

GOALTENDER DEVELOPMENT



THE GAME HAS CHANGED

The equipment, coaching, style and mental side of goaltending has changed.



We must spend time to develop our goaltenders to give them the specialization they require!



GOALTENDING GROUP OUTCOMES

Canadian Identity vs. (Finland, USA, Sweden, Russia)

Physical

- **Flexibility**
- Power/Strength
- Balance/Stability
- Agility
- **Hand-eye Coord.**
- Presentation
- Vision
- **Range of motion**
- Stamina

Mental

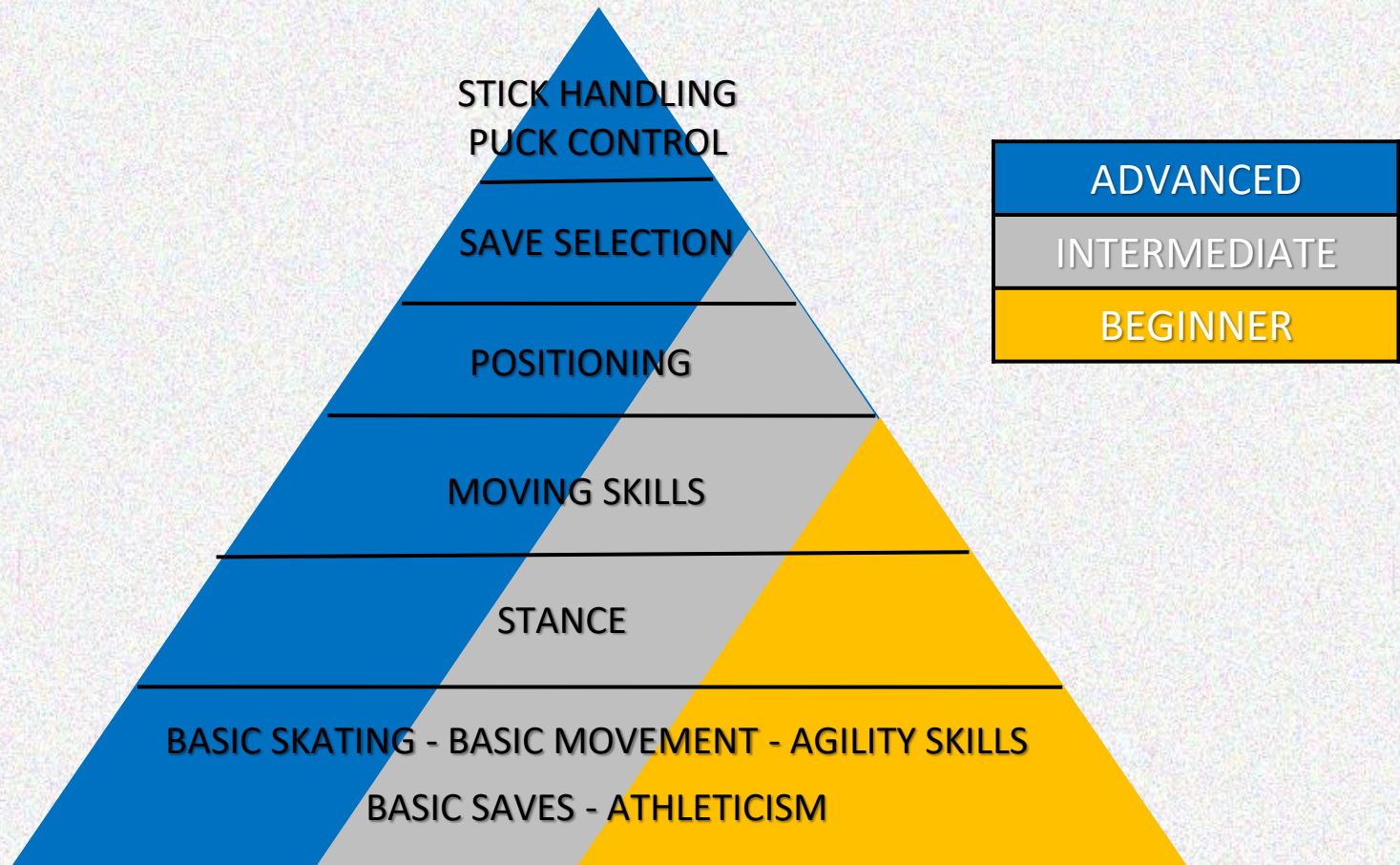
- **Preparation**
- Managing pressure
- Short term memory
- Adversity
- Body Language
- Managing distractions
- Stay in the moment

Hockey Sense

- Anticipation
- **Ability to Read**
(Plays, Attacks, Game situations)
- **Read the release**
- Save selection
- **Ice awareness**
- **Self awareness**
- **Communication**



HOCKEY ALBERTA'S APPROACH



FIVE KEY CONCEPTS FOR GOALTENDING

PRE-SAVE / SAVE / POST-SAVE

1. **Find the Puck** - (Eyes First)
2. **Movement** - (Getting into position)
3. **Position** - (Stance, angles - square to puck, depth)
4. **Save Selection** - (Appropriate to the situation)
5. **Puck Control** - (Rebounds and recovery)



HEAD TRAJECTORY



DEVELOPMENT OUTCOMES

| | BEGINNER (NOVICE) | INTERMEDIATE (ATOM, PEE WEE) | ADVANCED (BANTAM, MIDGET) |
|----------------|---------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------|
| MOVEMENT | Basic skating skills (t-push, c-cuts, shuffles) | Increased edge control- advanced standing movement (t-push, c-cuts, shuffles)- introduction to down movement (butterfly slides, backside push) | Advanced edge control, standing and down movement- introduction to post play (VH, reverse VH, ability to push post to post while down) |
| POSITIONING | Understanding of basic positioning and stance | Quicker save and recovery response with greater confidence in angles and depth | Advanced save recovery and response with advanced ability to make angle and depth adjustments |
| HOCKEY SENSE | Understand correlation between movement and positioning | An understanding of rebound control and response to situations (2 vs. 1, 3 vs. 2, Powerplay, etc.) | Able to effectively communicate with teammates and be able to handle the puck |
| PUCK TRACKING | Use glove and blocker to make saves | Ability to effectively catch pucks and control rebounds | Advanced ability to catch pucks, control rebounds and use stick in save situations |
| SAVE SELECTION | An understanding of save movements | Understanding of effective use of the butterfly and awareness of situations to use it | Ability to adapt to game situations for save opportunities (rush plays, scrambles, etc.) |

GOALTENDING DEVELOPMENT PLAN

- Goaltending Coach
- Goalie Nights
- Instructional Stream - Goaltending
- Goaltending Meetings
- Goalie Evaluations
- Goalie Development Clinics
- Goalie Off-Ice Training
- Goalie Technical Package



GOALTENDING COACHES

- Utilize an established goaltending coach to work with the goaltenders in your association
- These coaches can participate in practices and work on the goaltenders individual skill.
- They can provide video analysis from games that the goaltenders participate in if possible.



GOALTENDING COACHES



GOALIE NIGHTS

- Set aside two hours, at least twice per month for on-ice instruction for your goaltenders.
- Split your goaltenders into groups based on age and ability.
- Bring in Goalie Coaches to work on goalie specific drills for the duration of the practice.
- This goalie focused approach is the most valuable for goalies throughout the course of the season.



GOALTENDER INSTRUCTIONAL STREAM

Promote that each team within your association have one coach attend and participate in this Instructional Stream Clinic.

- This will provide tools for your coaches to provide drills that will better utilize the goaltenders and also improve their skill development.
- It will also teach coaches to more effectively incorporate goalies in practices and support them in games.



GOALTENDER DEVELOPMENT MEETINGS FOR COACHES/PARENTS

- Have a goaltending coach or instructor come in and talk with coaches and parents on the development of their goaltenders.
 - This could include such things as mental preparation, video analysis, off-ice preparation and how to include goaltenders in practice
 - For beginners it could be as simple as how to dress your goaltender
- These meetings are a great opportunity to answer questions from parents and coaches to help maximize development of goaltenders.
- These should occur a couple times per season



PROVIDE EVALUATION

- Have goalie coaches give evaluations and feedback to your associations goalies.
- Utilize forms, video analysis and progress reports.
- This will provide next steps to further the goaltenders development.

| GOALTENDER PLAYER EVALUATION | | | | | | | |
|------------------------------|------|--------------|---------|---------------|-----------|-----------|------|
| Name: _____ | | Team: _____ | | League: _____ | | | |
| Date of Birth: _____ | | Stick: _____ | | Catch: _____ | Ht: _____ | Wt: _____ | |
| Overview | Poor | Fair | Average | Good | Very Good | Excellent | |
| Mobility | 0 | 1 | 2 | 3 | 4 | 5 | |
| Positional Play | 0 | 1 | 2 | 3 | 4 | 5 | |
| Skills | 0 | 1 | 2 | 3 | 4 | 5 | |
| Reaction | 0 | 1 | 2 | 3 | 4 | 5 | |
| Rebound Control | 0 | 1 | 2 | 3 | 4 | 5 | |
| Competitiveness | 0 | 1 | 2 | 3 | 4 | 5 | |
| Character | 0 | 1 | 2 | 3 | 4 | 5 | |
| Comments: _____ | | | | | | | |
| _____ | | | | | | | |
| _____ | | | | | | | |
| _____ | | | | | | | |
| _____ | | | | | | | |
| Category | N.R. | Poor | Fair | Avg. | Good | V.G. | Exc. |
| Mobility | | | | | | | |
| • Balance/agility | NR | 0 | 1 | 2 | 3 | 4 | 5 |
| • Challenge/retreat | NR | 0 | 1 | 2 | 3 | 4 | 5 |
| • Lateral movement | NR | 0 | 1 | 2 | 3 | 4 | 5 |
| • Timing | NR | 0 | 1 | 2 | 3 | 4 | 5 |
| Comments: _____ | | | | | | | |
| _____ | | | | | | | |



SEMI-ANNUAL GOALIE CLINICS

- Provide goaltenders an opportunity to attend a 2-3 day goalie camp in late August or early September and again in late December.
- This would provide goalies an opportunity to enhance their development and build good habits.



OFF-ICE TRAINING

- Gym sessions focused on reactionary skills and specific lower body movements.
- Flexibility and breathing training through yoga sessions.
- Mental Skill training on focus and refocus skills.
- Game application education (understand how players are being taught how to score)
- Obstructed view training (strategies for looking through and around traffic)



TECHNICAL PACKAGE

- Creation of a document that outlines age appropriate goalie specific technical skills a goalie can work on.
- Utilize the Hockey Canada Goalie Resources to self educate.
- Could include goalie specific off ice drills utilizing tennis balls, agility ladder and warm up/cool down.



FINAL ANALYSIS

