

# “Coaching the Modern Day Goaltender”



## Myths, Realities and Resources You can Use

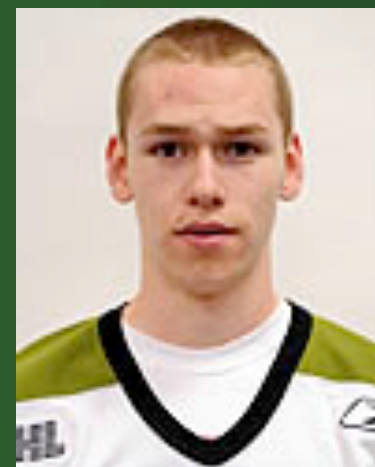
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PATRICK KILEEN #1

6<sup>th</sup> Round Selection of the  
Pittsburgh Penguins in 2008



JACOB RILEY

Eligible for 2011 NHL Draft

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# Coaching the modern day hockey goaltender

- Position that has seen the most improvement over the last 40 years
- Today's Equipment is excellent
- The old saying goes “The goaltender should be the best skater on your team”
- Modern day reality is that the goaltender should be the best athlete on your team



# Modern Goaltending Theory: An Overview

- Movement is paramount
- Square to shooter
- Execution / Preferred save selection
- Rebound control
- Quick, efficient recovery
- Efficient puck handling



# Movement / skating

- Unique and separate from players
- T glide; shuffle; C cut
- Many drills available to work with goaltenders on these skills
- You can never get to be “too good”



# Squaring / Save Selection

- My influences: Nabokov, Lalime, Jablonski
- “90% of the work in goaltending takes place before the shot is released”
- Preparation is everything



# Saves along the ice

- Butterfly, standup, ½ Butterfly, sliding butterfly, Paddle-down
- Coaches must emphasize rebound control and recovery
- Time drill to goaltender's pace



# Saves off the ice

- Catcher
- Blocker
- Using the upper torso
- Coaches must stress rebound control & “economies of movement”



# Rebounds and Recovery

- The most often overlooked aspect of the modern game.
- Incorporate into many of your regular practice drills
- Make sure the players finish the drill before you continue



# 4 Ways to Make your practice more “goaltender-friendly”

1. Always protect your goaltenders
2. Timing is everything
3. “Damn rebounds”
4. Goalies are different...skate them that way



# DRILLS

- Goalies only
- Goalies with up to 4 shooters



# Mike's Resources

## Books:

**“The Hockey Goalie's Handbook : The Authoritative Guide for Players and Coaches”** by Jim Corsi

**“The Hockey Goalie’s Complete Guide”** by Francois Allaire

## Websites:

[www.belfour.com](http://www.belfour.com)

[www.hockdb.com](http://www.hockdb.com)



# In Conclusion...

1. Always protect your goaltenders
2. Build drills around your goaltenders needs:
  - Rebounds
  - Timing
3. Help your goaltenders improve their “movement and mobility”



# THANK YOU

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