

Goalie Development Coordinator

Brad Moore

Bradmoore@nicolletpartners.com

Basic Stance

- Knees bent, Butt down
- Feet are shoulder width apart
 - Hands out and off pads
- Stick is out one foot from toes
 - Weight is centered
(not over toes or on heels)

Basic Stance



Basic movements

- T-Glide
- Shuffle

Basic Movements

- All movements
 - Head must stay level
 - Stay in basic stance
 - Keep Balance
 - Hands & stick lead the body to direction goalie is moving. (Stick, Skate, Glove move together)

T-Glide



- Used by young goalies and for long distance movements.
- Stick, Skate, Glove lead
- Drag Back foot
- Balance - should be able to hold position

Shuffle (square glide)

- Used for short distances
- Basic stance, and chest facing up ice
- Push and snap back leg into position

Basic Save Selections

- Stick Save
- $\frac{1}{2}$ V
- Full V
- Deck or Stack Pads

Stick Save

- Stick is approximately one foot of the toes
- Slight angle to create a ramp
- Angle stick towards the corner
- Don't help push the puck, but let the momentum carry the puck off the stick
- Make a SMALL shuffle into the shot

1/2 V Save



- One knee on the ice, & one leg square to the shooter
- Upper body does not move from basic stance
- Chest upright
- Butt is not resting on the legs

Full V Save



- Both pads are on the ice
- Pads are rolled up and square to shooter
- Chest up, hands out, & sitting upright

Deck Save



- Used in non-traditional situations, and to take away the low part of the net.
- Pads should be stacked, Glove on top of pads.
- Recovery - Roll bottom pad underneath body, and push up with arm that is on the ice. This keeps the goalie square to the play.

Skating Drills

- Post to Post
- Pivots to Post
- Angles
- Box Drill
- V Drill
- X Drill
- Y Drill
- 5 Puck Drill

Notes on skating drills:

- Always move in stance
 - Keep head level
 - Stick on ice
- Backward skating (back skate for short)
- Use 1 or 2 "C" cuts to get started backwards, and then glide in ready position.

Post to Post

- Start at one post in ready position
- Move to the other post (stick skate glove lead)
- Use either a shuffle or T-glide

Note:

This drill is very basic and usually is for beginning goalies. This movement is included in several other advanced skating drills

Pivot to Post

- Start at top of crease
- Pivot and Push to post (use either a shuffle or T-glide)
- Come set at the post

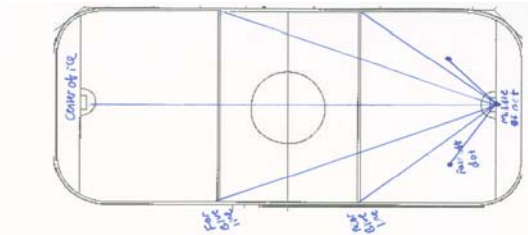
Advanced Skills

- Pivot with ½ v or Deck to post
- Extend range by going out to hash marks and then coming back in with a pivot to post.

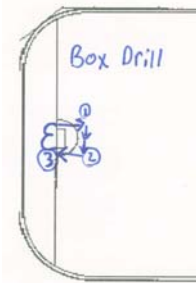
Angles

- Start at one post, move out towards face-off dot.
- The goalie's heels should be on top of the crease.
- Move along the top of the crease stopping at each spot and finishing at the opposite post
- **The spots are:** the face-off dot, near blue line, far blue line, center ice, far blue line, near blue line, and face-off dot.

Angles

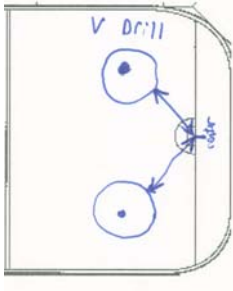


Box Drill



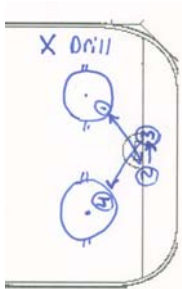
- Start at one post facing side boards.
- 1) One push out (square glide)
- Pivot (so facing middle of rink)
- 2) Two pushes across the top of the crease
- Pivot (so facing sideboards)
- 3) One push back to other post

V Drill



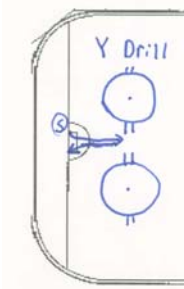
- Start in middle of net.
- Goalie skates out towards face-off dot
- Stops at bottom of circle
- Back skates to middle of net
- In one motion, goalie steps out towards other face-off dot.
- Repeat the drill

X Drill



- 1) Start at one post and move out towards opposite face-off dot
- 2) Back skate and Pivot to same post
- 3) Post to Post
- 4) Move out towards opposite face-off dot
- 5) Back skate and pivot to same post
- 6) Post to Post
- 7) Repeat drill

Y Drill



- Start on one post.
- Goalie moves towards middle of crease and out to the hash marks
- Stop at the hash marks
- Back skate (back straight up)
- Pivot to opposite post from top of crease.
- Repeat drill.

5 Puck Drill



- Have five pucks spread out along the top of the crease
- Each puck is numbered 1 to 5 starting from left to right
- Goalie starts at number 3.
- Coach calls out a number and the goalie has to move to the numbered puck.

Shooting Drills

- Catch/Trap Pucks
- Stick Deflections
- ½ V Saves (with no stick)
- ½ V Saves (with stick)
- Recovery Drills
- Rebound Drills
- Add shots to skating drills

Catch/Trap Pucks

- Pucks at top of circles
- Goalie is above top of crease in ready position
- Shoot high shots
- Goalie should catch or trap pucks on blocker
- All pucks should be caught in front of body

IMPORTANT!! - if goalie drops puck or gives a rebound, they should find the puck and get set for the rebound shot.

Added skill work:

- After catching puck, pivot to post and set the puck up on the side of the net.

Stick Deflections

- Pucks at the top of the circles
- Goalie is above the top of the crease
- Shoot pucks on the ice
- Goalie deflects the pucks into the corners

Hints:

- Goalie should make SMALL shuffle into the shot
- Stick should be SLIGHTLY tilted back to use as a ramp
- Stick needs to be about 1 foot in front of goalie
- Goalie should not help push the puck to the corner
- Try to get the puck to hit the glass

1/2 V Saves (no stick)

- Pucks at the top of the circles, and goalie puts stick on top of the net
- Goalie at the top of the crease
- Shoot puck on the ice or low
- Goalie must make save with a 1/2 V
- After save, get back up into ready position
- Encourage good form (chest up, hands out, butt is not resting on heels of skates)

1/2 V Saves (with Stick)

- Same as before, but use a stick
- Goalie should try to make all of the saves with the stick
- Try to deflect all of the pucks to the corners

Recovery Drills

- Pucks at top of circle, with goalie at top of the crease
- Goalie starts drill by making a move (i.e. $\frac{1}{2}$ V, deck, drop to stomach, butt, 360 spin, etc.)
- As goalie is getting back into ready position, a shot is taken.
- Vary the different type of moves

Rebounds

- For advanced drills, add in rebounds to all shooting drills.
- Play out any rebounds.
- Puck is still live until it goes into the corner, the goalie covers it, or the puck goes in the net (which never happens!).
- The goal is to work on controlling the shots so there are no rebounds, and to be in position for any rebounds.

Add shots to skating drills

- Shots can be added to most skating drills
- Only add shots when goalie has mastered the skating movements

Goalie Clinics

- Every Saturday morning, Starting October 22nd
- Coaches are encouraged to attend/observe (bring skates)
- Schedules will be sent out when ice times are confirmed
- Please inform goalies and their parents of the clinics.
