

**The Hockey Goalie Has a Unique & important role on the team.
This requires specific training to compliment and improve in this position**

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FMH Goaltender program 2020-2021

The position of hockey goaltender is a vital and important role for ensuring success in any minor hockey association. This requires a very specific type of training and skillset to compliment and improve in this position. In order to improve and develop all Fairview minor hockey goaltenders, the position of Goalie Coordinator was created in 2016/2017 season and added to the Board of Directors.

The Introduction to Hockey manual developed by Hockey Canada specifies that all players at the age of 5, are encouraged to take a turn in net during some shifts of games while playing out during others. No goaltender equipment is allowed other than a stick, to be used by all players.

At the U9 level, players are permitted to wear full goaltender gear and required to play net for full games. At this age group we understand that some players may identify a liking or aptitude for the position of goaltender. However, to promote fair play it is still a mandate that coaches give all players who want to play in net an equal opportunity to play the position. If not playing the goaltender position, players shall be expected play out.

As players move in the U11 age group, the position of goaltender starts to become a more permanent and specialist position usually with two or three kids rotating through the goaltender position. Although it is not mandatory, at this Atom level, it is still very highly recommended that while not playing in net, the players are dressed in 'out' gear and play in the forward or defense positions. Not only will this increase skating and puck handling skills which are highly beneficial to the goaltender, it will also give them a better understanding of the game and in turn increase their skills as a goaltender. We do understand that the cost of goaltender equipment is substantially higher than regular player gear and is not reasonable to expect parent to purchase both in order to play in net and out. For that reason, Fairview Minor Hockey does offer goaltender equipment for use at both the U9 and U11 Level, to reduce burden of equipment costs on families.

As players move up to the U 13 and through to U18 it is a requirement of Hockey Canada that players register to the position of goaltender and are mandated to only play that position. Players who register as Goaltender at these age groups (over U11) are expected to provide their own equipment. Fairview Minor Hockey does reduce fees for goaltender position to help subsidize that equipment cost.

To further the development of all these age groups we have traditionally offered a biweekly goaltender ice time. At this time starting the 2020-21 season these practices have been put on hold because of Current health regulations surrounding cohort groups. There are other goaltender resources available from our association including literature and online resources some of which can be found on our website. Your coach is the primary contact for on ice drills and have been reminded to focus on goalie development.

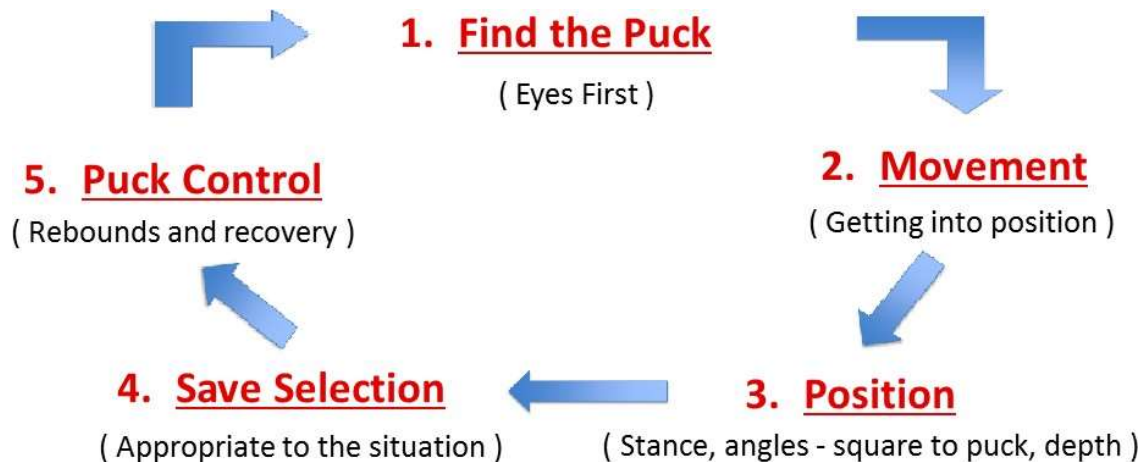
Creating a safe and positive environment for a goaltender is of the utmost importance to Fairview Minor Hockey. Each team shall nominate a coaching representative to become a goaltender representative which communicates and works with the Goalie Coordinator, to ensure best interest and development of our goaltenders are met. The following pages will give you an introduction to goalie training and important points we want to emphasize. Some are excerpts from Hockey Canada and Hockey Alberta Goalie resources that can be found on our website.

Thank you,

Brett Dillman

Goalie coordinator

Everyone knows the goalie's responsibility is to stop the puck, and this is easier said than done. So, it is helpful to breakdown the save into steps. It is important to start at the beginning for each shot they face. In practice and warm up, Goalies should have time to recover and players shooting should be taught to be aware of this as well. We want to practice as such to simulate game situations when there is only one puck.



Courtesy of Hockey Canada

Recovery Rule

☐ On drills goalies should have the time and be expected to recover for all shots.

In and Out Rule

☐ On drills goalies should take puck in to their body and control possible rebound off their body before the next shot

Practice rule

☐ Goalie/Assistant Coaches work on goalie specific drills for a portion of the practice (at least 10min)

These are the skills your goalie should strive for, in order of importance. The skills will be built upon one as another is developed, helping the goalie to achieve all the skills in time.

- 1. Skating**
- 2. Stance (Athletic position, balance)**
- 3. Moving Skills (C-Cut, T-Push, Shuffle & Pivot)**
- 4. Positioning (Angles, Square, Depth)**
- 5. Save Selection (Basic Saves)**
- 6. Basic Puck Control (Rebound and Recovery)**
- 7. Puckhandling**



Courtesy of Hockey Alberta

- 1. The Beginner Program recommends development be built on 75% movement and positional skills 20% on save movement and related issues and 5% on tactics.**
- 2. The Intermediate Program recommends 50% movement and positional skills, 20% on save movement and related issues and 30% on tactics and transition.**

- Scoring situations are broken down into 10 categories to help the goaltender recognize the situation and how-to best play/defend it
- Helps the coach breakdown a goalie's game to prepare for practices and individual training

- 1.Entries**
- 2.Clear Shot**
- 3.High-Low Passes**
- 4.East-West Passes**
- 5.Net Drives**
- 6.Below the Goal Line**
- 7.Rebounds**
- 8.Deflections**
- 9.Screens**
- 10.Breakaways**

The 7 Scoring holes

Even with proper stance and positioning there are openings that shooters see. 1&2 are the top corners of the net, 3&4 are bottom corners closest to ice, 5 between the legs, and 6&7 between the arms and body. It can be helpful to keep track of goals scored in these areas to help identify areas of improvement.



Goal opening 6ft x 4ft

Evaluation categories often used for goalies, take note some are physical skills and some are mental, both can be improved through good practice habits, and positive settings.

- ☐ **Mobility**
- ☐ **Balance**
- ☐ **Quickness**
- ☐ **Low & High Shots**
- ☐ **Use of stick**
- ☐ **Positioning & Angles**
- ☐ **Communication**
- ☐ **Coachability**
- ☐ **Deflections & Screen Shots**
- ☐ **Play at Posts**
- ☐ **Concentration**
- ☐ **Anticipation**
- ☐ **Consistency**
- ☐ **Confidence**
- ☐ **Desire**
- ☐ **Discipline**

Crease movement skating drills. These patterns simulate the movements the goalie will perform in a game while observing and following the play. Repetitions should be done every practice.



PLAYER DEVELOPMENT Développement des joueurs

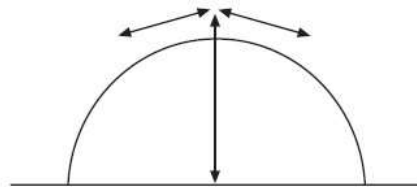
Drill Name & Description

Letter Drills "T"

- Goaltender starts in middle of the net.
- T-push to just above the crease, stop.
- T-push to outside, stop, and back.
- Emphasize stopping with outside foot to create proper transition.

Key Teaching Points

- Knee bend.
- Outside leg stop.
- Balance.



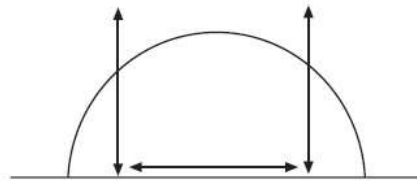
Drill Name & Description

Letter Drills "U"

- Goaltender starts at top of the crease, t-push to post.
- Shuffle post to post.
- Forward t-push to top.
- Repeat.
- Variation can include butterfly slide post to post.

Key Teaching Points

- Staying in stance.
- Hands in front of body.
- Proper use of c-cuts.



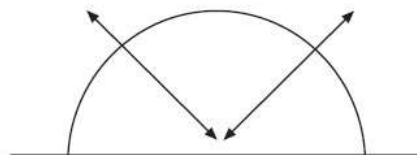
Drill Name & Description

Letter Drills "V"

- Goaltender starts in the middle of the net.
- T-push at about 45 degrees to top of the crease.
- Stop with outside leg.
- Turn and T-push back to middle, reposition and repeat to other side.

Key Teaching Points

- Lead movement with hands, keep head up.
- Stopping with proper leg, body rotation.



PLAYER DEVELOPMENT Développement des joueurs