



2012 National Hockey Coaches Symposium

Coaching Youth Goaltenders

Jeff Theiler

Presented by:



**Liberty
Mutual®**



Introduction

- **Focus of presentation**
- **Presenter's background**
- **Who's in the room**



Coaching Philosophy

- **Goalies aren't special, they are just kids**
- **Develop athletes, not goaltenders**
- **Keep it simple - solid fundamentals leads to consistency**
- **Focus on instilling work ethic & competitiveness**
- **Hold players accountable – No excuses**



Coaching Philosophy

- **Teach the game, not just the position**
- **Constant positive reinforcement breeds confidence**
- **Goaltending is only difficult if the player believes it is**
- **There is a time for work, and always a time for play!**
- **If it's not fun, what's the point?**



Basic Fundamentals

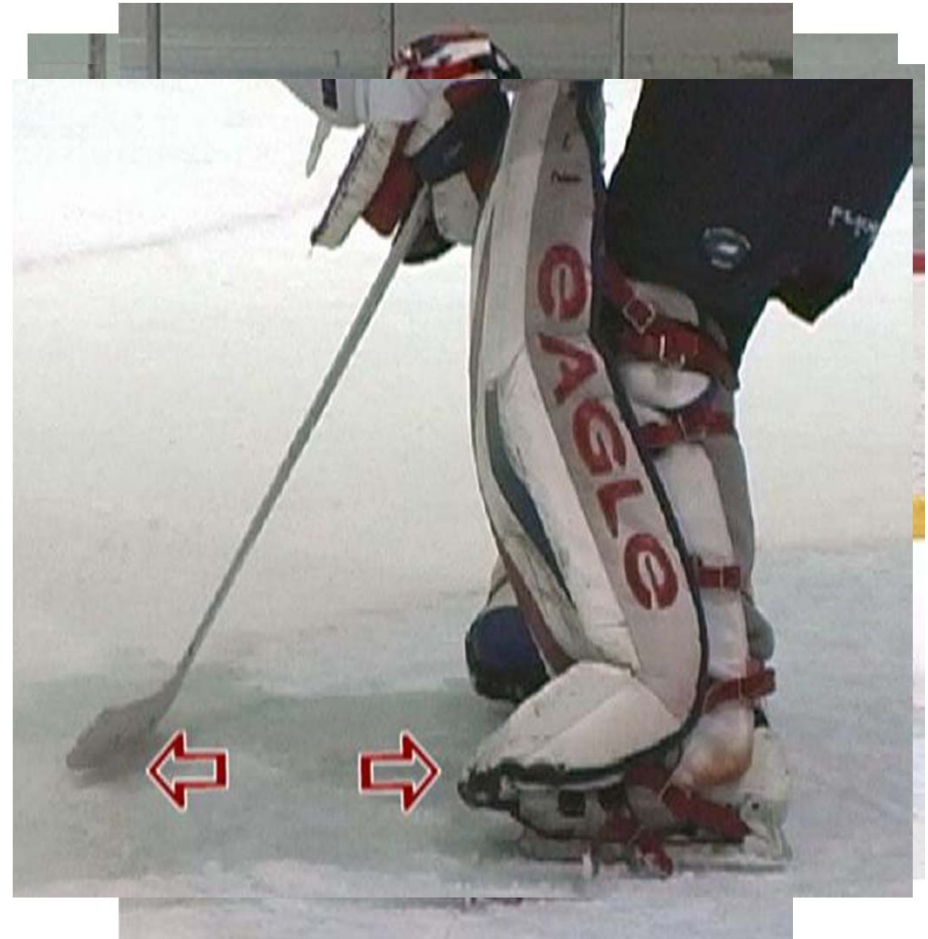
- 1. Stance**
- 2. Skating**
- 3. Recovery**
- 4. Positioning**
- 5. Save Technique**
- 6. Game Situations**



Basic Fundamentals

Stance

- **Ready position**
- **Net coverage**
- **ABC's**
 - **Agility**
 - **Balance**
 - **Coordination**
 - **Speed**





Basic Fundamentals

Skating

- **Edges**
- **Lateral movement**
 - **Shuffle, T-Push**
- **Forward & backward movement**
 - **C-cuts in stance**





Basic Fundamentals

Recovery

- **Belly**
- **Back**
- **Seat**
- **Knees**



Basic Fundamentals

Positioning

- **Center net**
- **Depth**
- **Short side**
- **Puck in front & behind goal line**



Basic Fundamentals

Save Technique

- **Stick**
- **Upper body**
- **Leg pads**
- **Catcher & blocker**
- **Butterfly**
- **Sliding butterfly**
- **Pad stack**



Basic Fundamentals

Game Situations

- **1 v 1**
- **2 v 1**
- **3 v 2**
- **Breakaway**
- **Walkout**
- **Wraparound**
- **Screens & Deflections**



Age Specific Coaching – 8U

- **No full-time goalies**
 - **Need to develop skating skills & ABC's first**
 - **Ensure that every player gets an opportunity to try position**
 - **Rotate often during practice and games**
- **Goalie equipment and stick not necessary at 6U**
 - **Most goalie equipment is too big, heavy and stiff**
 - **Injury from puck is minimal – introduce to 7 or 8 year olds**
- **No need for goalie specific training**
 - **Introduce after player is proficient skater**
 - **Kids choose not to play because they are asked to do things they don't understand or they aren't physically capable of doing**



Age Specific Coaching – 8U

Fundamental Focus “Keep it simple & fun”

- **Stance – Stick, feet, hands, and knees**
- **Skating – C-cut in stance**
- **Recovery – belly, back, knees, seat
“8U’s fall down a lot”**
- **Positioning – Center net, depth**
- **Save Technique – Stick saves**
- **Game situations – N/A**



Age Specific Coaching – 8U

Practices

- **Include a goalie in all shooting stations**
- **Rotate every player through goal every station**
- **Emphasize effort & competitiveness**

Games

- **Use mini-nets as much as possible**
- **Rotate every player through goal (3+1 vs 3+1) or (4+1 vs 4+1)**
- **Don't force kids to play goal if they don't want to**



Age Specific Coaching – 10U

Part-time goalies are o.k.

- **Ensure that every player gets the opportunity to try position**
- **Rotate often but don't force players to play**
- **No starters or backups – split every period**
- **Ignore pressure from parents for full-time goalies**
- **Goalie equipment & stick should be used**
 - **Must be sized properly**
 - **Goalie masks & skates not necessary**



Age Specific Coaching – 10U

Fundamental Focus “Goalie specific skills”

- **Stance – Stick, feet, hands, and knees**
- **Skating – Shuffle, C-cut**
- **Positioning – Center net, depth, short side, behind net**
- **Save Technique – Stick, leg pad, body, gloves, butterfly**
- **Game situations – Walkout, wrap, breakaway**
- **Freezing puck, getting back to posts, save recovery**



Age Specific Coaching – 10U

Practice

- **Goalie specific skating drills 10-15 minutes every practice**
- **Shots in every drill, include rebounds**
- **Team drills emulate game situations**
- **Goalies participate in stick handling and team skating drills**
- **Players assigned to play game should get practice during week prior**

Games

- **Communicate often from the bench – encouragement**
- **Don't allow skaters to complain or blame goalie on bench**
- **Split periods**



Age Specific Coaching – 12U

- **Part-time goalies are still o.k.**
 - **Identify players that enjoy playing goal**
 - **Give those players the opportunity to play frequently**
 - **No starters or backups – split every game**
- **Goalie equipment and stick**
 - **Paddle height very important**
 - **Goalie masks are not necessary**
 - **Goalie skates are now o.k.**



Age Specific Coaching – 12U

Fundamental Focus “Goalie specific training”

- **Stance – Stick, feet, hands, set feet on shot release**
- **Skating – Shuffle, T-Push, C-cut**
- **Positioning – Center net, depth, short side, behind net**
- **Save Technique – Butterfly, sliding butterfly, pad stack**
- **Game situations – 1 v 1, 2 v 1, 3 v 2, screens, deflection**
- **Rebound control, poke check, cut backs, puck handling**



Age Specific Coaching – 12U

Practice

- **Position specific skating drills 10-15 minutes every practice**
- **Save technique drills 10-15 minutes every practice**
- **Team drills emulate game situations, at game speed**
- **Shots in every drill, include rebounds**

Games

- **Communicate and encourage often from the bench**
- **Don't allow skaters to complain or blame goalie on bench**
- **Split games, rotate starter**



Final Thoughts

- **Treat your goalies as you would any other player – Expectations**
- **Goalies must be included, not excluded – Team member**
- **Athleticism and positioning are more important than save technique**
- **Minimize pressure and help goalies keep perspective (“It’s just a game”)**
- **Just because you didn’t play the position, doesn’t mean you can’t help your goalies develop**



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Questions?

