

Okotoks Minor Hockey Association



Goaltender Development Handbook



The Okotoks Minor Hockey Association has developed this handbook to help provide goalies, goalie parents and coaches with the appropriate material and information to assist a hockey player with the move into the goaltender position. It also contains useful information to help coaches develop goalies within the association.

It should be noted that some of the information provided in this handbook has been acquired from a number of different goaltending related sources and documents including but not limited to Hockey Canada, Hockey Alberta and USA Hockey. This handbook serves merely as one option and another source of information for our association. It does not necessarily cover everything there is to know about the goaltender position.

We hope you enjoy the material and it helps with your continued development!

If you have any questions/inquiries/feedback about this material or topic please direct your inquiries to the OMHA Goaltender Liaison.

“There is no position in sport as noble as goaltending.” - Vladislav Tretiak

“Only a goalie can appreciate what a goalie goes through.” – Jacques Plante



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Important Information About the Position

To be a good goaltender you must be an efficient skater. A goaltender does not necessarily have to be the fastest skater on the team, but they should be one of the best in terms of control and mobility. Pushes from post to post and the ability to quickly get to the play in a lateral motion are essential for goalies to be able to perform at a high level.

Goaltenders must learn to push with strength and stop hard when needed. So when doing t-pushes or shuffle drills it is suggested that everything is done in sequence giving one second in between pushes. This will give the goaltender time to recover and will keep them from developing bad habits by doing the drill too fast.

The ability for a goaltender to change directions quickly is also an absolute must. Today's game is a lot about trying to create a situation forcing goaltenders to move in the wrong direction thus creating a better scoring opportunity. To avoid a goalie being caught in this situation, effective skating drills should be a crucial part of any goaltender development.

Beginner:

- 75% Movement and positional skills
- 20% Save movement
- 5% Tactics

Beginner development should be built on practicing individual technical skills 75% of total practice time.

Intermediate:

- 50% Movement and positional skills
- 20% Save movement
- 30% Tactics and transition

Intermediate development should be built on practicing individual technical skills 50% of total practice time.

Advanced:

- 35% Movement and positional skills
- 10% Post-save consequences
- 40% Tactics and transition
- 15% Advanced positioning

Advanced development should be built on practicing individual skills 35% of total practice time.



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Much of the goaltender position is mental. It is important for goaltenders to be in the right mindset and mentally prepared. Goaltenders also need to have excellent practice habits and be confident in their abilities. If a goaltender is lacking in any of those areas it will most often show in their game. The opposite can be said that if a goaltender is strong in those areas. Mental toughness results in a goaltender performing at the top of their game and having more success.

Goaltenders, just like any other position, can be susceptible to injuries if they don't warm up and stretch properly. It is important that goalies take the time to stretch and get warmed up and develop a feel for the puck. This applies both in game situations and in practices. Some of this can also be done prior to going on the ice by doing dryland exercises and hand eye coordination drills in the hallway or dressing room.

A goalie needs to manage their time on the ice properly including taking breaks for water and rests. This is especially important on one goalie teams as the goalie needs sufficient breaks so they can always give it 100%. A goalie should compete hard on every shot and not give up but also take advantage of downtime in practice to practice things like the butterfly and some movements around the crease. Goalies need to use this time to work on those skills that they are weaker at in order to push their development even further.

In a perfect situation a coach or goalie coach should spend approximately 15 minutes at the start of practice with the goalies working on a combination of some quick power skating, stretching, movements and techniques. This time should include some specific drills and shots. It is very important to remember that during this time the focus should be on slow and proper technique, speed comes later, there is no point being fast and sloppy.



Goalie Equipment and Sizing

One of the great attractions of playing goal is all that equipment. Here's a brief run down on the equipment, how it should fit, and how to maintain it.

General Maintenance:

Goalie equipment is expensive. A top-level amateur goalie can spend \$4,000 to \$5,000 on equipment. A young goalie starting out can cut the cost down to about \$1,000 by purchasing used equipment smartly. With this kind of investment, it is important to take care of the equipment. The most important maintenance is simple and cheap: air out everything that can't be washed and wash everything else as required. The next most important maintenance is to regularly check and repair missing or broken straps, strings and belts.

Goalie Skates:

The goalie's skates have a flat, thick blade with almost no rocker to it and have substantial padding. The reason for the flat blade is that it facilitates lateral movement. The blade should be sharpened every 8 to 12 hours of ice time, depending on the goalie's style. Often sharper is better with today's butterfly style goalies and can be sharpened to a 1/2" or sharper (ie: 7/16"). A mobile goalie that acts as a defensive agent will need their skates sharpened more often than one that stays in their crease. It can be a difficult transition from player skates to goalie skates. As a result, a young player should not purchase goalie skates until they are firmly committed to the position.

Goalie Pads:

Goalie pads are big and heavy, although much lighter than they used to be. They force the goalie to skate bow-legged. For a proper fit, the player's knee should settle into the middle of the knee padding built into the goalie pad. For most youth players, the goalie will grow out of them before they wear them out. Therefore, for players at the peewee level and below consider buying a good used set of pads (ensure a good fit, proper style and not too heavy) or an inexpensive pair of new pads. Smaller pads are better than too big for beginners to learn to move properly. Several goalie pad manufacturers have great web sites to help you understand how to properly fit and size pads. An example of one of those sites for sizing can be found [here](#).

Goalie Gloves:

Goalie gloves are getting larger every year and more protective. The catching hand glove (called the "trapper") is as huge as a first baseman's glove with a cuff built for blocking shots.



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The trapper needs to be adjusted in several places: fingers, thumb and wrist strap. The webbing should be checked periodically to make sure it is tied properly. The glove needs to be aired-out and allowed to breathe after every use. The stick glove (called the "blocker") is just a leather glove with a big piece of high-density foam and plastic protecting the hand. The thumb and fingers are padded. Gloves are fairly standardized pieces of equipment although there are some variances in the trapper's webbing. Gloves are less important to younger players and gain in value as the goalie matures.

Chest Protector:

The chest protector is one-piece construction with high-density foam and plastic. Styles range from basic to exotic with layers of padding and protection. For younger players a basic set is good enough. For an older butterfly goalie, almost no amount of money is too much for this vital piece of equipment. Butterfly goalies use their bodies and arms to "block" shots and for a butterfly goalie, the chest protector is perhaps the most important piece of equipment that they will own.

Goalie Mask:

A goalie mask is different from a regular hockey helmets in two ways. They are designed to deflect the puck and spread its impact. Secondly, they are designed to provide greater protection to the lower face and jaw area than a regular helmet. Although a younger goalie can wear a normal hockey helmet while playing goalie it is suggested to transition to a goalie mask at some point because of what it offers for protection. When upgrading to a goalie mask also consider a throat protector. They are designed to hang off your goalie mask and provide extra protection from pucks in the throat area below your helmet. No matter what brand/style you choose for a mask or helmet ensure it is CSA certified with a CSA certified mask/cage securely attached.

Goalie Neck Protector:

A goalie neck protector is designed to work with a goalie mask. It provides a different level of protection from a regular neck protector. A goalie's neck protector gives additional protection around the bottom of the throat, but less protection on the side and back of the neck. Convert to this piece of equipment at the same time the goalie converts to a goalie mask.

Goalie Pants:

Goaltender pants are different in two ways from regular hockey pants. They offer extra padding and protection and the butt is padded.



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Knee Pads/Thigh Pads:

These pads are used to compliment the knee and thigh protection of the goalie pads. They protect the area directly above the knee when the goalie goes down to make a save. They also protect the inner knee from bruising when the goalie makes a half-split or butterfly movement. Many new sets of goalie pads now incorporate a knee cup and thigh pad in them which can render the knee pad unnecessary. Lower cost goalie pads may not have this feature and the knee pads are valuable to have and good protection. Knee pads vs. thigh pads vs. thigh boards all come down to a goalie preference and are all very similar to each other.

Goalie jock/jill:

The goalie jock/jill has extra protective foam and plastic above and beyond that of a player and is designed to provide a goaltender with extra protection.

Goalie Stick:

The goalie stick is different than a player stick and provides extra paddle width for more blocking surface. Goalie sticks come in many different kinds including wood and composite. A shorter goalie stick is always better than a goalie stick that is too long. Check out this [link](#) for proper goalie stick sizing.

Equipment Sizing:

All goaltender equipment fits similar for sizing however it won't be identical between the different manufacturers. For best results it is always recommended to try the equipment on and reference the manufacturers sizing chart for their equipment.

As there are just too many different equipment manufacturers and pieces of equipment to list we have found a great website that references sizing for most brands for the blocker, trapper, chest protector, goalie pads, mask, goalie pants, goalie skates and sticks and it can be found by going to the [pure goalie website](#). After narrowing down your options also consider visiting the specific manufacturers website (ie: Bauer, CCM, Vaughn) to confirm the sizing information that they offer.

- Goalie pad tip - when purchasing goalie pads most will come in sizes like 26+1 or 30+2. It should be noted that the 26 or 30 is the actual pad size for fit and the +1 or +2 is simply added inches on the thigh rise for better five-hole coverage for the butterfly goalies. The + does not make the goalie pad a 27 or 32 so don't confuse that extra number!



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- **As every level and every player are different it is difficult to say exactly what gear you should have when you start. As a general rule of thumb for goalies at the initiation and novice levels are generally fine to just use goalie pads, goalie gloves, goalie stick and a goalie chest protector. As the competition increases either by caliber or by age and level it is strongly suggested to consider upgrading to goalie pants, goalie jock/jill, goalie skates, goalie mask and goalie neck guard to better protect the goalie and avoid injury.**

Also refer to the Hockey Canada Rule Book where section 3.5 (page 35) refers to the goaltender's equipment and provides additional information on the topic.



Goalie Stretching and Dryland

A goalie should always warm up and stretch. This could include some off ice pregame stretching or drills as well as specific on ice warm-up and preparation. In a game environment, a general rule of thumb to get the goalie in a groove, is to have them skate to their goal crease and scrape it to get rid of the top layer of ice and water (this also gets the goalies legs and feet moving). Then the goalie should quickly practice and check their angles and do a quick few challenges to simulate a rush in a game. The goalie can then work on some stretches before the team is ready to shoot on them. This could all be done in as little as a couple minutes while the team is skating or passing.

As a goalie, there are a number of stretches that can be done however the basic stretches should include the hamstring, groin, quads and hip flexors. As the goalie needs to be mobile in the crease area, these are the muscles that will see the most attention and will want to avoid injuring. If you are unsure of how to stretch these muscles just watch some of the stretches any of the NHL goalies do or easily look them up on internet. One great video demonstration the goaltender on ice stretching can be found at:

YouTube - [on ice stretching](#)

Dryland (off-ice) drills are a great place to also work on stretching and other physical and mental drills to get ready for the game/practice. One of the most important dryland drills a goalie can do is to work on their hand eye coordination. In the hallway or dressing room throw a ball off the brick wall and catch it with your goalie trapper. Do this repetitively to work on your hand eye coordination.

A couple great examples of off-ice or dryland preparation can be viewed here:

YouTube - [off ice warmup for goaltenders.](#)

Goalie Training Pro has an excellent article with video for off-ice goalie stretching:

[Safe stretches for young goalies.](#)

The Stanley Cup winning goaltender, Braden Holtby, does the following [pregame preparation.](#)

A general overview of stretching and injury prevention can be located through Hockey Canada [Injury Prevention Proper Stretching.](#)



Introduction to Coaching a Goalie

Goaltending is a critical element to any hockey team. Often the goaltending can make or break a team. Certainly, good teams win games with only adequate goaltending, but rarely will a team win a championship without great goaltending. Unfortunately, this is an area that does not receive as much attention as the other positions on the team. There are several good reasons for this:

- There are 7 or 15 times as many skaters as there are goaltenders on a team;
- Most coaches do not have any goaltending experience;
- The position is fundamentally different than any other role on the team; and
- The Head Coach has too many other duties to focus much time on specialized functions.

Goalies are often over looked on many hockey teams. As a coach it is critical that time be taken to develop goalie skills through strategic, well developed practice plans that work on foundations that we build upon each practice. Just like any other player on the team, a goalie needs to be developed. The first step to developing a goalie is to evaluate them. The second and most important step in the process is to assign an adult on the team to work with the goalie(s). This person does not necessarily need goaltending experience. The Goalie Coach just needs to be an adult volunteer who is willing to work with one or two players in a specialized role. If the team is short with on ice help, an adult who does not skate can still help the goalies. What is important is that the goalies receive special attention from someone who can concentrate on their play and help them work through various challenges during the season.

Here are the duties of the Goalie Coach:

1. During practice, the Goalie Coach works with the goaltenders on their specific practice drills, and to run individual drills that will improve the goalie's development areas.
2. During games the Goalie Coach monitors the goalie's performance and looks for areas that need further practice and development.
3. The Goalie Coach can chart shots and statistics for the team and the goalies. Shot statistics are important for a goalie and their coach to know what type of shots are being scored.
4. The Goalie Coach can prepare and monitor a goalie development plan.
5. The Goalie Coach will provide encouragement and support for the goalies both during practice and games.



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6. The Goalie Coach will communicate with the Head Coach on all matters affecting the goaltending of a team.

The non-skating Goalie Coach can help with all of these duties except the on-ice practice responsibilities. But even the non-skating goalie coach can be on the bench during practice and help keep the goalies directed, focused, hydrated and motivated. The third step in developing the team's goaltenders is to write a development plan for each of them. Of course, the Head Coach can be involved with either of these tasks. But the most critical part of this process is that the goaltender should do a lot of the work and participate in determining their development areas. It is very important for goaltenders to be thinking about their game, as well as getting the ice time to play their position. During the middle of the season, the Goalie Coach should review the development plan with their goaltenders to see if they are on track and if any adjustments should be made. Then toward the end of the season, this form can be used as an evaluation of the goalie's overall season and performance.

The Most Important Save

The goalie's most important save comes from the first shot on goal. The first save establishes the goalie's rhythm, timing, and confidence. When a goalie makes a solid first save, the coach can usually count on a decent performance thereafter. But if the first save is handled awkwardly, or fumbled or worse yet turns into a goal, then your goalie could be in for a rough game.

The coach can help with this situation by letting your goalie know before every game that you want them to focus on their toughest save – the first shot on net. And then you want them to focus on the next toughest save they need to make – the next shot on net.

If your goalie gets off to a rough start, applaud any save they make, even if they are giving up rebounds on the easiest shots. Yell encouragement and confidence builders, like "great stop!" Tell your players to tap his/her pads before the face off. Help your goalie build their confidence and let them know that you trust their ability. With support from the Goalie's Coach and teammates, your goalie will reestablish the confidence they need to come up big when you need them.

Good traits for coaches:

- Be a good teammate (goalie position can be isolating)
- Be positive
- Hold them accountable



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- Remind them to control what they can control
- Focus on development above wins and losses
- Teach goalie etiquette including looking before they shoot, appropriate breaks for goalies, your goalie is on your team, respect and properly warming up a goalie where it is not about scoring and more about allowing the goalie to feel the puck.

Small Saves

By J. DeMarco



smallsaves.com



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The Basics

Goaltender Stance:

The purpose of the goaltender stance is to maximize net coverage and ability to move while maintaining balance.

Body Position:

- Feet – Little more than shoulder's width apart, slight ankle bend with weight slightly on inside edges of the balls of feet.
- Skates – Parallel to each other.
- Knees – Push knees forward creating a slight bend which applies pressure to the balls of the feet. (Similar to a golf stance or batting stance.)
- Chest – Up so shooter can see the logo of the jersey. (Allows balance to be slightly forward. Increases net coverage. Helps tracking high shots.)
- Shoulders – Parallel to each other and level to maintain proper chest positioning.
- Gloves should be out in front of the body creating good balance. They should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body creating no double coverage.
- Stick – 8 to 12 inches in front of skates resting on a slight angle allowing for proper cushion on shots at stick and coverage of five hole. Never hold stick perpendicular to the ice.

Benefits of a Proper Stance:

- Allows goaltender to be balanced and under control.
- Proper balance limits excessive and/or wasted movement.
- Leads to more efficient movement and save selection.

Tendencies:

- Goaltenders have feet too wide. This limits movement and save selection.
- Goaltenders have feet too narrow. This limits power in movement, lessens lower net coverage, and decreases balance.
- Poor glove positioning leads to wasted movement and poor puck control.
- Chest bent over creates poor balance and trouble tracking high shots.



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Teaching a Beginner Goaltender:

There are certain things to look for when teaching a beginning goaltender. The first and most obvious is skating skills. In order to be a good goaltender, you don't necessarily have to be the fastest skater on the team, but a goaltender needs to be extremely agile and have great balance. Before you decide to put a goalie in the net, ensure your goaltender is comfortable with their skating skills. This is the main reason minor hockey programs will wait until the ages of 8-9 years of age before allowing a child to become a fulltime goaltender. It is important for them to develop their skating skills as a player, in order to become good goaltender.

When teaching a new goaltender, the instructor should focus more on the mechanics of skating and the butterfly technique. Similar to when you're teaching a child anything such as hitting a baseball or swinging a golf club, hitting the ball is not what is important, it is the swing that matters. The same goes with goaltending, it isn't so much about stopping the puck at first, it is more about getting the proper technique in place. When the proper technique is set, making the save will come naturally. With that being said, coaches and instructors should remember that there is a time and place for mechanics to be taught and time for the child to just have fun and let their athletic ability take over. Both play an important role in goaltending as more and more young goaltenders are being taught only the mechanics of goaltending, but not being allowed to use their athletic ability.

The first and easiest drill we suggest doing with a beginning goaltender is to use the goal line and have them practice t-pushes and shuffles across it. The t-push technique is the fastest way and easiest movement to get around the crease when playing goal. The goaltender should first start in their proper stance facing forward, in one easy motion they will turn their skate outwards to the side and push with the other foot gliding along the blade of the skate. The distance they should travel is about 3-4 feet at a time. The most important thing to look for is if their head is bobbing up and down. It should be a level motion and they should try to stay low and in their stance. A young goaltender most likely will have trouble with this until their legs become stronger. The goaltender should not be coming out of their stance to move, it should be a continual, smooth transition.

The coach should do everything in sequence, telling the goaltender when to push and when to stop. For example, when the drill is in progress the coach should be calling out...PUSH...STOP...PUSH...STOP. This will allow the goaltender to have a second in-between pushes so that he or she can gather oneself and get in a set position to push again.



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The drill should be done from corner to corner all the way across the goal line. Repeat the drill back the opposite way so that the other leg will be used and the goaltender can become more efficient moving in both directions.

The same drill will be done using the shuffle, by lining them up and having them go again across the goal line. The difference with the shuffle is the goaltender will stay in their stance moving sideways at all times, they do this by sliding their outside skate along the ice while pushing with the opposite foot. Again, this will be difficult for a young goaltender to do as they need to develop strength in their legs. The same rules apply here by having them stay in their stance, without their head bobbing up and down. The difference with the shuffle is that it allows for small adjustments. The goaltender will not be able to move as far as they would with a t-push as there is no gliding ability when doing a shuffle. So, look for the goaltender to only be able to move 1-2 feet at a time. It is more of a small movement positioning tactic, whereas the t-push is used when having to travel greater distances or when there is a need for more speed.

The beginner butterfly save is the next area to teach new goaltenders, they again must have the proper mechanics and everything else will eventually fall into place. The beginner butterfly should be taught at first using no pucks. Have the goaltender drop to their knees and then get up again. Repeat each movement allowing the goaltender to recover in between. Repetition will be the key teaching tool, as they will get better as they repeat the drill. The goaltender should be taught to butterfly with their stick covering the five hole and their legs stretched out to the sides; gloves do not drop to the knees and should be kept in a ready position. The goalie should not be kneeling on the face of the pad. Instead the pads should be on their side, building a wall, and the goaltender's knees should be resting on the inside knee pad. To help with this goaltender's goalie pad straps should not be too tight to allow the pads to easily spin and sit on their side. Their chest needs to be up and not sunk down, with the body leaning slightly forward. As the goaltender progresses have them practice getting up with both legs at once.

Set your goaltender in the proper stance standing on their feet. On the coach's signal, they should drop to their knees and wait for the coach's cue to get back to their feet. When they do drop, it is important to look for these certain things:

- Their hands do not have to move much when dropping into the butterfly, they may come down a little, but have them avoid dropping them completely and have them at a ready position at their sides.



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- The pads should not be face down; rather, they should be on their sides with the inside roll of the pad along the ice.
- It should be a smooth motion with limited head bobbing or arm movement.
- Stick should be covering five-hole.
- Chest needs to be in an upright position leaning slightly forward. We never want our goalies falling backwards; always teach your goaltenders to fall forward if they happen to lose their balance.

Once this is taught and the goaltender is somewhat comfortable with a butterfly save, try adding pucks and shooting low shots from the slot and then off to the sides for angle work. Remember to shoot slowly and allow for recovery time in between shots. It is not about trying to score and rather about allowing the puck to hit the goalie and allowing them to get a feel for it.

These drills, along with ample practice time to develop skating skills and a proper butterfly technique, will be a good way to start any goaltender off in the right direction. The instructor should remember to go slow and allow ample recovery time for these beginner goaltenders. It will make a world of difference and their progress will be more rapid.

In a game situation: In a game situation the goalie should always be ready for anything. When the puck moves across center ice the goalie should now be "on alert". During that brief time that the puck is in the neutral zone a goalie should do the following:

- find your posts with your glove and stick
- check your angle and square up to the play
- move out and challenge, usually several feet above your crease
- get into your goalie stance
- watch the play develop and anticipate the next pass
- always be ready for a shot from anywhere at anytime
- move forward/backwards/sideways as required using small c-cuts, shuffle or t-push and stay square to the puck.



Goaltender Evaluation and Selection

There is no science to evaluating goaltenders, but there are methods and techniques to consider when you want to select a goalie. Here is a list of items to think about when evaluating goaltenders.

Physical:

A goalie needs courage to face the shots, stay square to the puck, and not turn away. They need to have the physical strength, stamina, and endurance to move with 20 pounds of equipment strapped all over their bodies for 90 minutes or more. They need flexibility and agility to make awkward movements. And they need above-average reflex and hand-eye coordination to follow the puck into their body.

Emotional and Mental:

As with other players on your team look for maturity, composure and "coachability". Even though goalies are the last line of defense, they need leadership abilities, work ethic and quarterbacking skills. Perhaps the most important attribute for a goaltender is the ability to focus and concentrate hard for 90 minutes. The expression that is heard most often is that "the goalie was caught napping" on a play. This simply means that they lost their focus for a moment out of an hour or more. How many of us don't do that?

Skating:

Your goalie should be the most agile skater on the team. Goalies need great balance, quickness and mobility on their skates. They don't need to be fast, but they should be quick. They should be adept at backward and lateral movement. The technical area of skating to evaluate is their ability to shuffle, make T-glides and use their feet and skates in their save repertoire. A goalie should challenge a shooter using some quick c-cuts to get out and on top of their crease to cut down the angle. Often goalies that lack confidence or are nervous don't leave the goal line.

Technical:

Watch for a goalie with a good stance. Knees flexed, waist bent, the stick held 6"- 12" in front of their feet, their hands held level and slightly above their knees. The "style definition" that a goalie has selected is less important than having a style at all. Look for a goalie that makes the same save on the same shot every time – this is a goalie with a mature style.



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Positioning:

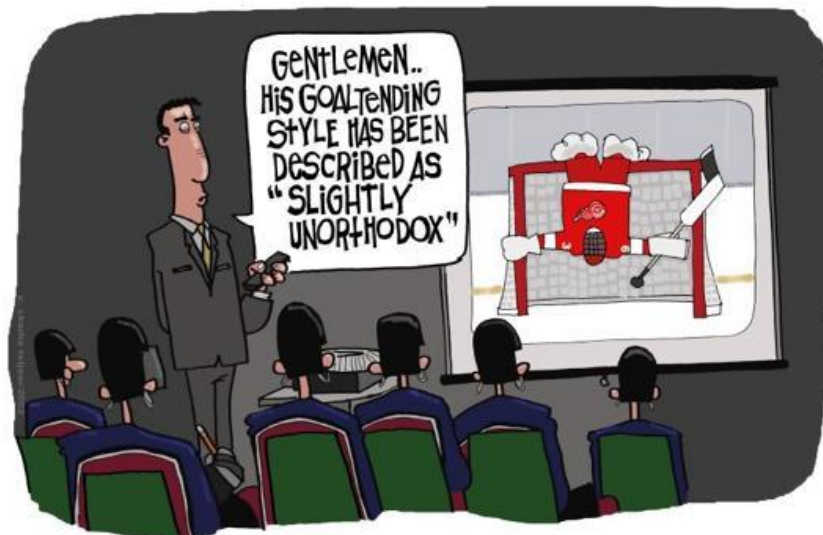
This is the area where the adage "better lucky than good" is true. A goalie with great positioning skills intuitively understands their angles and manages their depth effectively. They keep their body square to the play and the puck. They control rebounds, tips and protect the crease. These goalies usually have great playmaking ability behind and near the net. Anticipation and general knowledge of the game are factors in this area.

Hands and Stick:

This area involves taking control of the puck with either hand. With the catching hand it means catching, controlling and freezing the puck. On the stick hand this means stick & blocker saves. A goalie's ability to intercept dumps-ins, stickhandle and pass translates into a more effective break out for your team.

Intangibles:

Look for a goalie that has fun playing the position and genuinely likes to stop pucks. This goalie usually gets along with the other players and is more motivated than the goalie that's just going through the paces.





Goalie Drills

There are many goalie specific drills out there but as a coach you can also create and design drills to tailor to the specific needs of your goaltender. The below drills are some quick easy goaltender specific drills to help develop some very important skills for your goaltender.

- **Eye on the Puck:** A puck or pucks are placed on the ice. Two cones per goalie are placed 8-10 feet apart. Goalie skates figure 8's around the cones without taking their eyes off the puck (c-cuts, shuffle, t-push, turns, backwards, forwards).
- **Shuffle and Glide in the circle:** Goalie starts at bottom of the circle and skates forward to dot, shuffles straight to the left to edge of circle and back to dot, t-push to the right edge of circle and back to the dot. Finally, the drill is finished once the goalie skates forward to the top of the circle. (remember form is important, goalie stance with stick on the ice and c-cuts to move forward).
- **Shot from behind:** using a tennis ball or puck, net is positioned facing the boards and shooter from beside and behind the goal. Shoot ball/puck off the boards and allow it to bounce towards the goal. Goalie is forced to react to shot coming off the boards.
- **Screens:** shooter crowds the front of the goal and one shooter shoots puck on the goal. Goalie has to learn to play the screen in the butterfly and get in close to the screen and try to look around the player.
- **20 second game:** shooter high in the slot and takes shot on goalie. Approx. 4 additional shooters are positioned around slot and crease and go after rebounds to try and score. It's a 20 second game and if they score that's one point for shooters and if they don't it's one point for goalie. If goalie freezes puck or puck touches boards or gets to the blue line that is one point for the goalie.
- **Decision Drill:** five pucks at center of blue line. Shooter can go in and shoot or deke one puck at a time before returning to blue line for next puck. Goalie will have two pucks per side sitting between corner of crease and corner of the circle. The goalie has to find the right moment after each shot to clear one of the pucks to the corner and back into position for the next shot coming from the blue line.
- **Square skate:** position four cones 8 to 10 feet apart in a square. The goalie will skate the square in their stance always facing the same direction. Start in lower left corner, skate forward to upper left, shuffle to upper right, skate backward to lower right, t-glide to lower left cone and break. Then do it the opposite direction. Try and do once or twice per practice.



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- **Stickhandling:** Have the goalie stickhandle the puck. Carry it forward approx. 15 feet at which point they can pass to a target or instead of the pass have the goalie skate backwards to the starting point stickhandling (carrying) the puck backwards. This would best simulate any such stickhandling they might have to do in a game.
- **Up & Downs:** Practice ups and downs in spare time. Have goalie in his/her stance, drop to butterfly and back up, hold stance for two seconds and repeat. Do approx. 5 times.
- **Shuffle Drill:** in their stance, coach has puck and moves it in front of the goal slowly and laterally. Goalie follows coach by doing the shuffle.
- **Later T glide drill:** in their stance, coaches pass puck back and forth in front and behind the net forcing the goalie to do t-glide or t-push back and forth.
- **Forward Thrust:** goalie in stance in their crease, puck placed in middle of slot, on whistle coach races goalie to the puck. Goalie needs quick thrust forward and freeze puck or at minimum move it to corner or poke check the puck away from the coach (player).
- **Hands:** goalie can practice playing without stick on some drills and get some better reps with their hands.
- **Rapid Fire:** goalie down in butterfly position, coach has 10 pucks in slot and does rapid fire. Goalie should have little if any recovery time and be forced to deal with rapid fire.
- **Stationary poke checks:** position several pucks a few feet beside each other in the slot. Have the goalie challenge each puck and complete a poke check by standing / butterfly kneeling and diving. The poke check is effective when used properly and will knock the puck off the shooters stick.

Hockey Share – [Goalie Drills](#)

USA Hockey – [Goaltender Practice Resources](#) (ie: basics, movement, drills)

Hockey Canada – [Goalie essentials and downloads](#)



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Where to Find Goalie Equipment

There are a number of places one can look in their quest to purchase new or used goalie equipment. Below is just some of the more common locations in the Calgary and Okotoks area:

- [Professional Skate Goalie](#)
- [Okotoks Source for Sports](#)
- [Adrenalin Source for Sports](#)
- [B&P Cycle & Sports Ltd](#)
- [Facebook Okotoks Goalies](#)
- [Goalie Monkey](#)
- [Kijiji](#)
- [Play it Again Sports](#)
- [Pro Hockey Life](#)
- [Sport Chek / Hockey Experts](#)
- [World Pro Goaltending – Used Gear Store](#)
- [World Pro Goaltending – Equipment Store](#)





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Goalie Training and Schools

There are a number of options in the Calgary area for specific goaltender training. Some goalie training schools offer private lessons as well as goalie camps whereas other hockey schools, that cater to all positions, have started to include coaches to work specifically with the goalies during their camps. OMHA does not endorse any of the following goaltending camps but is simply listing a number of the specific goalie schools that are currently operating in the area which may help you find the proper fit.

Some of the goalie schools in the Calgary area include:

David Marcoux School of Goaltending (<http://www2.dmsg.ca/>)

Evolution Goaltending (<http://evolutiongoaltending.com/>)

Goaltender Development Institute / GDI (<http://goaliedevelopment.com/>)

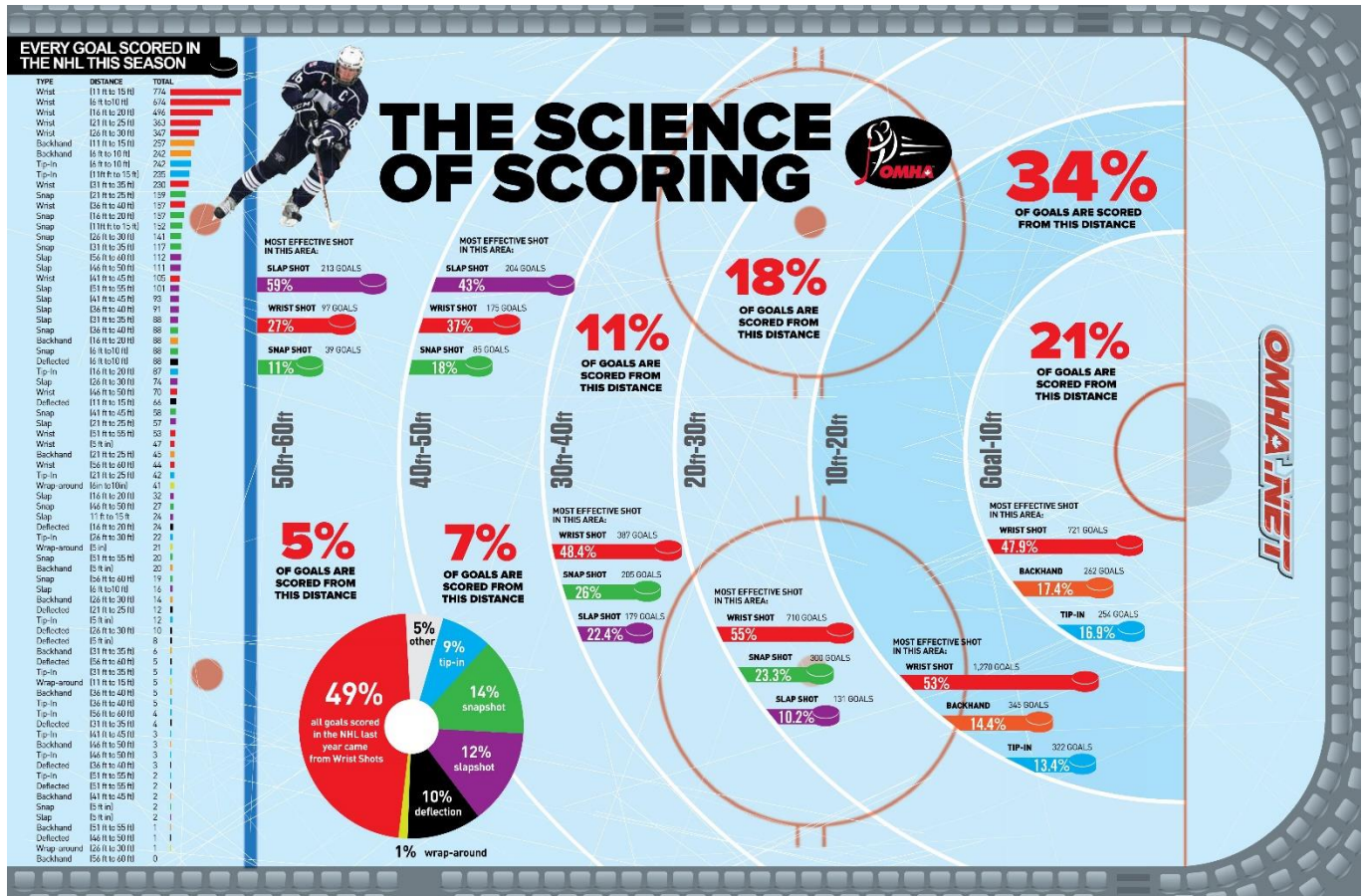
Top Prospects Goaltending (<http://www.topprospectsgoaltending.com/>)

World Pro Goaltending (<https://worldprogoal.com/>)



Goalie Resources and Documents

An interesting image from the Ontario Minor Hockey Association was found on the internet that breaks down the science of scoring. Although the accuracy of these numbers can't be confirmed it does provide some insight into where goals are scored and so on:





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Some other useful information and documents can also be found at the following locations:

Edina Hockey Association - [Off Ice Goalie Training](#)

Facebook Goalie Parents Collective – [FB site](#)

Goalie Training Pro TV – [Off Ice Goalie Training](#) (Youtube) or their [website](#)

Hockey Alberta – [Goalie Development](#)

Hockey Calgary – [Goalie Resources](#)

Hockey Canada – [Goalie essentials and downloads](#)

Hockey Canada – [Teaching A Beginner Goaltender](#)

Hockey Canada U17 – [Goaltender Program](#)

Hockey Eastern Ontario – [High Performance Goaltending](#)

JPL goaltending – [Warmup drills](#)

Pro Stock Hockey – [Goalie e-book](#)

PWHC Goaltender – [Development Handbook](#)

Squamish Minor Hockey – [Coaches Goaltending Handbook](#)

USA Hockey – [Goaltender Development and Practice Resources](#)

USA Hockey – [Goaltender Stance](#)

USA Hockey – [Goaltending Drills and Tips \(YouTube\)](#)

U of M - [Goalie Specific Stretching](#)

Smart phone goalie stat applications (varies depending on smart phone) however GST Hockey Goalie Shot Tracker and Tapshot Hockey are examples of a couple options out there.

Okotoks Minor Hockey Association – [Goalie Stat Tracker](#)

"Playing goal is like being shot at." – Jacques Plante

"I don't fear stopping a 100 mph slap shot. I fear not stopping it!" – Roberto Luongo

"If you focus on your technique and your technique is perfect, you will have success." – Benoit Allaire