



COACHING TIP OF THE WEEK #1

Young Goaltenders

Many teams at the Tyke to Pee Wee levels rotate the goaltender position through their roster. Here are some tips on how to train young goalies:

1. DO NOT force a young player to play goal if he/she does not want to.
2. Players must practice as a goalie before they play that position in a game. Do not let a new goalie on the floor without a coach. If this happens, he/she will go stand in the net and face shots without being taught a proper stance or ball-stopping technique.
3. At the beginning of practice, one coach must dedicate 15-20 minutes in 1 on 1 instruction with a new goalie (proper stance, 5 steps, ball stopping technique) before integrating him/her with the rest of the team.
4. Keep an extra throat guard in your coaching kit. A goalie will return the equipment but will often forget to take the throat guard off his/her helmet. Sure enough, that same player will miss the next game.