



AIRDRIE

RINGETTE

GOALIE DEVELOPMENT PROGRAM

Coach Resources - Goalie Tips

Goalie Tips

- Ringette goalies can use the butterfly technique, but primarily should be stand-up goalies since the ring is much bigger and easier to stop along the ice surface.
- Ringette goalies' arm position is usually high, elbow against rib cage ("I can't you hear you" pose), unless the goalie is VERY tall. Hands should be forward.
- Ringette goalies should "pancake" themselves to be WIDER rather than standing up tall. Most ringette goals are scored on the far sides, so the wider and fatter the goalie can appear the better, as it will take away more of the shooting areas (white net) from the shooter
- Ringette goalies using the Keely trapper should slap down on the ring to pick it up (like swatting a spider)
- Ringette goalies are "blocking" and "first save" goalies, since the crease area is a protected area and there is a triangle in front of them. There is no need to teach catching with the glove or channeling the ring to the corner off of pads. Very few goals are scored in ringette off of rebounds since the defensive triangle in front of them will fight for any loose rings
- Ringette goalies need quick recovery to a standing position
- Ringette goalies need to slide back and laterally to opposite posts to protect back door passes
- Ringette goalies should practice throwing rings at home, as it's harder to practice this during shooting drills
- Ringette goalies (U12 and above) need to communicate the shot clock status to the team (10 seconds and less) verbally or by slapping their stick on the ice

- Ringette goalies stand against the post and rarely put one pad down, since they usually stay standing up (in hockey they have one pad parallel to the post and the other along the ice when the play is in one of the corners). Ringette goalies don't do this since rings cannot be deflected as quickly from the corner, and the ring cannot squeak through as easily as a puck
- Ringette goalie stick position is not in front of them as in hockey, and can almost be right against the pads. The objective in hockey is to deflect the puck up to the chest, whereas in ringette the ring does not need to be deflected, it just deadens on the stick for the most part. The key part of ringette goaltending is to have stick down on the ice to protect the five-hole
- Ringette goalies shuffle a lot as the ring is worked around the triangle, much more than hockey goalies, so practice drills should include shuffles and opposite post slides.
- Ringette goalies on breakaways are similar to hockey goalies with 1 exception - they really cannot commit until the player commits. This is because the shooter can change direction at any time as there is no puck handling and the ring stays on the stick like glue
- It is rare to be scored on from more than 20 feet out... it's very hard to beat the goalie from that distance since the ring is so big... the focus of advanced ringette goalies is for them to identify shooters and tendencies and communicate with their triangle to avoid low slot or "hot spot" shots that are 10 feet and closer
- Ringette goalie crease awareness is critical because in ringette, due to only having 6 players down in the slot, it makes for many cross-crease passes and more open ice.
- Keeping the stick on the ice is very important for stopping low and sweep shots, and covering the gap between the leg pads (the "five-hole"). Keep stick 6-12 inches in front of toes, depending on athlete size, and stick between feet. Sometimes the stick is held to one side.