



# SSHA Goalie Development Policy

## Objective

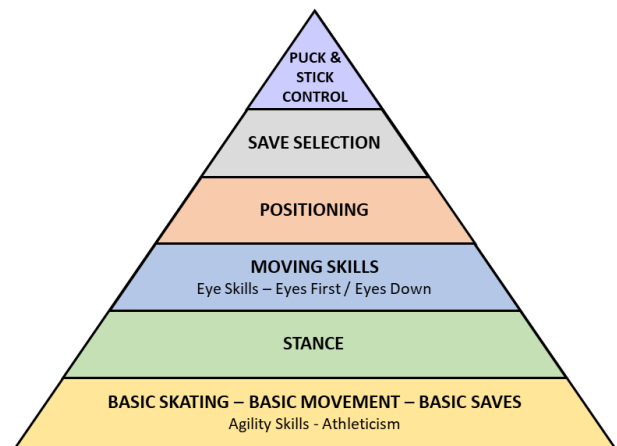
Our goal is to provide players with the opportunity to experience all elements of the game of hockey in a positive environment that fosters a love for the game and allows for the development of key hockey and life skills. The goalie position is an integral part of our players' experience, whether it's their first time trying the position or they have chosen to pursue a full-time role in an older division. Our goalie policy strives to address the physical skills, mental components and team play characteristics that define the position. We will provide players, coaches and parents with a progressive development plan that outlines the responsibilities and expectations for each age group, as well as resources for age appropriate development.

## Philosophy for Goalie Development

- **Progression and Development Philosophy:** To focus on age and developmentally appropriate skills so that players enjoy the experience and develop as goalies/players and individuals.

- **Division Development Focus**

- **U8 (Tyke) & U10 (Novice)**
  - No goalie specialization. Everyone tries the goalie position
- **U12 (Atom)**
  - Transitional year – Some goalie specialization, still open for all to try
- **U14 (Peewee) & U18 (Bantam)**
  - Goalie specialization. Open for players to try it if they want to.



- **Practice Philosophy:** Goalies will focus on a combination of skating, hockey sense, goalie specific drills and team activities or drills geared towards each specific division. Coaching will be provided in both whole team instruction, as well as individual/small groups
- **Game Philosophy:** To give players the opportunity to experience the position in a game situation and for full-time goalies, to continue to develop and apply the individual skills, and team strategies learned in practice while in a positive growth environment.

## Responsibilities

### Players

- Have fun. Laugh and encourage teammates throughout the game.
- Talk to the referees
- Be **POSITIVE** and put forth their best effort to make it through the practice and game with a smile.
- Try your goalie gear on during the week before your game.
- Do NOT use the goalie equipment outside or for any type of road hockey.
- Ask questions about gear, skills and situations.

### Coaches

- Foster a **POSITIVE** attitude and expecting sportsmanship, team play and support from all coaches, parents and players
- Teach age appropriate skills and use age appropriate drills during practice (see specific division policy)
- Be prepared for your goalie with drills and skills that you have researched prior to your ice times
- Educate yourself on the policy, and be prepared each week to deliver goalie instruction
- Ensure goalie equipment is at the rink for each ice time (where applicable) and properly fits the different players playing the position
- Contact the Equipment manager if you require a left-handed glove or larger/smaller pads for a specific week.

### Parents

- Encourage your player to try the position a few times in U8 and U10.
- Have your player ready to go for the start of the practice or game and be **POSITIVE**.
- As an organization, we strive to create a positive environment for our players to practice the “risk of trying something new”. This is a great opportunity for kids to grow and try new things.
- Do NOT use the goalie equipment outside or for any type of road hockey.

## Key Resources

### Hockey USA

1. USA Hockey Skill Progression Manual
2. USA Hockey Goaltending website [usahockeygoaltending.com](http://usahockeygoaltending.com)

### Hockey Canada

1. Hockey Canada Canadian Player Pathway: Goaltending

## Development Skills Chart

	Division Age Level				
Focus & Skill	U8	U10	U12	U14	U18
<b>Experience</b>					
Fun	Green	Blue	Blue	Blue	Blue
Positive	Green	Blue	Blue	Blue	Blue
<b>Positioning</b>					
Proper Stance		Green	Blue	Blue	Blue
Angling		Green	Blue	Blue	Blue
<b>Movement</b>					
Forward		Green	Blue	Blue	Blue
Backward		Green	Blue	Blue	Blue
Lateral		Green	Blue	Blue	Blue
<b>Save Technique</b>					
Body and Pads		Green	Blue	Blue	Blue
Gloves		Yellow	Green	Blue	Blue
Butterfly		Yellow	Green	Blue	Blue
Sliding Butterfly			Green	Blue	Blue
<b>Recovery</b>	Green	Green	Blue	Blue	Blue
<b>Puck Handling</b>					
Stop the puck behind net			Green	Blue	Blue
Passing - F/B hand				Green	Blue
Clear the puck (F/B hand)				Yellow	Green
<b>Puck Retention</b>					
Cradling			Yellow	Green	Blue
Rebound Control			Green	Blue	Blue
<b>Game situations</b>					
Screen Shots			Yellow	Green	Blue
Walkouts			Yellow	Green	Blue
Wrap Arounds			Green	Blue	Blue
Breakaways	Yellow	Green	Blue	Blue	Blue
Line Rushes				Yellow	Green
Defensive Face-offs				Yellow	Green
Communication		Yellow	Green	Blue	Blue
<b>Introduce Skills</b> - Introduce and demonstrate the skill and rationale					
<b>Refine Skills</b> - Increased speed, repetition and difficulty of skills and drills					
<b>Stretch Skills</b> - Next step development skills once age level mastered					

USA Hockey Skill Progression Manual

USA Hockey Goaltending website <https://www.usahockeygoaltending.com/>

## U8 - Tyke

At the U8 age level, SSHA will focus on introducing every player to the goalie position and there will be no emphasis on individual development at that position. We want the experience to be positive and fun, with on ice goals of standing up and getting in the way of the puck.

### Priorities

- 1) Exposure to the goalie position and the opportunity to “give it a try”
- 2) Positive experience
- 3) Fun, and engaging for the player
- 4) Able to stand up and able to wave at parents in the stands with a smile!

### Responsibilities

**Player:** - Be POSITIVE and try their best.

**Coaches:** - Be POSITIVE and supportive of the effort, not the results.

**Parents:** - Have your player ready to go for the start of the practice or game.

- Be POSITIVE.

- Responsible for notifying the coach if your child will miss their goalie week by Wednesday so that alternate arrangements can be made.

- Your player will have the goalie gear at home the week prior so they can try it on and get comfortable with it. Please do not allow outside use, or for road hockey.

### Equipment Notes:

- At this age, goalies may choose to use regular hockey gloves and stick or the traditional goalie blocker and glove. The priority should remain on the experience of the player. Often the blocker, trapper and stick are a hindrance to their enjoyment due to weight and awkward size.

### Goalie Schedule:

- Created at the start of the season and distributed to parents prior to the third week.
- Second year players in the division should be scheduled first.
- Once all second-year players have had a turn, first year players should be scheduled.

### Practice and Game:

- Get them comfortable standing up
- Let them practice stopping the puck with their stick
- Focus on positive experience and attitudes
- Goalies should be part of the station-based drills.
- A coach should be present and actively encouraging and supporting during the practice.
- Power Skating (PS): Goalies should NOT wear goalie equipment during PS. Partial dress with shin pads OVER TOP of socks, and regular upper body equipment. After 45 minutes of skating parents are asked to assist in switching gear in the dressing room.

## **U10 - Novice**

At the U10 age level, SSHA will continue to focus on introducing every player to the goalie position. There will be no emphasis on individual development at that position, however, second year novice players should be given additional opportunities during the back half of the year once everyone has had a chance. We want the experience to be positive and fun, with on ice goals of confidence standing up, squarely addressing the puck/shooter and having their stick on the ice.

### **Priorities**

- 1) Exposure to playing goalie and to “give it a try”
- 2) Positive experience
- 3) Fun, and engaging for the player
- 4) Confidence standing up and addressing the shooter squarely with their stick on the ice
- 5) Allow second year players additional opportunities during second half of the year.

### **Responsibilities**

**Player:** - Be POSITIVE and try their best.

**Coaches:** - Be POSITIVE and supportive of the effort, not results.

**Parents:** - Have your player ready to go for the start of the practice or game

- Be POSITIVE.

- Responsible for notifying the coach if your child will miss their goalie week by Wednesday so that alternate arrangements can be made

- Your player will have the goalie gear at home the week prior so they can try it on and get comfortable with it. Please do not allow outside use, or for road hockey.

- Let your coach know if your child is interested in additional goalie opportunities.

### **Goalie Schedule:**

- Created at the start of the season and distributed to parents prior to the third week.
- Second year players in the division should be scheduled first.
- Once all players have had a turn second-year players who are trying to determine if they want to pursue full time goalie in the future should be given additional ice times.

### **Practice and Game:**

- Get them comfortable standing up
- Let them practice stopping the puck with their stick
- Coaches should support positive attitude and basics of standing up and getting in front of the puck
- Goalies should be part of the station-based drills.
- A coach should be present and actively encouraging and supporting them throughout the practice.
- Power Skating (PS): Goalies should NOT wear goalie equipment during PS. Partial dress with shin pads OVER TOP of socks, and regular upper body equipment. After 45 minutes of skating parents are asked to assist in switching gear in the dressing room.

## U12 - Atom

The U12 age level will be the transitional years for SSHA players as some will have the desire to specialize as goalies, while others may still want the opportunity to try it out. We want the experience to be fun, while also allowing players to develop and improve their goalie skills through more ice time and additional goalie training opportunities.

### Priorities

- 1) Support the transitional years of increased specialization and focus for those interested in goalie as a full-time position.
- 2) Allow any player who wants to play goalie to do so, without an expectation that every player does.
- 3) More focused practice on developing skills and making improvements.
- 4) Players interested in pursuing a dedicated goalie position will have the opportunity to attend goalie clinics as they are offered.

### Responsibilities

**Player:** - Be POSITIVE and try their best.

- Players focusing on the goalie position will have to play out during weeks not in net.

**Coaches:** - Be POSITIVE and support the effort and NOT the result.

- Establish a schedule for the season, allowing the full-time goalies more opportunity in net, while balancing the wishes of those interested in playing part-time and occasionally.

- To advise parents of those interested in pursuing being a dedicated goalie of the goalie clinics being offered.

**Parents:** - Have your player ready to go for the start of the practice or game

- Discuss with coaches and your player the child's interest in being a dedicated, part-time or occasional goalie as well as their interest in attending goalie clinics.

- Be POSITIVE.

- Responsible for notifying the coach by Wednesday of the game if your child will miss their goalie week so that alternate arrangements can be made

- Your player will have the goalie gear at home the week prior so they can try it on and get comfortable with it. Please do not allow outside use for road hockey.

### Goalie Schedule:

- During the first 2 weeks coaches should assess and discuss the interest level and desire of playing goal with the players and their parents.
- Created at the start of the season and distributed to parents prior to the third week.
- Develop a fair goalie schedule that allows those focusing on the goalie position to share responsibilities, while also allowing those with interest to try it.
- SSHA will provide goalie equipment as required.

## U12 – Atom - Continued

### Practice and Game:

- One coach to work with both goalies during the portion of skating drills on basic goalie maneuvering to prepare for the game
- Goalies should be part of the station-based drills.
- A coach should be present and actively encouraging and supporting them throughout the practice.
- Goalies to be included in small group drills, where players are shooting on them regularly.
- Power Skating (PS): Goalies should NOT wear goalie equipment during PS. Partial dress with shin pads OVER TOP of socks, and regular upper body equipment. After 45 minutes of skating parents are asked to assist in switching gear in the dressing room.

### Development Goals

See Development Skill Chart on page 3 of this policy for details.

### Additional SSHA Resources:

USA Hockey Skill Progression Manual

USA Hockey Goaltending website <https://www.usahockeygoaltending.com/>

Hockey Canada – Canadian Player Pathway

<https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/2018/2018-19-hockey-goaltending-pathway-e.pdf>

Hockey Canada – Goal Tender Development

[https://cdn.hockeycanada.ca/hockey-canada/HockeyPrograms/Players/Downloads/2013\\_goaltending\\_intro\\_e.pdf](https://cdn.hockeycanada.ca/hockey-canada/HockeyPrograms/Players/Downloads/2013_goaltending_intro_e.pdf)

## U14 - Pee wee

At the U14 level, SSHA will focus on developing the skills of players that have decided to specialize as goalies. Any player that wants to try the position will still be able to do so at the beginning of the season. We want the experience to be fun, while also allowing players to develop and improve goalie skills through more ice time and additional goalie training opportunities.

### Priorities

- 1) Focus is placed on developing and mastering the skills of full-time goalies.
- 2) Any player interested in trying goalie is strongly encouraged to indicate this prior to the start of the season so the player can benefit from more specialized practice training for the duration of the season should he/she decide to play goalie full-time
- 3) Individual/small-group time during practice focused on further developing basic skills and progressing towards higher level skills
- 4) Full-time goalies will have the opportunity to attend goalie clinics as they are offered with the SSHA Goalie Coach.

### Responsibilities

- Player:**
- Be POSITIVE and try their best.
  - Players focusing on the goalie position will have to play out during weeks not in net.
- Coaches:**
- Be POSITIVE and support the effort and NOT the result.
  - To utilize appropriate resources and drills during practice to develop goalie skills
  - To advise parents of goalies of the goalie clinics being offered.
- Parents:**
- To indicate prior to the start of the year whether your child is interested in trying goalie with the purpose of moving towards being a full-time goalie
  - Have your player ready to go for the start of the practice or game
  - Be POSITIVE.
  - Responsible for notifying the coach by Wednesday of the game if your child will miss a game so that alternate arrangements can be made
  - If your child is using the league-provided goalie gear, ensuring it is not used outdoors for road hockey

### Goalie Schedule:

- Develop a fair goalie schedule at the beginning of the season
- Players who have indicated they would like to try goalie should do so within the first four games of the season
- If the team has more than one full-time goalie, a goalie schedule will be created that will allow for equal practice and ice-time for the full-time goalies. This may be amended if another player decides that they would like to play goalie full-time after trying the position.



## U14 – Pee wee - Continued

### Practice and Game:

- Combination of developing individual player skills, hockey sense and team-play training
- Initial player skating warm-up (approx. 10 min.) – goalie participates (skating forward – slow and increased tempo, C-cuts forward and backwards)
- Individual crease work with one coach working with all goalies (approx. 10-15 min): skating (t-push, shuffles, pivots, slides), position (basic & butterfly stance), movement (forward, backward, lateral, sliding butterfly, depth, angles, tracking, squareness), saves (coach shoots puck – focus on save selection & rebound control)
- Puck movement (approx. 5 min) – stopping puck behind net on dump in
- Join team for remaining half of practice for drills where goalies will be actively involved and players will be shooting on them regularly – focus on screenshots, wrap arounds, breakaways, communication with teammates, team plays

### Development Goals

See Development Skill Chart on page 3 of this policy for details.

### Resources:

USA Hockey Goaltending website <https://www.usahockeygoaltending.com/>

Hockey Canada Canadian Player Pathway: Goaltending <https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/2018/2018-19-hockey-goaltending-pathway-e.pdf>

USA Hockey Coaching Education Program: Skill Progressions for Youth Hockey (refer to 12U section on Goaltending & can progress to 14U if skills are mastered)

[https://cdn1.sportngin.com/attachments/document/0066/4690/Skill\\_Progression\\_Manual\\_19\\_FINAL.pdf](https://cdn1.sportngin.com/attachments/document/0066/4690/Skill_Progression_Manual_19_FINAL.pdf)

Hockey Canada Goaltender Beginner Level Plan

[https://cdn2.sportngin.com/attachments/document/0044/0953/goaltender\\_beginner\\_practice.pdf](https://cdn2.sportngin.com/attachments/document/0044/0953/goaltender_beginner_practice.pdf)

## U18 - Bantam

At the U18 level, SSHA will focus on developing the skills of players that have decided to specialize as goalies. While any player that wants to try the position will still be able to do so, they will need to notify the coach during the first two weeks of the season so that the coach can schedule 2 weeks of practice time prior to dressing for a game. We want the experience to be fun, while also allowing players to develop and improve goalie skills through more ice time and additional goalie training opportunities.

### Priorities

- 1) Focus is placed on developing and mastering the skills of full-time goalies.
- 2) Any player interested in trying goalie will need to indicate this during the first two weeks of the season so that coaches can schedule up to 2 practice opportunities prior to dressing for a game
- 3) Individual/small-group time during practice focused on mastering basic skills and progressing towards higher level skills
- 4) Full-time goalies will have the opportunity to attend goalie clinics as they are offered with the SSHA Goalie Coach.

### Responsibilities

**Player:** - Be POSITIVE and try their best.

**Coaches:** - Be POSITIVE and support the effort and NOT the result.

- To utilize appropriate resources and drills during practice to develop goalie skills
- To advise parents of goalies of the goalie clinics being offered.

**Parents:** - To indicate prior to the start of the year whether your child is interested in trying goalie with the purpose of moving towards being a full-time goalie

- Have your player ready to go for the start of the practice or game
- Be POSITIVE.
- Responsible for notifying the coach by Wednesday of the game if your child will miss a game so that alternate arrangements can be made
- If your child is using the league-provided goalie gear, ensuring it is not used outdoors for road hockey

### Goalie Schedule:

- Develop a fair goalie schedule at the beginning of the season
- Players who have indicated they would like to try goalie should do so within the first two weeks of the season
- If the team has more than one full-time goalie, a goalie schedule will be created at the beginning of the season that will allow for equal practice and ice-time for the full-time goalies. This may be amended if another player decides that they would like to play goalie full-time after trying the position.

## **U18 – Bantam - Continued**

### **Practice and Game:**

- Combination of developing individual player skills, hockey sense and team-play training
- Initial player skating warm-up (approx. 10 min.) – goalie participates (skating forward – slow and increased tempo, C-cuts forward and backwards)
- Individual crease work with one coach working with all goalies (approx. 10-15 min): skating (t-push, shuffles, pivots, slides), position (basic & butterfly stance), movement (forward, backward, lateral, sliding butterfly, depth, angles, tracking, squareness), saves (coach shoots puck – focus on save selection & rebound control)
- Puck movement (approx. 5 min) – stopping puck behind net on dump in, passing and clearing the puck on forehand and backhand
- Join team for remaining half of practice for drills where goalies will be actively involved and players will be shooting on them regularly – focus on screenshots, wrap arounds, breakaways, communication with teammates, breakaways, line rushes (odd and even), faceoffs in the defensive zone, team plays

### **Development Goals**

See Development Skill Chart on page 3 of this policy for details.

### **Resources:**

USA Hockey Goaltending website <https://www.usahockeygoaltending.com/>

Hockey Canada Canadian Player Pathway: Goaltending <https://cdn.hockeycanada.ca/hockey-canada/Hockey-Programs/Players/Downloads/2018/2018-19-hockey-goaltending-pathway-e.pdf>

USA Hockey Coaching Education Program: Skill Progressions for Youth Hockey (refer to 14U section on Goaltending & can progress to 18U if skills are mastered)

[https://cdn1.sportngin.com/attachments/document/0066/4690/Skill\\_Progression\\_Manual\\_19\\_FINAL.pdf](https://cdn1.sportngin.com/attachments/document/0066/4690/Skill_Progression_Manual_19_FINAL.pdf)

Hockey Canada Goaltender Beginner Level Plan

[https://cdn2.sportngin.com/attachments/document/0044/0953/goaltender\\_beginner\\_practice.pdf](https://cdn2.sportngin.com/attachments/document/0044/0953/goaltender_beginner_practice.pdf)