



# **PARKLAND HOCKEY GROUP**

GOALIE EVALUATION GUIDE



# RULES AND REGULATIONS

**ALL** participating players **MUST** be dressed and ready to go ten minutes prior to their scheduled session. This ensures that each group can start on time. We will **NOT** be waiting for anyone so if any drills are missed the player will receive a score equal to the lowest for that test.

At **NO** point (except in the case of severe injury) are parents, family members or friends permitted to access the bench, open any gates or have any access whatsoever to the players on the ice surface. If any issues arise, please approach an association representative who will then determine the appropriate action to take.

## PREPARATION

**ALL** participating players are encouraged to skate at least 2-3 times prior to their skill session. Players should be comfortable on their skates and not trying them out for the first time at this session. Players are encouraged to get their skates sharpened and skated on at least once to make sure there are no issues with blades being too sharp or too dull.



## SUMMARY

Each evaluation session will start with a series of skating drills. The skating drills will work on different basic movements at a fixed position at center ice. They will focus on stance, shuffles, t-pushes, forward and backwards sculling, butterflies, butterfly recoveries, butterfly slides and butterfly crawls.

The stations below are established to allow goalies to show several different elements of their skill in age appropriate drills.

Novice, Atom and Peewee will consist of **six (6)** stations. The emphasis will be on rudimentary save techniques combined with movement skill. Only two stations will have simplified game situations to provide a more dynamic evaluation tool.

Bantam/Midget will consist of **four (4)** game like stations. It is assumed that most of the goalies in these groups have reasonably mastered the basic skill set and should be required to show in-game experience and technique.



# STATIONS NOVICE - PEEWEE

## Station 1: Alternate Angle Adjustment Drill

Goalie takes ready stance at the top of the crease. Coach stands 6 feet away from goalie face-to-face with a single puck directly in front of the goalie. The coach then moves the puck to his forehand, allowing the goalie to adjust angle with shuffle and then shoots. Reset puck. Alternate to the other side.

Progression 1:

Goalie takes ready stance. Coach stands the same distance as above. This time when the coach adjusts the shooting angle of the puck, he shoots immediately. Since the coach shoots right away, the goalie will not have time to shuffle and set on the shot, so he/she must butterfly slide into the shot.

Progression 2:

As above but goalie starts in butterfly.

## Station 2: Coach Roll-Out Angle Adjustment Drill

Goalie sets up on top of crease. Coach stands with back facing goalie about 10-15 feet off the top of the crease. The coach picks up a puck and skates out and around a pylon. Once the coach has turned around the pylon, he may shot on the goalie on the off angle. Alternate pylons for 6-8 shots and then switch goalies.

Progression 1:

Have goalies start in a butterfly and recover to feet once the coach starts to skate with the puck.

After 6-8 shots, switch goalies.



# STATIONS NOVICE - PEEWEE

## **Station 3: Scramble Eggs Drill**

The coach lays the pucks out in a semi-circle two feet outside the crease. There should be 5-7 pucks used. The goalie lines up to the lowest puck on the coach's side. The coach initiates the drill by shooting the first puck and moves on quickly to the next puck and shoots. The coach continues along the semi-circle until all the pucks have been shot. Shots should be along the ice to protect the goalie from injury. The goalie follows the coach as he moves and shoots along the semi-circle.

## **Station 4: Prone Recovery Drill**

The goalie will start in the face down position. On the coach's command, the goalie will recover and receive a shot.

The goalie will start on his/her back. On the coach's command, the goalie will recover and receive a shot.

After 6-8 shots, switch goalies.



# STATIONS NOVICE - PEEWEE

## Station 5: Mid-Slot Push Out

Coach (C1) will have the puck below the goal line. The goalie will be on the post on the C1 side.

C2 will set up in high slot.

C1 will pass the puck out to C2 who will receive the pass and shoot on the goalie.

After 6-8 shots, switch goalies.

## Station 6: High-to-Low-to-High Set-up Drill

Start with a coach (C1) high on the circle with the pucks and second coach (C2) below the goal line on the same side as C1.

Goalie starts on puck side post. Goalie pushes off to C1 and sets. C1 passes puck to C2. C2 corrals pass and Goalie tracks to puck below the line.

C2 sends the puck back to C1 who will shoot quickly.

Note: C1 does not move from original position.

Progression 1:

In step 5, have C1 move to the net before receiving the pass. Goalie will have to track the C1 attacker and adjust depth and angle.

After 6-8 shots, switch goalies.

# STATIONS BANTAM-MIDGET

## Station 7: Blind Pass Drill

Three coaches line up in triangle formation at hash marks. Goalie sets up on top of crease.

Second net with covering will be placed 15 feet from the top of the crease. This net will obscure the view the goalie has of C1. Coach (C1) will pass to either C2 or C3.

The coach receiving the pass will attempt to shoot immediately as a one-timer or quickly receive the puck and shoot.

Goalie push or slide over to follow the pass and make the save. Reset.

After 6-8 shots, switch goalies.

## Station 8: Michigan Six Puck Roll-Out Drill

Coach (C1) will skate to one of the three pucks between the pylons and then carry the puck out and around the first pylon. Once clear C1 will shoot (S1).

C1 will continue behind the net and pick up a puck. He/She will carry it around the net and once clear of goal line, C1 will shoot again (S2).

C1 will continue to skate and pick up another puck between the pylons. Turning around the next pylon to the outside, C1 will shoot again (S3).

C1 can continue behind the net and pick up puck and carry around the other side for next shoot (S4).

C1 goes to the last puck between the pylons and comes on the goalie as a breakaway.

Emphasis is on goalie movement and puck tracking.





# STATIONS BANTAM-MIDGET

## Station 9: Net Screen Deflection Drill

Coach (C1) shoots pucks along ice through the screen/deflection device.

Goalie reacts to deflection or screen play.

Option: Add High-to-Low-to-High Set-up Drill

Start with a coach (C1) high on the circle with the pucks and second coach (C2) below the goal line on the same side as C1.

Goalie starts on puck side post.

Goalie pushes off to C1 and sets.

C1 passes puck to C2. C2 corrals pass and Goalie tracks to puck below the line.

C2 sends the puck back to C1 who will shoot quickly. Note: C1 does not move from original position. Progression:

In step 5, have C1 move to the net before receiving the pass. Goalie will have to track the C1 attacker and adjust depth and angle.

Station 10: Pop Out Drill with Puck handling Element

After 6-8 shots, switch goalies.





# STATIONS BANTAM-MIDGET

## Station 10: Pop Out Drill with Puck handling Element

Coach (C1) sets up outside slot hash marks. G sets up at top of the crease.

C1 shoots two pucks in quick succession at net for G to stop.

While C1 is shooting, G2 is at the half-boards and skates to puck on zone circle, picks it up and skates backwards back to the half boards with puck.

After G makes the two saves, he receives a rim behind the net from G2. After receiving the rim, G attempts a hard rim out of the zone.

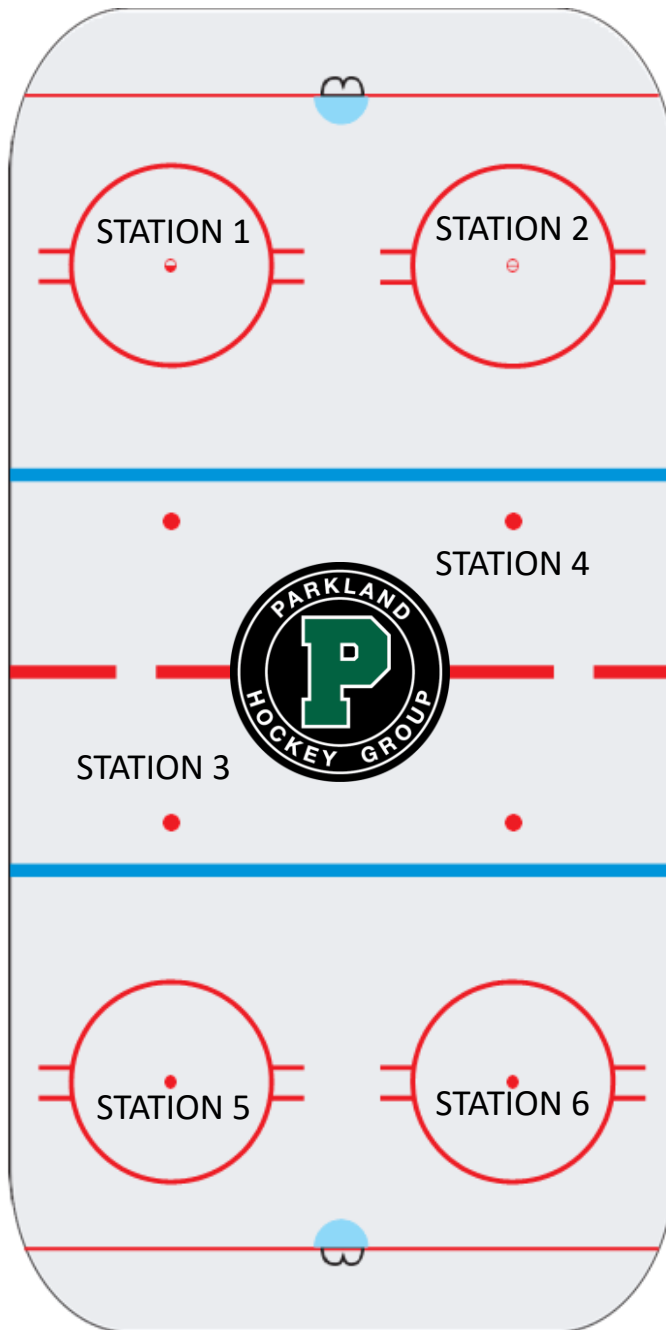
G returns to the net to receive two more shots.

G2 skates out to the second puck on the zone circle and puck-handles it backward to the half boards again and prepares the rim.

G makes saves and receives rim again from G2 and backhand clears (or reverse rims) the puck.

Reset and change goalies.

After 6-8 shots, switch goalies.



## STATIONS NOVICE - PEEWEE

### STATION 1

Alternate Angle Adjustment Drill

- Standing start with shuffle adjustment
- Butterfly start with butterfly slide adjustment

### STATION 2

Coach Roll-out Angle Adjustment Drill

Alternate sides on roll-out

### STATION 3

Scramble Eggs Drill

### STATION 4

Prone Recovery Drill

### STATION 5

Mid-Slot Push Out Drill

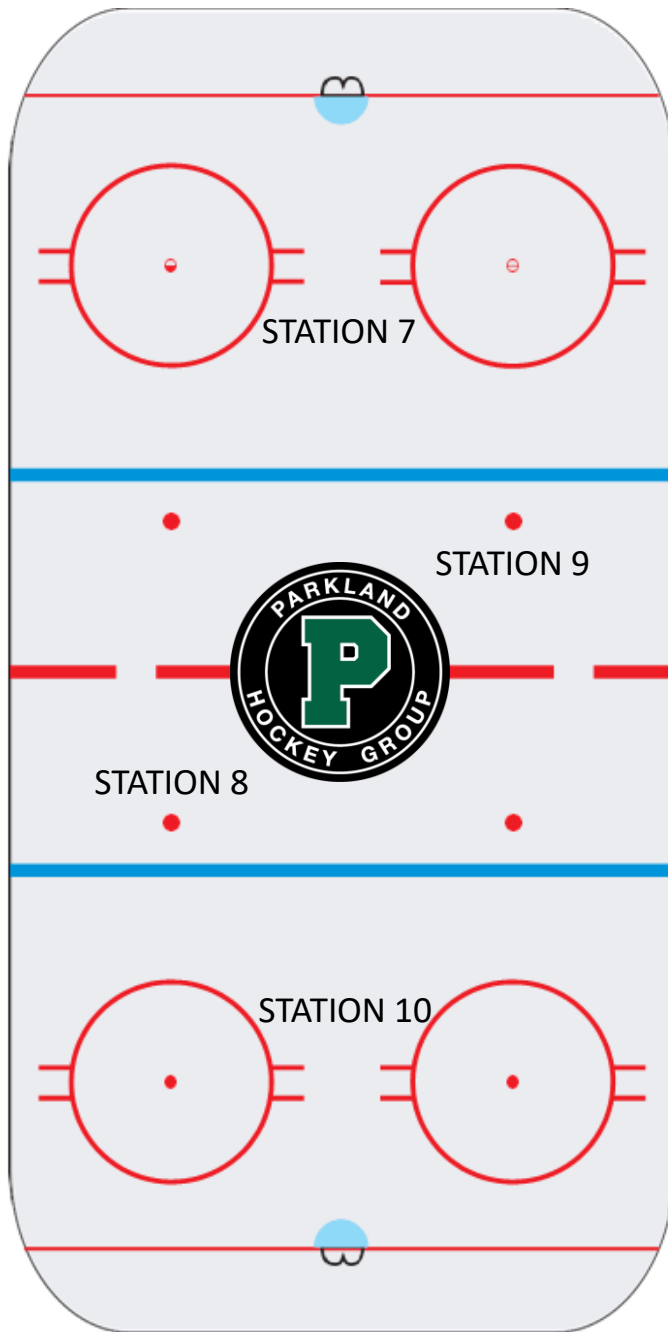
Alternate sides after three shots

### STATION 6

Low to High Set-up Drill

Alternate sides after three shots

**Detailed Drawings of each station are available upon request.**



## STATIONS BANTAM-MIDGET

### STATION 7

Blind Pass Drill

### STATION 8

Michigan Six Puck Roll-out Drill

### STATION 9

Net Screen Deflection Drill

### STATION 10

Pop out Drill with Puckhandling Element

**Detailed Drawings of each station are available upon request**