

# *Hockey* *Skills Progression* for Goalies



**HOCKEY EDUCATION PROGRAM**

HEP: developed collaboratively by Minnesota  
Hockey and Mayo Clinic Sports Medicine Center



# **COACH'S MANUAL**

# Goaltending

## BASIC STANCE

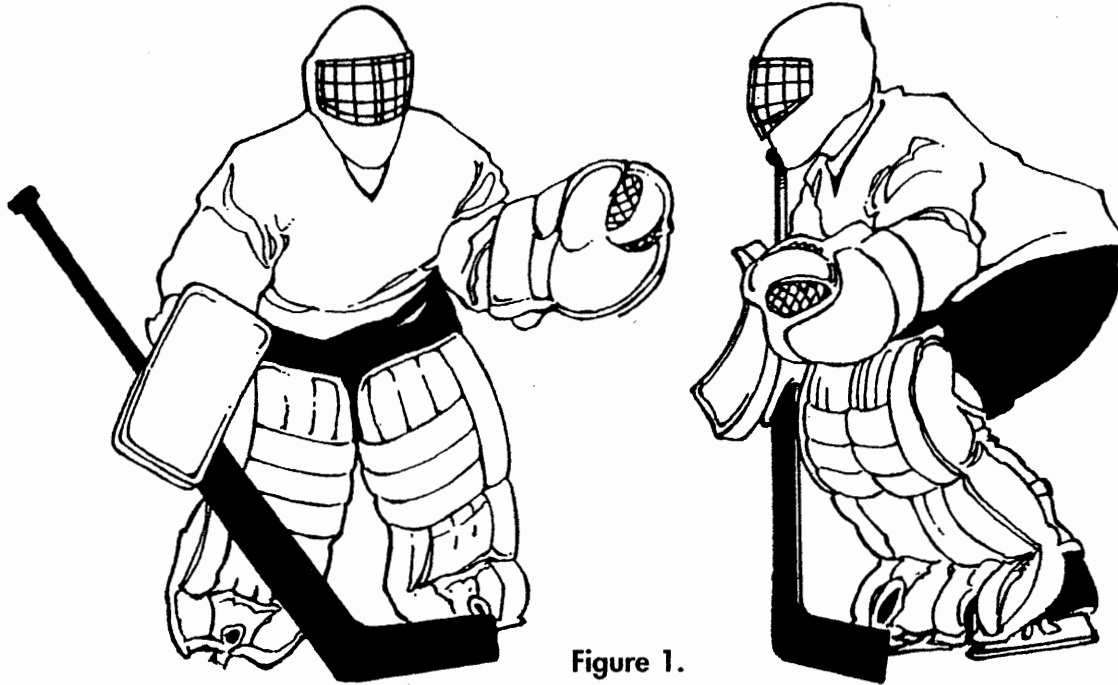


Figure 1.

## Key Elements

- Feet shoulder-width apart, knees bent
- Skates parallel
- Weight slightly forward
- Shoulders and knees aligned over the toes
- Hands in front of the body, just outside of each knee
- Catching glove open
- Stick blade flat on ice, 4-5 inches ahead of skates
- Stick should be held firmly (usually just above the wide portion of the shaft) and under control. The grip will tighten as your goalies make their plays. Figure 2 illustrates this.



Figure 2. Positioning of the hand on the stick.

## BASIC MOVEMENTS

A goaltender should be taught three basic movements:

1. To move short distances side to side, use **The Parallel Slide**.
2. To move long distances and in and out of the net, use **The Glide**.
3. To get on line with the shooter at a right angle, use **The Pivot**.

## PARALLEL SHUFFLE

The parallel shuffle is used for moving quickly to maintain a position between the net and the puck. It requires taking a series of short steps without turning the foot. This allows the goalie to always face forward. As a young goal-keeper gains experience, the step can be extended into a sideways glide. Teach your players to always control their weight on the inside edge of the skate without turning the foot. The parallel shuffle is illustrated in Figure 3.

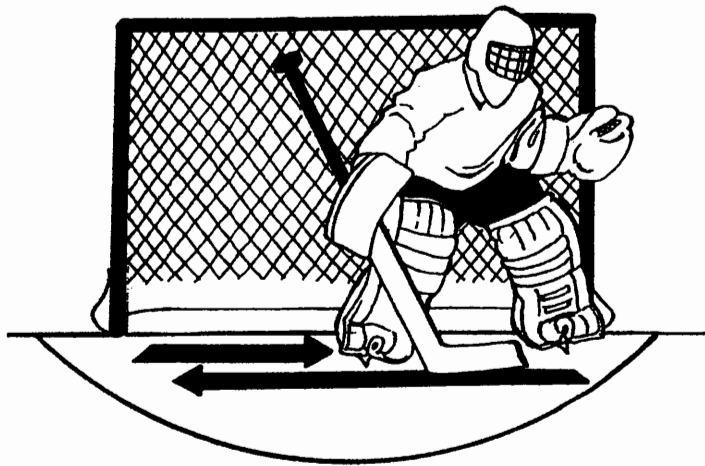


Figure 3. Parallel Shuffle.

## LATERAL T-GLIDE

When goalies are required to **move sideways and cover a long distance** (to cover a pass or free-moving puck), they should turn their lead toe in the direction they need to go and push off the inside edge of the trailing skate. To **stop**, the lead skate is turned toward the front, placing weight on the inside edge. The trail foot is then brought quickly into the basic stance position.

### Key Elements

- Maintain basic stance at start and finish
- Stay low during glide
- Glide on lead skate only
- Stop, utilizing the inside edge of lead skate and inside edge of the trailing skate
- Lead with the stick

### Key Elements

- Maintain the basic stance position
- Short lateral steps
- Trailing pad must be brought tight to the lead pad
- Stick moves with the lead skate (blade covering opening between skates)
- Weight remains on the balls of the feet

### Common Errors

- Goalie comes up high, "bobbing" out of stance
- Goalie doesn't bring pads together
- Goalie raises stick blade or fails to cover space between skates

Parallel shuffle moves are an extension of learning the basic stance and then maintaining it while moving laterally.

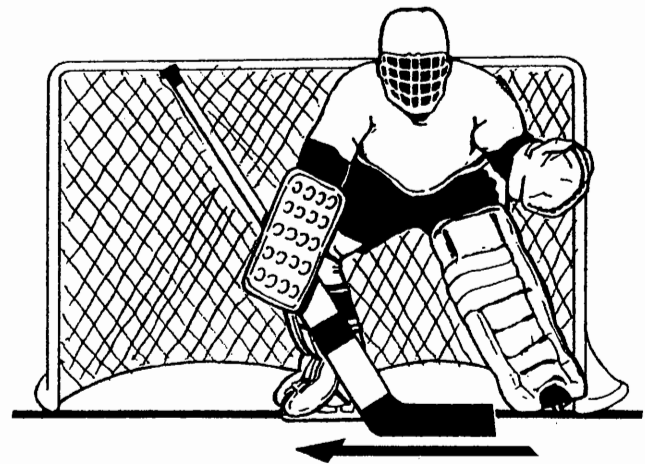


Figure 4. Lateral T-Glide.

### Common Errors

- Raising up too high between basic stance positions
- Failing to lead with the stick

## The Pivot

The pivot is used to put the goalie on-line with the shooter when the shooter moves from the middle of the rink to the outside. The goalie pivots his body to face the shooter at a right angle. The goalie pivots in place and then parallel slides to stay with the shooter. As will be explained later, he can also make a "V" or "half-V" move or a deck out of this pivot position.

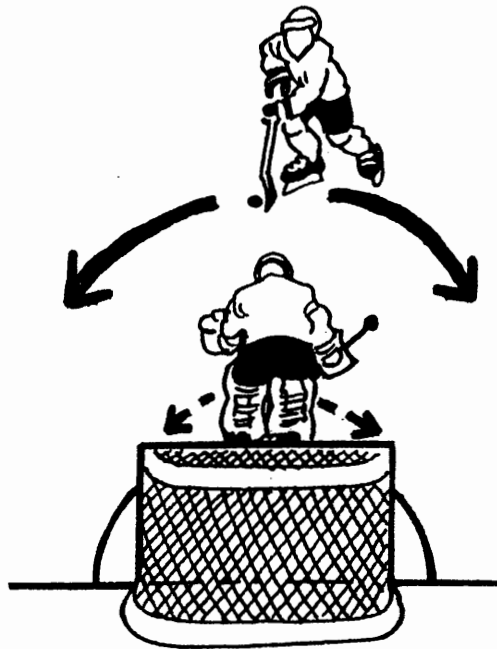


Figure 5.

## MOVING FORWARD AND BACKWARD

To move quickly **forward**, teach your goalies to push off the edge of one foot and glide in a basic stance toward the puck. To stop, they should use a "snowplow" (toes pointed in and weight on the inside edges of the skates).

To move quickly **backward**, the goalies must push from the inside edge (as in skating backward) of one foot. The further back they need to go, the harder the push. Work very hard to convince your goalies to maintain a basic stance while moving backward. To stop, teach them to place their weight on the inside edges of the skates and "toe out" slightly.

For longer distance moves, goalies should skate forward or backward as necessary while staying in as good a basic stance as possible.

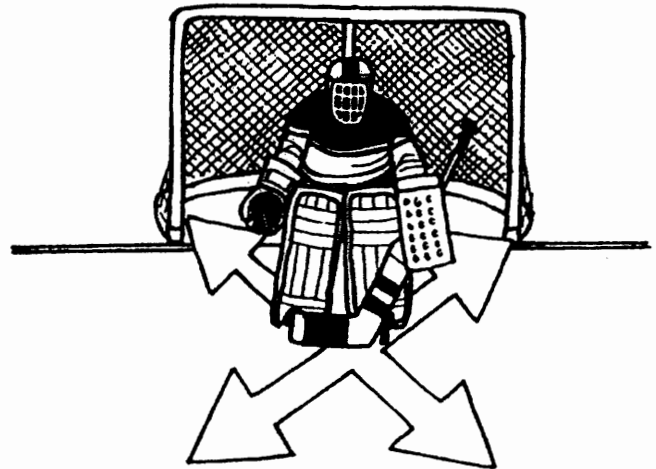


Figure 6. Moving forward and backward

### Key Elements

- Maintain a basic stance
- Always face the shooter, using "snowplow" to stop

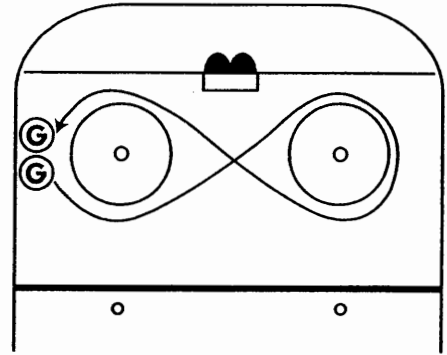
### Common Errors

- Moving the stick from side to side
- Shifting the weight forward and stopping
- Using a hockey stop and turning the side to the puck

# GOALIE SPECIFIC MOVEMENT DRILLS

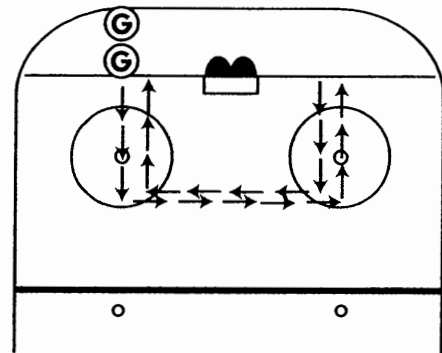
## **Drill: CIRCLE FIGURE 8s - Forward and backward**

- Do in Goalie Stance
- Use "C" Cuts
- 3-5 times Forward and 3-5 times Backward



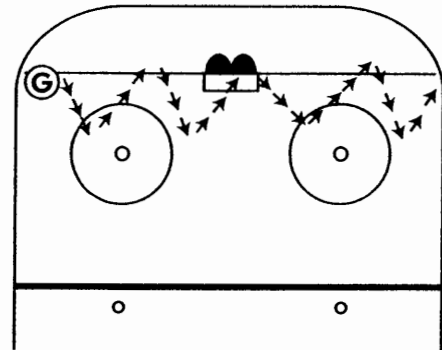
## **Drill: BOX DRILL FACING BOARDS**

- Move from goal line to top of circle across to top of other circle, turn and move towards goal line.
  - Do 2 times doing Shuffle Step
  - Do 2 times with Lateral T-Glide
  - Do 2 times with cross-over slide move



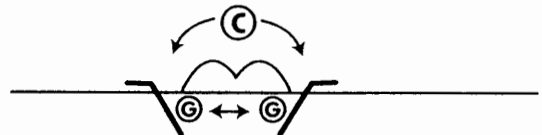
## **Drill: THREE SHUFFLE STEP & PIVOT ZIG-ZAG**

- Come across goal line doing 3 shuffle steps to left, pivot, then 3 shuffle steps to right.
- Repeat zig-zag pattern until reaching side boards.



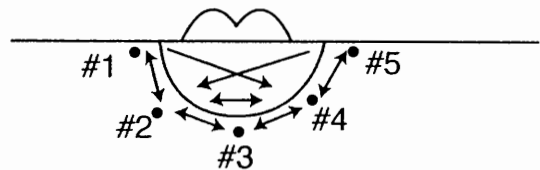
## **Drill: POST TO POST MOVEMENT**

Goalie starts on one post and parallel slides to other post. Goalie always looks over inside shoulder. Never turn skate, wrap elbow around post. Put stick in a position on goal line to block puck coming out from behind net.



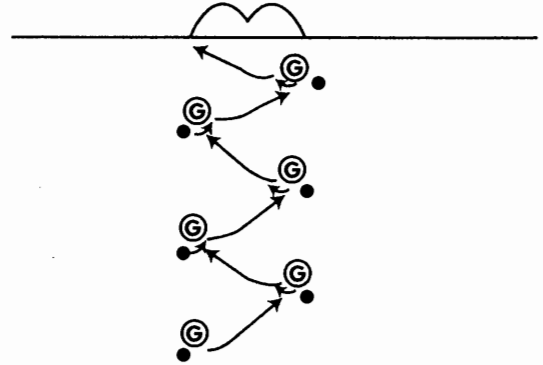
## **Drill: "5" PUCK MOVEMENT**

Place 5 pucks one foot out from arc of crease, evenly paced. Coach calls out numbers. One number difference, do a Parallel Slide. Two number difference, do a T-Glide.



**Drill: "6" PUCK BACK DIAGONAL PIVOTS**

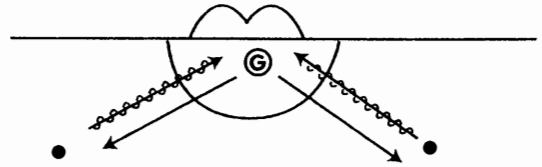
Set up 6 pucks staggered as wide as the goal crease. Start goalie squared off on puck at a 45 degree angle to boards. Do a 1/4 pivot & T-Glide to puck on opposite side. Stop and square on puck each time.



**Drill: "V" MOVEMENT DRILL**

Goalie starts in middle of net. Goalie does 1/4 pivot to right. Push on right skate to puck, stop on right skate and push backwards on right skate to middle of net. Then pivot to left and repeat (always stopping and starting with left skate).

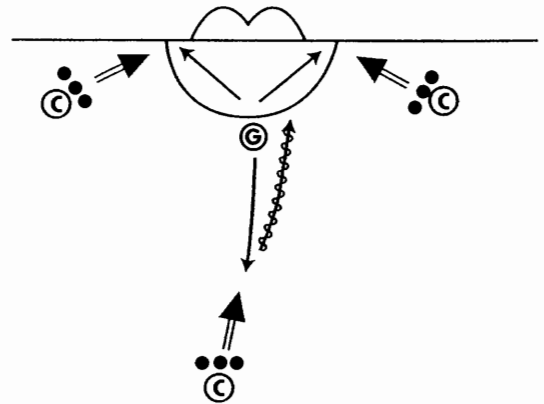
Option – Shoot puck when going out & back.



**Drill: "Y" MOVEMENT DRILL**

Goalie starts at top of crease in middle. Goalie moves forward 6 to 8 feet. Stop with either skate and go backwards to top of crease. Pivot 1/4 turn and parallel slide to post. Repeat movement back to other side.

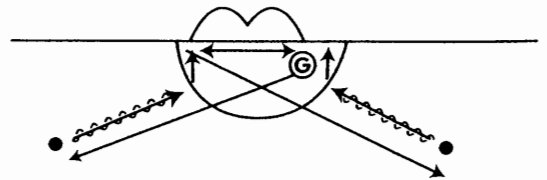
Option – Shoot back when moving forward or backward and when pivoting and sliding to post.



**Drill: "X" MOVEMENT DRILL**

Goalie starts at one post and moves out on an angle to opposite side to a puck. Stop at puck and move backwards to crease ... then move parallel slide to near post. Repeat movement to opposite side.

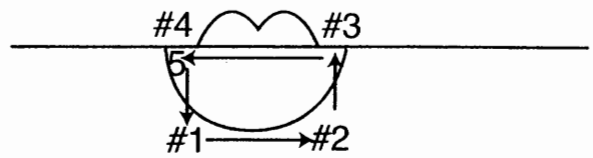
Option – Shoot when parallel slide to post.



### Drill: "BOX" MOVEMENT DRILL

Maintain basic stance throughout drill

- S to #1 – Forward Glide
- #1 to #2 – Parallel Slide
- #2 to #3 – Backward Glide
- #3 to #4 – Parallel Slide

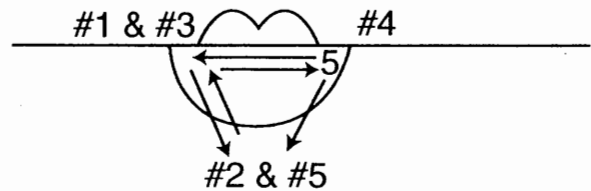


### Drill: "TRIANGLE" MOVEMENT DRILL

Maintain basic stance throughout drill. Do all lateral parallel slides

- S to #1
- #1 to #2
- #2 to #3
- #3 to #4
- #4 to #5

Repeat starting on opposite side



### STICK SAVES

#### Shots Directly At Goalie

- Keep stick 3-4 inches in front of skates; this creates an area that cushions the shot and prevents any rebounds.
- Allow shot to come to the stick; don't kick stick out to meet the puck.



Figure 7.

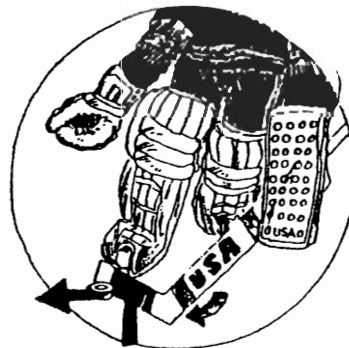


Figure 8.

#### Shots Just To The Side Of Goalie

- Rotate stick slightly to one side or the other and back up the stick with a turned skate.
- The stick arm works like a steering wheel, turning to direct the puck away from trouble.

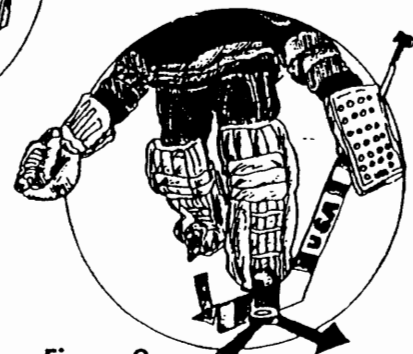
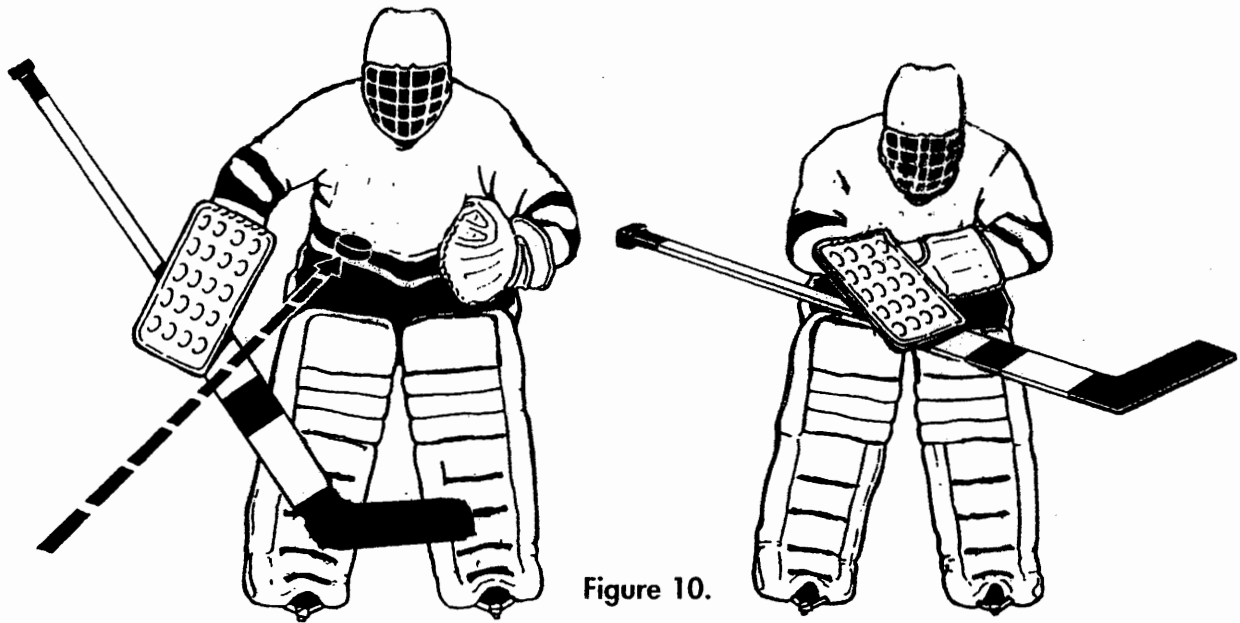


Figure 9.

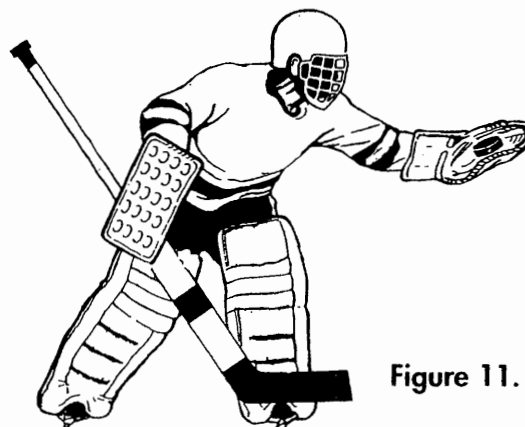
## BODY SAVES

- Maintain an upright position and, when necessary, move laterally to meet the puck.
- Draw the arms close to the body.
- Bend the body slightly forward on impact and immediately smother the puck with the arms.



## CATCH GLOVE SAVE

- Start with the catch glove open at the side, slightly in front of and above the knee.
- Let the puck come to the glove. Do not grab for the puck.
- Body weight shift towards puck.
- Eyes follow the puck into the glove.
- Off-speed shots backed up with body.





## BLOCKER GLOVE SAVE

- This stick glove held at knee height, balanced with the catching glove on other side.
- Hard Shot – deflect the shot to the side. Do this by turning the wrist to the outside at the moment of contact.
- Soft Shot or Tight to Body – trap the puck on the blocker by bringing the catch glove across the body.



Figure 12. Trapping the puck with the glove and blocker.

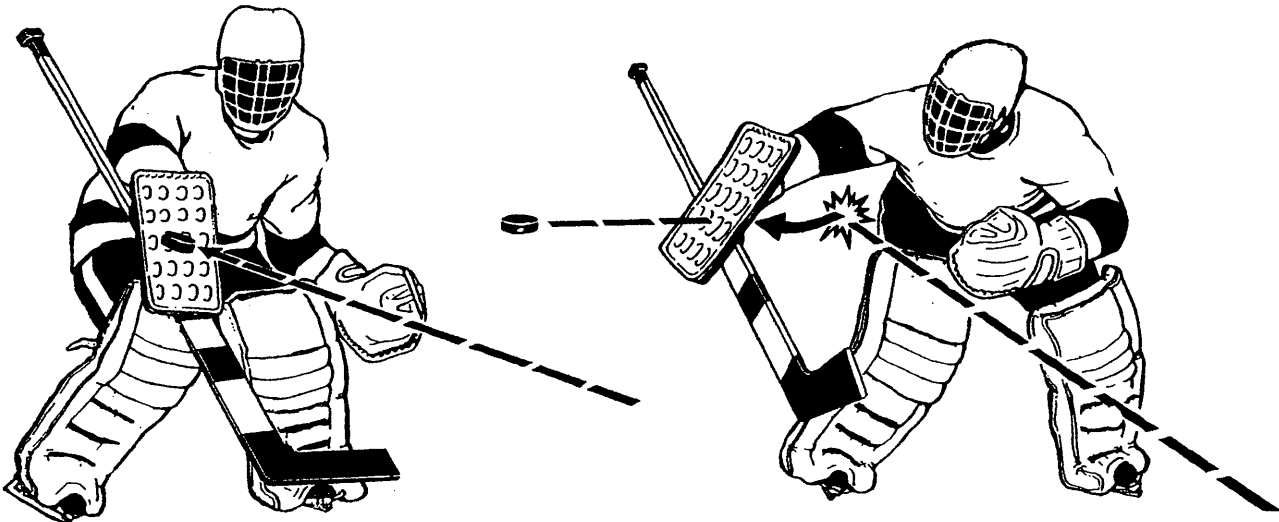
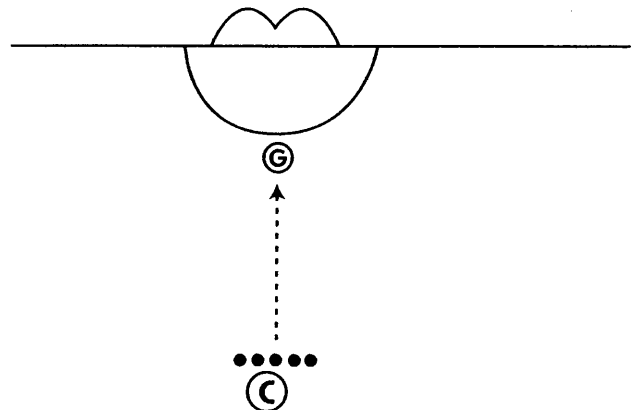


Figure 13. Deflecting the puck with the blocker to the side.

## GOALIE SPECIFIC BASIC SAVE DRILLS

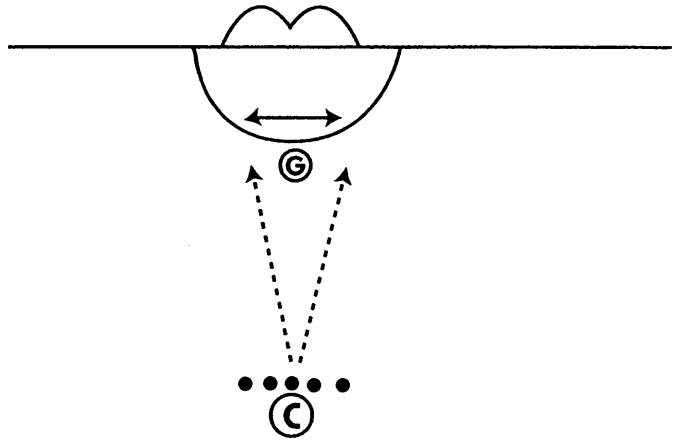
### Drill: BODY TRAP SAVES

- Goalie stands at top of crease in goalie stance.
- Shot pucks softly into the upper body of goalie
- Use tennis balls at first, so goalie gets comfortable with the sensation of being hit up high.



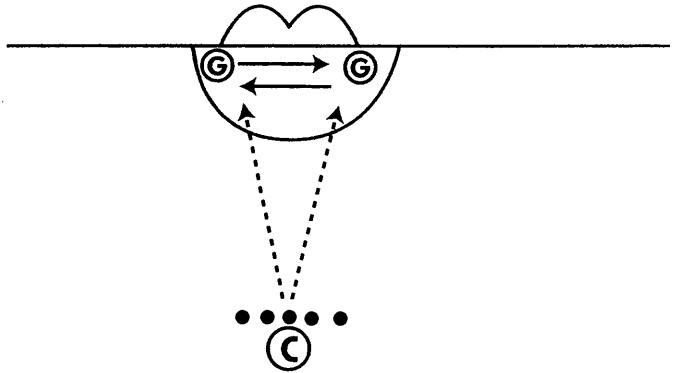
### DRILL: CATCH & BLOCKER SAVES STATIONARY

Shoot puck high to each side of goalie. Teach goalie to turn chest and eyes to glove when making save. Remember on blocker side to teach "deflect or trap."



### DRILL: CATCH & BLOCKER SAVES MOVEMENT

Start goalie on a post, shoot high to other post. Goalies must come across with skate save movement to get to puck. This forces goaltender to turn chest to puck when it contacts the glove.



## EG SAVES

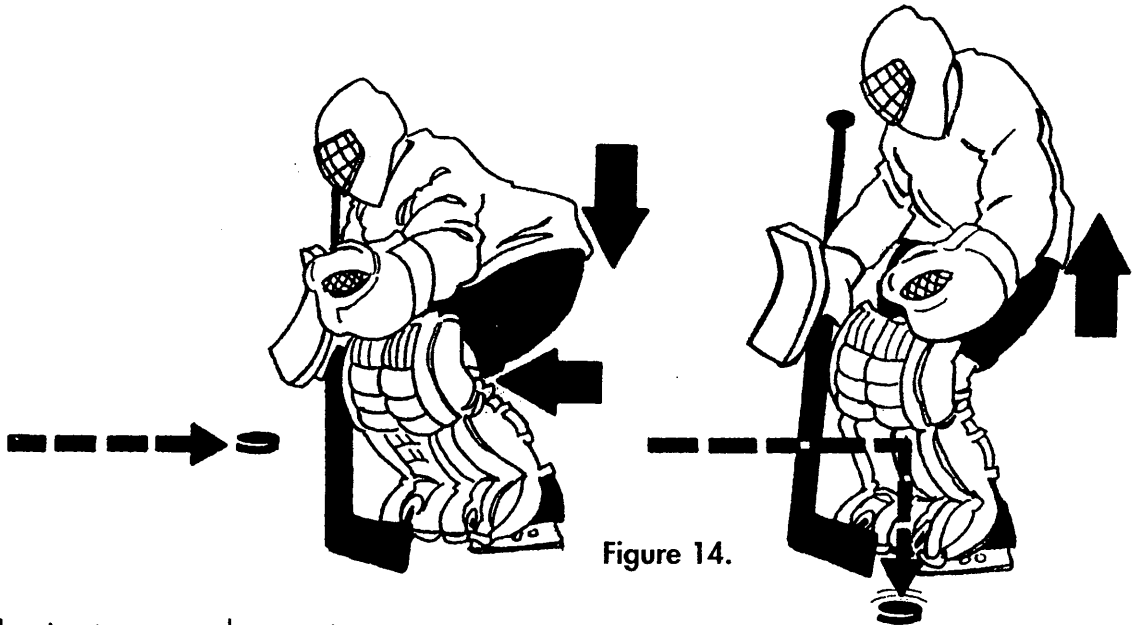


Figure 14.

### KEY ELEMENTS

- Maintain the basic stance and correct positioning
- Watch the puck all the way to impact
- Deflect the puck to the side when it can not be trapped.
- Cushion the puck impact so the puck falls at the feet on direct shots for easy cover-up
- Trap the puck with the glove when possible to prevent rebounds.

## STANDING SKATE SAVE

- Rotate the skate in an arc towards the oncoming puck. This will keep the entire blade (outside edge) on the ice.
- When the puck is shot to catch glove side, the stick can often be used to make the save with the skate in the back-up position.
- When the puck is shot to the blocker side, the majority of the time the save is made with the skate and the stick is trailing behind covering the "five" hole.
- The puck should be directed to the corner.

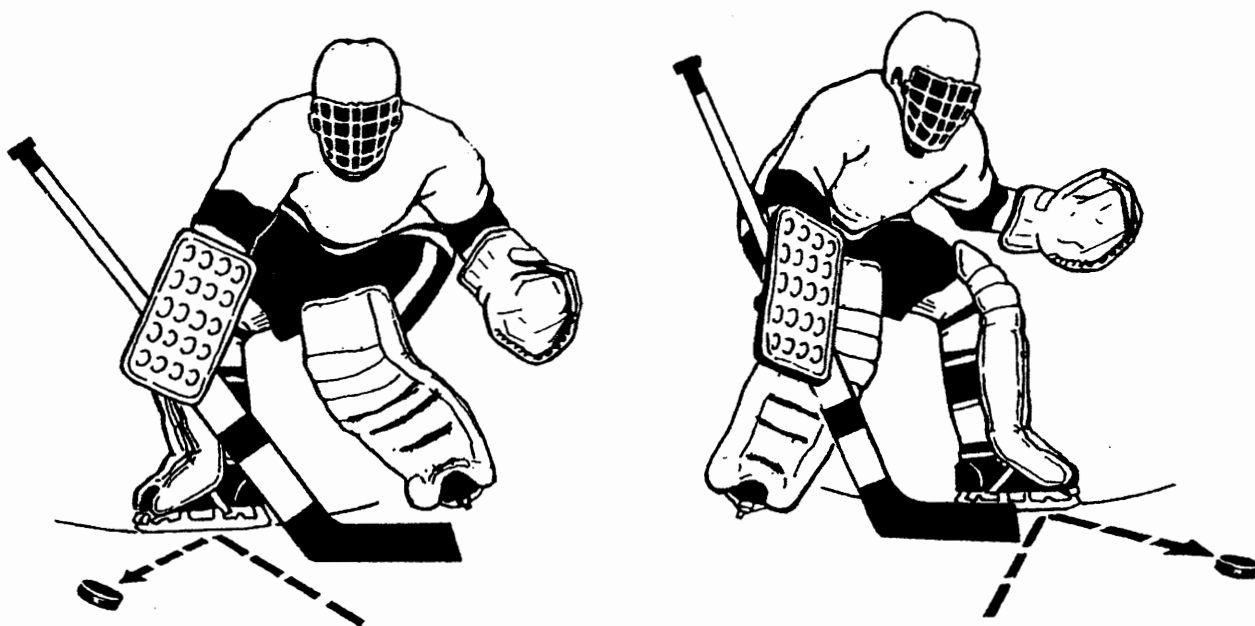


Figure 15. Standing Skate Save (Blocker Side) - Standing Skate Save (Catching Glove Side)

## TWO PAD SAVE OR "STACKING THE PADS"

Stacking the pads is similar to a slide in baseball. To teach your goalies to stack to the right, they must slide to the right, tucking their left foot and leg behind the right leg. They should then slide down on the left hip, and as it makes contact with the ice, kick the left foot and leg forward. It is this kicking action that "stacks" the pads, one on top of the other. (See Figures 16-17). Generally, stacking is a desperation move.

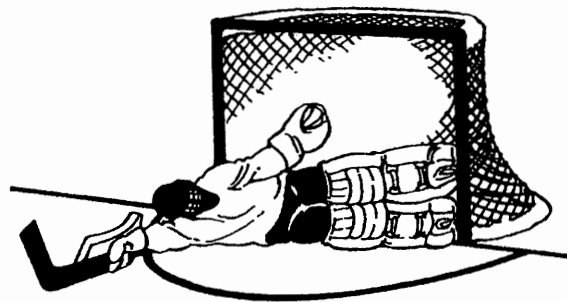


Figure 16.

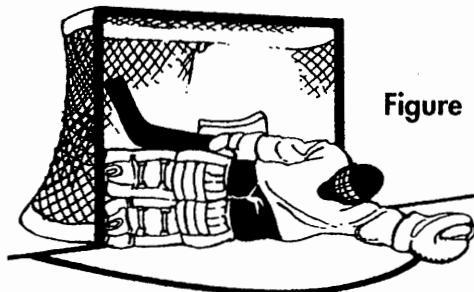


Figure 17.

## HALF "V" DROP

- Pad must be flush to ice.
- Stick must move to the puck side, covering opening between pads.
- Upper body must remain upright, glove above pad.
- Leg away from the puck must "launch" body to puck side

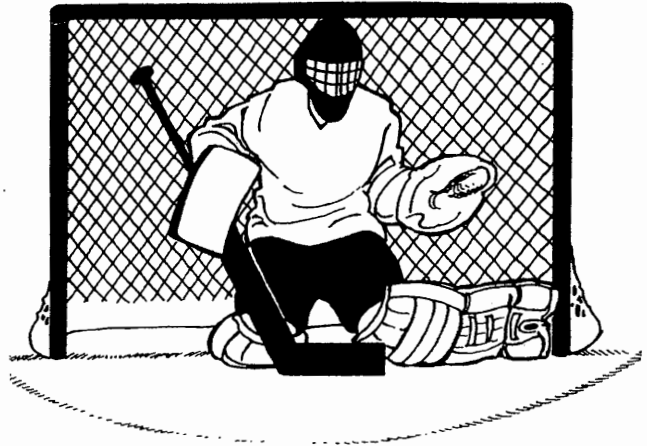


Figure 18.

## "BUTTERFLY" OR "V-DROP"

This save is used against a "deking" forward. Goaltenders should move out in front of the crease and drop to the inside of their knees and lower legs, thus fanning out the feet so that the toes point toward the posts of the goal. This places the pads in a "V" position, completely covering the surface of the ice. The "V-Drop" is illustrated in Figure 19.

**The secret of this move is to keep the chest and upper body upright and lined up with the puck. Covering the top part of the net enables the goalie to use his/her gloves and chest to make saves should the shooter flip the puck over the pads.**

### Key Elements

- The pads must be flush to the ice
- The stick must move to the puck side, covering the opening between the pads
- The upper body should remain upright with the glove above the pad
- The leg away from the puck must "launch" body to puck side
- Use this save technique only when puck is in close to the net



Figure 19.

## CONTROL OF REBOUNDS

**The difference between a good goalie and a great goalie is the ability to control rebounds.** Most goals are scored on rebounds, tip-ins or screen shots. To control rebounds, the goalie should:

- Cushion the puck
- Trap the puck on the ice, against his/her body, or in his/her equipment (Figure 20)

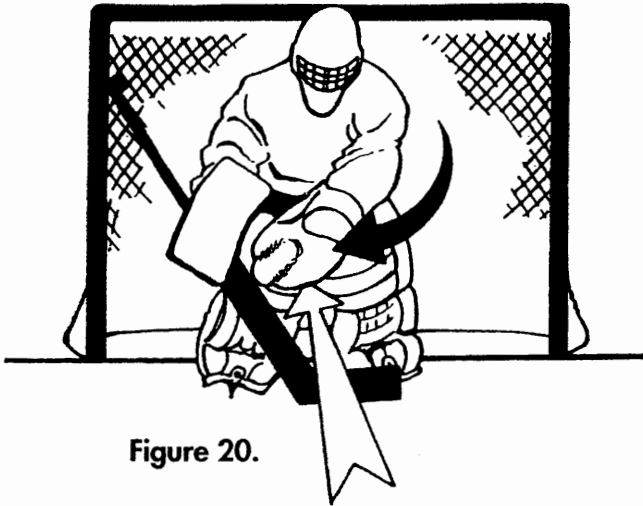


Figure 20.

- "Cushion" the stick to give a soft rebound (Figure 21).



Figure 21.

- Smother each loose puck he/she cannot clear (Figure 22).



Figure 22.

### Key Elements

- First locate the puck
- Maintain stick position to help stop shots
- Use the knees as half-way point to regain the basic position
- Recover behind stick into basic stance as fast as possible

## DRILL: DEFLECTING PUCKS WITH STICK AND LEG PADS

### 1st drill – Stick Deflection Into Corner

Get stick well out from body in front with backward slant on blade. Shoot puck at goalie, use stick in an arc to deflect up and into corner. Push forward with skate on side puck is going to be deflected to.

### Drill #2 – Leg Pad Deflection Into Corner

Shoot puck off ice 12"; when puck hits pad rotate leg to outside to deflect.

## DRILL: STANDING SKATE SAVE

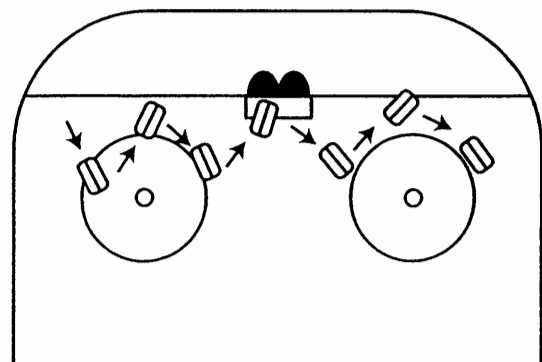
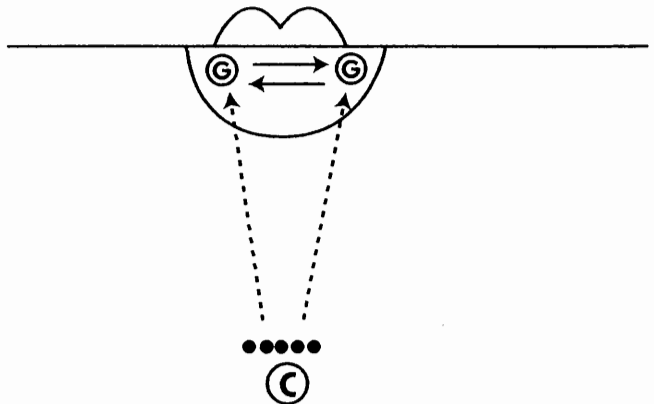
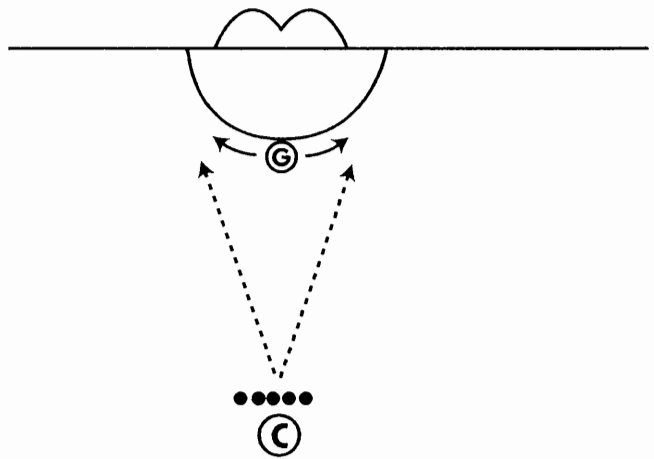
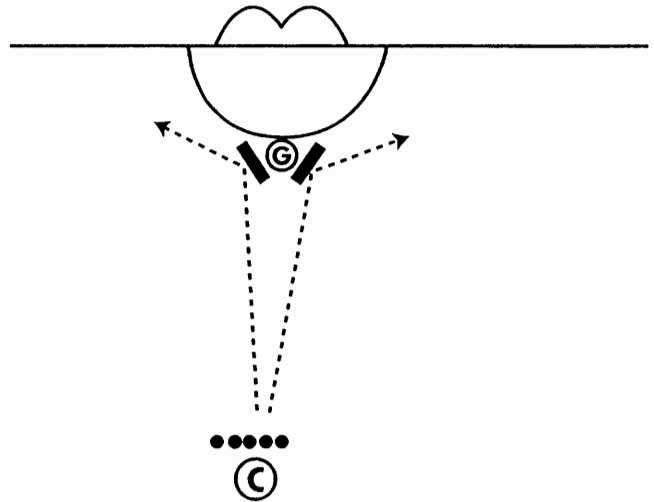
Goalie starts without a stick. Slide the puck slowly to side of skate so as to work on technique. Goalie must stay standing, no split skate saves. Add the stick - must make save with the skate. Stick covers "five" hole in between legs.

## DRILL: SPLIT SKATE SAVE POST TO POST

Start goalie on post. Shoot puck on the ice at opposite post. Goalie moves across and does a split skate save. Shoot wide enough so goalie has to slide across.

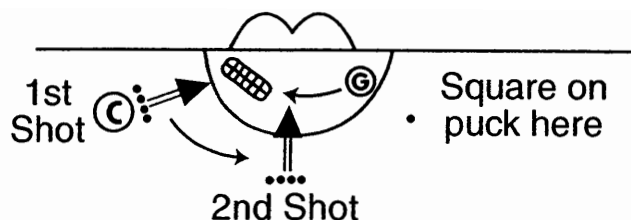
## DRILL: STACK PADS SAVE ZIG-ZAG

- Come across the goal line doing Stack Pads Save to the right, pivot, then do to the left.
- Repeat zig-zag pattern until reaching side boards.



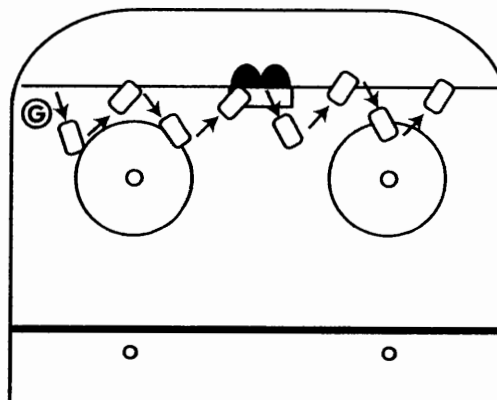
### DRILL: SIDE TO SIDE DECK/STACK

Goalie squares up to puck on opposite side from the coach. Coach says "Now," goalie pivots and deck/stacks the pads to side coach is on. Coach shoots 1st shot. After making save goalie gets up and takes 2nd shot from coach who skates 2nd puck to shoot.



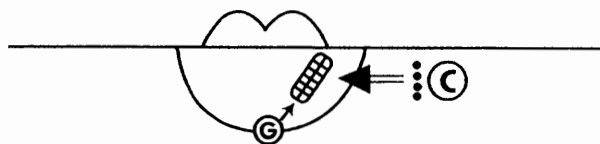
### DRILL: HALF "V" SAVE ZIG-ZAG

- Come across the goal line doing Half "V" Save to the right, pivot, then do to the left
- Repeat zig-zag pattern until reaching side boards



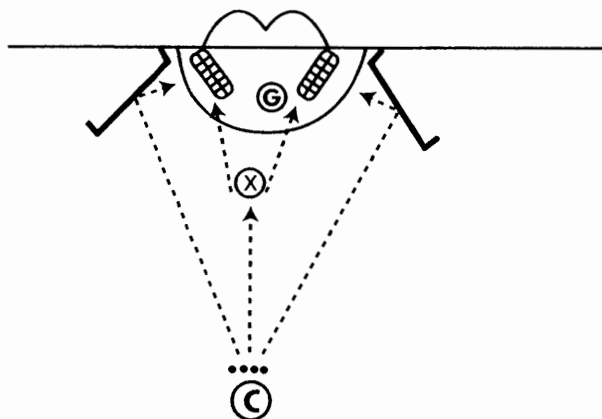
### DRILL: PIVOT TO 1/2 "V"

Goalie starts in middle at top of crease squaring up to puck in middle. Coach says "Now," goalie does 1/4 pivot and does 1/2 "V" to pipe. Coach shoots from 3 ft. away. Immediately after goalie makes save, they must stand up, pads together and take second shot from coach. 2nd shot is considered a rebound.



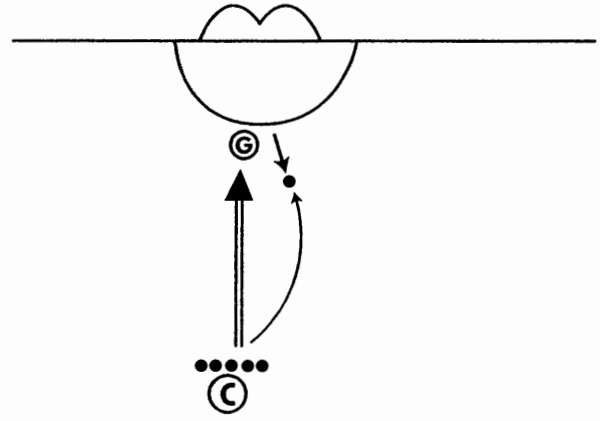
### DRILL: FULL & 1/2 "V", DEFLECTION BOARDS & SCREEN

Use benches on each side of the goal. Start by shooting at just one board. After making save, goalie sets up and takes a 2nd shot from coach. After a while, shoot at either board. Once in a while put together goalie in from to screen the goalie. If the goalie can see the shoot, they do a full "V"/Butterfly save.



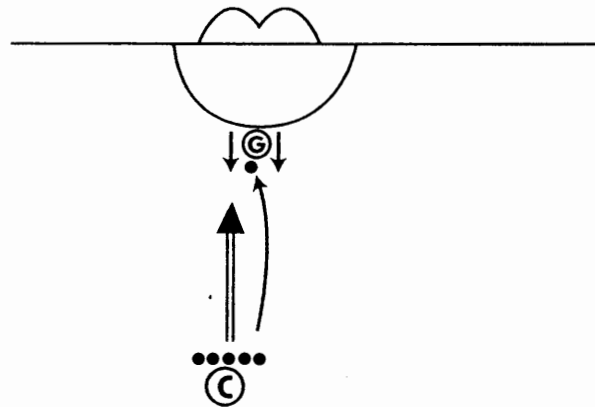
### DRILL: SHOOT CONTROL PUCK, COVER UP UNDER PRESSURE

Coach shoots hard shot at goalie who makes save and covers up on puck by falling to one knee and covering puck with heel of glove. Put goalie stick in front of glove to protect from coach who is trying to knock puck loose.



### DRILL: PUCK IN BETWEEN SKATES, TWO LEGGED DROP & FREEZE

Coach shoots puck in between goalie's skates. Have goalie stop puck with skate (no stick) and then drop with both pads onto puck before coach can get to puck.

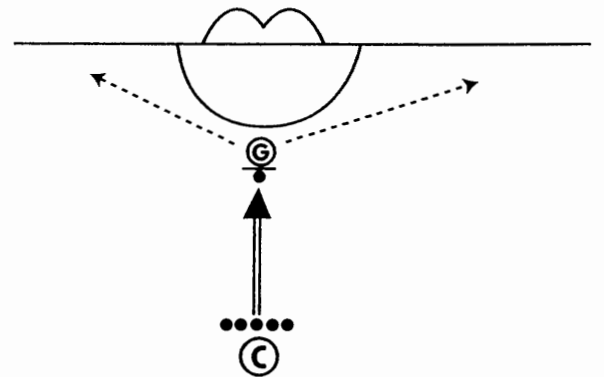


### DRILL: STRAIGHT SHOT, CONTROL AND CLEAR

Coach shoots at goalie at top of crease. Goalie must make the save, control the rebound and clear puck into either corner.

If Stick Save – give with stick and sweep puck to side

If Pad Save – Flex knees when puck hits pad. This will force puck to ice and then sweep puck to side.



### POKE CHECK

- Maintain the basic stance.
- When in poke-checking range, the blade of the stick is thrust out quickly with the hand sliding towards the butt end of the stick.
- Action is with arm only and should not cause goaltender to lose balance.
- Let the puck carrier make a move to one side and then shoot the blade at the puck.
- If the goaltender wishes, they may drop the knee on stick side to give greater freedom of movement.

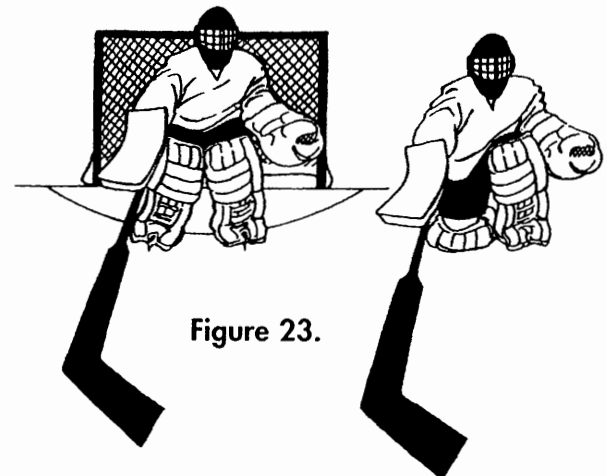


Figure 23.



## PLAYING ANGLES

The single most important skill in stopping the puck is learning to correctly play the angles. It accounts for at least 70 percent of goaltending success. Quickness is a great asset, but playing the angle and being in the right position are what enables goalies to consistently make the save.

There are three rules to remember about playing the angles

- Cut down the shooter's vision of the net
- Never give the shooter the short side
- Play the puck, not the shooter's body

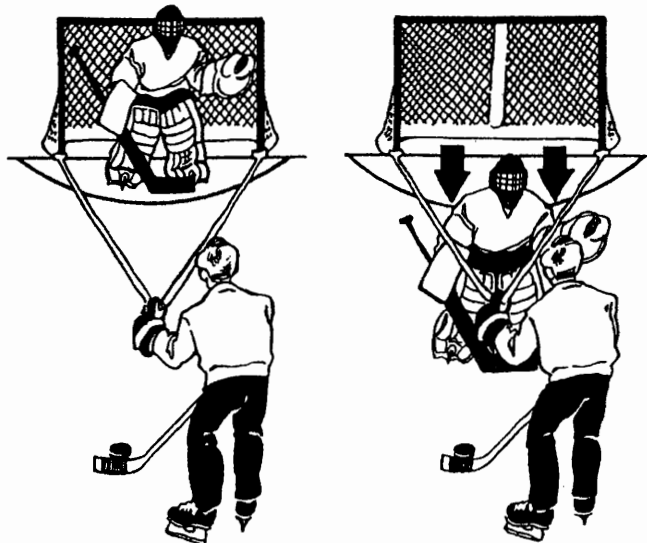


Figure 24. Utilizing ropes to reach angles.

## POSITIONING – Understanding the Theory of Playing the Angle

The following four theories must be learned:

### CENTER LINE THEORY

- Draw an imaginary line from the puck to the mid point of the goal.
- The goaltender must assume a position on this line for the theory to work.

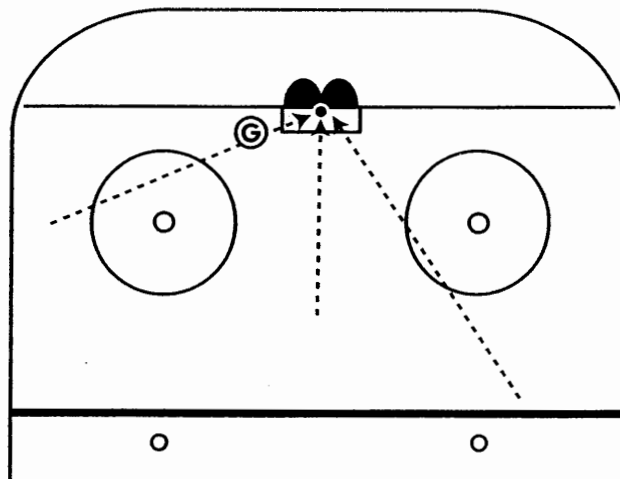


Figure 25.

### Positioning with the Puck in a Shooting Situation

Goalies should maintain a position on the crease line in relation to the position of the puck (See Figure 26). The moment the puck is positioned for a shot (or when the shooter takes his eyes off the goalie) goalies should play the existing angle or reposition themselves for a newly developed shooting angle, if a pass occurs.

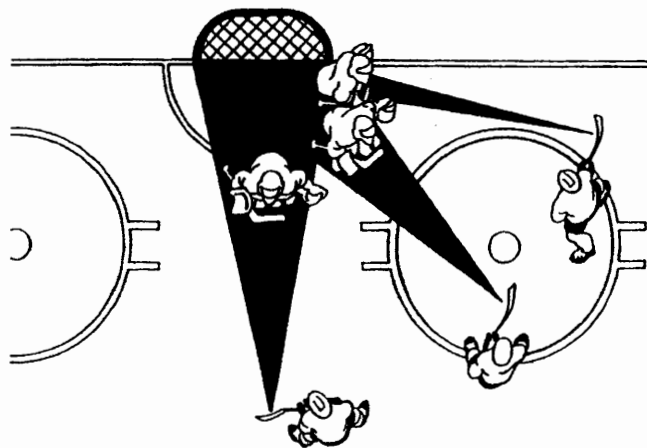


Figure 26. Positioning on the crease line.

## HORIZONTAL ANGLE THEORY

- When the puck is directly in front of the net, the shooting angle is at its maximum.
- It appears that the farther out of the net, the better is the goaltender's position.
- However don't come out so far that a quick return to the net cannot occur.
- The distance that a goaltender can come out is determined by the options of the puck carrier & the position of other opponents.

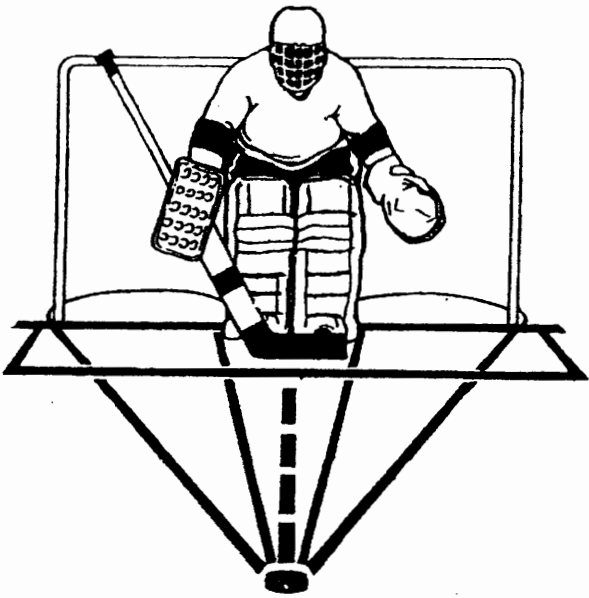


Figure 27. Shooting options goaltender DEEP.



Figure 28. Decrease in shooting space as the goaltender telescopes towards the puck.

## VERTICAL ANGLE THEORY

- The vertical angle becomes a significant factor as the puck moves closer to the net.
- As moving towards the puck decreases horizontal angles, it also decreases vertical angles.

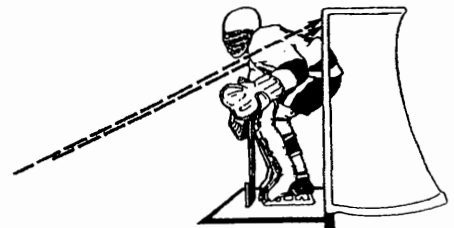


Figure 29. Vertical angle theory: (inside crease).

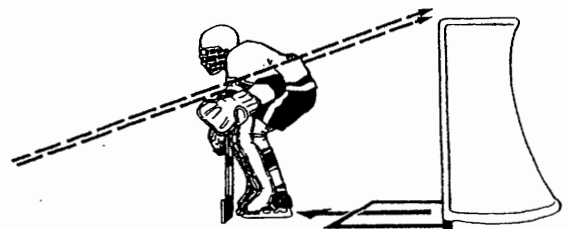


Figure 30. Vertical angle theory: (outside crease).

## Short Side Theory

- Covering the short side of net forces the puck carrier to shoot across goaltender's body.
- By cutting off the short side, all indecision is removed. The shot or deke must go to other side.



Figure 31. Short Side Theory.

## SITUATIONS

The position a goalie takes depends on the movement of the puck carrier. The goalie plays the puck carrier, the puck carrier does not play the goalie.

### Positioning Against a Stickhandling Forward

Again, teach your goalies to take a position on the crease line. As a puck carrier approaches the goal while stickhandling, the goalie should move back toward the net. (See figure 32). Goalies should never move first but must grudgingly retreat as the puck approaches. They can either stay on their feet, make a half butterfly, full butterfly, stack the pads, or poke check the puck off the puck carrier's stick if they come close enough.

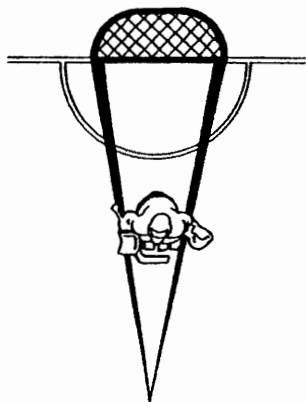


Figure 32. Positioning against a stickhandling forward.

### Playing a Two-Man Rush

When two opponents are coming in on the goaltender, he/she should stay on his/her feet and cut down the shooting angle in relation to the position of the puck (See Figure 33). Do not try to play both players at once. The dangerous one is the puck carrier. This is the player that must be covered. In this situation, definitely try to freeze the puck.

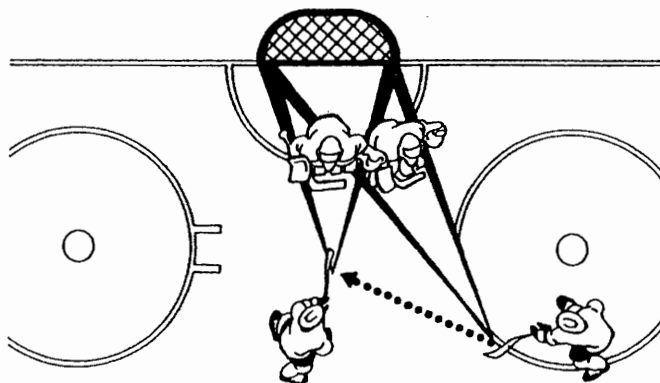


Figure 33. Playing a two-man rush.

## Positioning When the Puck is On the Side of Net

When the puck is on the side of the net behind the goal line or in the corner of the rink, goalies should play as close as possible to the goal post (See Figure 34). The skate should be pushed against the inside post to prevent a goal from the side. The stick should be placed in front of the feet to permit the goalie to intercept passes.

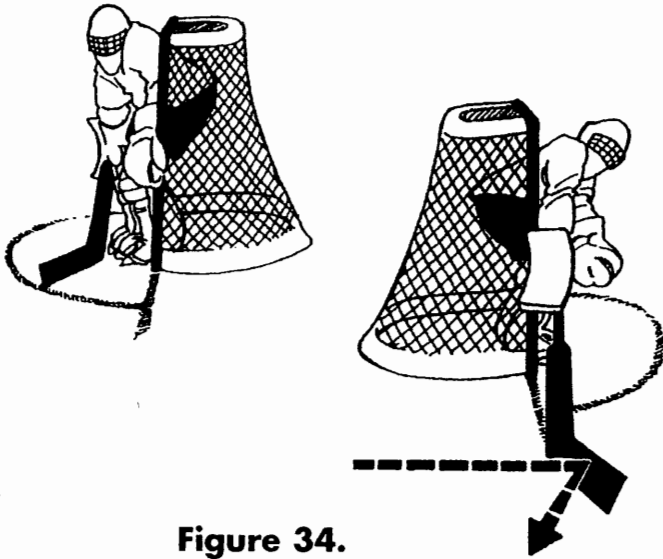


Figure 34.

## HANDLING THE PUCK

### • One Hand Backhand Clear

- Turn stick perpendicular to pads.
- Sweep backhand side of stick sideways contacting puck.
- Use a shift of weight from the nearest leg to the stick or other leg to obtain more power when sweeping puck clear.

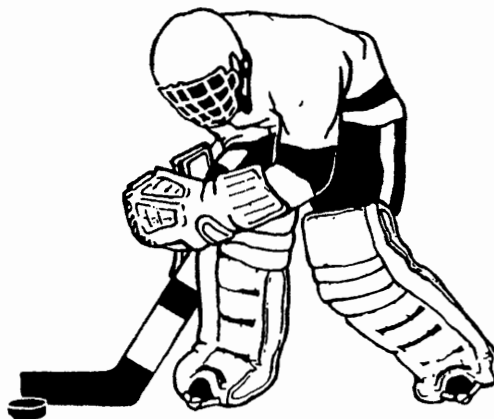


Figure 35.

### • Two Hand Forehand Clear

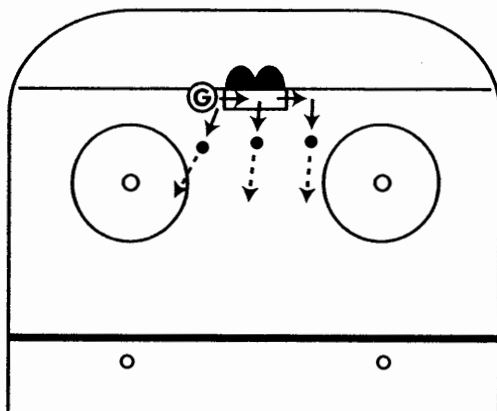
- The blocker glove hand grips the stick on the upper end of the shaft.
- The catch glove is placed on the stick close to wide paddle part of stick.
- Use a weight shift when sweeping the puck clear.



Figure 36.

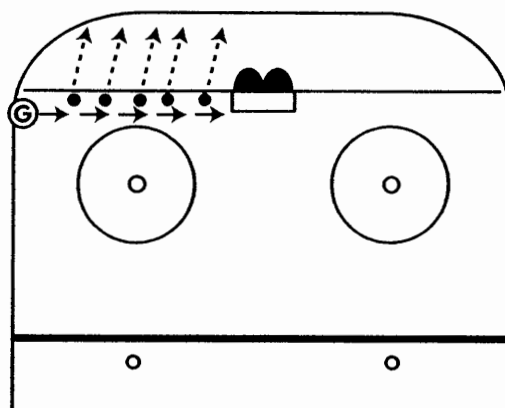
### DRILL: THREE PUCK POKE CHECK

- Place 3 pucks out about 5 feet from top of crease.
- Goaltender gets in basic stance squared up to 1st puck. On command, quickly throw stick out on poke check.
- Immediately after poke check, move & square up to 2nd puck & repeat.



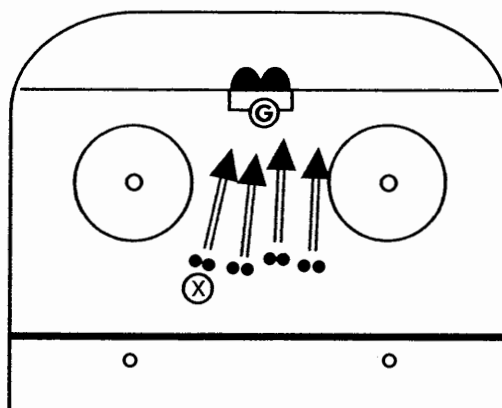
### DRILL: FIVE PUCK CLEAR TO BACKBOARD

- Line up five pucks along goal line about 5 feet apart.
- Goaltender squares to 1st puck facing side boards and does one of two things:
  - One Hand Backhand Clear to boards.
  - Two Hand Forehand Clear to boards.



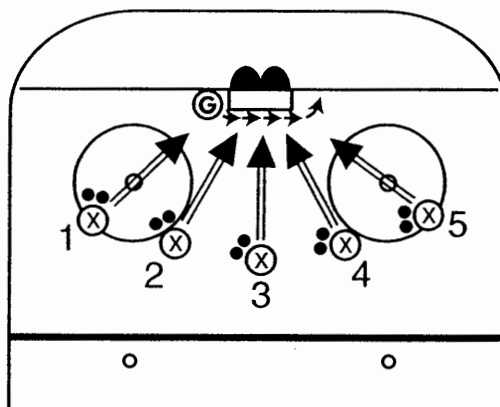
### DRILL: RAPID PUCK FIRE SKATE SAVES

- Use ten pucks about 15 feet out front of net.
- Shoot or throw the pucks as fast as possible on the ice.
- This drill quickens the skate save & stick save.



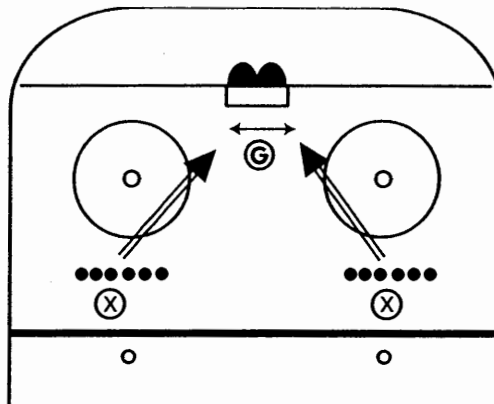
### DRILL: FIVE PUCK DRILL FOR ANGLES

- Five players set up in semi-circle from face-off dot to top of circle. Players numbered 1 to 5.
- Coach standing behind goal line calls the numbers and goaltender moves to cut off the angle of the shot.
- Make sure the goaltender lines up each puck with the middle of pads.
- When moving, make sure the goaltender stops in basic stance.



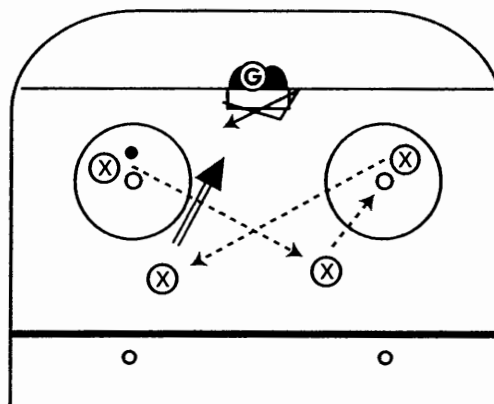
### DRILL: SPECIAL SPOT - 6 PUCK ALTERNATE SHOOT

- Six pucks are placed in a line halfway between the face-off dot and the top of circle, on both sides.
- One shooter on each circle.
- Shooters alternate shooting pucks (side to side). Goaltender should be given time to make save before 2nd shot is taken.



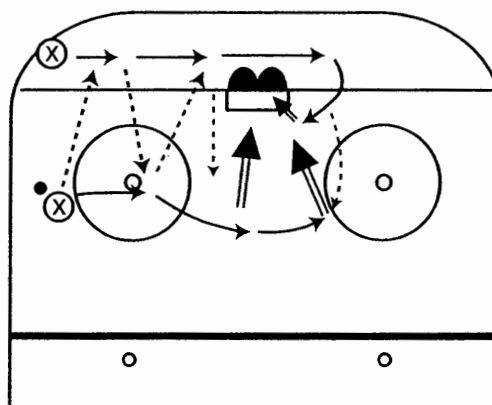
### DRILL: FOUR PLAYER SEMI-CIRCLE - PASS & SHOOT

- Four players position themselves in a semi-circle from face-off dots to top of circle.
- Players pass puck rapidly between them, then occasionally taking a shot at the net.



### DRILL: 2 on 0 CORNER TO NET PASSES & SHOOT

- Two Players start in corner, one behind the goal, the other in line with face-off dot.
- Both players skate towards the net, passing the puck as they approach.
- Player Options are:
  - Pass from behind to front and shoot, just before skating behind net.
  - Fake pass at net and try and beat the goaltender going around net & stuffing puck into far corner of net.
  - Or go behind net to other side & passing to player out in front for shot.





## Goaltending Instruction & Consultation

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### Goalie Specific Drills

#### Body Control

- |  |   |
|--|---|
| 1) 10 blocker saves                    | 7) 10 half-v saves to your blocker side   |
| 2) 10 catch glove saves                | 8) 5 stack the pads saves to glove side   |
| 3) 10 times to knees and recover       | 9) 5 stack the pads saves to blocker side |
| 4) 10 skate saves to your glove side   | 10) 5 fall to back side and recover       |
| 5) 10 skate saves to your blocker side | 11) 5 fall to front side and recover      |
| 6) 10 half-v saves to your glove side  |   |
- (All done without puck to re-inforce proper movements)**

#### Skating drills

Skate figure 8's around the end face-off circles - in goalie position - using c-cuts. Five times forward and five times backward.

Facing the boards - move from goal line to top of face-off circle, across to top of other face-off circle, turn and move towards goal line.

Do two times through with the shuffle move

Do two times through with the t-glide move

Do two times through with the cross-over slide move

**Zig-Zag** - from side boards to side boards, goalie makes three shuffle moves to left, pivots, then three shuffles to right, pivot etc...Repeat until reaching side boards.

**Zig-Zag** - from side boards to side boards, goalie makes half-v save to right, pivots, then makes half-v save to left. Repeat until reaching side boards.

**Zig-Zag** - from side boards to side boards, goalie makes stack the pads save to the right, pivots then makes stack the pads save to left. Repeat until reaching side boards.

**Goalie in crease** - goalie shuffles around the top edge of the crease - repeat four times each direction.

**Y-Drill** - Goalie starts at hash marks between face-off circles, skate backwards towards top of the crease, then pivots to the pipe...repeat four times each direction - with stand-up shuffle, half-v and stack the pad techniques.

**X-Drill** - Goalie starts against pipe...shuffles across goal line, then skates out diagonally toward face-off dot, stops, skates backwards toward far post, stops, shuffle to other post then skates out diagonally to face-off dot. Repeat four times each direction.

*Takes about 10-15 minutes to complete*

*Work hard to become better each day!*