

ANALYZING PERFORMANCE (VIDEO)

1. Do I maximize the amount of net covered while in my stance?
2. Is my stick in optimal position?
3. Are my gloves where I want them to be?
4. Does my stance allow me to move in any direction - Is my 5-hole a manageable size?
5. Am I selecting the best save for the situation/shot?
6. Am I patient or do I commit too soon?
7. Where am I leaving the puck after the initial shot (rebound control)?
8. Am I in my stance while in transition?

GOALTENDING GUIDELINES

The following guidelines are to serve as methods to maximize your improvement and must be practiced every time you are on the ice. Review them prior to all practices and games. This will help establish a foundation of good habits so that after many repetitions the proper technique will become an automatic reaction to the situation.

- * **Set up (square to the puck)** soon enough as the puck enters the zone.
- * **Use your stick** as part of your stance and save in every situation.
- * Get the best out of every single move. Eliminate extra movement - **be efficient**.
- * See the puck, **concentrate - really concentrate** and have a good stick to **control rebounds**.
- * Get to the shot lane with maximum net coverage. **Get in the path of the puck**.
- * Select the correct tool to stop the puck ("**save selection**"). Expand on the skills you have in your toolbox.
- * **Combine and master**: 1) Net area blocking skills, 2) At-puck **reaction skills**, 3) Skating skills - **skate edge control and balance**.
- * **Learn the game**. The goalie has to **be part of the team's defensive strategy**. Supply active input. Show an awareness of your team's defensive package by tracking the play. **Know the situation** (P.P or P.K., time on the clock, personnel on the ice, score, *shooter R or L*, opponent's forecheck). Processing the information around you will help you play the situation properly and select the right save.

Note: "Style" is a skill set a goalie uses most often. Most goalies today use more than one style. Blend styles that draw on many different skill sets or save skills making yourself difficult to beat on a wide variety of shots.