



GOALTENDING





INTRODUCTION: GOALTENDING

Skating Drills

To be a good goaltender you must be an efficient skater. Your goaltender does not necessarily have to be the fastest skater on the team, but the best in terms of control and mobility. Pushes from post to post and ability to get quickly to plays laterally are essential for goalies to be able to perform at a high level.

Goaltenders must learn to push with strength and stop hard when needed. So when doing T-push or shuffle drills I suggest everything is done in sequence. Example: A coach should be calling out for the goalie to PUSH---STOP---PUSH---STOP---PUSH---STOP etc. giving one second in between pushes. This will give the goaltender time to recover and will keep him from developing bad habits by doing the drill too fast.

The ability for a goaltender to change directions quickly is also an absolute must as today's game is a lot about trying to create a situation to get a goaltender moving in the wrong direction. In order to do this, and be effective, skating drills are a natural part of goaltender development.





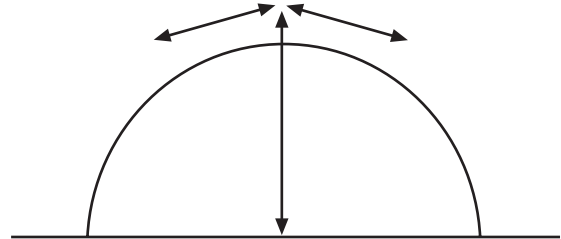
Drill Name & Description

Letter Drills "T"

- Goaltender starts in middle of the net.
- T-push to just above the crease, stop.
- T-push to outside, stop, and back.
- Emphasize stopping with outside foot to create proper transition.

Key Teaching Points

- Knee bend.
- Outside leg stop.
- Balance.



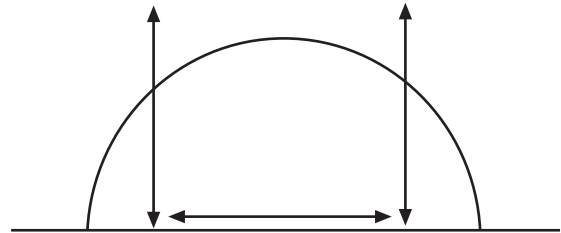
Drill Name & Description

Letter Drills "U"

- Goaltender starts at top of the crease, t-push to post.
- Shuffle post to post.
- Forward t-push to top.
- Repeat.
- Variation can include butterfly slide post to post.

Key Teaching Points

- Staying in stance.
- Hands in front of body.
- Proper use of c-cuts.



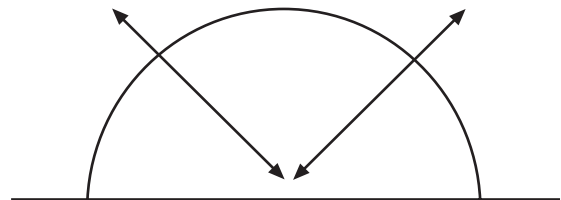
Drill Name & Description

Letter Drills "V"

- Goaltender starts in the middle of the net.
- T-push at about 45 degrees to top of the crease.
- Stop with outside leg.
- Turn and T-push back to middle, reposition and repeat to other side.

Key Teaching Points

- Lead movement with hands, keep head up.
- Stopping with proper leg, body rotation.





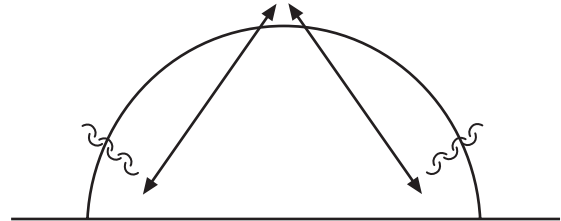
Drill Name & Description

Letter Drills "W"

- Goaltender starts outside of left side of crease.
- Backward c-cut to post.
- T-push to middle.
- T-push to post.
- Forward c-cut out.
- Repeat back.

Key Teaching Points

- Lead with stick.
- Keep square position.
- Head leads all movement.



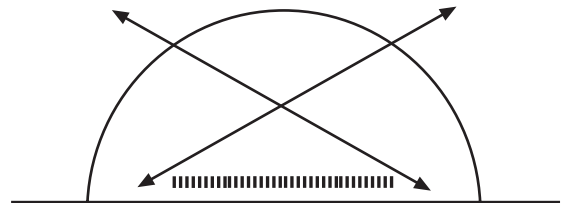
Drill Name & Description

Letter Drills "X"

- Goaltender begins on post.
- Shuffle post to post.
- T-push across crease and stop with inside leg.
- Rotate and T-push back to previous post.
- Repeat.

Key Teaching Points

- Must stop with outside foot at all times.
- Lead with hands.
- Look at target position.
- Always top on leg that is closest to middle of net to maximize coverage.



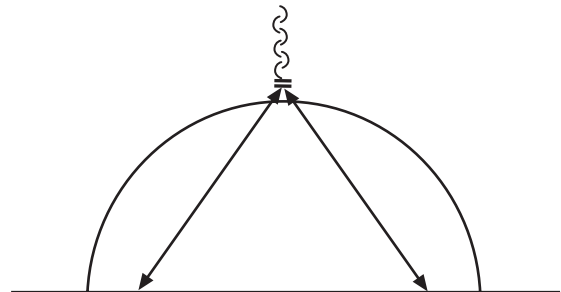
Drill Name & Description

Letter Drills "Y"

- Goaltender begins at post, T-pushes to top of crease, stops.
- Goaltender c-cuts forward two strides, stops.
- C-cut back two strides and open pivot to shuffle back to other post.
- Variations will have shot coming from either side during shuffle to post.

Key Teaching Points

- Rigid starts and stops.
- Proper pivots.
- C-cuts must be quick.





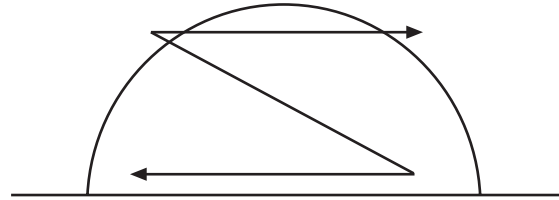
Drill Name & Description

Letter Drills "Z"

- Goaltender starts on either post.
- Shuffle post to post.
- T-push across crease and stop with inside leg.
- Shuffle across top of crease and then continue in reverse.

Key Teaching Points

- Be sure goaltender shuffles across.
- Locate target before moving.
- Hard pushes and strong stops.



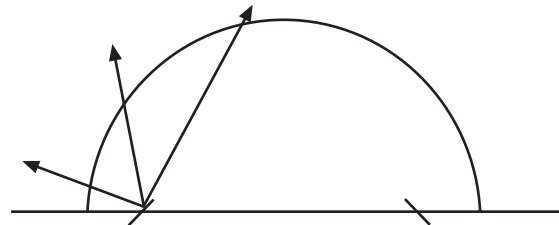
Drill Name & Description

Half Net 3 Position Drill

- Goaltender starts on post.
- Steps out to all three positions and back to post in 1, 2, 3, 2, 1 order.
- Repeat three times per goaltender.

Key Teaching Points

- Back up from positions 1 and 2.
- T-push back from 3.



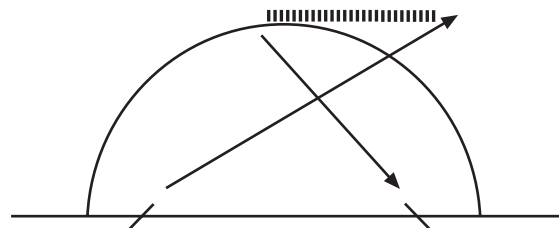
Drill Name & Description

T-Push / Butterfly Slide Drill

- Goaltender starts on post, T-push across crease and stop with inside foot.
- Butterfly slide to middle and recover.
- Pivot and T-Push to opposite post and repeat other direction.

Key Teaching Points

- Stop with inside leg.
- Butterfly slide must be quick to middle.
- Deep knee bend.





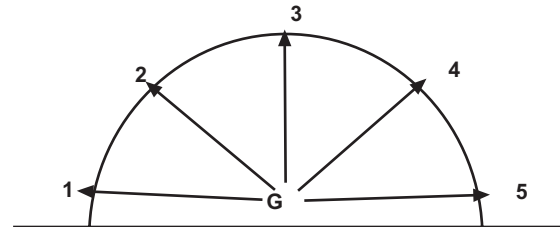
Drill Name & Description

5 Puck Movement Drill

- Goaltender starts in the middle of the net.
- Does the five points in order first time through.
- Second time through a coach will call out the numbers to goaltender.
- Goaltender will do drill twice.

Key Teaching Points

- Always start in the middle of the net.
- Eyes on the target.
- Deep knee bend.
- Quick feet.



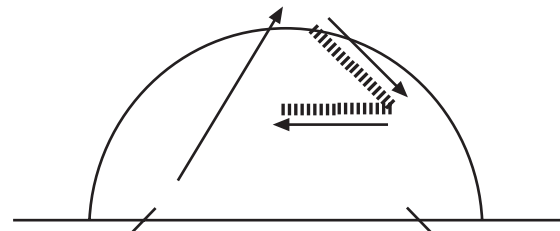
Drill Name & Description

Butterfly Slide Transition

- Goaltender starts on post.
- T-Push to top middle of crease.
- Butterfly slide back diagonally.
- Push outside leg up quickly and butterfly slide to middle of net.
- Inside knee should not leave the ice.

Key Teaching Points

- Be sure to hold butterfly position throughout.
- Do not lift inside leg.
- Timing.



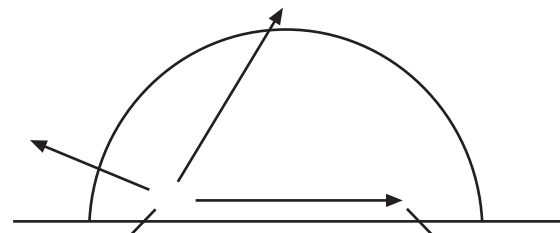
Drill Name & Description

3 Position T-Push

- Goaltender starts on post.
- Push out to position 1, stop with outside leg and c-cut back.
- T-Push to top of crease and T-push back.
- Shuffle to far post and back.

Key Teaching Points

- Proper stance position.
- Looking at target.





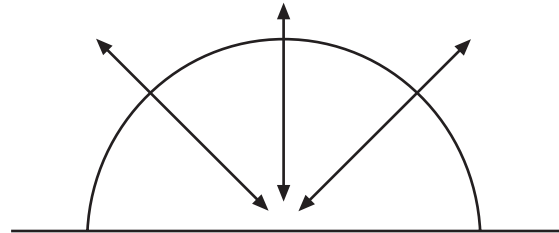
Drill Name & Description

3 Position Full Net

- Goaltender starts in middle of net for each position.
- T-push out and back to positions 1 and 3.
- C-cut out and back for position 2.

Key Teaching Points

- Proper stance position.
- Looking at target, quick feet.



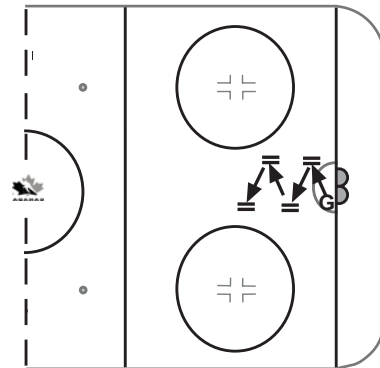
Drill Name & Description

Skating Drill – Zig-Zag

- G starts at post.
- Line up staggered cones at least 3-4 feet apart.
- Does zig-zag forwards to cones, then backwards by using t-push, shuffle, or powerslide maneuver.

Key Teaching Points

- When doing drills using T-push or shuffle there should be no head bobbing up and down.
- Smooth lines with hard pushes.





Challenge • Learn • Improve