



GOALIE DEVELOPMENT

**Brian Haaland
CAHA Goalie Coordinator
CAHAGDC@gmail.com, 704-746-4908**

GOALIE DEVELOPMENT

COACHING GOALIES IN PRACTICE

- Assign an Assistant Coach as your dedicated goalie coach – if they don't know goaltending they can learn and teach the basics. They can work with the goalie when they are idle and during drills.
- Set up a goalie station every practice and draw a crease for all drills with marker so goalie positions themselves with "Toes Out" of the crease line
- Goalies should participate in all skating and passing drills
- Space out the shooters - make sure your players don't pepper the goalie – minimize rapid fire drills
- Let goalies recover between shots and in between drills – when exhausted, they use poor technique & your team will think they can score at will
- Let your players know when a drill is for the goalies and not for them and when it is – communicate
- Use Game situation drills – ex. dump in to make them play the puck and make a pass when you are doing breakout drills
- Practice and game warm up drills should be designed for the goalie (and with their input)
- Make shooting drills as game like as possible. Provide traffic, rebound opportunities, shooters under pressure with options, and competition.

USA Hockey: FIVE IDEAS TO IMPROVE YOUR GOATENDER

- 1. Skating** - "Skating is the key. Goalies must be able to move in all directions, as quickly as possible, to react/recover and make an abrupt, balanced transition from on move to another, while staying in their stance ready to make a save." Mitch Korn
 - The single most important skill for playing goal.
 - Work on your goalie's skating every day.
 - Your goalie must move while maintaining a good "ready position", minimizing any holes.
 - Concentrate on quality repetitions to create proper muscle memory.
- 2. Positioning** - "When I am on my game, I only need to move an inch in either direction to make a save. If you see me making spectacular saves I am struggling with my game." Bernie Parent
 - A well-positioned goalie has the most likely chance to be hit by a shot.
 - You want your goalie to be centered, square, and out on the angle.
 - You must be constantly aware of your goalies positioning during games and practices.
- 3. Make your Practices "Goalie Friendly"** - "Skill as it pertains to basketball, is the knowledge and the ability to quickly and properly to execute the fundamentals. They must be done quickly and precisely at the right time. You must learn in practice to react properly, almost instinctively." John Wooden
 - A proper warm-up is important.
 - Make shooting drills as game like as possible. Provide traffic, rebound opportunities, shooters under pressure with options, and competition.
 - Your whole team will benefit from practicing in this manner.
- 4. Help your Goalie evaluate his Performance** - "Experience is a cruel teacher, it gives you the test first & the lesson after."
 - Goals against offers great lessons, take advantage of them
 - Have the goalie keep a journal and note "good & bad" after every practice and game
 - Track dangerous rebounds per game, where goals are scored (from what point on the ice and where in the net), how goals are scored, GAA, and Save %.
- 5. Develop a Work Ethic off the ice, in practice, and during games**
 - coaches allow their goalies to be lazy.
 - Demand consistency in terms of effort.
 - Your goalie must be the team leader in setting the work standards for the team.
 - By competing hard for every shot, your goalie challenges his teammates to be better every day.

GOALIE EQUIPMENT

COMMON EQUIPMENT MISTAKES

- Buying equipment and not following age/sizing guidelines
- Skates aren't sharpened frequently (every 2 weeks)
- Leg pads too big, catch glove too big
- Lack of protection in "the middle." Three crucial pieces of equipment protect the middle - knee guards under the leg pads, a goalie jock, and good chest/arm protector.
- Stick paddle too tall or size of stick is wrong for the goalie
- Leg pads too tight. Pads designed to be worn loosely around the legs. Start with the pads really loose on young goalies - hard to wear them too loose. If toe lace is properly attached, the pad will not twist on their leg too much.

SIZING GOALIE EQUIPMENT

Follow the manufacturer's guidelines for sizing
Youth – 3-6 yrs, Junior – 7-12 yrs,
Intermediate – 12-14 yrs, Senior – 13+

SKATES

1 to 1-1/2 sizes smaller than your shoe size. Goalie Skates MUST be sharpened every 2 weeks.

LEG PADS

Goalie leg pads come in sizes ranging from 19 to 38 inches

- To determine your proper size, measure your leg from your ankle to the top of your kneecap. Then measure from the middle of your kneecap to half way up your thigh.
- Add these two numbers for your goalie leg pad size
- If you are between sizes, choose the larger size for additional protection. Some goalies prefer their pads an inch or two shorter for increased maneuverability

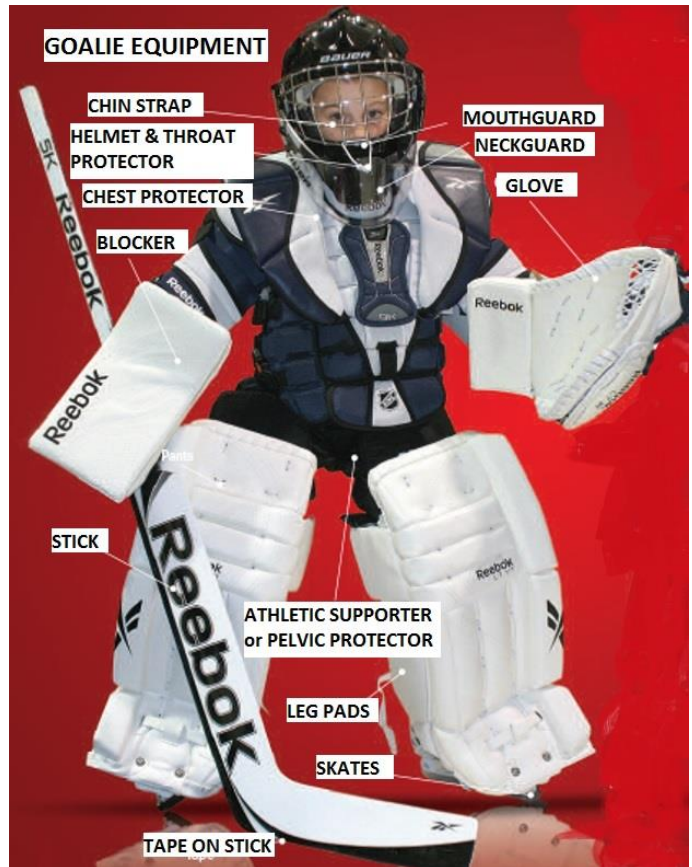
GLOVE & BLOCKER

Use the age/size recommendation above. The size of the glove and blocker should be comfortable for the size of the player so that they are not too big or too heavy.

STICK

It is important to remember that each manufacturer has a little different way of measuring the stick paddle so you need to try them out. The length of your goalie stick must be correct for your size, since it is very difficult to control an oversized or undersized stick.

- A younger player (3-6) should generally use a Youth stick. A player 7-12, should use a Junior stick, Intermediate player 12-14 years should generally use an Intermediate stick, and an Adult-sized player (13+ & above) should use a Senior stick. Hold stick with trigger finger out.
- Biggest issue is the size of the Paddle – it is measured differently with every company. It's not where they stand, it's where they make the save. Have them go down – if paddle is too long, the 6 hole will open up – pushes arm up and away from body. Cut the stick to ensure they can handle it effectively and tape the end with enough tape that they can hang onto it making a poke check



COACHING A PROPER STANCE

Purpose of a Proper Stance

Maximize net coverage and ability to move while maintaining balance.

Benefits of a Proper Stance

- Allows goaltender to be balanced and under control.
- Proper balance limits excessive and/or wasted movement.
- Leads to more efficient movement and save selection.

Body Position

- Feet – Little more than shoulder's width apart, slight ankle bend with weight slightly on inside edges of the balls of feet.
- Skates – Parallel to each other.
- Knees – Push knees forward creating a slight bend which applies pressure to the balls of the feet. (Similar to a golf stance or batting stance.)
- Chest – Up so shooter can see the logo of the jersey. (Allows balance to be slightly forward. Increases net coverage. Helps tracking high shots.)
- Shoulders - Parallel to each other and level to maintain proper chest position.
- Gloves - should be out in front of the body creating good balance. They should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body creating no double coverage
- Stick – 8 to 12 inches in front of skates resting on a slight angle allowing for proper cushion on shots at stick and coverage of five hole. Never hold stick perpendicular to the ice.



Tendencies

- Goaltenders have feet too wide. This limits movement and save selection.
- Goaltenders have feet too narrow. This limits power in movement, lessens lower net coverage, and decreases balance.
- Poor glove positioning leads to wasted movement and poor puck control (See specific glove sheet).
- Chest bent over creates poor balance and trouble tracking high shots

Butterfly Technique

- Stick blade should be flat on ice
- Glove and blocker should be high and out front
- Upper body should be sitting high (thighs straight, not sitting on ice)
- Knees should be closed tightly while the goal pads are flared out covering the low part of the net



4 DECISIONS A GOALIE MUST MAKE

1. Where to stand? (angles/positioning)
2. What save do I make? (save selection/read & react)
3. What do I do with the puck? (rebound control and containment)
4. How do I recover? (2nd save/leg choice/stay down or get up).

THE 3 “Hs”

Coaches can help goalies with a simple way to think about the position. If a goalie's head/eyes are tracking the puck, the body will follow. If the body follows, the hands must then be in the proper position. Moving their body requires activating their hips/core. So the coach can work with the goalie to ensure that their movements are correct as they follow/track the puck

HEAD

Moving head and eyes to ALWAYS follow the puck

HANDS

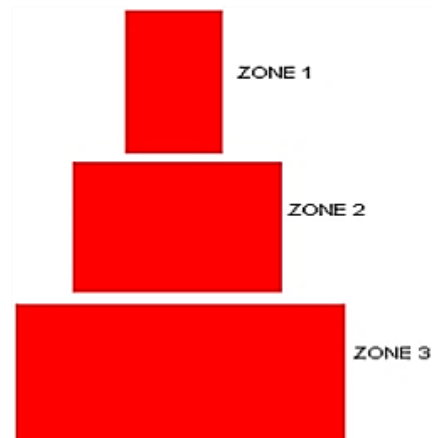
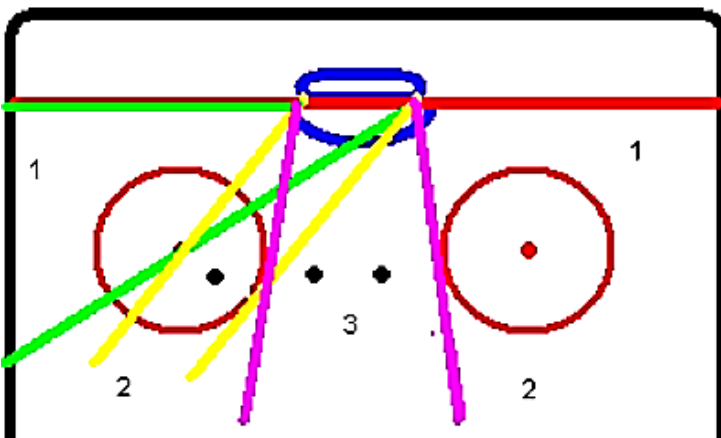
Hands follow the head and fill the space of the net and move with the head - much like a steering wheel where the hands follow the head/eyes

HIPS

Activate the core so you connect your upper body to your lower body and push with power and accuracy

ANGLES

When viewing the angle of the shooter, the goaltender attempts to keep the center of the body on a direct line between the net and the center of the puck in front of them. A puck may go under or around limbs, but it won't go through the torso. The chart below shows how much net is open given the angle of the shooter (where they are shooting from on the ice). The goalie wants to ensure that their position and depth is correct to minimize the amount of net that is open.



USAH: ADM BEST PRACTICES FOR GOALIES

A Practice By The Numbers

The following facts and figures relate to a 60-minute practice session.

- 1 individual practice will give a goalie more skill development than 11 games collectively.
- Each goalie should face a minimum of 100 shots. Since 30% of practice shots miss the net, there needs to be over 140 shot attempts on each goaltender.
- Coaches should try to run 4 – 5 different drills/games/activities each practice. More is not better; execution of what you do is development.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- Each goaltender should do a minimum of 5 minutes of focused position-specific movement drills every practice.

SKILL LEVEL	Movement & Positional Skills	Save Movement Skills	Tactics & Transition	Advanced Positioning & Post-Save Consequences
BEGINNER	75%	20%	5%	
INTERMEDIATE	50%	20%	30%	
ADVANCED	35%	10%	40%	25%

A Game by the Numbers

The following statistics relate to a typical 60-minute Pee Wee level hockey game.

- Goaltender(s) will face an average of 24 shots per game.
- 67% of shots originate from the perimeter and are considered easy-to medium difficulty only 15% of shots are considered to be of the difficult caliber.

Age Specific Equipment and Best Practices

6U – small 24 x 36 mini-nets, everyone tries goalie, quick change pads, blue pucks, cross-ice. It is recommended that players only play goalie with the quick change pads where they can try the position. Players at this age should be playing out as a player as much as possible.

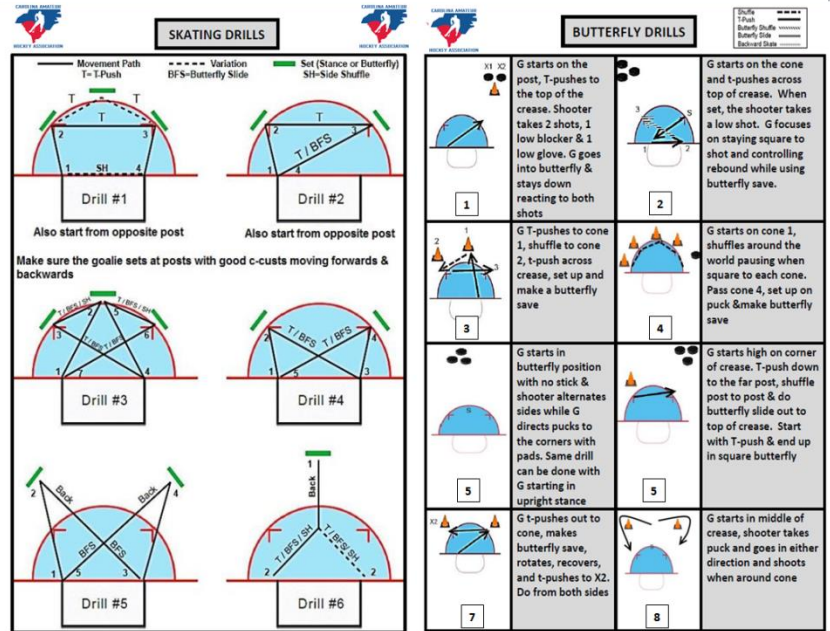
8U - 36" x 48" goalie nets, cross-ice, blue pucks, dedicated goaltenders must skate as a player in 50% of the practices/games.

10U – if you have 2 goalies, the one not playing in the game skates as a player. Goalies play skater in practice prior to playing skater in a game. Another option is to split periods. However, it is much better for the goalie's development to have them on the ice ALL of the time during games so having a goalie play in goal and the other playing out as a player for each game is best.

12U – use the 10U method or split periods so that each goalie is playing in every game.

TOOLS FOR GOALIE DEVELOPMENT

On-Ice Goalie Coaching Cards – these cards were developed for use on the ice for goalie coaches. You may print, laminate, and put them on a key ring for use during practices.



Goalie Protractor – you can make this effective tool for use with drawing a crease for goalies during all small games and drills. “Toes out” is a very effective method to teach the goalies proper positioning and angles.



Goalie “Box Control” Ropes – used to help goalies with positioning on the puck and for improving their angles.



FOR GOALIES - KEYS TO MAKING YOU AND YOUR TEAM BETTER

- Learn the basic economic principle of supply and demand. There is only one net but more than one goalie. As you get older there is less demand and more supply. If you don't train for real now you won't be playing later.
- Accept the two rules of goaltending. Rule number one is that you are going to get beat. Rule number two is you can't change rule number 1.
- Never get beat twice. When you get scored on in practice be determined not to let the next shot in. This will train your mind so that, if you get scored on in a game, you will quickly put it behind you and get ready for the next one.
- Know your own skating drills so when you have time you can do your goalie-specific skating drills. Goaltender skating drills are different from player skating drills, so goalies need this time to get their work in. When there are dead periods in practice goalies should work at their movement drills. Ideally, goaltenders should skate 10-12 minutes on their own at the beginning of practice.
- Don't expect different treatment than any other player. The old approach of "just leave the goalies alone" has long passed. A goalie is a member of the team just like anybody else. He should be encouraged, instructed, and accountable just like any other player on the team.
- Take care of yourself away from the rink. Stretch, watch your nutrition and stay hydrated. Watch as much hockey on television as you can. Learn about technique, strategy and equipment and prepare yourself for practices and games.
- Goalies need to have a performance statement derived by what they do well when they are in the zone. (ex. Be aggressive and control my rebounds)
- Have fun. The key to being successful at anything is to have passion when you do it. Embrace the position and enjoy it every time you are on the ice. If you do your coaches and teammates will see it and feed of your passion.

GOALIES – YOUR DEVELOPMENT IN PRACTICE

- Goalies need to work hard, track the puck and maximize their practice time. Goalies should be accountable if they are not physically or mentally putting forth the effort to challenge the other players and themselves to improve.
- Compete at a high level.
- Controlling rebounds and cover/clear loose pucks.
- Stay visually attached to pucks. Following the puck into your body and away from your body.
- Be vocal during situational drills and interact with teammates.
- When the players are participating in on-ice warm-up drills do 5 to 10 minutes of your own goalie-specific skating drills at the beginning of the ice session.
- Create a goaltending department within the team. In practices both goalies compete hard to make themselves and the other players better. Competition between goaltenders is encouraged because you will push each other to improve at a faster rate. When the puck drops for a game be supporting each other because the team depends on the goaltending division in which both goaltenders contributed through preparation.
-

GOALIES – YOUR DEVELOPMENT IN GAMES

- Make sure you know the expectations of playing time. Whether it is an equal rotation or play to win system the goalies and parents should all understand the coach's philosophy in order to eliminate any issues throughout the season.
- Goalies should arrive at the game in plenty of time. Time varies per level. You should prepare for the game physically (ex. Dynamic warm up/ball drills) and mentally (Focused and prepared to start the game)
- Goalies should be supportive of teammates including the other goalie, play with passion, and be respectful of coaches, officials and the facilities.
- Work on controlling rebounds, smothering and directing pucks.
- Be patient, don't go down early.
- Learn how to manage a game. ex when the team really needs a whistle.
- Identify the flow of a game and when there are key moments be ready to make the big save.
- Play the puck - the only way to get better is to make mistakes.
- Learn how to have a short memory. Don't get rattled by a bad goal. We all make mistakes and you have to learn to move on.
- After the game you can be disappointed but after you have analyzed the game move forward and don't look in the rearview mirror.

FOR COACHES - KEYS TO MAKING YOU AND YOUR TEAM BETTER

- Have a goalie coach or name an "Assistant Coach Responsible for Goalies" The goalie coach or the assistant coach responsible for goalies responsibility is to ensure that the team's goalies are preparing for games, maximizing their time in practice and there is a clear line of communication. If you do not have a trained goalie coach, the AC responsible for goalies does not need to be a former goaltender or even know the technical skills of goaltending... but is responsible making sure that the goalies accountable, working hard and improving.
- Learn to communicate with your goalies. Be clear for the onset what the expectation are how playing time will be allocated. Most issues do not become issues if the lines of communication are established and the message is consistent.
- The head coach can adopt the five-second rule to your teams practice drills or start and stop drills on the whistle. After a shot is taken in drills, the players often go directly to the next line, and neither the shooter nor the goaltender follows the rebound. To create a game like situation tell the players that after each shot is taken to imagine five seconds left in the third period of a tie game. This will prompt the goaltender and attackers to play the rebound, allowing for scrambles, walkouts, pass-outs, wraparounds, and so on. These drills will make not only the goalies better but the shooters as well. It will also add tremendously to the goaltenders' conditioning and not affect the tempo of practice. When utilizing the five-second rule in practice, have one coach at each end responsible for making sure the effort is at 100 percent. To make it fun, the coach can yell a countdown of 5, 4, 3, 2, and 1 to create a sense of urgency.
- The head coach can play to the whistle in practice drills. Once again trying to create more game like situations, coaches can use their whistles not only to start drills but to end them as well. In this situation, the players and goalies are trained that, after the initial shot is taken, they should continue

to play until the whistle is blown. The next group starts only after the whistle is blown. This creates a number of situations for the goalies to handle, and it helps in their training of following the puck and battling until the whistle.

- If there is going to be downtime for goalies in practice, prepare accordingly. If a head coach is going to work just one end of the ice and leave the other goalie standing around at the far end, the goalie coach or coach responsible for the goalies should be prepared to work on skating drills, reaction drills or dump pucks in to work on passing and clearing skills. If practice is split sheet and only utilizing one net, find an area of the ice that the goaltender not in net can do skating drills, reaction drills or passing and clearing drills.
- Let the goalies know they are part of practice. So many times coaches are consumed with practice and do not take time to recognize the goalies. This will create more accountability and add to goalie and coach relations.
- Communicate with your goalies. The number one problem in any relationship is communication. The more you communicate with your goalies, the better they will be able to play. By keeping them guessing or playing head games, a lot of negative energy can be created. Try to create an environment where there is open communication.
- Make a point of once a month taking a few minutes to sit with the goalies before or after practice to review their practice and game performance level, get feedback and review or reassess goals. A goalie is only as good as his confidence level. Be aware of that fact and remember to build confidence throughout the season.

COACHES – GOALIE DEVELOPMENT IN PRACTICE

- Goalies need to work hard, track the puck and maximize their practice time. Goalies should receive positive reinforcement when they are practicing hard and create accountability if they are not physically or mentally putting forth the effort to challenge the other players and themselves to improve.
- Demand a high compete level.
- Demand goalies are controlling rebounds and covering or clearing loose pucks.
- Goalies must stay visually attached to pucks. Following the puck into their body and away from their body.
- Goalies must be vocal during situational drills and interact with teammates.
- When the players are participating in on-ice warm-up drills plan to have the goalies do 5 to 10 minutes of their goalie-specific skating drills at the beginning of the ice session. Goaltender skating drills are different from player skating drills, so this allows goalies time to get their work in. The goalies and goalie coach or AC responsible for goalies should know the skating drills.
- The head coach can adopt the five-second rule to your team's practice drills or start and stop drills on the whistle. After a shot is taken in drills, the players often go directly to the next line, and neither the shooter nor the goaltender follows the rebound. To create a game like situation, tell the players, that after each shot is taken, to imagine five seconds left in the third period of a tie game. This will prompt the goaltender and attackers to play the rebound, allowing for scrambles, walkouts, pass-outs, wraparounds, and so on. These drills will make not only the goalies better but the shooters as well. It will also add tremendously to the goaltenders' conditioning and not affect the tempo of practice. When utilizing the five-second rule in practice, have one coach at each end responsible for

making sure the effort is at 100 percent. To make it fun, the coach can yell a countdown of 5, 4, 3, 2, and 1 to create a sense of urgency.

- The head coach can play to the whistle in practice drills. Once again trying to create more game like situations, coaches can use their whistles not only to start drills but to end them as well. In this situation, the players and goalies are trained that, after the initial shot is taken, they should continue to play until the whistle is blown. The next group starts only after the whistle is blown. This creates a number of situations for the goalies to handle, and it helps in their training of following the puck and battling until the whistle.
- If there is going to be downtime for goalies in practice, prepare accordingly. If a head coach is going to work just one end of the ice and leave the other goalie standing around at the far end, the goalie coach or coach responsible for the goalies should be prepared to work on skating drills, reaction drills or dump pucks in to work on passing and clearing skills. If practice is split sheet and only utilizing one net, find an area of the ice that the goaltender not in net can do skating drills, reaction drills or passing and clearing drills.
- Let the goalies know they are part of practice. So many times coaches are consumed with practice and do not take time to recognize the goalies. This will create more accountability and add to goalie and coach relations.
- Don't treat your goalies differently from any other player. The old cliché of "just leave the goalies alone" has long passed. A goalie is a member of the team just like anybody else. They should be encouraged, instructed, and held accountable just like any other player on the team.
- Create a goaltending department within the team. In practices both goalies compete hard to make themselves and the other players better. Competition between goaltenders is encouraged because they will push each other to improve at a faster rate. When the puck drops for a game the goalies are supporting each other because the team depends on the goaltending division in which both goaltenders contributed through preparation.

COACHES – GOALIE DEVELOPMENT IN GAMES

- (Game Time) Make sure there is a system in place that clearly spells out the expectations of playing time. Whether it is an equal rotation or play to win system the goalies and parents should all understand the coach's philosophy in order to eliminate any issues throughout the season.
- (Notification) Goalies and the family should know who is playing in the game. Ideally the time to let your goalie know who is playing with 20 minutes left in the last practice before the game. Pre-game anxiety is one of the toughest challenges for goalies.
- (How to notify) Notify your goalie one on one and through the same voice whether it's the head coach, assistant coach, goalie coach or assistant coach responsible for goalies.
- Goalies should arrive at the game in plenty of time. Time varies per level. They should prepare for the game physically (ex. Dynamic warm up/ball drills) and mentally (Focused and prepared to start the game).
- Goalies should be supportive of teammates including the other goalie, play with passion, control rebounds and the clock and be respectful of coaches, officials and the facilities.
- Goalies should receive feedback in between periods and after games.
- Goalies need to be coached during games just like any other player.

GOALIE TERMS THAT REALLY COUNT

By Mitch Korn for USA Hockey Magazine

There is a very precise language that goalies and goalie coaches use. The list below should help parents, coaches and goalies understand the terms that intertwine to make a successful goalie.

AERIAL ANGLE: Simply it is the path of the puck from the ice to the crossbar. When considering the best position and save selection, this is crucial for a goaltender.

BACK DOOR: The area “behind the goalie” when challenging. The goalie must learn to balance the size of the “back door” vs. the size of the “front door” through “reading the situation.”

BUTTERFLY: An overused term. It is when a goalie drops allowing both pads to extend out to the side and with the 5-hole closed (or almost closed). The majority of the lower portion of the net is covered, and the goalie’s holes are shut down. Just because a goalie drops to his/her knees, does not mean they are butterfly goalies.

CHALLENGING: In general, it is the goalies attempt to “cut the angle” by playing at the top of the blue crease (or above) to limit the amount of net seen by the shooter.

CUSHIONING: The ability to deaden a puck off the body, stick or pad to prevent rebounds.

CUTTING DOWN THE ANGLE: The overall use of challenging, front door, back door, being square to the puck and reading the situation so the goalie can maximize his or her position. The three steps are (1) being out...(2) being square...(3) being set (stationary if possible).

EQUIPMENT CONFIDENCE: The mental state of a goalie that allows him/her to know that the equipment will not let him/her down. For example, the arm pads protect the goalie well on high shots and the goal pads are not “overpowered” by the puck when closing the five-hole.

FALLING OFF THE PUCK: When a goalie makes a save selection and the majority of his/her body moves away from the puck side.

FIVE-HOLE: The area between the goalie’s legs or under the goalie (during a save selection). Goalies must learn to close this space better.

FLOW: On rushes and dekes, a goalie must have some backward motion or flow. This flow provides rhythm and momentum and eliminates being caught flat-footed. Too much or too quick flow forces the goalie too deep into the crease.

FOCUS: Simply, it’s seeing the puck well. Too often goalies do not watch the puck to the body and beyond. Goalies often “look past” the puck, and do not follow it. When the puck “looks like a beach ball” rather than a “golf ball,” the goalie has the most success.

FRONT DOOR: When a goalie challenges a shooter, that shooter is considered the “front door.” The goalie must learn to balance the tradeoff between “front door” and “back door” through reading the situation.

HALF BUTTERFLY: Probably the most used save. A half butterfly is the extension of one pad, while the other pad firmly supports the body. This should be able to be accomplished while stationary, moving forward, backward, laterally, from a shuffle, and while turning to remain square using the “Y” theory.

HUGGING THE POST: The goalie’s position when the puck is behind the goal line. The goalie must be ready for a wraparound or quick centering pass.



NUMBER 1 GOALIE: The go-to guy. True No. 1 goalies challenge themselves; they do not need competition from another. In “big” games they get “bigger.” They give the team a chance to win and thrive on “making a difference.”

PADDLE DOWN: This move properly considers “aerial angle” to be used on some wraparounds, in tight plays around the net, etc. Often overused, this is effective when the goalie has defensive pressure and is close enough to smother the shooter.

PADDLE HEIGHT: The height of the “fat” part of the goalie stick. The maximum is 26 inches. Many young goalies use paddles which are too long and thus negatively affect their stance and stick use, and often opens the “six hole” when making a save selection.

PLANTING THE BACKFOOT: If moving to the left (for example), when the right foot pushes the goalie in that direction, yet stays stationary, forcing the goalie to open up, and ultimately end up on his/her rear end.

READING THE SITUATION: The goalie’s ability to recognize what’s happening and make two important decisions: where to be positioned and what save selection to make.

SAVE SELECTION: The goalie’s proper save choice in a given situation.

SHUFFLE: The goalie’s skating motion when he/she moves side to side without turning the skates (T-push). This move is used to consistently stay “square” to the puck. Too often, goalies use shuffles that are too large, thus opening up the five-hole or creating trouble in making transition. Smaller shuffles are better.

SITUATION: Playing goal is not playing a series of shots, but rather “playing situations.” Situations may, or may not, end in a shot. A situation is made up of where all players are, and the puck. It is not just the puck or the shooter. It is the situation that the goalie “reads.”

SIX-HOLE: The space created between the stick arm and body when the stick paddle is too large or when the goalie “rolls” the stick arm shoulder in a half butterfly.

SPECTATOR: When a goalie, while “reading the play” watches rather than moves with the puck on a pass or shot.

SQUARE TO THE PUCK: The ability to stay lined up with the puck and the middle of the net. The goalie, by rotating shoulders and shuffling, remains square to the puck. This is critical for success.

TELESCOPE: The goalies’ skating motion moving in and out of the crease. The motion must be brisk and explosive while always in the stance position.

T-PUSH: The goalie’s skating motion used laterally to get across the net or back to the post. The momentum is created by putting the feet into a T with the back foot pushing hard. This is also the initial motion of a two-pad slide move.

TRANSITION: The ability to “change” from one move to another. It may be to “change” quickly left to right, or telescope to shuffle or shuffle to half butterfly. The quicker the better.

WORK ETHIC: There is no substitute for hard work. A goalie should practice as he/she plays.

Y-THEORY: The most efficient use of telescoping, staying square and using the proper save selections. When done properly, the goalie’s motion resembles a “Y” – out, back and diagonal toward the post.

