RAHA
GOALIE DEVELOPMENT COACHING CARDS FOR PRACTICE

GOALIE DEVELOPMENT PROGRAM

COACHING GOALIES IN PRACTICE

- Assign an Assistant Coach as your dedicated goalie coach – if they don't know goaltending they can learn and teach the basics. They can work with the goalie when they are idle and during drills.
- Set up a goalie station every practice and draw a crease for all drills with marker so goalie positions themselves with "Toes Out" of the crease line
- Goalies should participate in all skating and passing drills
- Space out the shooters - make sure your players don't pepper the goalie – minimize rapid fire drills
- Let goalies recover between shots and in between drills – when exhausted, they use poor technique & your team will think they can score at will
- Let your players know when a drill is for the goalies and not for them and when it is – communicate
- Use Game situation drills
- Do dump ins to goalies to make them play the puck and make a pass when you are doing breakout drills
- Practice and game warm up drills should be designed for the goalie (and with their input)
- Make shooting drills as game like as possible. Provide traffic, rebound opportunities, shooters under pressure with options, and competition.

COMMON EQUIPMENT MISTAKES

- Buying equipment and not following age/sizing guidelines
- Skates aren't sharpened frequently (every 2 weeks)
- Leg pads too big, catch glove too big
- Lack of protection in "the middle." Three crucial pieces of equipment protect the middle - knee guards under the leg pads, a goalie jock, and good chest/arm protector.
- Stick paddle too tall or size of stick is wrong for the goalie
- Leg pads too tight. Pads designed to be worn loosely around the legs. Start with the pads really loose on young goalies - hard to wear them too loose. If toe lace is properly attached, the pad will not twist on their leg too much.

THE 3 "Hs"

HEAD – moving head and eyes to ALWAYS follow the puck

HANDS – hands follow the head and fill the space of the net and move with the head - much like a steering wheel where the hands follow the head/eyes

HIPS – activate the core so you connect your upper body to your lower body and push with power and accuracy

DEVELOP A SOLID WORK ETHIC

- Goaltenders work ethic is often overlooked; many times coaches allow their goalies to be lazy.
- Demand consistency in terms of effort.
- Your goalie must be the team leader in setting the work standards for the team.

By competing hard for every shot, your goalie challenges his teammates to be better every day

SKATING

- The single most important skill for goalies.
- Work on your goalies skating every day.
- Your goalie must move while maintaining a good ready position, minimizing any holes.
- Concentrate on quality repetitions to create proper muscle memory.

POSITIONING

- A well-positioned goalie has the most likely chance to be hit by a shot.
- You want your goalie to be centered, square, and out on the angle.
- You must be constantly aware of your goalies positioning during games and practices.

4 DECISIONS A GOALIE MUST MAKE

1. Where to stand? (angles/positioning)
2. What save do I make? (save selection/read & react)
3. What do I do with the puck? (rebound control and containment)
4. How do I recover? (2nd save/leg choice/stay down or get up).

GAME PREPARATION

Every goalie should have a game-day routine to prepare whether they start or back up.

- *Heart Rate* – light work to get your heart rate up
- *Flexibility* – perform a good stretch focusing mainly on my groin, hamstrings, shoulders and quads.
- *Reflexes* – bounce the balls off the wall and watch it into your hand as you catch it. Toss the ball into the wall and get your body in front of it and swallow it up.
- *Concentration* – focus on getting ready - create your own "mantra". A mantra is something you keep saying to yourself to help you concentrate.
- *Visualization* – SEE yourself making that big glove save, covering rebounds, in proper position, challenge the shooter, stopping a breakaway. Winning the game.

HELP GOALIE EVALUATE THEIR PERFORMANCE

- Have the goalie keep a journal and note good & bad after each practice and game Track Dangerous Rebounds per game, where (in net and from where on the ice) & how goals are being scored, Save %, & GAA.
- Goals against often offer great lessons, take advantage of them.
- Develop measurable standards or goals for each game.
- Encourage an honest dialogue to get your goalie thinking about and questioning his thought process.
- Analyze situations that arose in the game, what did the goalie see, what if anything might they have done differently?

COACHING A PROPER STANCE

Purpose of a Proper Stance

Maximize net coverage and ability to move while maintaining balance.

Benefits of a Proper Stance

- Allows goaltender to be balanced and under control.
- Proper balance limits excessive and/or wasted movement.
- Leads to more efficient movement and save selection.

Body Position

- Feet – Little more than shoulder's width apart, slight ankle bend with weight slightly on inside edges of the balls of feet.
- Skates – Parallel to each other.
- Knees – Push knees forward creating a slight bend which applies pressure to the balls of the feet. (Similar to a golf stance or batting stance.)
- Chest – Up so shooter can see the logo of the jersey. (Allows balance to be slightly forward. Increases net coverage. Helps tracking high shots.)
- Shoulders - Parallel to each other and level to maintain proper chest position.
- Gloves - should be out in front of the body creating good balance. They should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body creating no double coverage
- Stick – 8 to 12 inches in front of skates resting on a slight angle allowing for proper cushion on shots at stick and coverage of five hole. Never hold stick perpendicular to the ice.

Tendencies

- Goaltenders have feet too wide. This limits movement and save selection.
- Goaltenders have feet too narrow. This limits power in movement, lessens lower net coverage, and decreases balance.
- Poor glove positioning leads to wasted movement and poor puck control (See specific glove sheet).
- Chest bent over creates poor balance and trouble tracking high shots



Butterfly Technique

- Stick blade should be flat on ice
- Glove and blocker should be high and out front
- Upper body should be sitting high (thighs straight, not sitting on ice)
- Knees should be closed tightly while the goal pads are flared out covering the low part of the net



SIZING GOALIE EQUIPMENT

Follow the manufacturer's guidelines for sizing: Youth – 3-6 yrs, Junior – 7-12 yrs, Intermediate – 12-14 yrs, Senior – 13+

SKATES

1 to 1-1/2 sizes smaller than your shoe size. Goalie Skates MUST be sharpened every 2 weeks.

LEG PADS

Goalie leg pads come in sizes ranging from 19 to 38 inches

- To determine your proper size, measure your leg from your ankle to the top of your kneecap. Then measure from the middle of your kneecap to half way up your thigh.
- Add these two numbers for your goalie leg pad size
- If you are between sizes, choose the larger size for additional protection. Some goalies prefer their pads an inch or two shorter for increased maneuverability

GLOVE & BLOCKER

Use the age/size recommendation above. The size of the glove and blocker should be comfortable for the size of the player so that they are not too big or too heavy.

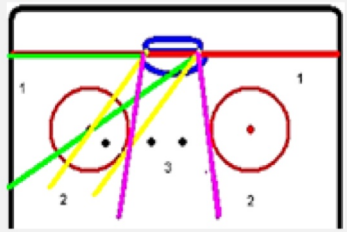
STICK

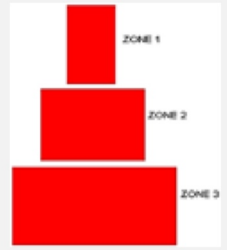
It is important to remember that each manufacturer has a little different way of measuring the stick paddle so you need to try them out. The length of your goalie stick must be correct for your size, since it is very difficult to control an oversized or undersized stick.

- A younger player (3-6) should generally use a Youth stick. A player 7-12, should use a Junior stick, Intermediate player 12-14 years should generally use an Intermediate stick, and an Adult-sized player (13+ & above) should use a Senior stick. Hold stick with trigger finger out.
- Biggest issue is the size of the Paddle – it is measured differently with every company. It's not where they stand, it's where they make the save. Have them go down – if paddle is too long, the 6 hole will open up – pushes arm up and away from body. Cut the stick to ensure they can handle it effectively and tape the end with enough tape that they can hang onto it making a poke check

ANGLES

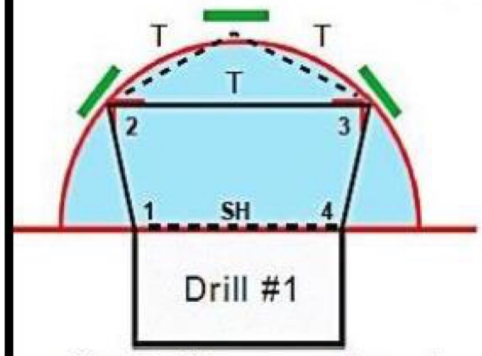
When viewing the angle of the shooter, the goaltender attempts to keep the center of the body on a direct line between the net and the center of the puck in front of them. A puck may go under or around limbs, but it won't go through the torso.





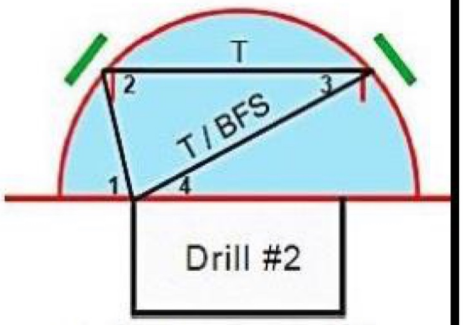
SKATING DRILLS

Movement Path (T= T-Push) — Variation (BFS=Butterfly Slide) — Set (Stance or Butterfly) (SH=Side Shuffle)



Drill #1

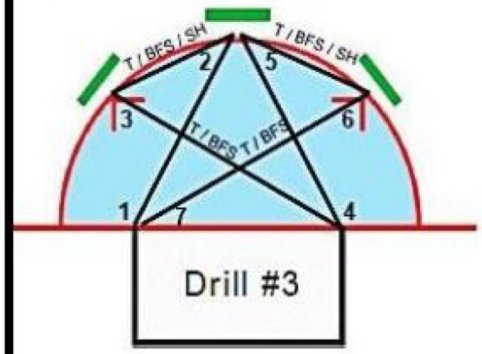
Also start from opposite post



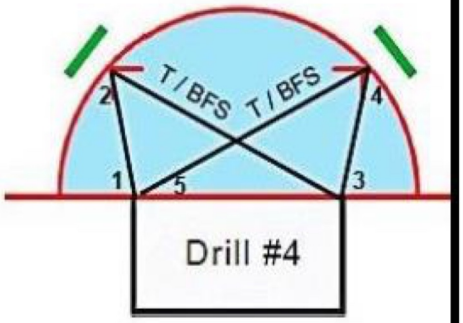
Drill #2

Also start from opposite post

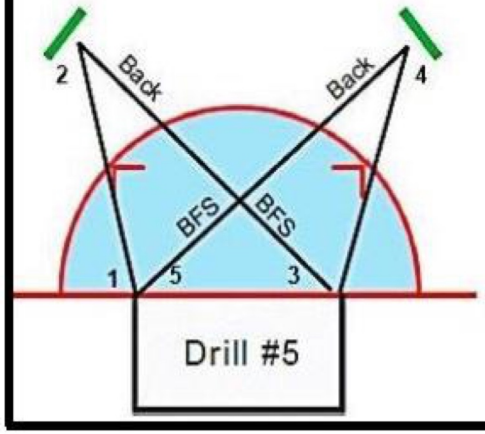
Make sure the goalie sets at posts with good c-custs moving forwards & backwards



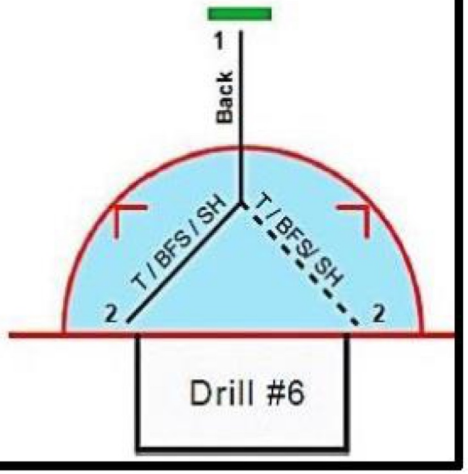
Drill #3



Drill #4



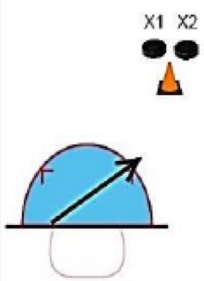
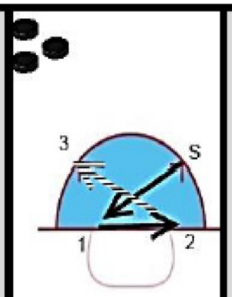
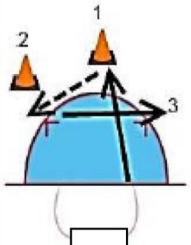
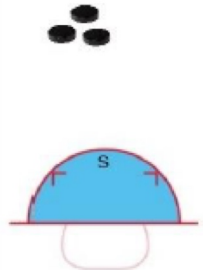
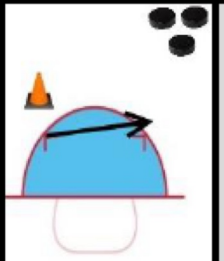
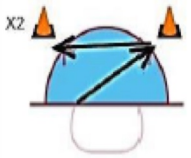
Drill #5



Drill #6

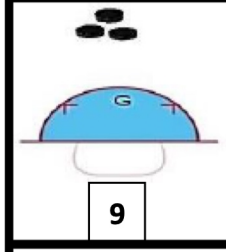
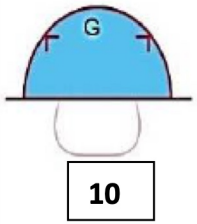
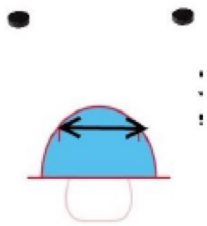
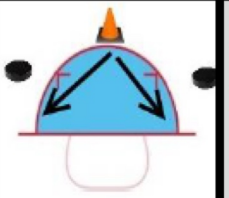
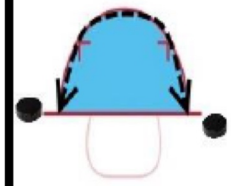
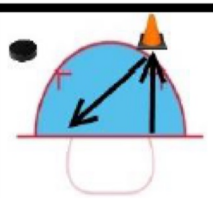
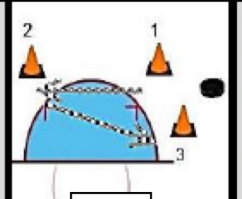
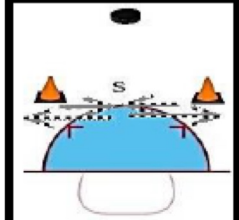
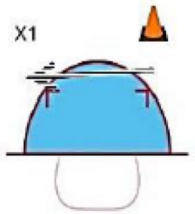
BUTTERFLY DRILLS

Shuffle — T-Push — Butterfly Shuffle — Butterfly Slide — Backward Skate

 1	G starts on the post, T-pushes to the top of the crease. Shooter takes 2 shots, 1 low blocker & 1 low glove. G goes into butterfly & stays down reacting to both shots	 2	G starts on the cone and t-pushes across top of crease. When set, the shooter takes a low shot. G focuses on staying square to shot and controlling rebound while using butterfly save.
 3	G T-pushes to cone 1, shuffle to cone 2, t-push across crease, set up and make a butterfly save	 4	G starts on cone 1, shuffles around the world pausing when square to each cone. Pass cone 4, set up on puck &make butterfly save
 5	G starts in butterfly position with no stick & shooter alternates sides while G directs pucks to the corners with pads. Same drill can be done with G starting in upright stance	 5	G starts high on corner of crease. T-push down to the far post, shuffle post to post & do butterfly slide out to top of crease. Start with T-push & end up in square butterfly
 7	G t-pushes out to cone, makes butterfly save, rotates, recovers, and t-pushes to X2. Do from both sides	 8	G starts in middle of crease, shooter takes puck and goes in either direction and shoots when around cone

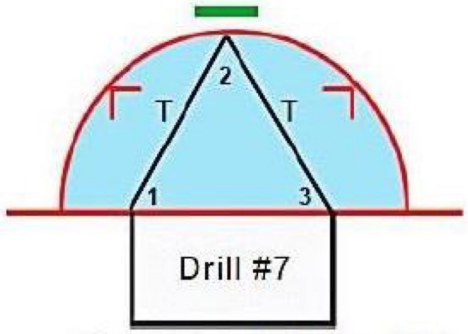
BUTTERFLY DRILLS

Shuffle
T-Push
Butterfly Shuffle
Butterfly Slide
Backward Skate

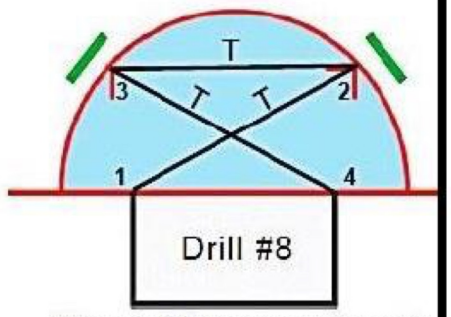
 9	G starts in stance at top of crease. All shots on glove side and then blocker. Alternate	 10	Shooter throws bouncing pucks at G and they work to control and cover pucks with glove
 11	G starts on one of the pucks, t-pushes across and shooter will shot high across the G's body. G tracks puck into glove or blocker	 12	G starts on cone and does a quick t-push to the puck and then shooter takes a high shot short side
 13	Shooter comes out of the corner through high slot and shoots high glove or blocker depending on which side they come from	 14	G t-pushes off post to cone, rotates body and t-pushes to far post for glove or blocker save. Also us butterfly slide when completing drill
 15	G starts on near post. T-push out to cone, butterfly slide to far post, square to puck	 16	G starts on cone 1 in butterfly, slides to cone 3 then to cone 2 for a shot, takes strong edge work to do this drill
 17	G starts in the middle, butterfly slide out to cone, quickly butterfly slide back to middle for shot	 18	Butterfly slide drill. G squares up to cone and uses butterfly slide to make save. Immediately recover back to cone.

SKATING DRILLS

Movement Path — Variation — Set (Stance or Butterfly)
T= T-Push BFS=Butterfly Slide SH=Side Shuffle

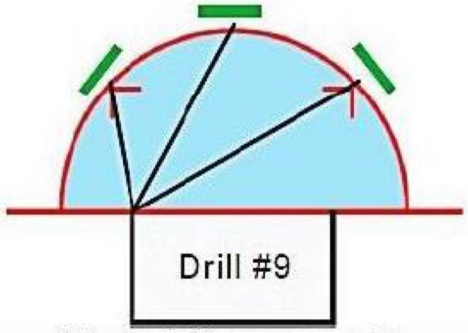


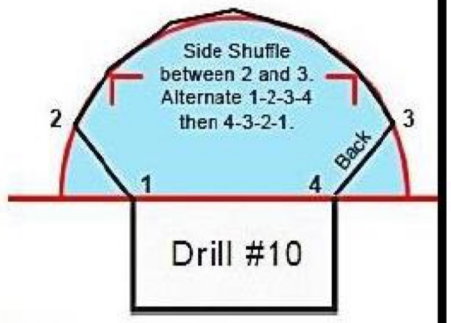
Alternate from 1-2-3 then 3-2-1



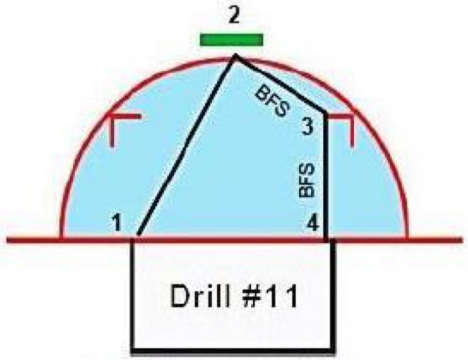
Also start from opposite post

In 7-8-9 G can set at green line to butterfly for backside up push drill. Make sure G pivots. In drills, makes sure G sets at post with good C-cuts moving forwards and backwards

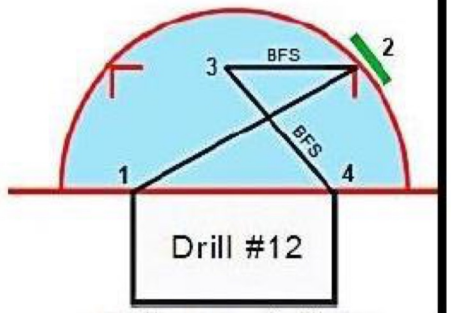




Go forward and back between post to green lines.
Tpush, Shuffle, or Butterfly Slide back to post according to distance and ability. Alternate Opposite side.



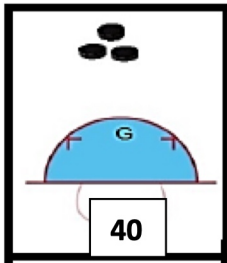
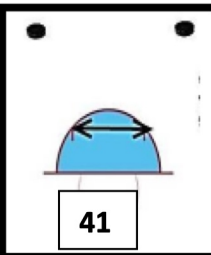
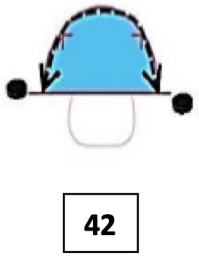
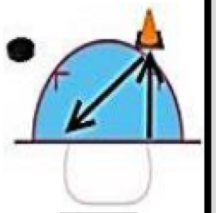
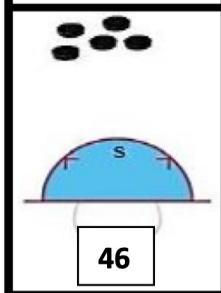
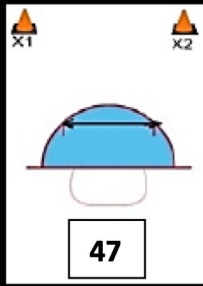
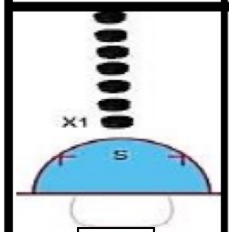
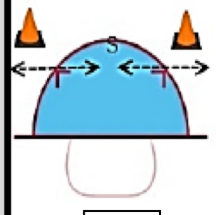
Alternate Opposite Side



Alternate Opposite Side

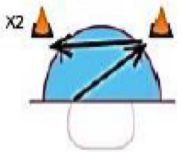
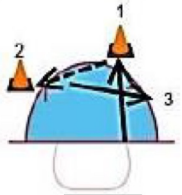
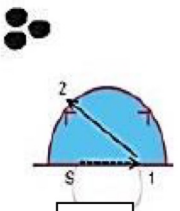
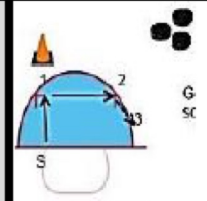
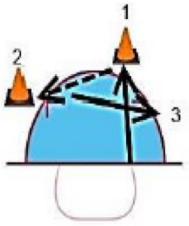
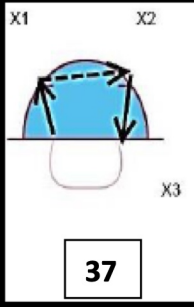
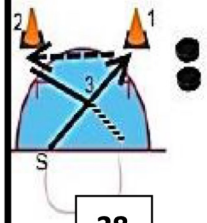
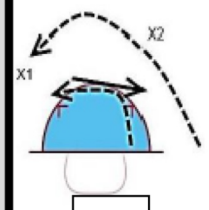
GLOVE & BLOCKER & STICK SAVES

Shuffle
T-Push
Butterfly Shuffle
Butterfly Slide
Backward Skate

 40	G starts in stance at top of crease, all shots on glove side and then blocker. Alternate	 41	G starts on one of pucks, t-push across and shooter shoots high across body. G tracks puck into glove or blocker
 42	Shooter comes out of corner and shoots high glove or blocker depending on which side the come from	 43	G t-pushes off post to cone, rotates body and t-pushes to far post for glove or blocker save. Also use butterfly slide.
 44	G starts on cone and does quick t-push to puck and shooter takes high shot short side.	 45	Shooter throws bouncing pucks at goalie who works to control and cover pucks with glove
 46	G starts in stance at top of crease. Shooter alternates low shots for stick saves. G directs to corners	 47	G t-push from X1 to X2. X1 & X2 shoot on ice far side for stick save. Can also use butterfly
 48	Shooter starts on puck closest to G and shoots all pucks low glove side. Repeat shots low stick side	 49	G shuffles post to post, t-push to top of crease, set and gets 2 shots – low glove and low blocker. G controls to corner

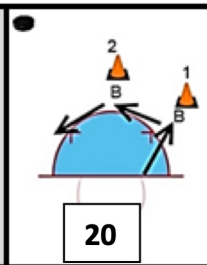
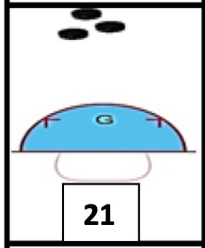
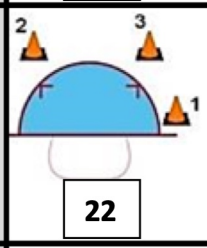
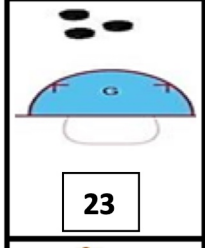
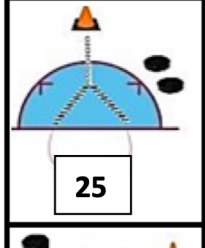
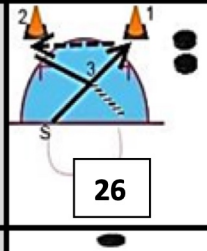
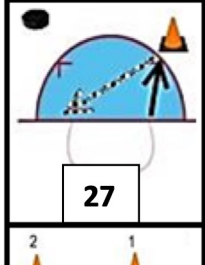
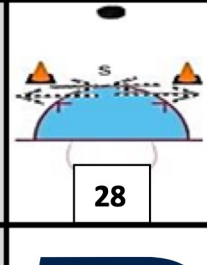
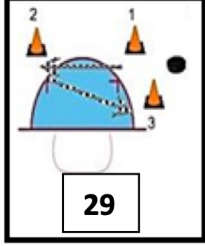
T-PUSH DRILLS

Shuffle
T-Push
Butterfly Shuffle
Butterfly Slide
Backward Skate

 30	G shuffles post to post, t-pushes to top of crease, gets set. 1 shot low glove side and 1 shot low blocker. Control to corner	 31	G starts on post, t-push to top of crease, makes stick save and immediately recovers down to other post. Can also do butterfly stick save at top.
 32	G t-push to cone, makes butterfly save, rotates, recovers, t-push to X2. Do from both sides	 33	G t-push to cone, shuffles across crease, quick transition to backdoor for shot. Both sides.
 34	G shuffles post to post, T-push out to shot	 35	G T-pushes out to cone, pauses, T-pushes across crease and squares up to shooter to make save
 36	G t-pushes to cone, shuffles across crease, quick transition to backdoor for shot. Both sides	 37	G starts at post, t-push out to X1 for shot, shuffles to X2, then recovers to post and plays X3 whether shooter wraps puck around or comes out front
 38	G t-push to cone, shuffles to cone 2, opens up hips to a t-push and drops into a butterfly slide to make save on back door play	 39	Shooter walks out of corner, G follows with light shuffle, shot taken at X1 then quickly X2

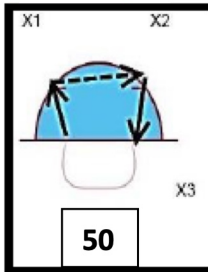
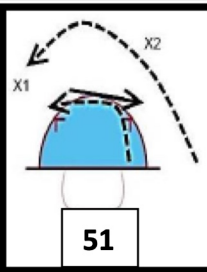
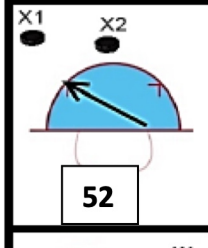
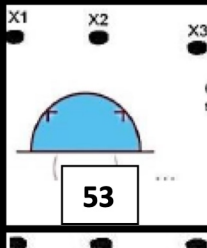
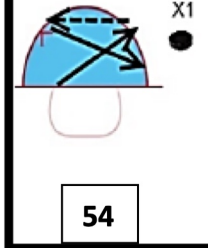
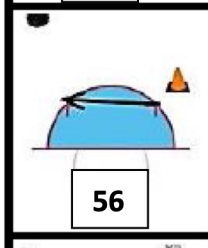
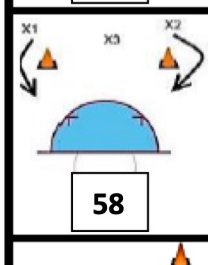
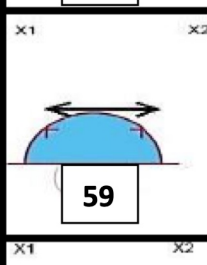
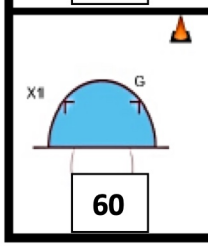
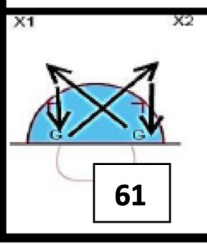
RECOVERY & BUTTERFLY SLIDE

Shuffle
T-Push
Butterfly Shuffle
Butterfly Slide
Backward Skate

 19	G t-push off far post to cone, butterfly at cone, rotates, plants right foot and t-pushes to far side for shot that is taken when G set.	 20	G t-push to cone 1 and does full butterfly, recovers quickly, t-push to cone 2, does another butterfly with quick recovery and squares up to shooter for shot
 21	G starts in crease on stomach, shooter taps stick and G gets up in stance to make save.	 22	G starts in butterfly on cone 1, recovers to cone 2, drop to butterfly, recover to cone 3 for shot
 23	G starts on butt and recovers to his stance for shot	 24	G starts on cone and butterfly slides to puck. Recovers and gets back to cone, start right back into butterfly slide
 25	G starts on cone, games backward momentum and butterfly slides to respective post	 26	G t-pushes to cone, shuffles to cone 2, opens up hips to a t-push and drops into butterfly slide to make back door save.
 27	G starts on near post, t-push to cone, butterfly slide to far post, square to puck	 28	G starts in the middle, butterfly slide out to cone, quickly butterfly slide back to middle for shot
 29	G starts on cone 1 in butterfly, slides to cone to then to cone 3 for shot. Work on edgework		

GAME SITUATIONS

Shuffle
T-Push
Butterfly Shuffle
Butterfly Slide
Backward Skate

 50	G in middle of crease, shooter takes puck and goes either direction, shoots after going around cone	 51	Shooter walks out of corner, G follows with tight shuffle & shot taken at X1 and then quickly at X2
 52	G starts on far post and t-push out for shot from X1 and then shot from X2	 53	G starts on near post and t-push out to X1, make a save, square up and make save on rest of pucks
 54	G pushes off post, shuffles across top of crease and t-push back to backdoor for save	 55	G starts on post, shooter taps stick and G comes out to make save. Do for 3 pucks – G always goes back to post
 56	G starts on cone and t-pushes across for quick save	 57	Breakaways, goalie challenge, match shooters speed, be patient!
 58	2 shooters. G needs to stay square to shot and control rebounds	 59	2 players – pass-pass-shot. G follows play and squares to shot. Control rebounds
 60	G gets square to cone, shooter says GO and G tries to get to backdoor for save	 61	G starts on far post, t-push to top of crease for shot, goes to near post then out to the next shot from X2