



U10 Goalie Development Training Plan (Younger/New Goalies) – 1 Hour On Ice Session

Required for Session:

- Nets; Require 4 nets on ice – one each in normal net position in each end, one on each end of the center red line by boards.
- Rings
- 4 helpers; can be older goalies – one for each station to assist and demo skills (the older goalies can be used as shooters as well)
- 1-2 coaches/shooters

1. Warm Up – 2 minutes

- **Have goalies skate 2 slow laps to warm up and get used to their pads.** This may be one of the first times for some goalies to skate with goalie equipment.

Bring goalies in thank them for coming and have each coach/older goalie/skater introduce yourself.

- **Warm Up Game – Toilet Tag – freeze tag game – 5 minutes**
Boundaries are blue line into one end or between the two blue lines (depending on numbers of goalies). If goalies are tagged, they must go down on one knee and have one knee up so another goalie can sit on their knee and release them. Play until all goalies are tagged. (coaches watch for any pads that need adjustment/are too tight above the knee)

2. Line up goalies on blue line facing coach and older goalies – Do a goalie pad check and make adjustments, stance, shuffle – 7-8 minutes.

- A. For safety have each instructor/older goalie inspect 2-3 younger goalies while they are in line, do a quick equipment check, adjust pads if necessary. Watch that pads are not too tight above the knee, this area needs to be loose. Bottom straps can be more snug. Make sure skate strap isn't going to fall under skate blade.
- B. Show Basic Stance;
Explain how to hold stick - with forefinger on paddle of stick.

Feet shoulder width apart
Knees slightly bent
Have older goalies help check and adjust younger goalies

- C. Show how to shuffle side to side while staying in goalie stance. Stay low, avoid bobbing. Glove hands up and out when shuffling. Stick on ice. Practice moving to left, then to right.

(Instructor – you should be approx. 15 minutes into practice now)

3. Station work - 40 minutes (4 x 10 minutes each station)

Divide the goalies into even numbers/skill levels for the 4 stations (where the 4 nets are) Each station will run for 10 minutes, then offer a water break and rotate all goalies clockwise to next station.

Station 1. Shuffle drill (10 minutes)

Older goalie shows younger goalies how to shuffle side to side in the crease and explain it is important to stay square to the ring.

Then the younger goalies take turns in net, Skater/older goalie can slowly skate with a ring back and forth in front of net so each goalie can practice shuffle. Ensure that their stick is on the ice, glove hands are up and out when shuffling.

Once each goalie has a turn, then U10 appropriate shots (on ice or soft flip shots) can be taken on each goalie during the shuffle. Goalies can practice throwing the ring back.

Station 2. T- Pushes (10 minutes)

Older goalie shows younger goalies how to T-push across crease. Keep knees bent, stick on ice, blocker and glove in front of body (lead with hands), and also keep glove hand up and out when t-pushing. Keep your eyes, head, and chest up as well so you can see the ring.

Then the younger goalies take turns in net, once each goalie has a turn, then a passing drill where U10 appropriate shots (on ice or soft flip shots) can be taken on each goalie after they T-Push across crease and get square to shot. Shooters do not try to score on goalie, this is to build confidence, wait for goalie to get set. Goalies can practice throwing the ring back.

Watch that the goalies do not lean back when pushing, keep shoulders up, lead with hands/stick. Have goalie try to t-push hard enough (power is by pushing off/keeping knee's bent) to get behind shot instead of reaching. Keep stick on ice!

Station 3. Ring behind the Net Hugging the Post (10 minutes) - (Need Room behind the Net for this drill). Older goalie demo's proper positioning; skate against post, heel of stick on toe of pad, arm around the outside of the post.

Then have younger goalies take turns in net while having skater/older goalie skate ring slowly from one side behind net to the other side behind the net. Make sure the younger goalie moves while watching the ring until their hip/butt hits the other post before turning their head and hugging the opposite post properly (one tip is to have their shoulders or head lightly touch the cross bar the whole way across so don't wander outside the goal line when coming across). Have them get the stick right around to the toe of the pad for the second post trying to stop the pass out from behind the net.

(Watch that they do not turn their entire body around to watch the ring when it goes behind the net or that their leg does not travel past the far post when they finish their movement).

Once the goalies all have a turn and get good at the skill, then the skater/older goalie can continue to skate from behind net to out front with the ring; as the ring is moved out front, practice having the goalie stay square to the ring, push out and get ready for the shot.

(Tip – goalie to keep knees bent while moving in goalie stance, keep hands up while moving, push out and square up to the ring when the shot is coming - do not just stay hugging their post).

U10 appropriate shots (on ice or soft flip shots) can be taken on each goalie when they push out for shot. The ring can also be passed from behind the goal line out front to 2nd shooter if you have enough helpers. Goalies can practice throwing the ring back.

Station 4. Butterfly (10 minutes)

Older goalie demo's how to go down in butterfly. Have all goalies go down and hold position, fine tune their legs to cover 5 hole. Ensure pads rotate and goalie is not falling on the face of the pad. Explain that the inside pad landing pads are what the goalie wants to land on.

If pads are too tight above the knee, the goalie will have a hard time going into a butterfly so then help adjust pads.

Make sure stick is square on ice, shoulders and hands stay up.

Always emphasize recovering (getting up) with outside leg.

Have all goalies butterfly for you again at the same time. Fine tune positioning.

Repeat 3-4x until you are happy with the movement.

Each goalie gets a few turns in net to practice their butterfly with shots. U10 appropriate shots (on ice shots) can be taken on each goalie as they butterfly for shot. Goalies can practice throwing the ring back.

5 minutes left in practice

Bring everyone in, have them take a knee. Thank them for their effort and tell them great job and how much fun they will have being a goalie! Discuss a little bit of the mental aspect of being a goalie and not letting any goals scored on them bother them. Remind them to stay positive, forget about the last goal and focus on trying to stop the next shot. Remind them to talk to their teammates for the goalie ring throw. Most importantly have fun!

Any questions?

End of practice. Don't forget your water bottles.