



Goalie Coaching Training

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Evaluation

- The process must be transparent and consistent at all levels
- Coaches and parents should know the weight of each component. For example:
 - 30% technical evaluation
 - 40% scrimmages,
 - 20% previous year,
 - 10 % miscellaneous



Evaluation

- Consider offering the drills and skills being evaluated ahead of time.
- Ideally, a technical goalie evaluation should be run by the association.
 - Drills should be age appropriate and simulate actual goalie movements and scenarios
- Standard evaluation document for all ages should be used by the entire association
- All goalies deserve feedback on what they can improve on for next season. Feedback should come from the evaluation documents.



Evaluation

- Release feedback should be based on the performance, not the individual. Examples:
 - When recovering, you used the wrong leg when moving to the right side VS.*
 - You don't know how to recover properly or you are slow recovering*
- Previous year's performance should be considered in the evaluation process.
- A goalie parent should NEVER be involved if their child is trying out



Equipment: General Guidelines

Guide to proper fit & performance

- The fit is the most important.
- Equipment that does not fit properly will never break in or perform the way it should.
- Equipment that is too big or too small can affect player safety and performance.



Equipment: Helmet

- The most important piece of equipment for a goaltender.
- Base type of mask (model) with level of play.
- Masks are sized according to the circumference of the goaltender's head at the forehead.
- Must be CSA certified.



Equipment: Pads

- The general rule of thumb is to determine where a goaltender's knee fits in the knee cradle. If a goaltender's knee lands in the middle of the knee landing, the pad is a good fit.



Equipment: Pads

- Pads come with a standard 'plus' sizing at the top (known as the thigh rise.)
- The thigh rise is the area above the top knee seam.



Equipment: Pads



No break



Single break



Double break



Equipment: Gloves

Blocker

The blocker should be fitted based on the hand size.

Fingers should be no more than 1/4" from the end of the fingers in the palm.

If the fingers are too long, the blocker will not be balanced on the hand. This will cause the blocker to wobble, tilt or rotate on the goaltender's hand, affecting control and limiting coverage.

Trapper

Fingers should extend out to the end of the finger stalls of the inside palm to ensure a proper fit.

Any more than 1/4" from the tip of the goaltender's finger to the end of the finger stalls and the goaltender will not properly close and control the glove.

The heel of the hand should line up with the heel and the cuff of the glove. If not, there will not be enough balance between the cuff and the catching portion of the glove.



Equipment: Chest Protector

- Youth chest protectors are the smallest (ages 6 to 8).
- The following measurements should be taken into considering when fitting a chest protector:
 - Height
 - Weight
 - Body Type (Slender, Average, Athletic)
- Tucked in or left outside of goalie pants?



Equipment: Goalie Pants

- Properly fitted goalie pants should provide unrestricted movement when the goaltender is in their stance, but should not be so loose that they rotate excessively around the waist.
- Goal pants should provide overlapping coverage with the bottom of the chest protector and the tops of the goal pads.
- As a guide, select goal pants 8" to 10" above your waist size for adults, and 6" to 8" above for junior goaltenders.
- Wearing suspenders helps if the pants are dropping too much.



Equipment: Stick

- The goaltender's height should be considered in selecting the correct paddle length.
- A properly fitted stick will have the blade flush to the ice and show a natural progression from the hand to the elbow and to the shoulder.
- There shouldn't be an extreme bend in the elbow (too big) or drop in the shoulder (too small.)
- Goaltenders should start using a senior sized stick at about 5'5".



Goal Setting

Where are we going?



Goal Setting

- Goals create accountability to the team, coaches and oneself
- Provide a road map and development curriculum
- Goals should be Specific, Measurable, Attainable, Realistic and Transferable (SMART)



Goal Setting

- Goalies need direction before every practice which relate to the focus of the practice
- You might even want to include a short term goal in your drill explanation (perhaps this can be delegated to your goalie coach)



Goal Setting

- Goalies need short and long term goals.
- The completion of numerous short term goals will lead to the long term goals



Technical Overview

What makes a good goalie great



What makes a good goalie great?

- Stance
- Skating
- Rebound control
- Balance
- Understanding depth control
- Mental toughness

→ The consistent execution of these elements is the key to success.



Technique: Stance

- A proper stance is important because it is the starting point to any type of movement or save selection.
- Hands should be positioned at the waist with the elbows off the hip bone.
- Feet should be positioned slightly wider than shoulder width apart and knees bent at around 80 degrees.



Technique: Skating

- Short moves vs long moves.
- Perfect practice makes perfect (repeat, repeat, repeat!)
- Understand the concept of speed and how it best describes a goaltender's movement.



Technique: Rebound Control

- The key to consistent rebound control is executing proper save selection.
- If the puck is travelling between the goaltender's shoulders and at waist level or below, a butterfly is a good save selection.
- If the puck is travelling outside the goaltender's shoulders to the left or right and at waist level or below, a half-butterfly with glove use/support is a good save selection.



Technique: Balance

- Learn to crawl before learning to run the 100 metre sprint.
- Balance starts from the top – finding your centre of gravity between the arms and tracking it through the hip flexors, legs, knees and feet.
- Strong core strength is the key for how much power and speed goaltenders can generate while performing certain movements.



Technique: Depth Control

- Understanding positioning is relative to the size of each goaltender and what is happening in front of them.
- Know when to be aggressive, when to play more conservatively, and when to tell the difference!
- What the shooter sees vs. what the puck actually “sees.”



Technique: Mental Toughness

- How do you define mental toughness?
- Overcoming momentary lapses of mental toughness.
- Never take the highs too high or the lows too low.



Integrating Goalies into every Practice

Help me, Help You



Integrating Goalies into Team Practice

- Ice is valuable; we need to make sure everyone gets equal development opportunities.
- Goalies should never feel like targets in practice
- Strategic planning is all that is required to foster growth for every player on the team
- An open line of communication between the coach and goalie coach is essential in developing goalies during team practice




Goalie Integration: Skating

- Should be goalie specific, purposeful and applicable to proper technique.
- Before practice, always go over a few crease drills so the goalies know what to do when the attention is on the players or the play is at the other end. This also makes the goalies accountable for their own development.
- Skating Suggestions
 - Shuffles and t-pushes on the blue and red line instead of crossovers
 - Forward and backward skating should always be in their stance
 - Butterfly up and down instead of pushups
 - Powerslides instead of lightning drill
 - ...



Goalie Integration: Shooting drills

- Try to align shooting drills with goaltending goals.
 - Working on stick saves  instruct shooters to score along the ice
- Avoid drills where players always shoot from the slot. Various shooting angles will reduce bad goals against.
- Goalie coach should constantly be observing angles and depth



Goalie Integration: Shooting drills

- Running a drill for too long creates bad habits and potential for injury.
- As often as possible create a cycle where after the initial shot, the player moves in front of the net to play the rebound or act as a screen for the next player coming down. After the 2nd shot the initial player goes behind the line. Repeat...



Goalie Integration: Shooting drills Examples

Categories

Canada National Team

Transition

Drill Title : Transition Drill

Components :

Content elements :

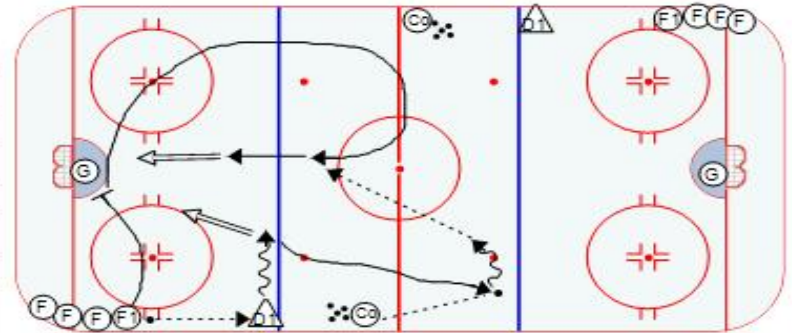
Description

- F1 passes to D1 and goes to the net for a screen / deflection
- Coach lays a puck out to the far blueline
- D1 retrieves the loose puck
- F1 skates into the neutral zone to receive a pass from D1
- F1 skates in a shoots.

Key Points

F1 Screen Position

D Look Up on Transition



Categories

Canada National Team

Transition

Drill Title : Transition Drill (seq 2)

Components :

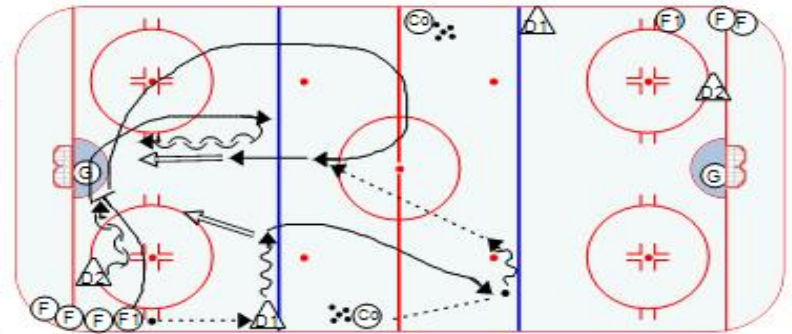
Content elements :

Description

PROGRESSION:

- Add D2 to drill
- After F1 passes to D1, D2 tries to keep F1 from deflecting shot
- D2 plays F1 1x1 coming back into zone

Key Points





Goalie Integration: Shooting drills

- Try to leave more time between shooters so the goalies can follow their rebounds.
- If possible between shots get one of the assistant coaches to take a second shot to reinforce recovery or another technique.
- Include the goalies in breakout drills by dumping the puck on net and encouraging them to communicate to the defensemen.



Breaking Stereotypes, Debunking Myths

Goalies are all crazy, right?



Common Misconceptions

- 1) Goaltenders are loners and like to be left in the corner, undisturbed.
- 2) Goaltenders should adhere to a particular style style (e.g. butterfly or stand-up style.)
- 3) Judging quality scoring chances vs quantity.
- 4) Goalie skates don't need to be sharp.
- 5) Bigger is better.
- 6) Goaltenders do not have to understand team concepts – they just have to stop the puck.

Warm up Suggestions

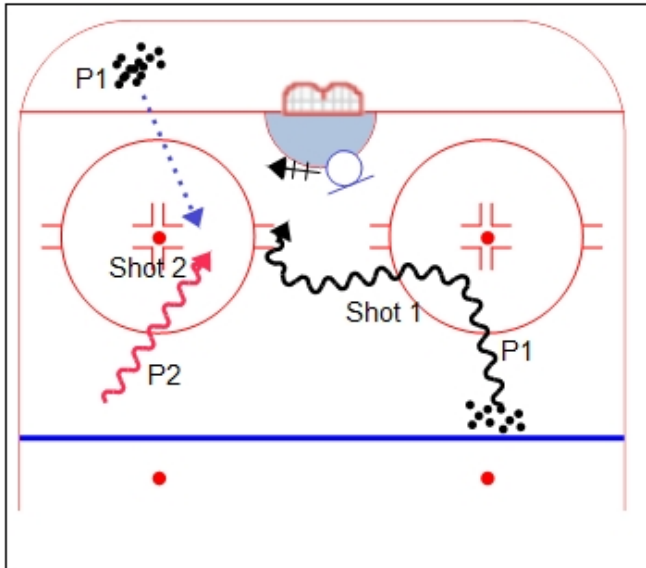


Cat #1:

Title : Warm up 4

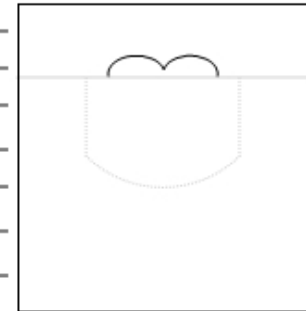
Cat #2:

Level : _____



Description (notes)

- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes

Warm up Suggestions



Cat #1:

ODHA

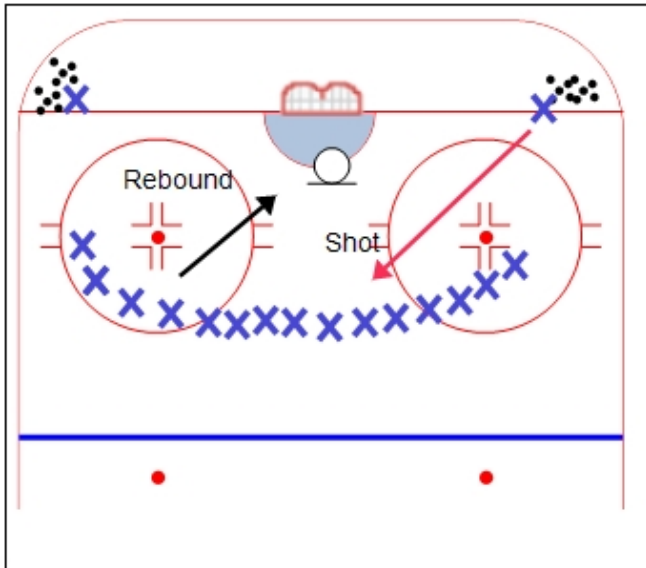
Title : Warm up 2

Cat #2:

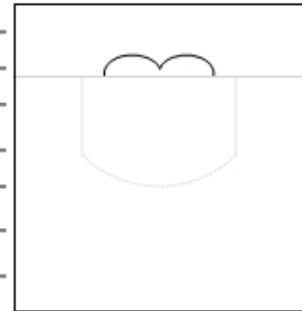
Goalie

Level :

Description (notes)



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes

