

## 2. GOALIE ON-ICE WARM UP

**a. Tips**

You want to warm your legs up, get your balance, and get your head in the game – all as quickly as possible, and having a set routine can help get you into game mode and make you feel more comfortable.

**b. Basic Drills for Goalie**

When you first get on the ice, when you're told to go to one end by yourself and "stretch", when you have to go into a game at half or for the other goalie – here are some quick things to do by yourself to get warmed up – and to also get used to where your net is if in a new arena:

<p>1. Rectangle – start on post, shuffle/push to other post, push out to top of crease, shuffle to other side top of crease, push back to starting post – rectangle pattern, 3 times one direction, then switch directions</p>	
<p>2. Start on post, push out to top of crease opposite side, butterfly, then back to other post, out to top of crease other side, butterfly, back to first post – makes a modified X pattern, 5 times through</p>	
<p>3. Start outside top of crease, skate backwards, push into one-pad save to one side of net. Back to outside top of crease, skate backwards, push onto one-pad save to other side of net, 3 times each way</p>	
<p>4. Same as iii. then push across to other side of net after one-pad save (i.e for a rebound in close), 3 times each way</p>	

### a) Stance

The goalie stance is used at the start of every movement. Any time there is a chance of the ring coming towards the goalie, she should be in goalie stance. (Figures 1 & 2)

#### Technique:

- Keep feet shoulder width apart for balance
- Knees are slightly bent, can either be together or slightly apart, depending on comfort (recommend together)
- Blocker and glove hands are just above the knees and out from the body so rebounds fall in front and not behind
- Maintain proper balance by leaning slightly forward, balancing on the balls of the feet



Figure 1 - Basic Goalie Stance

#### Tips:

- Keep the blocker and glove in front of the knees, not resting on the goal pads, allowing the blocker and glove to move independently from the pads
- Try to lean forward since leaning backwards may result in losing balance, which can slow down recovery from shots and movements



Figure 2 - Basic Goalie Stance, side view

## b) One-Pad Save

The One-Pad Save is a modified Butterfly, used when a low shot is going towards one of the corners of the net as opposed to a shot straight on. There are different techniques depending on if the shot is towards the glove or blocker side.

Shot on the glove side:

Technique:

- Start in proper goalie stance (Figure 1)
- Lean towards the shot, not away
- Slide glove-side pad out to the side, while dropping blocker side pad into the Butterfly formation (half the 'V' from Butterfly above) (Figure 21)
- Use glove to follow the shot
- For shots in close, make sure both knees are on the ice

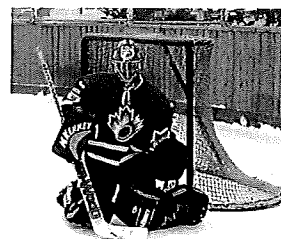


Figure 21 – One-Pad Save, glove side

Tips:

- Keep the glove in front of the pad, not dropping behind, so rebounds from the glove fall in front of the pad, not behind or in the net
- Keep stick blade on the ice and use it to cover the five-hole or direct the shot into the corner
- Keep shoulders leaning towards the shot, not back or away
- Keep upper body up, not resting on the heel of the blocker side leg

Shot on the blocker side:

Technique:

- Start in proper goalie stance (Figure 1)
- Lean towards the shot, not away
- Slide blocker-side pad out to the side, while dropping glove-side pad into the Butterfly formation (half the 'V' from Butterfly above) (Figure 22)
- Use blocker and/or stick to follow the shot
- For shots in close, make sure both knees are on the ice

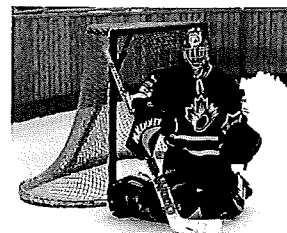


Figure 22 - One-Pad Save, blocker side

### a) Hugging the Post

When the ring is behind or just above the goal line, goalies should modify their basic stance in order to close off any holes between them and the goal post. This is called Hugging the Post.

Goalies Hugging the Post need to be aware of both shots and passes, keeping their balance to make the save, keeping their stick ready to stop passes, and also being ready to push out to the top of the crease to make a save.

#### Technique:

- Keep skate against the inside of the post, pad on the outside
- Elbow is on the outside of the post, 'hugging' the post
- Keep feet shoulder width apart
- Stick should be angled depending on where the shooter is, to either stop a pass or stop a shot (Figure 37)
- If the shooter is behind the net, the goalie should keep her back on the goal line, looking over her shoulder (Figure 38)
- If the shooter is above the goal line, the goalie should angle her body out in the crease more to cut down the angle (Figure 39)

#### Tips:

- If the shooter is behind the net, keep stick on the toe of the outside skate and extend out only to deflect a pass – this will ensure no rings pass between the stick and skate, potentially being deflected into the net
- Keep the glove facing the top of the crease so it is ready to make a quick save if the ring gets passed to the top of the crease
- Keep balance even between the feet so the goalie can react to all situations

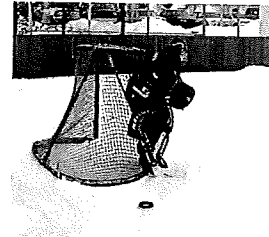


Figure 37 - Hugging the Post

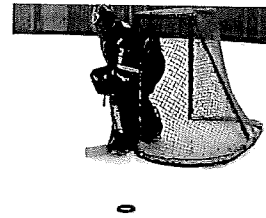


Figure 38 - Hugging the Post, ring behind net

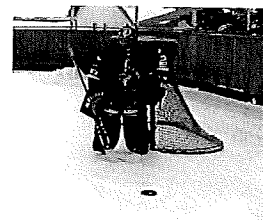


Figure 39 - Hugging the Post, ring above goal line

## b) Following Ring Carrier Behind the Net

When the ring carrier is going behind the net, the goalie should keep her body facing the top of the crease, looking over her shoulder, so she can follow the ring as well as react quickly to passes out to the front of the net. The explanation of how to best follow the ring carrier as she skates behind the net is tricky to follow, but if done correctly, it is the best way to be prepared for passes back to the original side she came from, as well as passes out to the front of the crease.

### Technique:

- Start out Hugging the Post on the left side (Figure 38)
- Look at the ring carrier over the left shoulder
- Start moving to the right side of the net, still looking over the left shoulder, keeping the ring carrier in sight (Figure 40)
- Once at the right post (Figure 41), as the ring carrier passes behind the goalie, switch shoulders so now looking over the right shoulder, finding the ring carrier as she comes out the right side
- Bring stick around at same time as switching shoulders, and Hug the right post (Figure 42)

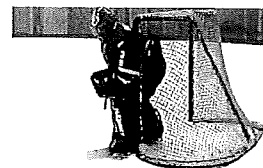


Figure 38 - Hugging the Post, ring behind net

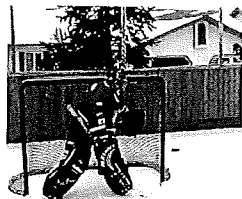


Figure 40 - Following Ring Carrier, start to move

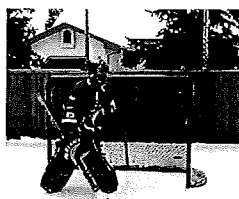


Figure 41 - Following Ring Carrier, get to far post

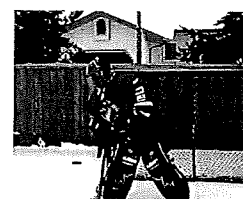


Figure 42 - Following Ring Carrier, switch shoulders

### Tips:

- Keep knees bent and stick on the ice
- The reasoning behind keeping your eye on the ring carrier until you hit the other post before switching shoulders is so you can watch for the pass back to the original side
- Keep the stick ready and on the toe of the outside skate (as in Hugging the Post) to stop passes out front
- If the ring carrier stops and waits part way behind the net, keep your stick on the opposite side from where you're watching so you can cover more options (I recommend staying on the blocker side post with the stick on the blocker side and looking over the glove side shoulder)

### c) Angles

Angles are all about movement and good balance, being able to move from one side of the crease to the other in goalie stance, quickly and ready to make the save. When the ring is behind the goal line, the goalie is either on her post, or along the goal line. Once the shooter has the ring in front of the goal line, the goalie needs to come out in her crease, cutting down the angles, giving shooters less net to aim for.



Figure 43 - Angles, back in crease

The best way to illustrate this is to tie a long rope to each post, pulling the other ends out to the hash marks. Then goalies can see how once they move out in their crease towards the ends of the ropes, they get closer to covering all the space between the two ropes, giving shooters less to see. (Figures 43 & 44)



Figure 44 - Angles, high in crease

Ringette players have incredible control with the ring and as they get to the higher levels, it sometimes seems that they are able to hit the corners of the net at will. The best thing goalies can do to combat accurate shots is to move out in their crease to cut down their angles. I am rather tall, standing at 5'8", and with all my equipment, I take up most of the net, yet I still notice when I am too far back in my net and shots manage to get around me. On the flip side, goalies should not be so far out in their crease that they get deked out, especially when players get closer to the crease.

Everyone seems to notice great, dramatic saves goalies make as they slide across the net or go down in the splits, stretching to make a big glove save. Unfortunately, a goalie who is well positioned, high in her crease may not need to stretch for the big save, getting the accolades for putting on a show. However, if she is in the right place, the ring will hit her, and she should be more consistent, letting in fewer goals than goalies who stand back on their goal line, relying on quick reflexes, trying to predict where the shot may go.

When a goalie is screened, her first instinct is to back up in her crease and try to see around the screen. This must be avoided. If the goalie is screened, keeping her body high in the crease helps cut down the angle on shots, even if she doesn't see them until the last moment. She should still try to see around the screen, but try not to get out of position in the process.

If goalies are worried that standing high in their creases can result in less rebounds landing in the crease for them to then toss out to their teammates, they should keep in mind that the most important part as goalies is to make the first save. It wouldn't do her much good to stay further back in her net so all the rebounds can land in the crease if it means she lets more shots in the first place because she isn't out far enough to cut down the angle.

### c) Glove vs. Trapper

This has become more of a debate over the last while, whether to use a glove or a trapper, and when to switch from a glove to a trapper. I am of the opinion that younger goalies still working on basic skills should use a glove to make ring distribution easier, while they focus on consistently making saves.

The main purpose of a trapper is to cover more of the net for shots on the glove side. It is fair to say that it is easier to pick up and toss the ring with a glove than a trapper and the glove offers more control over the toss. Therefore a trapper should only be introduced once shots are harder and faster, when the shooters are better able to pick the corners on the glove side, so the goalie would find the trapper more beneficial to make more saves on shots a glove wouldn't be big enough to reach.

Tossing with the blocker, when the goalie has a trapper on the other hand, can allow for more control over the toss since the hand in the blocker is much like a regular glove. However, this should be weighed against the potential risk of added time picking up the ring with the blocker and slower recovery to basic goalie stance after the toss. When using the trapper, there are several ways to pick up the ring and toss it.

Trapper toss technique:

- Use the stick to slide the ring up to the fingers of the trapper (Figure 53)
- Depending on which is easier, either flip the ring over into the glove (like flipping a pancake) (Figure 54), or use the glove to lift the near side of the trapper and slide the trapper under the ring (Figure 55)



Figure 53 – Trapper Toss, ring to trapper

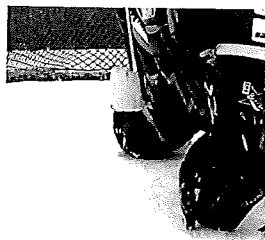


Figure 54 – Trapper Toss, flip over glove

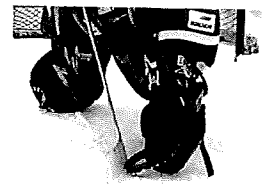


Figure 55 – Trapper Toss, glove under ring

Blocker toss technique:

- Use the blocker if the trapper has too big a pocket, or is not worked in enough to have enough control over tossing the ring
- Put the stick under the glove arm
- Pick the ring up with the blocker hand
- Recover quickly after tossing so the stick is back in place for a quick shot

## b) Playing Ring with Stick

Another option for goalies instead of tossing the ring out of the crease (especially for goalies with trappers) is to move the ring out of the crease with their stick. This works best for a quick pass out to the defence, moving the ring out before the opposing team can set up. Goalies and defence should work together to be ready for the goalie to do a quick pass out with her stick because this is by far the quickest way to start the breakout when the ring is in the crease. With the introduction of the shot clock, quick distribution is very important and it is interesting to note that very few goalies have yet to implement this time-saving distribution technique. Use the One-Handed Technique for quick, close passes and the Two-Handed Technique for shooting the ring further (even over the blue line).

### One-Handed Technique:

- Keep stick in blocker hand, slide the ring out of the crease either with your forehand (Figure 49) or backhand (Figure 50)
- Keep the entire blade of the stick on the ice
- If shooting the ring below the goal line, make sure to be on the outside of the post so the ring will not accidentally go in the net



Figure 49 – One-Handed Stick Pass, forehand



Figure 50 - One-Handed Stick Pass, backhand

### Two-Handed Technique:

- Slide the blocker hand to the top of the stick (Figure 51)
- Bring your glove hand to where your blocker hand was
- Keep the entire blade on the ice
- Shoot the ring from the side of the body, not out in front of the skates (Figure 52)

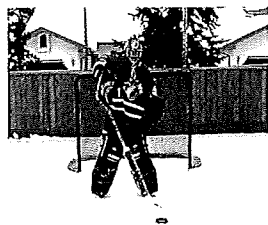


Figure 51 – Shooting the Ring, slide blocker hand up



Figure 52 - Shooting the Ring