

Goalie Development

General Guidance



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Objective

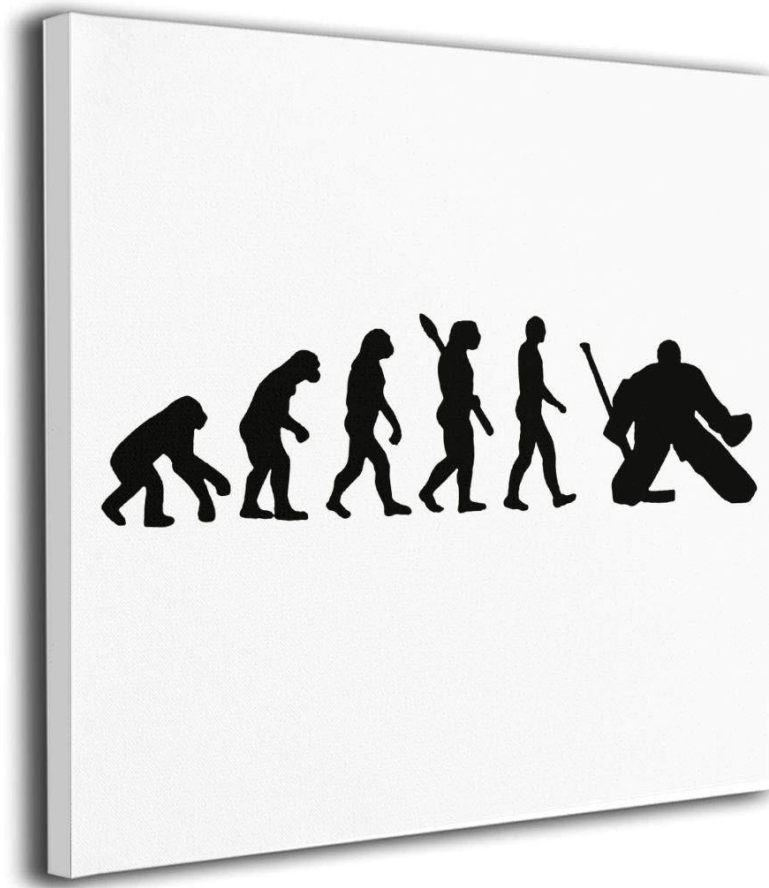
- Provide an overview and general guidance on goaltending including
 - Landscape
 - Interesting Facts
 - Key Points
 - Fundamental Attributes
 - Save cycle
 - Skill development pyramid
 - Technical elements
 - Integration with Practice Plans
 - Example drills



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Landscape



Interesting Facts – By the Numbers

- Practice

- Skill development
 - 1 Practice ~ 10 games
 - 100 shots minimum
 - 30% practice shots miss the net
- Focused drills
 - 5 minutes minimum

- Game

- Typical Peewee level:
 - 24 shots on average
 - 67% perimeter shots (easy-to-medium difficulty)
 - 15% shots (difficult caliber)



Note: Adapted from a Hockey Canada manual (undated)

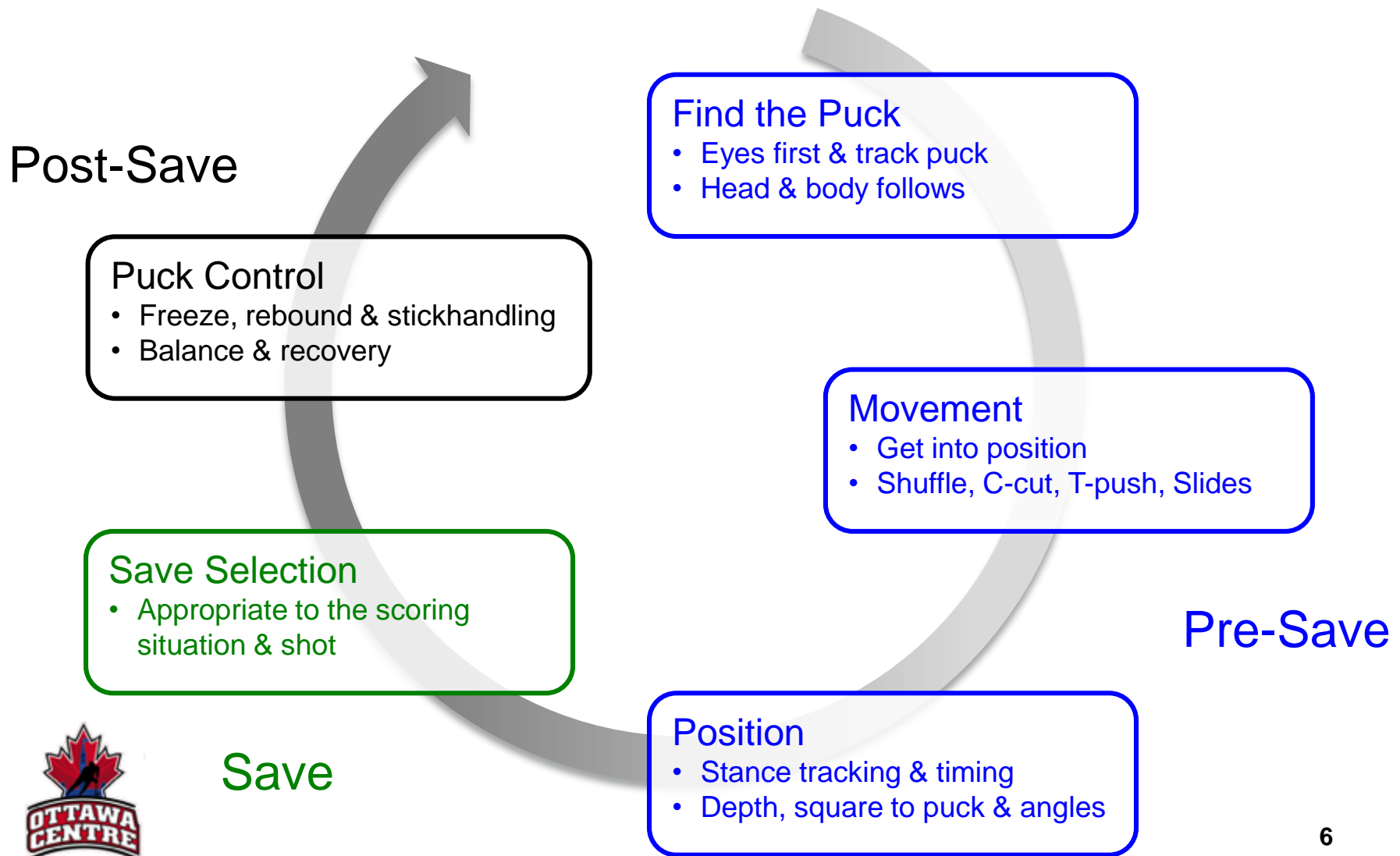
Key Points

- Progression
 - Break the skill down & build-up
 - Focus on core issue then add complexity
 - Introduce, develop & refine
 - Never allow repetition of incorrect execution
- First No Pucks
 - Develop skill and execute progression without the puck at first
 - Tendency to focus on stopping the puck rather than technique
 - Work all directions, angles & depth in sequence
- With Pucks
 - Start slow to master skill or tactic
 - Build confidence & master execution
 - Work all directions, angles & depth in sequence then add random nature
 - Develop control & proper execution before adding speed component
- Drills
 - 1 goalie centered drill per practice
 - Pre-Save, Save & Post-Save Phases
 - Communicate with goalies and players the drill objectives
 - Focus on D, F or G
 - Speed of execution



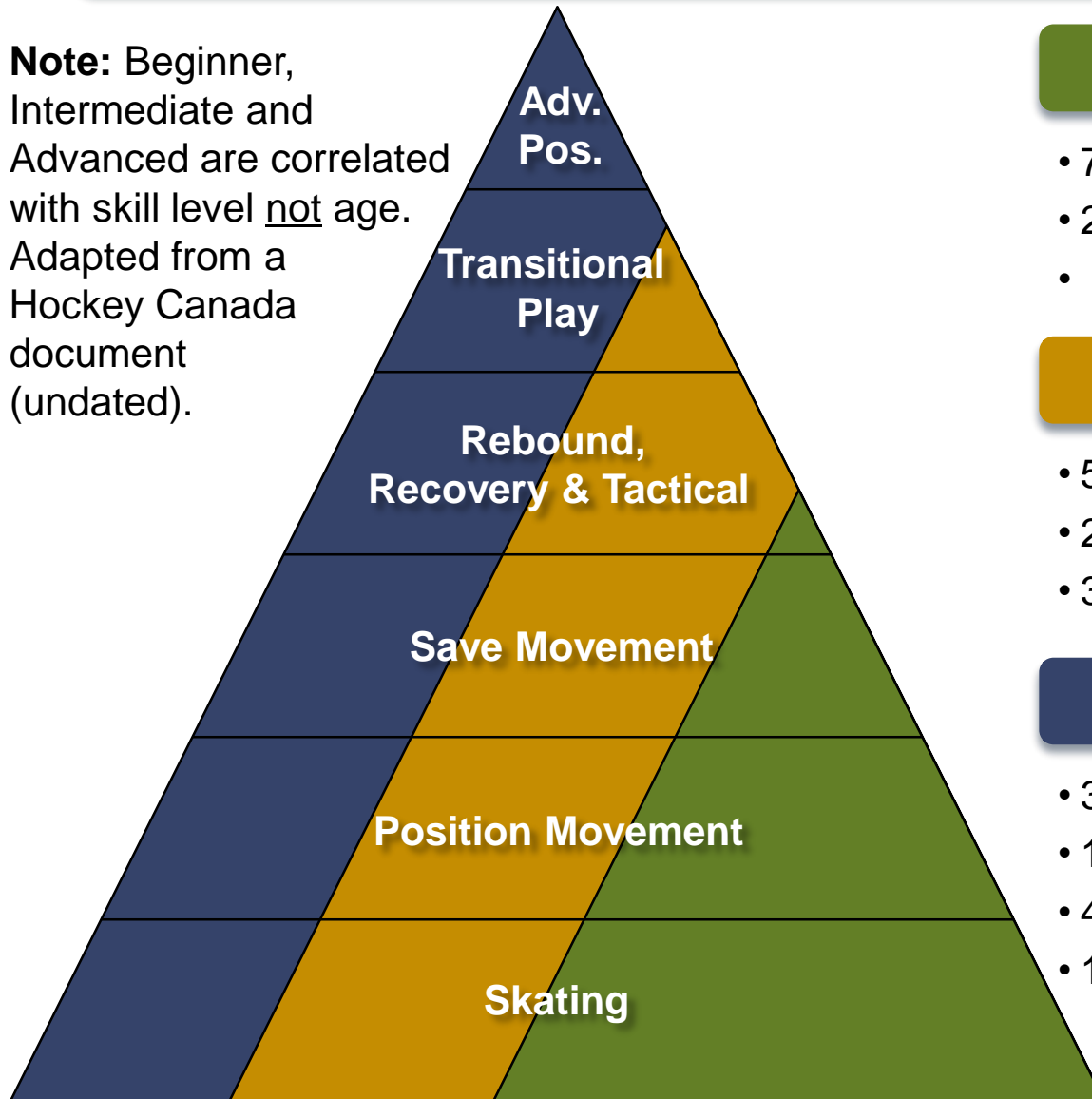
Note: Adapted from a Hockey Canada manual (undated)

Save Cycle – 3 Phases & 5 Elements



Skill Development Pyramid

Note: Beginner, Intermediate and Advanced are correlated with skill level not age. Adapted from a Hockey Canada document (undated).



Beginner

- 75% Skating & position movement
- 20% Save movement
- 5% Rebound, recovery & tactics

Intermediate

- 50% Skating & position movement
- 20% Save movement
- 30% RRT & transition

Advanced

- 35% Skating & position movement
- 10% Post-save consequence
- 40% Tactics & transition
- 15% Advanced positioning

Skating

- Basic skill
 - Not all (e.g. balance, stance, stride, start/stop, pivots, cross-over) used but they are important
 - Edge control is (inside) key
 - Provides ability to move (i.e. shuffle, fwd & bkwd c-cuts, T-Push, start/stop)
- Weight distribution
 - Even on the front or ball of feet



Stance – Ready Position & Butterfly

- General
 - Always be relaxed & loose!
 - Head up with eyes/nose always on the puck
- Skates
 - Use inside edge w/ feet shoulder width (or more) apart
- Chest
 - Chest up & square to puck not player
- Blocker & glove
 - Same height, slightly fwd from knee & in front of pads
 - Glove slightly vertical & open to puck
 - Does not drop when in butterfly position
- Stick
 - Held firm, flat on the ice ~30 cm in front of skates
- Shot Challenge
 - From net centreline find your angle, depth & be square to puck

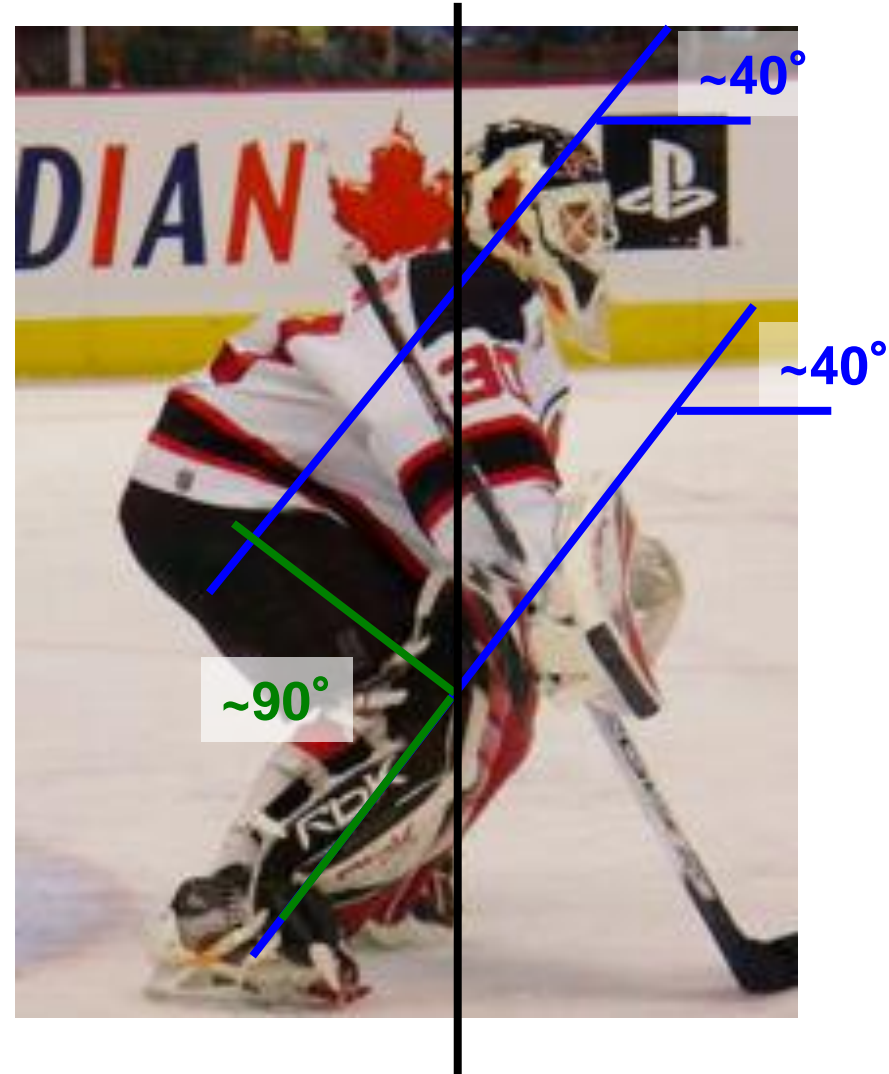


Ready Position, Butterfly, RVH & VH



Stance – Ready Position

- Line from ankle-to-knee & hip-to-shoulder @ $\sim 40^\circ$ to ice surface
- Lines connecting ankle-to-knee-to-hip should be $\sim 90^\circ$
- Shoulders, knees and front of foot in a vertical line perpendicular to the ice surface



Note: Knee flex is probably the most critical. Chest up & square to see the jersey logo.

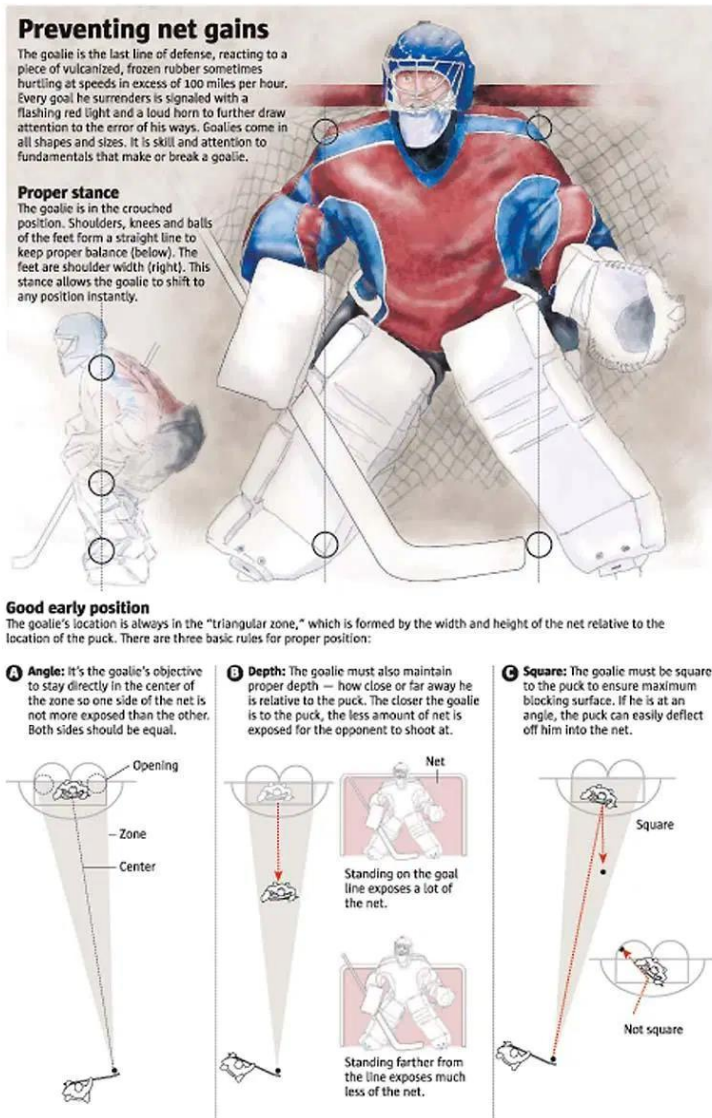
Mobility

- Base
 - Good athletic position & tracking
- Directions
 - Lateral, forward, backward, up & down
- Modes
 - Shuffle, c-cut, T-push & pivots
 - Butterfly (1/2 & full), powerslides & recovery



Positioning

- Base
 - Good athletic position & tracking
 - Timing & “lag” (wait for shooter)
- Key Elements
 - Angle
 - Depth
 - Square



Source: Colorado Avalanche

Jeff Goertzen, The Denver Post



Save Selection

- Base
 - Selection appropriate to situation & shot
- Modes
 - Stick
 - Blade, paddle down
 - Glove & blocker
 - Body
 - Rather than limb



Puck Control

- Base
 - Good athletic position, tracking & recovery
- Modes
 - Freeze
 - No rebound
 - Rebound
 - Controlled (e.g. at own player, in corner)
 - Undesired (e.g. directed towards shooter)
 - Uncontrolled (e.g. weak side, scoring zone)
 - Puck handling
 - Setting, outlet & rims



Integrating Goalies in Practices

- Skating
 - Priority on goalie specific drills but otherwise join team conditioning drills
- Passing
 - Goalie specific passing in parallel with team
- Communication
 - Express role in each drill (for most drills the goalie will not use the post-save phase)
 - Do not allow goalie to repeat technical errors in any element of the save cycle
- Drills
 - Warm-up shots are directed at the goalie
 - 1 Goalie specific drill per practice
 - ~10 minutes to go through pre-save, save & post-save phases of cycle
 - General shooting drills
 - Space out shooters
 - Use butterfly to rest in crease (if only 1 goalie)
 - Game type situation drills
 - May only use pre-save & save phases of cycle



D1 – Warm Up

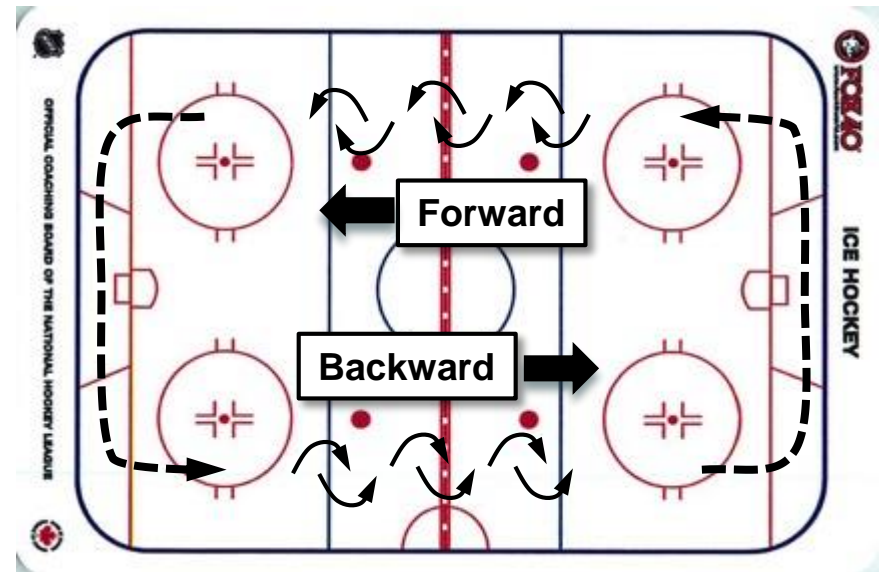
- Drill

~2 min

- Skate with cross-over from blue line around the goal to blue line
- Scull between blue lines going forward on one side & backwards on other

- Key Points

- Good C-cut - hear it!
- Technique not speed
- Forwards using heel pressure & backwards using toe pressure



D2 – On Ice Stretching

- Drill

~2 min

- Stretching groin, hips, hamstrings, back
- Stretch upper body & neck

- Key Points

- Although it may not be possible, warm-up & stretch (with & without gear) off ice first
- Off-ice & on-ice stretching routing targets same muscle groups but different techniques



D3 – Ready Position & Shuffle

- Drill (Conduct 2x)
 - Explain ready position, shuffle & goals of the drill
 - In ready position on crease
 - Shuffle along crease perimeter to the opposite post
 - Stop & rest for a few seconds
 - Correct technique if needed
 - Repeat opposite direction
- Key Points
 - Maintain ready position w/ legs moving
 - Head & shoulders slight turn with each shuffle
 - Push with inside skate & slide with outside skate
 - Arms & head steady without up/down motion
 - Short smooth movements are key

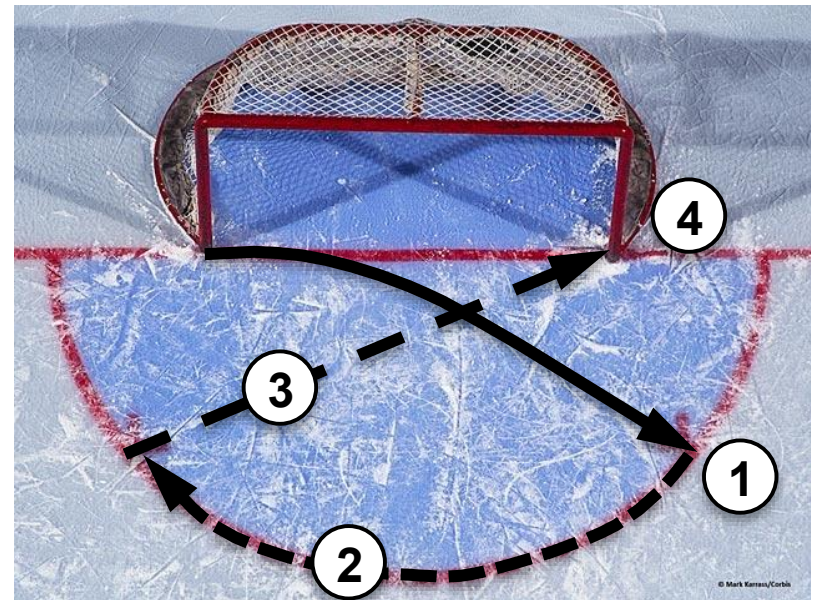
~2 min



D4 – Ready Position & T-Push

- Drill (Conduct 2x)
 - Explain ready position, T-Push & goals of the drill
 - ① T-push from post through J-arc
 - ② Shuffle across crease
 - ③ T-push to opposite post
 - ④ Stop & rest for a few seconds
 - Correct technique if needed
 - Repeat from other post – position (4)
- Key Points
 - Maintain ready position
 - Head & shoulders slight turn with each T-Push
 - Push with inside skate & slide with outside skate
 - Arms & head steady without up/down motion
 - Stop with hard C-cut & weight on balls of feet

~2 min



D5 – Warm-Up Shots

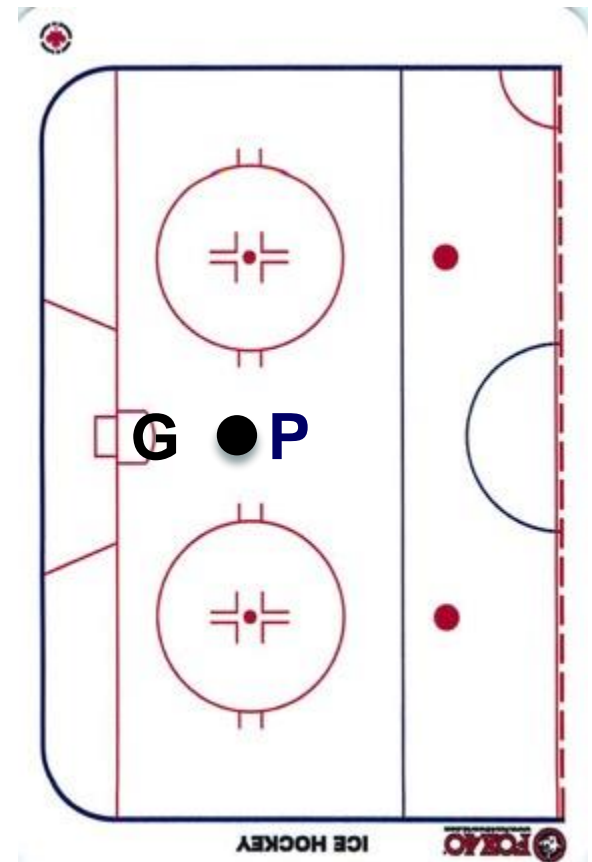
- Drill

- Goalie starts in ready position @ center-top of crease
- 5 shots to R-low, then L-low, blocker, glove & chest (20 shots in total)

- Key Points

- Use stick (if possible) to direct puck on low shots
- Follow rebound (if any)
 - Turn head, then shoulders, then rotate body & pads towards the rebound direction
 - Get up on correct leg & back to center
- Recover ready position for each shot
 - Be square with puck @ body center

~10 min



Note: Correct leg would be if the rebound goes to the goalie right then use right leg first to get up & go back to the center.

D6 – Shuffle, Angle, & Save

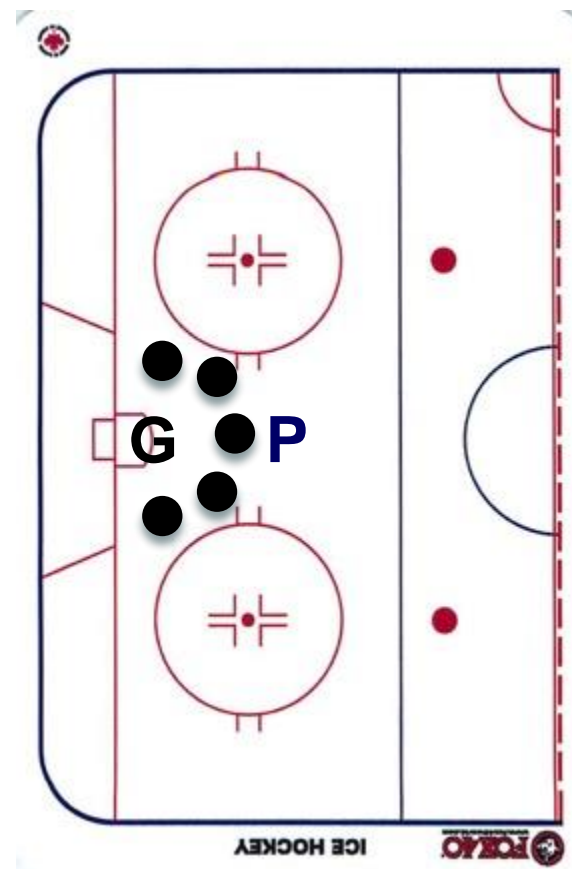
- Drill

- G in ready position @L-post & shuffle to L-puck
- P low shot from G L-side (P R-side)
- G gets up, shuffles to new ready position for next shot on semi-circle toward R-post
- Once complete then repeat in the opposite direction

- Key Points

- G in ready position, square & centered to puck – Not to the shooter
- Controlled but quick recovery to next shot
 - Up on correct leg
 - Shuffle in ready position

~10 min



D7 – T-Push, Save & Rebound

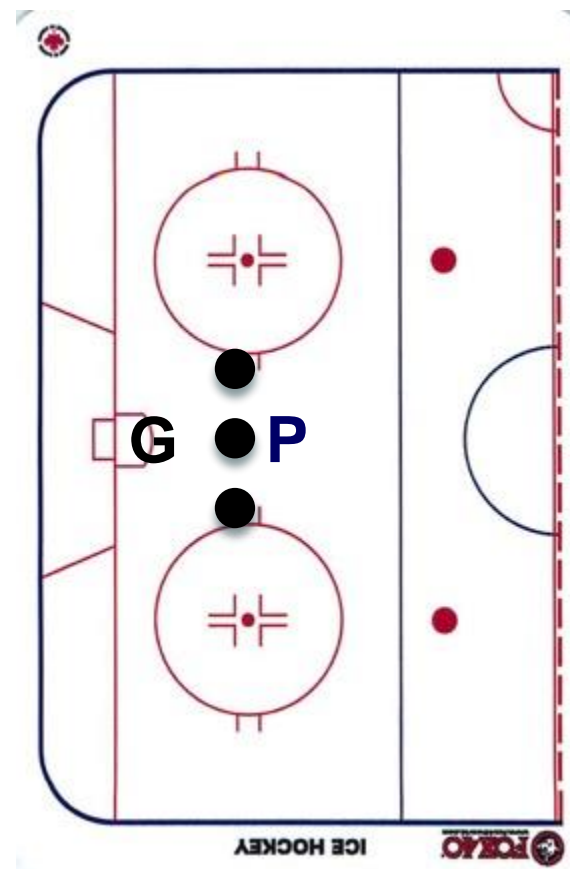
- Drill

- G in ready position @L-post & T-push to center, top of crease
- P shot from center puck to G L-low (P R-low)
- G gets up & shuffles to G L-puck in new ready position
- P takes shot from P R-puck to G L-low/high shot
- G T-push to R-post
- Repeat but shots are to G R-low (P L-puck) with 2nd shot G R-low/high shot

- Key Points

- Strong T-Push w/ leading head, shoulder & pad
- G in ready position, square & centered to puck – Not to the shooter
- Controlled but quick recovery to 2nd shot

~10 min



Water Break



Other Resources – Hockey Canada

https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/goaltender_beginner_practice_e.pdf



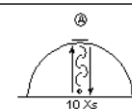
GOALTENDER BEGINNER LEVEL PLAN

- Session Objective(s)**
1. Continue development of forward/ backward movement, shuffle and stance
 2. Continue emphasis on basic depth
 3. Introduce horizontal angles

10
min

Movement Warm Up

- A. Forward/ Backward Step Outs – Straight**
G starts in the middle of the goal line. On "Go" G skis out to the top of the crease and sets. On "Go" G skis backwards to the start point.
- B. Forward/ Backward Step Outs – Angle**
G starts in the middle of the goal line. On "Go" G skis out to the top of the crease facing the glove side dot and sets. On "Go" G skis backwards to the start point. On "Go" G skis out to face the opposite dot. Then returns.



Key Execution Points

- As improvement is made additional emphasis on body and stick control should be applied
- When doing step outs, alternate starting and stopping feet
- When stopping, G should use a single edge rotation

5
min

Primary Drill

- Angle Introduction**
- Rucks start outside the blue line
 - Pylons are placed across the rink, slightly inside the blue line
 - G starts on the goal line
 - X1 picks up a puck and randomly selects a pylon to drive around
 - Once G recognizes which pylon has been selected, G steps out on angle with the attacker
 - Once around the pylon, X1 takes a few strides towards the net and releases a shot



Key Execution Points

- In this introductory drill, G stays deep in the middle of the net until the pylon has been selected
- This allows G to gain a familiarity with proper angle positioning
- G should attempt to step out to the FSP on each sequence, before the shot is released

5
min

Secondary Drill

- Angle + Depth Work**
- Rucks are placed outside the blue line on each side as indicated
 - Pylons are placed at the top of the circles as indicated
 - X1 picks up a puck and skates into the zone
 - G starts at the top of the crease in the middle
 - As soon as X1 begins to drive, G should shuffle to gain an on angle position
 - Notice the difference in this drill vs. the similar drill in the last session – here, G shuffles into an angle position as opposed to stepping out from a middle-net position



Key Execution Points

- G should work on controlled but quick shuffle steps to get into an on angle position
- Once G gets to the first position, G may have to make more minor shuffle adjustments to keep a strong angle
- Do not allow G to fade back during the attack

5
min

Post - Practice Discussion

1. Review progress on shuffle movement and stance positioning
2. Review goaltender's understanding of the FSP and its importance
3. Introduce the importance of the three positional ingredients: stance, angle and depth



Other Resources – Hockey Canada

https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/goaltender_intermediate_practice_e.pdf



GOALTENDER INTERMEDIATE LEVEL PLAN

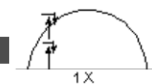
Session Objective(s)

1. Review of fundamental skill groups
2. For players graduating from the Beginner series, this session can be used to evaluate current skill level
3. For players entering the system at this stage, having bypassed the beginner level, coaches can use this session as further development evidence.

5 min

Movement Review

- A. Forward/ Backward Step Outs – Angle**
Step outs from a midgoal line position alternating sides. Use face-off dots as angle targets. All movements triggered by Cs "G".
- B. Shuffle – Starts and Stops**
Starts and stops facing the same boards between the goal line and blue line. Distance between starts and stops should vary. All movements triggered by Cs "G".
- C. Shuffle – Starts and Stops W Save**
As above but at each stop G should execute a pad save in the opposite direction of the shuffle direction.



Key Execution Points

- Reiterate the importance of FSM
- G should understand that FSM is the foundation of all further skill development (i.e. positional play, save movement, rebound control, etc.)
- Discuss and review the importance of inside edge usage
- Ensure stability in the upper body and stick positioning

10 min

Primary Drill

Positional Assessment

- Rucks start at the point on the boards and on the hash marks
- X1 dives down the boards and around the indicated pylon to release a shot
- X2 meanwhile mirrors this movement on the other side (without puck)
- As X2 comes around the cone, the player will hustle back out to the middle point pylon, drive around it and release a 2nd shot on net
- After taking this shot X2 can drive down the slot or stay high
- X1 meanwhile buys time and then dives around the opposite side pylon and releases the 3rd shot



Key Execution Points

- On the first shot G should be conservative due to the weak-side threat
- On the 2nd shot, G should play more aggressive due to the lack of a weak-side threat
- On the 3rd shot, position will be determined by X2's response (i.e. net drive or stay high), so awareness is important.

10 min

Secondary Drill

Save Assessment

- Use the slot position to take stationary shots for the purpose of limb based saves (i.e. pad extensions, glove and blocker saves)
- Use the face-off dot positions to evaluate body usage and save compactness
- Both positions can be used to assess stick usage



Key Execution Points

- Upper-body save fundamentals include: good stance, direct paths to puck, visual tracking and neutral save movements
- Lower-body save fundamentals include: good stance, no finching, proper selection between extensions and 1/2 butterfly and compactness of thighs, arms to body and pads/stick to ice

5 min

Post-Practice Discussion

1. Review G's fundamental progress
2. Reiterate the role of fundamentals in further progress
3. Highlight key elements of the Intermediate Program



Other Resources – USA Hockey

<https://www.usahockeygoaltending.com/>

The screenshot shows the USA Hockey Goaltending website. At the top is the USA Hockey Goaltending logo. Below it is a navigation bar with links: SHOP, TRAVEL, SPECIAL OFFERS, MEMBER INFO, GOALTENDER BASICS, DEVELOPMENT & PRACTICE, DRYLAND TRAINING, GOALTENDER RESOURCES, NEWS & VIDEO, and a SEARCH icon. A language selection dropdown is set to English, with a note 'Powered by Google Translate'. Below the navigation bar are four main categories: GOALTENDER DRILLS, GOALTENDER RESOURCES, GOALTENDER DEVELOPMENT, and GOALTENDING NEWS. A large banner for 'PURE HOCKEY' is displayed, identifying it as the 'Exclusive Hockey Equipment Retailer of USA Hockey' with a 'SHOP NOW' button. On the left, a section titled 'Goalie Training On the Go' promotes a mobile app for coaches, parents, and goaltenders, featuring a smartphone icon and a 'Download Mobile Coach' button. Social media icons for Facebook, Twitter, YouTube, Instagram, LinkedIn, and a generic share icon are at the bottom. A video player shows a 'Chalk Talk: Double' session. A 'RECENT NEWS' section features an article titled 'Top Goaltenders Converge on Hockey Arena' with a photo of players.

This screenshot shows the 'GOALTENDING PRACTICE RESOURCES' section of the website. It features the USA Hockey Goaltending logo and a navigation bar similar to the homepage. Below the navigation bar is a banner for 'THORNE' equipment, labeled 'Proud Partner of USA Hockey', with a 'SHOP NOW' button. The main content area is titled 'GOALTENDING PRACTICE RESOURCES' and lists various resources under the heading 'Development & Practice': Practice Resources, Practice Plans, Teaching the Basics, Movement, Fundamental Save, Game Situation Drills, Team Drills, and Off Ice. A sidebar on the right lists the same resources in a more detailed view.



Drills – A lot left on the Cutting Room Floor



EVEN MORE CARTOON ANTICS OF SMALL SAVES!

BY JAMES DEMARCO

10 Scoring Situations – Advanced Goaltending

- ① Clear Shots
- ② Entries
- ③ Net Drives
- ④ Breakaways
- ⑤ Rebounds
- ⑥ Low / High
- ⑦ East / West
- ⑧ Below the Goal Line
- ⑨ Deflections
- ⑩ Screens

