

# Seattle Junior Hockey Association

## Goaltending Development



# Development Opportunities for Goalies

- Team Practices
- Goalie IQ Clinics
- Goalie Skill Clinics



# Goalie Trainer

- Volunteer from each team to supervise goalie development at every practice
- Focus on goalie specific skating skills for 10 minutes per goalie per practice
- Goalie Coach will train Goalie Trainers regularly; no prior knowledge necessary for success
- As goalie needs progress, Goalie Trainer knowledge will progress with them
- Support materials will be made available (videos and collateral)



# Teaching Methods

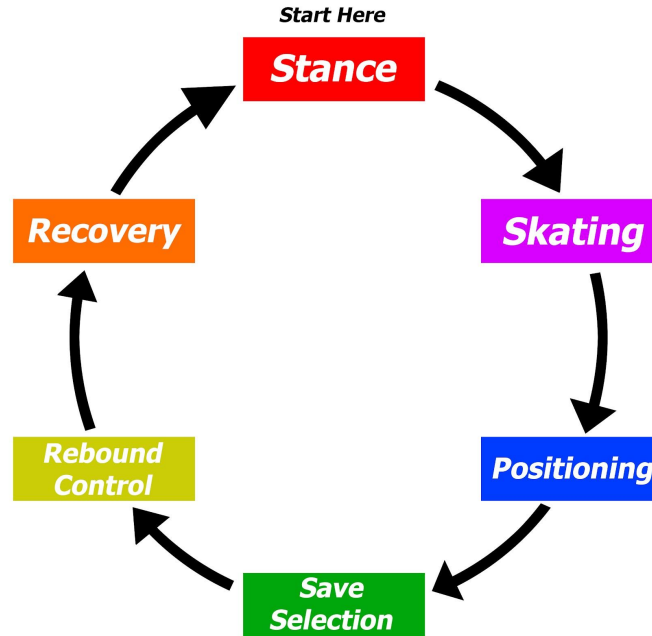
- Goalie Trainers will use a single format for teaching skating; the “4 Puck Drill”
- Goalies should be taught individually as much as possible to provide feedback specific to their skill level
- Goalie training can be provided in two 5 minute sessions or one 10 minute session to fit overall practice design best
- No Youtube videos!



# 4 Puck Progression to Develop Skating Skills

- T-Pushes (migrate toward pivot version)
- Shuffles (work your way up to lateral release)
  - On-ice butterfly; recover into T-Push
  - Butterfly slide; recover to feet
  - On-ice butterfly slide; recover to feet
  - Lateral release into butterfly; recover to feet
  - T-Push; Lateral release into VH; T-Push  
recover to previous (advancing one face total)
  - Butterfly slide into toe c-cut infinity motion
  - Face inwards; butterfly slide into heel c-cut  
infinity motion

# 6 Fundamentals of Goaltending



**Thank you for  
your dedication!**





*Seattle  
Junior*  
HOCKEY ASSOCIATION

USA  
HOCKEY  
**51 IN 30**  
USA HOCKEY GOALTENDING