

## Fairview Minor Hockey Association Goalie coordinator report for 2019-20

In the third season of this position, we continue to advance goaltender development in our association. Thank you to the parents and players for their dedication to the sport and position. Thank you to the board for continued support throughout the season. Thank you on ice volunteers. Thank you, Fairview Flyers.

We offered 12 ice sessions this year. Practices followed Hockey Canada guidelines to administer drills. The Hockey Canada app was useful for practice plans and for video on ice demonstrations. This worked very well. It would be helpful to have assistant coaches, managers and parents have access to it prior to practices. The drills, articles can be shared with teams. This year all goalies were on the ice at the same time, and as a result age groups had to be formed and drills adapted to adjust for various skill levels. **This required more on ice coaches and planning.** It should be noted that during the on-ice training, the ratio of Coaches to Goalies that works well is 1 Coach for every 5 Goalies and offered by an individual who has experience with the position and can be present for every practice. Having a Goalie who can demonstrate skills and movements is also an asset. Most drills require a minimum of two shooters, and with multiple age groups having more shooters available offers more variety in drills and less shooter fatigue. **It is essential for practice to have mature shooters.** This challenges the older Goalies, and for the smaller Goalies, these shooters must understand their role and avoid injuring and aid in reinforcing concepts taught.

This year, Novice implemented Goalies at their practices, and rotated every player. This appeared to work well as it promotes and exposes the position early, and prepares that player for games. For new parents and Coaches who are unfamiliar with the position it can be **challenging for parents to dress their child** and have equipment fit each child properly.

Feedback from Coaches is generally they lack goalie knowledge and tend to focus on the majority of the players. Our Goalies spend the most on ice time with their teams and Coaches. Therefore, **Coach training and guidance is essential to improve our Goalies.** Hockey Alberta was contacted about Goalie training for Coaches, and as the regional position was vacant during this time it was put on hold until a new representative could be assigned.

Some teams assigned assistant Coaches or other volunteers to work with their Goalies. This is one of the recommendations from Hockey Alberta. **We can support this through Goalie practice as it can be an avenue to train Coaches as well as players.** Off ice, information was passed along to parents and Goalies about camps and other training opportunities. In addition to books, online resources such as Podcasts, websites, videos and articles were shared.

New Leg pads and gloves were purchased specifically for the Novice level. New bags were purchased to keep equipment separated and organized. We also purchased Velcro toe ties and equipped all the junior pads with them. Instead of traditional laces; this simplifies putting the pads on. **Equipment was provided for Novice, Atom and Bantam levels.** We implemented a sign out sheet to keep track of equipment.

Communication can be improved upon. E-mail was the primary method and then text messaging. As this did work, I would recommend using a common platform such as team linkT or the Hockey Canada app and form a "Goalie team" to improve movement of information, sharing of practice schedule or

cancellations. **This should include a representative (manager or assistant Coach) from each team.** At the beginning of each season all registered Goalies and potential goalies should be identified and contact information sent to the Goalie coordinator.

**We need to be more aware of physical injury and psychological strain imparted on our goalies. Having drills that represent game like situations will be most beneficial for our goalies and protect them from injury.** Injuries to goalies in practice can be linked to the type of drill and the empathy of players. Not having sufficient break between shots (2-3 seconds has been recommended to recover and track rebound), shots coming at the same time, head shots and 3-0 drills are not beneficial. Coaches and players need to be aware that they can and do injure goalies not only physically but mentally as well. It is the Goalies responsibility to avoid putting themselves in a vulnerable situation, work hard to get into the correct position to make saves and make sure they have properly fitting gear. Goalies understand and are expected to make an effort to stop every puck. In doing so, drills that strain the Goalies will lead to poor habits that reflect how they will play in the game. **We want to push our goalies physically but at the same time build up their mental performance and nurture confidence.**

Hockey Alberta published a goalie guide for basic training, which was distributed electronically through the board members and goalie contacts. **It should be re-introduced every year to Coaches, parents and Goalies.** This would supplement our in-house Goalie document which explains the coordinator role and share information.

Looking forward to continuing this position for the upcoming season and improving our association.

Thank you,

Brett Dillman  
Goalie coordinator  
Fairview minor hockey



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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