position, balance)
- Moving Skills (T-Push, Shuffle & "C Cut)
- Positioning (Angles, Square, Depth)
- Save Selection (Basic Saves)
- Basic Puck Control (Rebound Control)
- Stickhandling



FUN & ATHLETICISM



Incorporating Goalies into Practice

- Your goalie will improve doing team drills, but if you make time for one drill per practice, you will be able to give them the attention they deserve.



Incorporate your goalies into practice in 10 minutes



Communication

“They’re a different breed.”

“Just stop the puck.”

“Goalies are weird, different, crazy....”



Communication

- Who is playing the next game?
- What is expected in game situations?
- How much feedback?
- Is goal setting important?



Communication

- Talk often
- Game situation expectations
- Goalie coach in the process
 - Promises?
- Set aside practice time



The Role Of A Goalie Coach

Goalie coaches will be most effective when encouraged to do the following:

- Design and implement drills
- Act as a liaison between the goaltenders and the head coach
- Help goaltenders with mental preparation and routine
- Assess game and practice performance to identify strengths and areas of development
- Use video as an effective coaching tool
- Help the goaltenders deal with pressure and poor performances



Practice Tips

Set aside 10 minutes (1 drill) for your goalies per practice:

- **Goalies should participate in all skating drills**
- **Goalies should participate in all passing drills**
- **Space out your shooters**
- **Communication with players and goalies**
- **Game type situation drills**



Practice Tips

What to teach them:

- If you know nothing about goaltending, the most important thing you can teach your goaltenders is to outwait the shooter.

Try to always have 3 - 4 coaches at practice:

- Whenever your goalies have some idle time, a 3rd or 4th coach can be a great deal of help.



Practice Tips

Sample everyday goalie practice plans:

60 Minute Practice:

0-10 min: skating warm-up or passing drills

10-20 min: goalie drill

20-60 min: team drills

0-10 min: Warm up

10-50 min: Team drills

50-60 min: Goalie drills

0-10 min: warm-up

10-30 min: team drills

30-40 min: goalie drill

40-60 min: team drills



Summary

The whole point being is that it doesn't matter where, or how difficult the drill is in practice. Designate ten minutes per practice with your goalies, and above all, teach them to outwait the shooter.



Warm Up Drills

- Skate with the team
- Allow to track pucks
- Proper spacing
- Time for goaltender specific movements



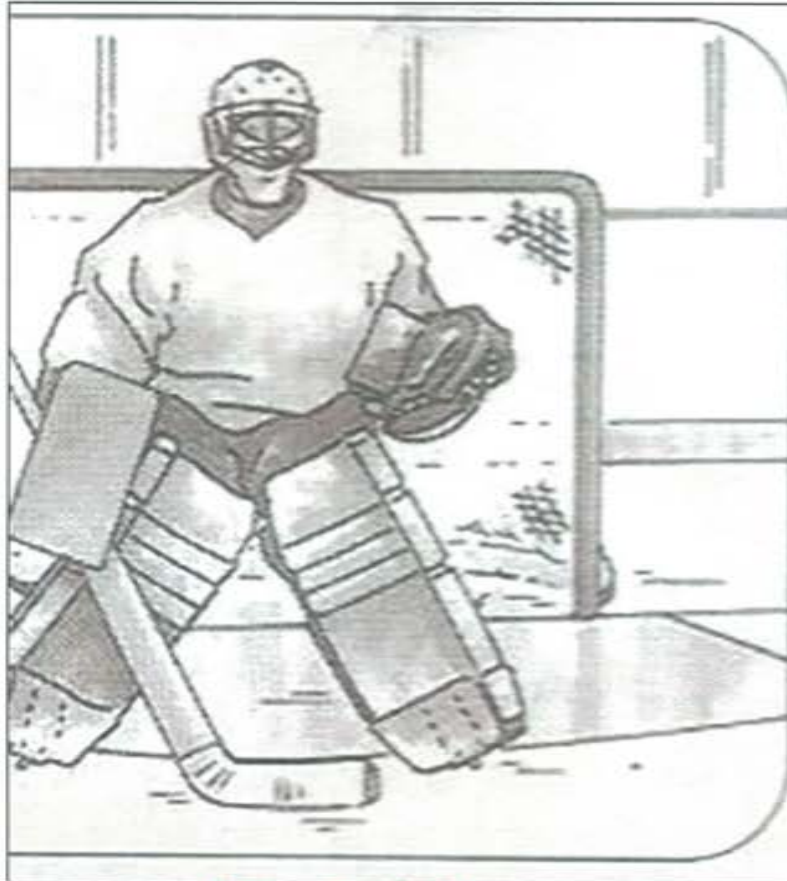
Goaltender Skating

- It cannot be emphasized enough that your goaltenders should be doing all skating drills
- To be a good goaltender you must be an efficient skater.
- The ability for a goaltender to change directions quickly is also an absolute must



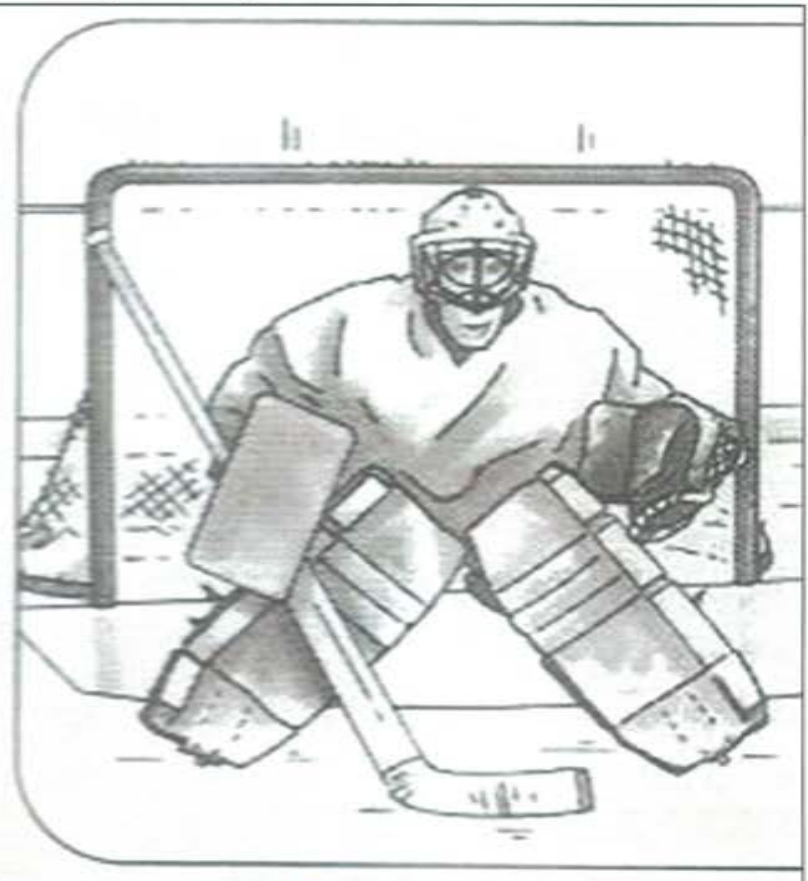
Stance (Athletic Position)

- ❖ *General Positioning Stance*
- ❖ *Each goalie has a style of stance*



Upright

vs.



Compact

Stance

(Start in Athletic position able to move quickly)

- ❖ *Eyes on the puck*
- ❖ *Shoulders and body (hips) square to puck*
- ❖ *Knees slightly bent with slight bend and waist (athletic position)*
- ❖ *Glove and Blocker out in front of the body*
- ❖ *Feet “slightly wider than shoulder width” for angle shots (improves rebound control)*
- ❖ *Weight balanced on balls of feet & on inside edges of skates*
- ❖ *Stick covers 5 hole, at a slight angle, and about a stick blade length in front of the skates*



Stance

(Athletic position allows goalie to move & react quickly)

- ❖ *Stance should feel comfortable*
- ❖ *Spine / shin angle should be the same*
- ❖ *Gloves approximately same height*
- ❖ *Catcher open & out in front*
- ❖ *Blocker rotated outward slightly*
- ❖ *Hold Stick Properly*



Stance (Rear & Front view)



Butterfly Basics

- ❖ Usage depends on size of goalie & distance/ angle of puck from crease
- ❖ Head up but eyes low (zoom in on puck)
- ❖ Make yourself big & tall (upright torso)
- ❖ Pads loose to leg & falling on inner channel
- ❖ Stick on ice slightly angled (deflecting pucks)

- ❖ Glove out and open
(Eye of the glove facing puck)
(Thumb in front of hand) (pronate)



Butterfly Basics

- ❖ Knees together, toes out
- ❖ Butt up - stay off heels
- ❖ Hands out in front, stick on ice
- ❖ Shoulders square, relaxed upper body
- ❖ Weight on knees stay forward



Skating Movement

Skating drills should focus on developing inside edge work.

The key is to advance the goaltenders ability to move in a quick, efficient and balanced manner

Specific goaltending skating skills:

- ❖ **T-push** (Long or Short)
- ❖ **“C” Cut** (Forward & Backward)
- ❖ **Shuffle** (Long or Short)



T-Push (Leg extension- Drive)

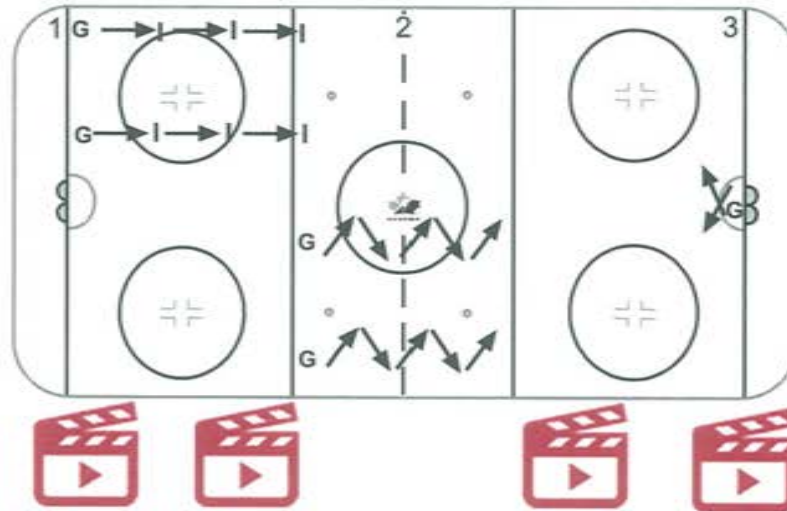


- Eyes First towards target – turn head
- Lead foot pointed towards target
- Back leg pushes
- Stop on lead foot on angle



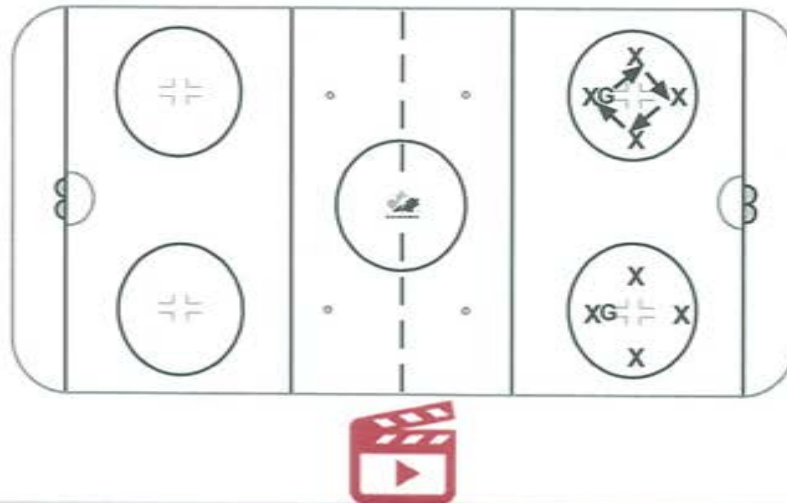
T-Push

T – Push –
Warm Up



*Eyes First – Head
Start – Point Lead
Skate – Push with
back foot – Stop
on lead skate*

T – Push - Box
Drill



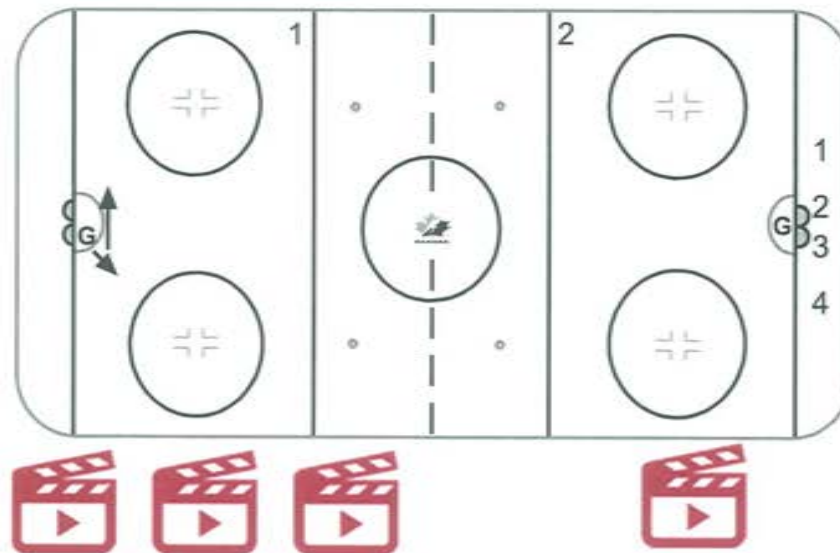
Shuffles

- ❖ *Start in crouch position*
- ❖ *Knees bent (athletic position)*
- ❖ *Head up*
- ❖ *Stick on ice (covers 5 hole)*
- ❖ *Glove out and open, blocker square to front*
- ❖ *Shoulders and body square and level to the front (no bouncing)*
- ❖ *Lead leg stays stationary and bent slides over top ice*
- ❖ *Push leg extends and comes back under body*



Short Shuffles

Short Shuffles



Short Shuffles
(Windows 1-2-3-4)

When to Use:

- ❖ *Short lateral distances*
- ❖ *Post-to-Post (play behind net)*
- ❖ *Player walking in the slot with the puck*

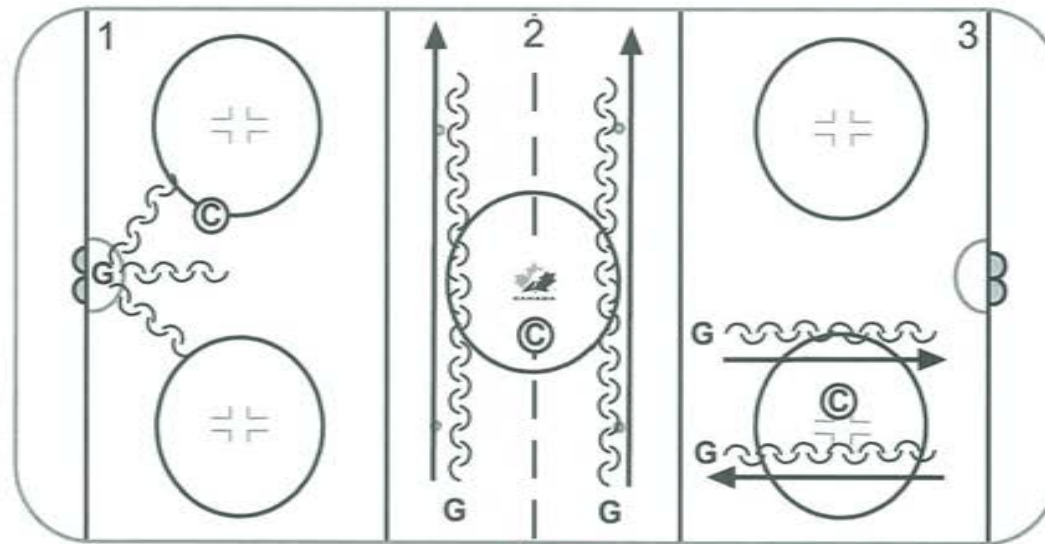


C - Cuts

- *Head up*
- *Core (chest) tall*
- *Shoulders level and square to shooter*
- *Stay in crouch forward and backward*
- *Stick stays flat on the ice (covers 5 hole)*
- *Skate blades stay on ice*
- *Use heel of skate to push forwards staying on your inside edges.*
- *Gloves out and open/forward at waist level, blocker in front of body*
- *Pads are square and flared at the bottom*



C-Cuts – Forward and Backwards



Basic Slides

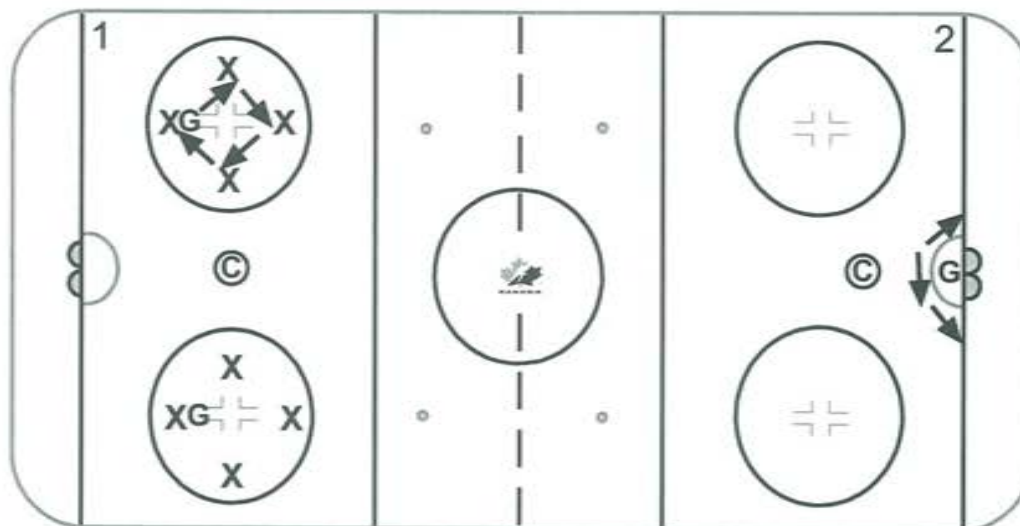
Butterfly & Power Slides

Start in athletic stance, push to left with right pushing leg, seal the ice with left leg

- ❖ Glide along the ice protecting the 5 hole with stick blade on the ice and approximately 1-1.5 stick blade lengths in front of the pads
- ❖ Bring the push let to the ice and complete the seal by bringing the knees together
- ❖ Maintain a quiet upper body while in the butterfly position and sliding along the ice.
- ❖ Recover to the glide foot side using the front 1/3 of the skate to gain traction on the ice and recover back to the athletic stance.

Basic Slides

Butterfly / Power Slides



See Next Slides for #1



Basic Slides

Butterfly / Power Slides



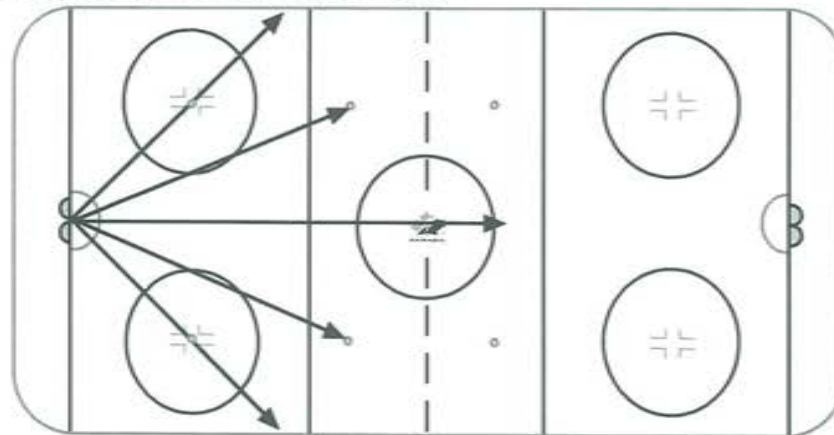
Basic Slides

Butterfly / Power Slides



Positioning - Basic Angles

- Play at top of crease
- Shooter visually can't see as much of the net
- As the goalie comes out to top of crease the visual optics change as to the available space the shooter can see
- In closing the distance (gap) between the shooter and goaltender the puck is more likely to hit you
- Less chance of deflections moving/changing direction drastically (gap is much smaller)
- Rebounds and puck easier to control



Down & Deep = less net coverage



Knees in white paint = more net coverage



Middle of Shot Lane

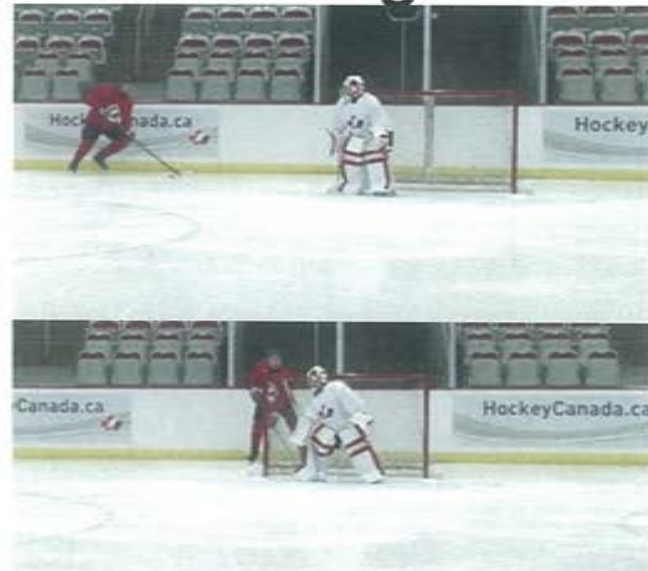
- ❖ Remember the angle alignment is centered to the puck not the shooter's body or stick shaft
- ❖ Young goalies have a tendency to align themselves with the shooter's body and forget about the puck alignment
- ❖ Puck should be square in the middle of the chest at all times



Alignment on Puck (Not on shooter's body)

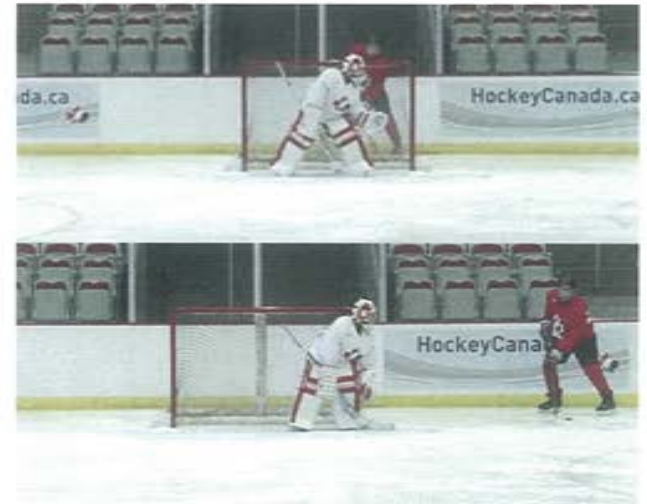
Windows

- Move feet & elbow away from post
 - Keep knob of stick outside of goal (blade in 5 hole)
 - Rotate head & shoulder ONLY
 - Maintain skates on goal line (facing slot)
 - Look UNDER cross bar (better low coverage with stick)
 - Eyes on the puck
-
- DO NOT OVER ROTATE

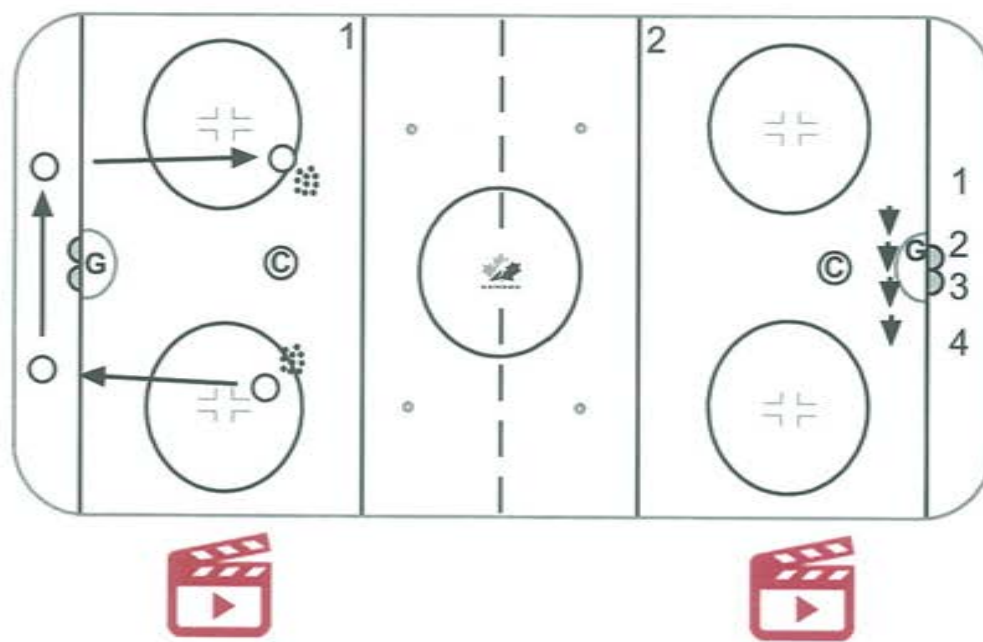


Transition Behind the Net

- **Eyes on the puck**
- **Rotate head & shoulder ONLY**
- **Look UNDER cross bar (through net)**
- **Move feet & elbow away from post**
- **Maintain skate on goal line (feet up ice)**
- **Stick on backhand ready to cut pass to net front**
- **Keep glove open facing slot**



Windows / Transition Behind the Net



Stick Grip

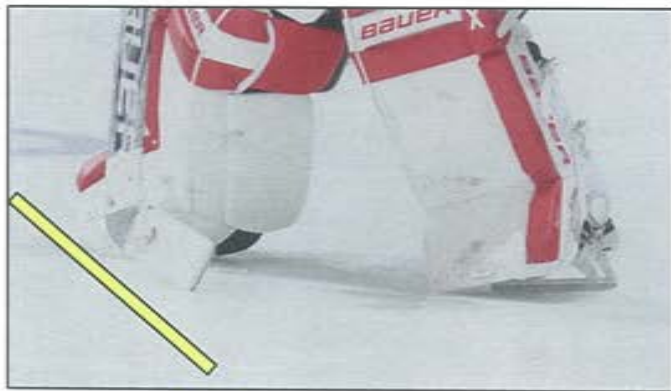
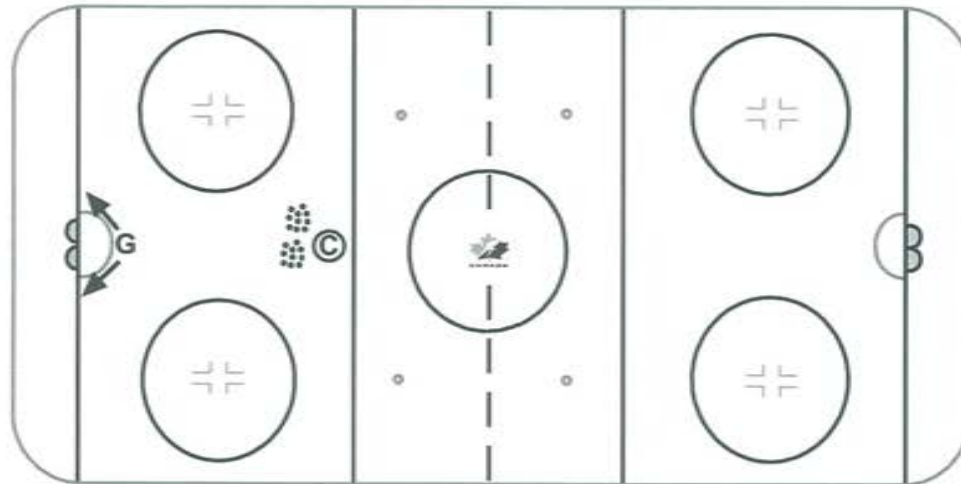
- For optimal stick control & strength, stick is held at the shoulders of the stick (top of paddle) with index finger gripping side of paddle & supported behind with the thumb. This allows goalie to steer on ice shots away to corners.



Stick Saves

- ❖ Start in crouch position
- ❖ Stick starts on the ice in front of the goalie , usually about a gloves length away from skates and pads.
- ❖ This placement safeguards against rebounds, helps to cushion pucks, and ensures the stick will not get stuck under pads if goalie drops in butterfly. It also allows goalie to move the stick freely around body in an semi circle to steer and deflect pucks.
- ❖ As puck approaches, deflect puck into corner following the arc of the crease.
- ❖ Let stick do the work, use wrist to angle stick into desired position this should facilitate the puck being deflected into the desired corner.

Stick Saves (Steer pucks)



**Athletic Position & Stick
Angled
(Helps rebound control
off stick)**

Glove Saves

- ❖ Start in stance position
- ❖ Glove starts out in a position ranging from waist height to just under shoulder.
- ❖ Glove should be out in front of body and not tight to chest (elbow against ribs is a good guideline)
- ❖ “You want to go meet the puck”, should be the goalie's thought process, this helps to reduce the trajectory of the puck. Catch it in front of you.
- ❖ Fingers can be at 12 o'clock position, or 3 o'clock position or somewhere in between (Can depend on size of goalie)
- ❖ The principles used to catch a baseball or softball can also be applied here



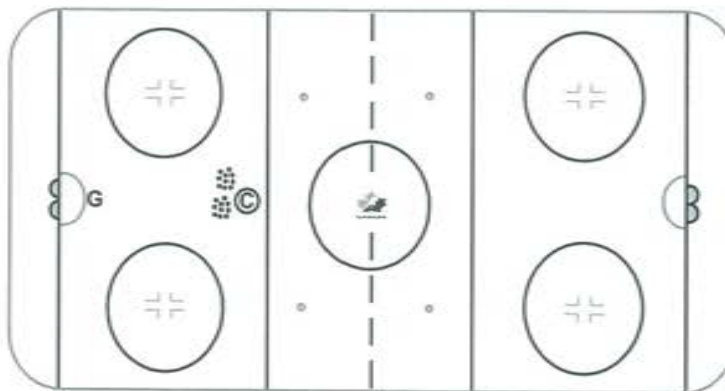
Glove Saves

Catcher - Track the puck into pocket

Blocker - Steer - Do not punch



Track the puck into pocket



Contact with mid to upper part of blocker



Wrist action to corner

Butterfly with Reactive Gloves

- ❖ Usage depends on size of goalie, level of play, strength of shots, reaction & movement time of goalie & distance of puck from crease
- ❖ Allows goalie to catch & control rebounds
- ❖ Stick on ice slightly angled towards right corner of rink (more upright)
- ❖ Elbows bent with gloves in front of eyes
- ❖ Make arm motion as efficient as possible, arm and glove working together in a straight line to the puck.
- ❖ Eye of the glove looking at the puck at all times
- ❖ Watch puck off stick right into pocket
- ❖ Keep hand in front of elbow
- ❖ Close glove tightly



Freezing Pucks On The Ice



Receive Puck



Freeze

- Down on knees
- Paddle of stick on ice at an angle
- Let puck hit the paddle and slide down towards blocker
- Cover blocker and puck with glove hand

For safety reasons:

- Keep head up to watch for incoming traffic

Freezing Pucks On The Ice



Puck retrieval

- *Stick retrieves puck toward body*
- *Glove covers puck*
- *Knees on the ice & tight together (NO 5 hole)*
- *Blocker & stick protects puck from pressure*

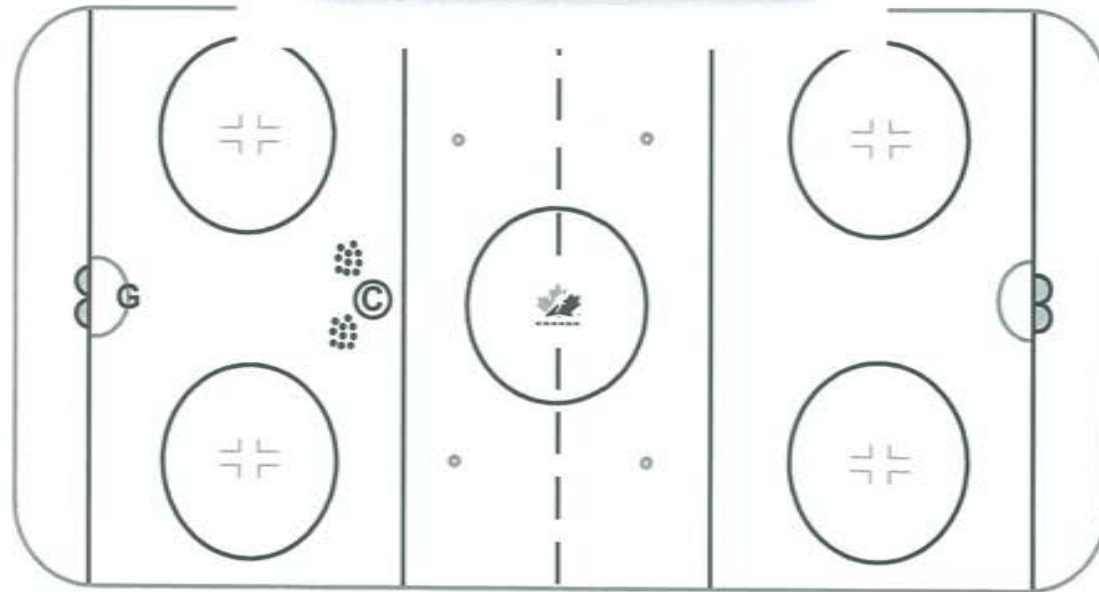
For safety reasons:



Freeze

- *Keep belly OFF the ice to protect neck & back*
- *Bring skates together behind body to avoid knee injury if fallen on*

Freezing Pucks On The Ice

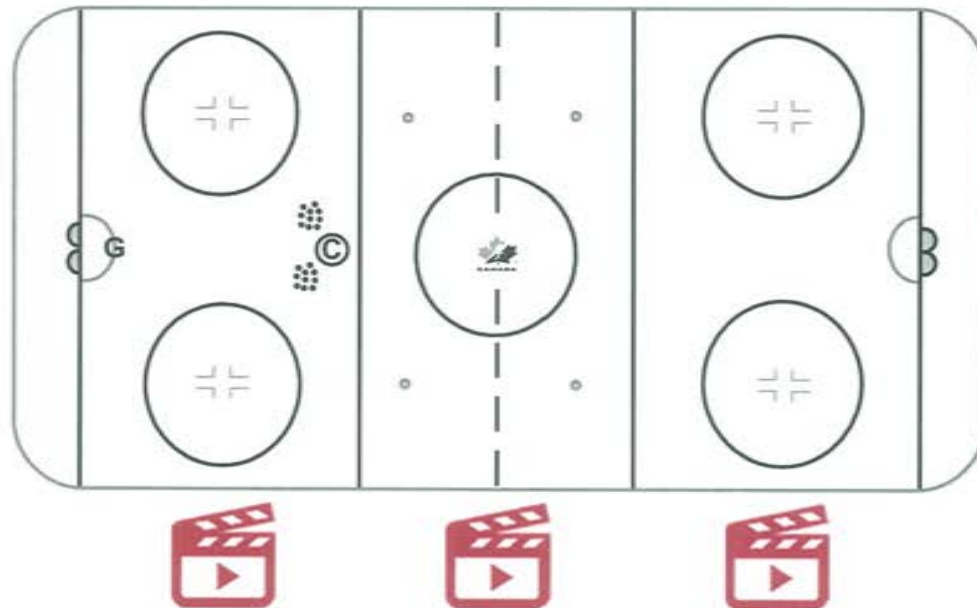


Basic Puck Control - Rebound Control

Freezing pucks into mid-section

- ❖ Start in crouch
- ❖ Catching glove can then fold over chest to trap and cradle puck
- ❖ Blocker should maintain position forward, and stick stays on ice just in case there is a rebound

Freezing Pucks into Body / Mid section



As puck approaches to the mid – section bring elbows in tight to ribs. Shoulders should rotate forward and chest angle adjusts to point down to ice. This will help goalie to absorb shot and minimize rebound

Breakaway Routine



- ❖ Always watch the play in far end from a **DEEP** centered position in the crease
- ❖ Touch post when breakaway occurs
- ❖ Using “C” Cuts, telescope out 4 feet from crease to appear big vs shooter, closing gap & to have space for backward momentum
- ❖ If player changes angle, maintain alignment & squareness on puck (not shooter’s body) **using short side shuffles**



Come out to top of crease and stay there until shooter reaches hash mark closest to crease – then proceed back at a speed similar to what the shooter is skating



Breakaway routine



- ❖ Present stick (in 5 hole) , gloves, body & pads square to puck to maximize coverage
- ❖ Retreat backwards while matching player's speed
- ❖ Stand your ground as you re-enter crease
- ❖ If player shoots, drop quickly to a butterfly stance (with blocking gloves & knees together)
- ❖ If player dekes, slide diagonally backwards in the direction of the new puck position
- ❖ Maintain balance while extending
- ❖ On dekes, skate should end up slightly outside of post & glove (or blocker) should reach out to puck for the save

Basic Puckhandling



- ❖ The goaltender is in the proper athletic stance with 1 adjustment, the blocker is positioned at the butt end of the stick and the glove hand is positioned in an “overhand grip” position at the upper shaft of the stick above the paddle.
- ❖ The glove hand applies pressure to the ice, cradling the puck and preparing to pass the puck or clear the zone.
- ❖ Legs are bent and are always in position to pivot, forward and backward skate, single skate c cut forward and backwards and can execute the T-Push to the net to defend.

Basic Puck Handling

Inverted Glove position

