

Goalie Fundamentals

Guidance for Coaches & Goalies



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Notes

- These slides provide guidance on the fundamental aspects of playing goal that can be applied at all levels of play.
- This guidance may also be used as a basic practice plan at the IP & Novice levels of play.



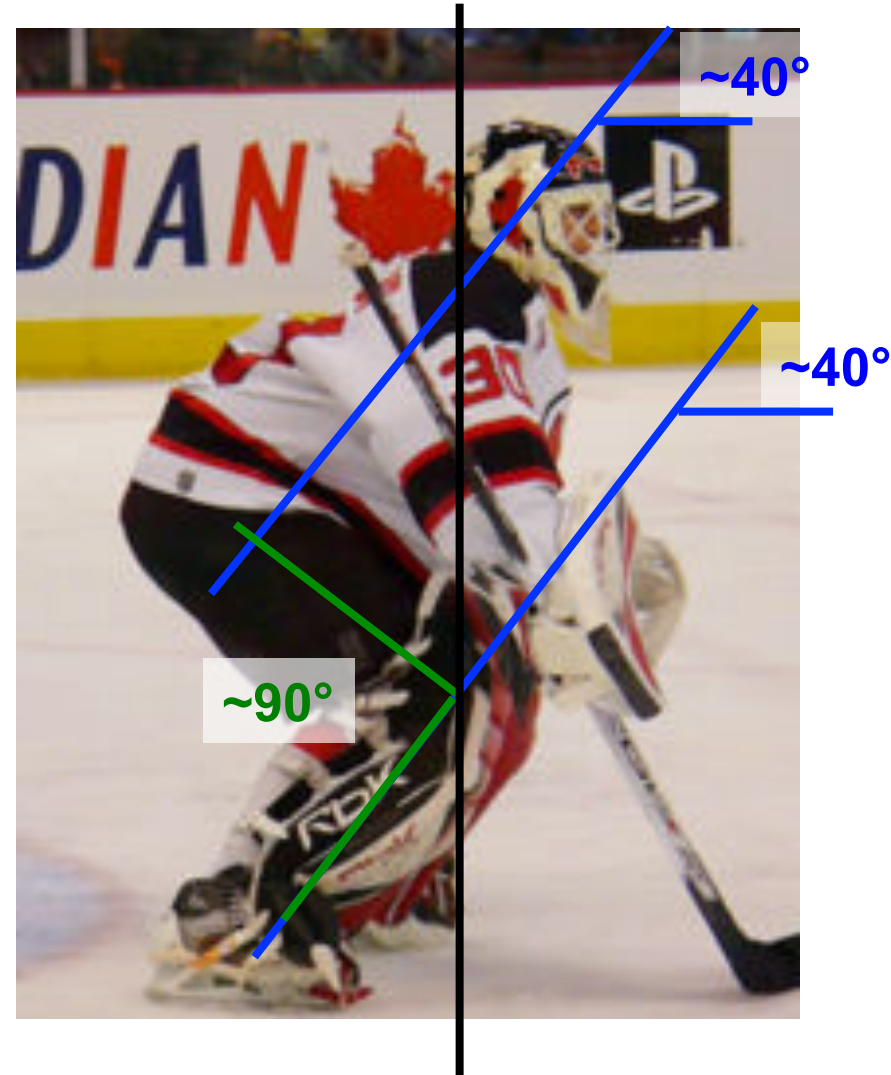
Ready Position

- Always be relaxed & loose!
- Be square to the puck not the player
- Feet shoulder width (or more) apart
- Weight on the front or ball of feet
- Head is up with chest up and leaning slightly forward
- Challenge the player by cutting down on the angle
- Stick is flat on the ice ~30 cm in front of skates
- Blocker & glove held at the same height, slightly forward from the knee & outside the pads. The glove slightly vertical & open to the puck.
- The blocker & glove remains steady (i.e. does not move down) when dropping to butterfly position
- Focus, try your best and most of all have fun!



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



Warm Up

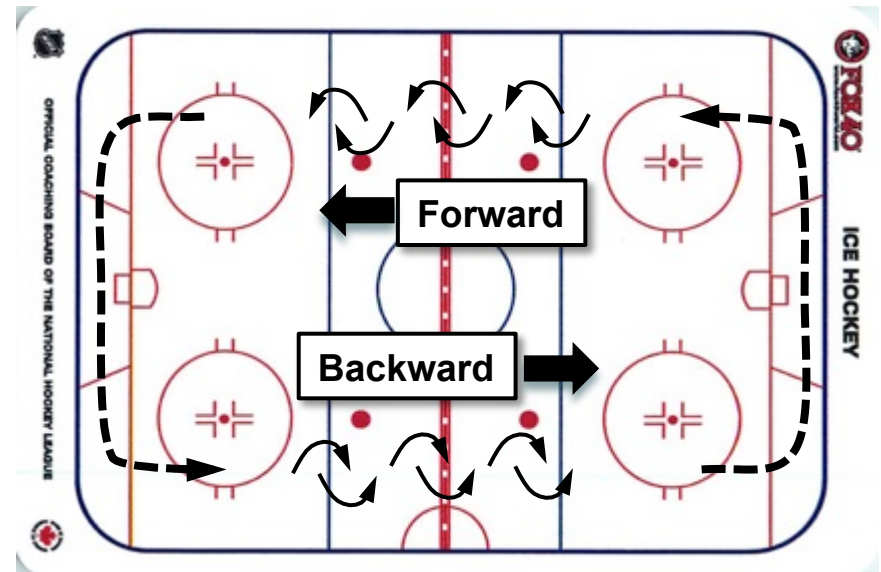
- Drill

- 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

~2 min



On Ice Stretching

- Drill
 - 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

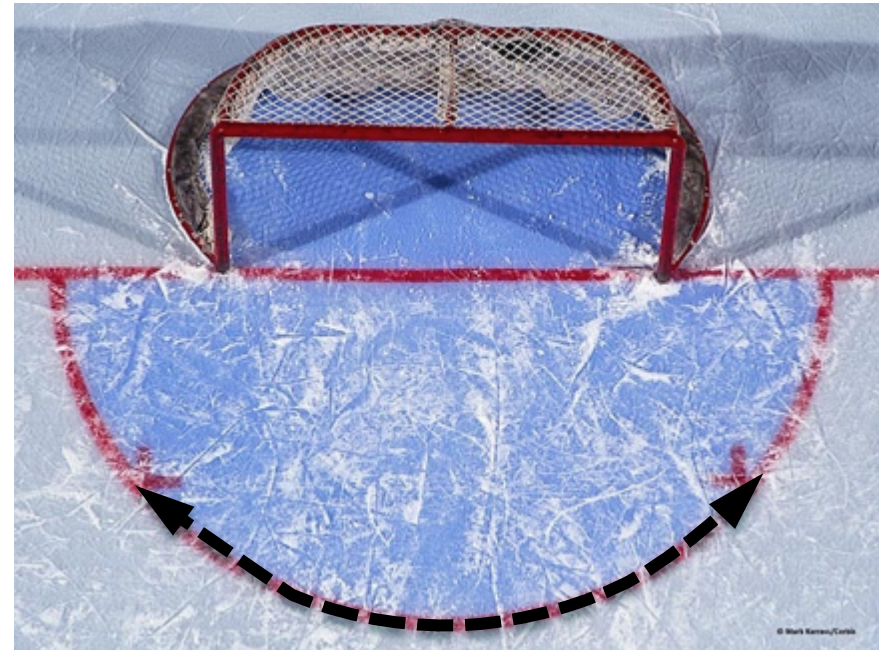
~2 min



Lateral Shuffle

- Drill
 - Shuffle along crease perimeter
- Key Points
 - Maintain ready position
 - Skates perpendicular to crease
 - 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

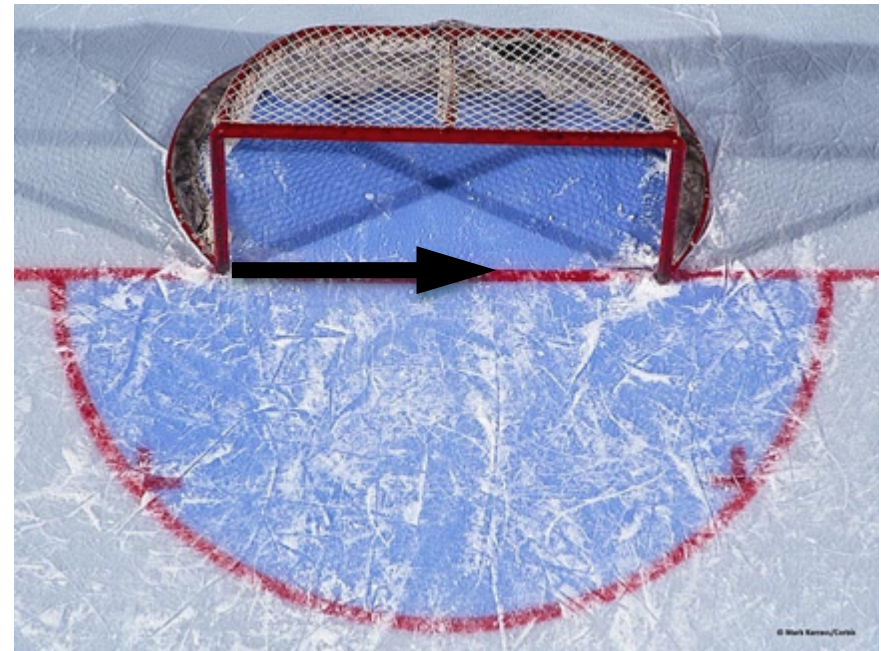
~3 min



Simple T-Push

- Drill
 - Post-to-post T-push
- Key Points
 - Ankle flush with post & pad outside
 - Turn head to other post
 - Start T with off-post skate
 - Push to opposite post (1 or 2 T-push moves)
 - Stop with hard C-cut
 - Head, chest & arms steady without up/down motion

~3 min



Warm-Up Shots

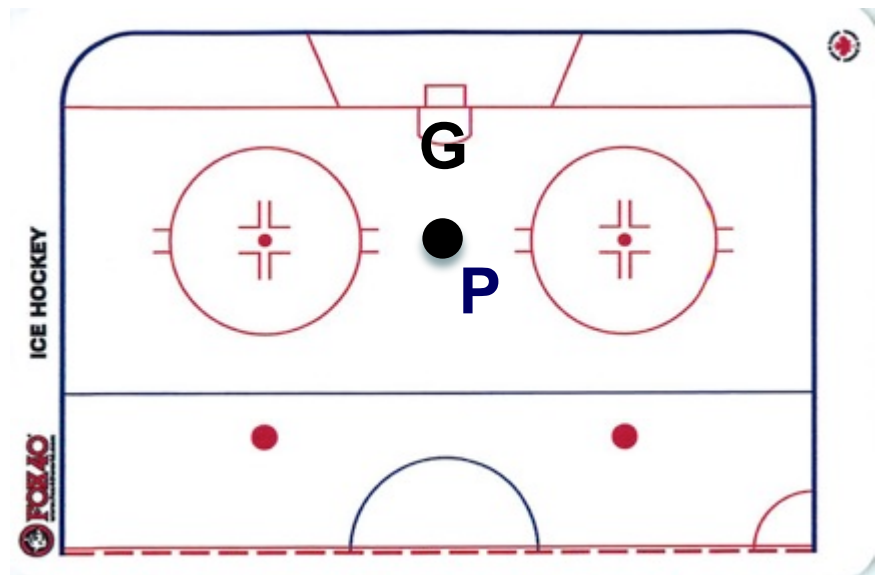
- Drill

- Goalie starts with angle @ center top
- 5 shots to R-pad, then move to L-pad, blocker & glove (20 shots)

- Key Points

- Ready position for each shot
 - Be square with puck
- Follow rebound
 - Turn head, then shoulders, then rotate body & pads towards the rebound direction
- Get up on correct leg & back to center

~5 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.