

Helpful Tips About Goaltending

- Goaltending is all about repetition.
- Goalies should be among the best skaters on the team.
- Goalies need to work on their puck-handling, passing & shooting.
- Have 6-10 drills you can do on your own at practice when the team is working on other areas of the game.
- Goalies need to “talk it up” - give instructions to teammates.
- Watch the puck, always have your body “squared” up to puck.
- Don’t commit yourself too soon: try to make the shooter commit first.
- Cut down the shooting angle.
- Stay on your feet as long as possible, be in a good basic position.
- Get some equipment blockage behind all shots.

ATTRIBUTES OF A GOOD GOALIE

1. Must want to play goalie
2. Must have a good attitude
3. Must have good eyesight
4. Must have good agility
5. Must have good coordination
6. Must have good reflexes

Goalie Specific Drills To Do Each Practice

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Body Control

1. 10 Blocker Saves
 2. 10 Catch Glove Saves
 3. 10 Knees & Recover
 4. 10 Skate Saves to Glove Side
 5. 10 Skate Saves to Blocker Side
 6. 10 Half “Y” Saves to Glove Side
 7. 10 Half “Y” Saves to Blocker
 8. 5 Stack Pads to Catch Glove
 9. 5 Stack Pads to Blocker Side
 10. 5 Falls to Back & Recover
 11. 5 Falls to Front & Recover
- (All Drills done without a puck)

Skating Drills

1. Skate Figure “8” pattern around end face-off circles - Goalie Position - using “C” Cuts - 5 times forward & backward.
2. Big Rectangle Box Movement - face side boards, standing on goal line - move from goal line to top of face-off circle, pivot across to top of other circle - pivot go to goal line -
2 times through with shuffle move
2 times through with t-glide move
2 times through with crossover slide move
3. Three Shuffle Step Zig-Zag - From side boards to side boards on goal line.
4. Half “Y” Save Zig-Zag - From side boards to side boards on goal line - half “Y” to right side & the half “Y” to left side.
5. Stack Pad Zig-Zag - From side board to side board - stack pads right, then stack pads left zig-zagging.
6. Goalie In Crease Shuffle Steps - Shuffle step around top of crease - repeat 4 times each direction.
7. “Y” Drill - Start at hash marks between circle - skate backwards toward top of crease - pivot to pipe - do 4 times doing: Shuffle Steps, Half “Y” and Stack Pads.
8. “X” Drill - Start against pipe - Shuffle across goal line - then skate out diagonally toward face-off dot - skate backwards to far post - stop. Shuffle Step over to other post - stop, skates out diagonally to other face-off dot - repeat 4 times each direction.

Note: Takes about 10-15 minutes to complete the circuit

Remember the three “Rs” of goaltending:

Ready for the shot
React to the shot
Recover from the shot

Hockey Skills Challenge

for

Mite and 8 & Under

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HEP HOCKEY EDUCATION PROGRAM

HEP: developed collaboratively by Minnesota Hockey and Mayo Clinic Sports Medicine Center

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A guide to learning the
FUNdamental hockey
skills for goalies

*“If you can’t always be the best -
You can always be better”*

Player Evaluation

Name: _____

Season: _____

Classification: _____

(Times recorded in Hundredths of Seconds - Best of Two Runs)

Goalie Skills Checklist

Movements, Saves & Puck Control

MITES - 8 & Under

1. _____

Basic Stance

"Skates Shoulder Width Apart & Knees Bent"....

"Hands Ahead of Body"....

"Stick Blade Flat, Ahead of Skates"

Forward & Backward Movement - "C" Cuts
 "Shift the weight from inside edge of one skate to the other"

"Stay low, glove up, stick down, eyes on puck"

"Stopping - Slight snowplow stop with one skate"

"Always keep Body Square to Puck"

3. _____

Stick Save

Directly at Goalie - "Position Stick 4-6 inches in front of skate"

"Stay standing & relax, let the puck come to the stick"

"As the puck contacts stick CUSHION the shot, No Rebound"

Shot Just To The Side - "Move stick to one side & back up. The stick with skate turned"....

"Stick arm works as a steering wheel & deflects shot to the side"

4. _____

Catch Glove Save

"Basic Position - Glove open, around knee high, ahead of body, filling open net"

"Shift body weight towards shot, eyes follow puck into glove"

5. _____

Blocker Glove Save

"Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"

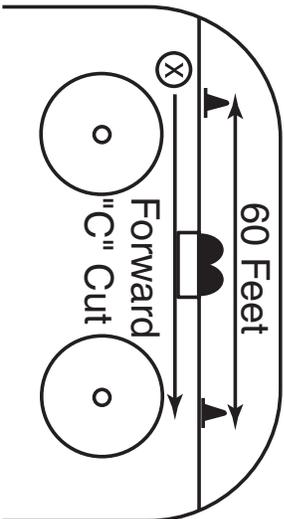
"Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact" or

"On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"

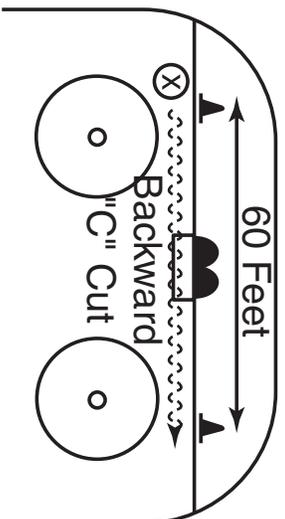
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Goalie Movement Skills

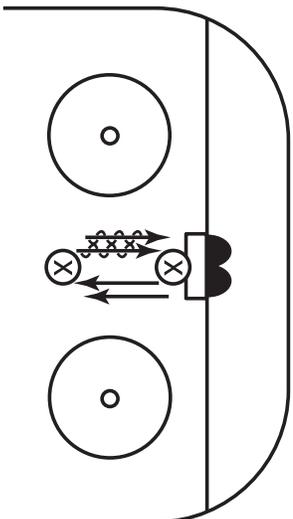
Drill #1 - Forward "C" Cuts 60 feet



Drill #2 - Backward "C" Cuts 60 feet



Drill #3 - Forward Backward Telescoping



"All things are difficult before they are easy"
 "The right way, dedication, repetition, make it easy"
 "If it is going to be - it is up to me"

Go to www.MinnesotaHockey.org,
 Hockey Skills Challenge to view latest results
 and resources for improvement.