

Goalie Terms and Skills

Stance

The proper stance is a very important skill for goaltenders. If the proper stance is used, the goaltender will be able to move from side to side more quickly, and can also react to a shot better and faster (must stay square to the shooter).

Shuffle

Shuffling is a very useful skill. It allows the goaltender to move around her crease and to maintain the proper stance while following the ring.

T-Push

This allows a goaltender to go from one post to the other quickly. This skill is very useful when guarding against crease passes.

Angles

It is important for a goaltender to play her angles properly to reduce the amount of net available to the shooter.

Telescoping

This skill is used to move outward to challenge the shooter. This also reduces the amount of space available to the shooter.

Retreating

This skill is used to move backward to the net without the goaltender having to turn her back to the play. Retreating with the shooter also helps to reduce angles.

Butterfly

This skill is important because it allows the goaltender to stop shots along the ice, and return to her stance quickly.

Keeping Stick on the Ice

This is very important for stopping low and sweep shots, and covering the gap between the leg pads (the 'five-hole'). Keep stick 6-12 inches in front of toes, depending on athlete size, and stick between feet. Sometimes the stick is held to one side.