

COACHING CONCEPTS: IN TIGHT SITUATIONS



IN TIGHT SITUATIONS ARE COMMON IN HOCKEY AND LEARNING HOW TO USE OUR HANDS IN THESE SITUATIONS IS A BIG ASSET TO GOALTENDERS. WE WILL DISCUSS AND SEE THE DIFFERENCE OF WHEN A GOALIE PROJECTS THEIR HANDS TO THE PUCK VERSUS STAYING CONSERVATIVE AND IN A BLOCKING BUTTERFLY. PROJECTING HANDS ALLOWS THE GOALTENDER TO TAKE AWAY THE NET FROM THE SHOOTER, THE CLOSER THE GOALTENDER CAN GET TO THE PUCK IN THESE SITUATIONS, THE MORE NET A GOALTENDER WILL TAKE AWAY. IN IN-TIGHT SITUATIONS WHEN A GOALTENDER IS ALREADY SQUARE TO A PUCK IT IS IMPORTANT THAT THEY DON'T OPEN UP HOLES, THEY STAY TIGHT PREVENTING ANY PUCKS FROM SQUEAKING THROUGH. WHEN BEHIND THE PLAY OR OFF ANGLE THIS IS THE SITUATION IN WHICH WE WOULD WANT TO PROJECT HANDS AND BE ACTIVE.

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MEGAGOALTENDING.COM

EMAIL: Info@megagoaltending.com



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