

Goaltender Handbook

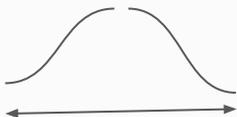
Leg Pads Differences



Flat Face pads will have little to no curve in them meaning the goalie wearing them has to be flexible to be able to utilize them correctly.



Knee Break pads will have a curve to them so the goalie won't have to be as flexible to close the 5 hole and leave gaps open.



Not as far to flex



Have to be flexible

Gloves and Blockers

Ensure the goaltender is constantly practicing catching and tracking the puck into the glove pocket. If this is an issue you may need to have a deeper pocket modified into the glove. Blockers are pretty straight forward but always attempt to direct rebounds to the corner and not out in front.

Note: While coaching or as a goaltender always keep your gear out in front and not off down to the sides. Kinda a pushing motion in your goalie stance.



Goalies stick: Always make sure the paddle of the goalie's stick isn't too long. This causes the stick to be not as controllable and less reaction time from the extra weight. The stick should only come up to the goalies chest when it's vertical. If it's above cut it.

Note: Pointer finger should always be on the paddle pointed down the stick.



Correct Paddle length in butterfly

Note: NHL goalies can only go to a 25" Paddle so no reason a 12 yr old should be playing with a 28"

Stance: Every Goalie will be a little different in their stance, but the basic elements that make an effective stance are universal.

- *Feet slightly more than shoulder width apart
- *Knees Bent
- *Stick out in front
- *Torso is nose over toes Chest upright Shoulders Back
- *Hands Always in peripheral view and every movement should lead with head and hands first.



Skating Drills for Goaltenders

Remember even the NHL guys still do this!!!

The C-Cut

The most basic forward and backward goalie movement

(Forward)

*Turn toe out push down and forward on your back inside edge keep both feet planted

(Backward)

*Turn toe inward Push down and forward on the front inside edge.

Note: remain in goalie stance whole time



Skates Should remain on the ice the whole time

The T-Push

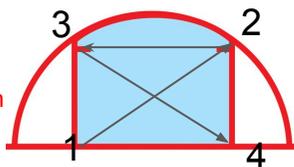
Most Common Lateral skating movement used by goalies used for long distance

- *Simply Point skate where you want to end up and push to your destination with a hard stop then resume goalie stance



Goaltender Tips: T-Push

- Always lead with the head (chin pointed down) and stick.
- Keep the hands balanced.
- Stop hard on the lead skate.
- Keep the shoulders level.
- Track the puck.



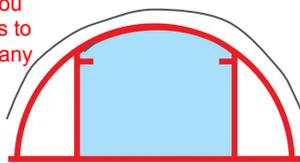
Start at 1 on post T-Push to spot 2-4 end on post

Shuffles

Shuffles are short side to side movements that allow the goalie to remain in their stance and chest centered with the puck.

- *Keep feet forward knees Bent
- *Push using the inside edge of the skate
- *keep shoulders level, and head up
- *Maintain goalie stance and square to the shooter

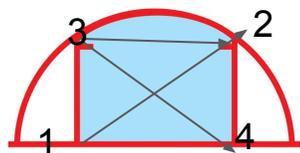
Shuffles on top of the crease. You can add shots to the drill from any point



Reminder coaches!!!! always have the goalie follow rebounds. This encourages good habits

The Butterfly

When you go into the butterfly you should have a slight forward lean. Although you may appear smaller to the shooter, your angle to the puck provides more net coverage.



Start on post T-push to 2 butterfly get up repeat to 3 then return to post at 4 shots can be added @ 2&3

*Start in the ready position from a regular stance, drive your knees down to the ice. Let your hips generate the power to your knees as you go down

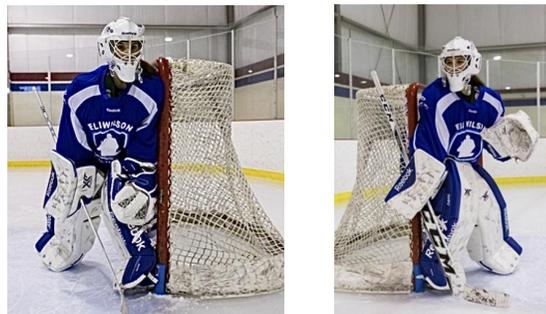
*When dropping, keep your feet in their set position on the ice. Only your knees and shoulders should move ahead. Do not move your feet forward

*Have a slight bend at the waist, and stay agile with hands up in ready position.



See gloves & blocker out front even while in motion

Post Stances



See how the toe is on the post and the whole leg isn't inside Always check for this!!!

The Toe of the skate should act like a door hinge



Gear Modifications

The Lundy Loop makes the leg pad sit up higher and for some goalies depending on brand of gear make for better rotation into the butterfly.

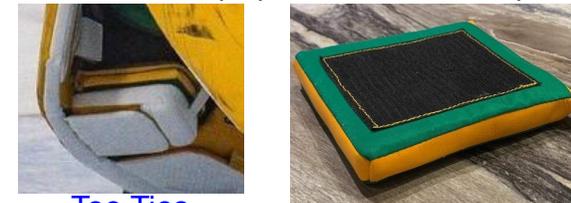


Raised Glove pocket

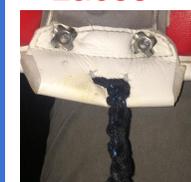
Perks easier to catch pucks
Pucks will stay in glove instead of popping out



Knee Risers helps put less stress on hips



Toe Ties



Toe Hooks



Toe Bungee /Pro Laces



Laces

