



AIRDRIE

RINGETTE

GOALIE DEVELOPMENT PROGRAM

Frequently Asked Questions

Following FAQ's credit to Keely Brown 5 Count Goalie training
<https://www.ringettegoalies.com>

Is the One Pad Slide Right for Ringette Goalies?

So many Ringette goalies, parents and coaches are talking about doing this thing called the "one pad slide", where after a goalie makes a save (or perhaps even before a shot comes on net), she stays down in her butterfly, lifts the outside leg, and pushes herself across the crease on her other knee towards where the ring is.

Since I've played both Ringette at the National/International level for a number of years, as well as ice hockey at the University and professional level for women against the best female ice hockey players in the world for the last 17 years, I feel that I am a pretty good source when it comes down to looking at the different skills needed for ice hockey vs Ringette.

To be as blunt as I can be - the one pad slide comes from hockey. It is perfected by male hockey goalies in the NHL who average 6'2" or higher in height. The majority of the goals in hockey are scored on rebounds and scrambles in front of the net. A 6'2" male goalie playing hockey who stays on his knees and shuffles about still has his shoulders at the height of the cross bar, and is taking away those shots in close where players on the other team jam away at the puck in front of him. The one pad slide is a hockey goalie technique, much like "paddle down" and the "2 pad stack". I use the one pad slide in ice hockey, same as I use paddle down for scrambles and rebounds in close. However, I rarely, if ever use either of these techniques in Ringette.

In Ringette, most of the younger goalies are around 5 feet tall, and I myself at 5'8" am on the taller side for Ringette goalies. Also in Ringette, a lot of the players, even the very young players, use a Ring Jet stick and now have the capability and desire to constantly shoot the ring for the top corners (roofing it rather easily sometimes, even at young ages). Finally, in Ringette, the majority of the players stab the ring - which means when they've stabbed the ring, they are better able to put a really good fake in for a goalie coming across to the shot, and if a rebound

comes out, they are less likely to bat at the ring, and more likely to try and stab the ring first before shooting the ring again. Batting the ring is a quick reaction, stabbing the ring and shooting it generally takes a second longer.

All of this translates into a very important fact for Ringette goalies. I think it's most important for Ringette goalies to stay on their feet as much as possible when moving side to side. As the players get stronger and better, they are more able to roof the ring over a goalie who is already down in her butterfly, and they are also more likely to fake and reach around the goalie to put the ring in the wide open net when the goalie slides by. The more we goalies stay on our feet when we move, the more net we take up with our shorter height, and the more we are ready to react to fakes. Since Ringette players generally try to stab the ring instead of batting at it, unless the rebound is really close to the crease where the goalie currently is, it makes much more sense to get back to your feet (starting with your outside leg) and t-push over as fast as you can in a controlled manner, hands out towards the shooter to get ready for the next shot or fake.

In saying all this, a lot of Ringette goalies still think it's cool to do a one pad slide - we see it done on tv, we see it being taught by hockey goalie instructors - and it is a good technique to practice balance and control in the crease, and to help warm up the legs - so if a Ringette goalie has all the other techniques down, then I don't mind them wanting to work on a one-pad slide for fun - but in my mind, it's the same as teaching a 2 pad stack in Ringette. The 2 pad stack would be a very last ditch save attempt in Ringette since once a goalie goes into the 2 pad stack, she is toast on fakes and opposing teams will catch on very quickly to just fake the shot and walk around her to put the ring into the open net.

Similar for a Ringette goalie who does a one pad slide in her crease during a game - if it's before the shot even comes, her top corners are wide open as she's sliding over. If it's on a rebound that's in close to her crease where she is, less of an issue if she needs to get there quickly, but good to get back to her feet once she gets there, because if the player stabs the ring, she'll be able to skate around the goalie or pass to her teammate for a shot. But if it's for a rebound or pass to the other side of the net, she'll be much more effective as a goalie to get back to her feet (or stay on her feet) and use a strong t-push to get to the other side in good goalie balance and control so she's covering as much of the net as possible, ready for the high shots, able to react to the low shots, and able to react to a fake or another pass.

So this is why at our 5-Count camps, we rarely teach the one pad slide as a technique until the goalies get much older, more advanced and taller - and we really only teach it for fun, and for an option just for rebounds that are in close to where the goalie made the first save. To teach smaller, younger goalies the skill that we don't encourage using in their game, and really only using rarely if you use it at all, would be misplacing our focus and one of the reasons we teach Ringette goalie specific Ringette goalie instruction for the skills they need to be successful in Ringette, instead of hockey goalie instruction and techniques for Ringette goalies.

How To Keep Your Stick on the Ice?

Common errors and solutions to help goalies keep their stick on the ice:

1. Size of Stick

Especially with younger goalies who get goalie equipment from their home association. Sticks that are too short make it more difficult for the goalie to bend all the way over consistently to keep their sticks on the ice. Sticks that are too big and heavy run can make it too hard to keep the entire blade of the stick on the ice.

2. Balance

When standing in goalie stance, and especially when going down into a butterfly, make sure the goalie is leaning forwards towards the shot.

Leaning backwards when making a save can result in the stick or blocker arm hitting the pads and lifting up when going down into a butterfly.

Flinching or lifting up before going down into a butterfly can also result in the stick coming up for just enough time for the ring to slide under.

3. Movement Side to Side

When going side to side to make a save, make sure to lead with the hands (glove and blocker and stick lead first) and shoulders. Turn the upper body towards the shot, then move the feet to get to where the shot is coming from.

Leaving the blocker hand and stick behind when moving side to side results in the feet getting there but the stick is late arriving, often making the goalie off balance and not set for the save in time.

Following FAQ's credit to South Calgary Ringette-Goalie Development

Do Ringette Goalies Butterfly?

Ringette and Butterfly Saves

In hockey, goalies butterfly often or will drop one pad and blocker to the ice and spend a lot of time on their knees. Is this effective for ringette? Not really. The hockey goalies you see in the NHL are over 6' tall. Ben Bishop is 6'7". When they go down, they still cover the top of the net. Female ringette goalies are shorter, so they give up the top of the net on a butterfly. Also, most U16 ringette players can hit the top corners every time and the cross ice play is very common. By going down, you are giving away the top of the net and your mobility.

Blocker on the ice

In hockey, pucks are shoved, jammed, slapped, or crashed into the net. In ringette, the goalie crease is sacred ground. No one or no stick is allowed so a blocker on the ice is not effective.

Should you ever butterfly?

Yes. When there is a screenplay or if the goalie cannot see the ring, goalies should widen their stance and get low to search out and find the ring. If there is a shot from a scrum, it will probably be low, so with a wide stance, you can quickly react with a butterfly and cover the bottom of the net. A high shot (top of the net) in a scrum will be tough with all the bodies in the way. Another time is when you see or anticipate a low shot, a butterfly can be used. A stand up stick save can also be used. Some goalies will butterfly slide across the net to play the cross crease pass. This technique can be used; however it is slower than a T-push. You may also give away the top of the net. A butterfly save should probably only be used 10-15% of the time. If you are butterflying on every save, you are giving away your mobility and the top of the net. You will also be exhausted by the end of the game. That is a lot of up and down.

Can you pull the goalie in ringette?

On occasion, a team will 'pull' their goalie off the ice and send on an extra skater. If the goalie is pulled and play returns to that team's defensive end, one skater may become an 'acting goalkeeper' (AGK). Once the player enters the crease, the acting goalkeeper must play by the same rules as a regular goalkeeper.

Goalie Coaching Resources

Credit to South Calgary Ringette for the Following compilation of information:

- [goalie terms and skills](#)
- [goalie equipment guidelines](#)

- [goalie practice plans](#)
- [goalie drills](#)
- [goalie development – coaching tips \(and video links\)](#)
- [pregame goalie warmup](#)
- [goalie 5 R's mental toughness](#)
- [Do ringette goalies butterfly?](#)
- National Ringette School – [goalie drills](#) and other [drills](#)
- Beaconsfield Kirkland Ringette Association – [goalie tips and drills](#)