

Goalie Skills Checklist Continued

11. **Leg Pad Save**
 "Cushion shot on the leg pad. Raise buttocks slightly, thus straightening the knees slightly, it is important that this occurs just when the puck hits pad"
 "Shot to One Side - Kick the puck with the leg pad, following through to direct it to the corner or side board"
Body Save - Body Trap
 "Position Upper Body (Chest & Stomach) in front of Puck"
Stacking Pads & Recovery
 "Desperation Save - Obtain as much height as possible with pads, stack one pad on top of the other and use the top arm to increase the height of the wall, bottom arm flush to ice"
Half "V"
 "Drop the leg pad closest to the shot flat on the ice, upper body is upright & square to puck, stick blade on ice & moves to puck side covering the opening between the pads"
"V" Drop
 "Drop to inside of knees & lower legs by fanning out the skates to the side, pads must be flush to ice"
 "The upper body must remain upright with the glove open above the pad"
 "Stick blade is flat on the ice, covering up the "5" hole between the pads"
Control Rebounds
 "Cushion the puck with stick save or pad save"
 "Drop to knees & have stick out in front to protect puck from being knocked into goal"
 "Place catch glove over top of puck"
Playing the Angles
 "Goalie is out of net when the puck is in front"
 "Goalie must be in middle of angle & centered on puck"
 "Maintain the basic stance & squared to puck"
 "Cut down shooter's vision of the net"
 "Never give the shooter the short side"
 "Play the puck, not the shooter's body"

20.

- "Ring Around Shot - Set Up Behind Net - Puck shot in around boards, goalie moves behind net from side puck shot in, jam stick to boards and stop puck behind center of net, continue around to front of net on opposite side"
Shooting Situations
"Puck in Shooting Position - Goalie maintains position on crease line, squared to puck location, if pass occurs, reposition on crease line"
"Positioning Against a Stick Handling Shooter - As shooter approaches never move first, grudgingly retreat. Save options: pivot/step on feet, poke check, pivohalf "V", full "V", stick the pads"
"Playing A Two Player Rush - Goalie should stay standing, cut down the shooting angle in relation to the position of the puck (do not try and play both players), square up to the player with the puck"
Screen & Deflected Shots - "Screens" - Rule is to look low. Cover the lower part of the goal by performing "V" Drop.
 "Deflections" - Recognize potential deflector & get close to their stick blade. Types of saves are: Half "V" or "V" Drop.
Breckkaways - Stay in stance, centered on puck, moving back at speed of the attacker. Goalie must be able to close off all open ice to post at time of deke.
 Types of Saves: Pivot, Parallel Slide to Post or Pivot, Stack Pads or Pivot, Half "V"
"Positioning When Puck Behind the Goal Line - Hug the goal post with body & push skate against inside post, the stick is placed to side of net where puck is located, just in front of the skates... use stick to deflect pass or poke check the puck"

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.

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

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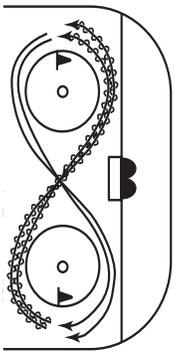
USA HOCKEY

A guide to learning the
 FUNdamental hockey
 skills for goalies

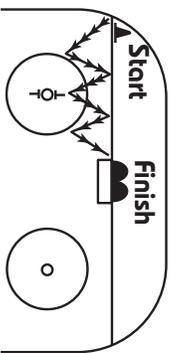
"If you can't always be the best -
 You can always be better"

Peewee and 12 & Under Movement & Puck Control Skills

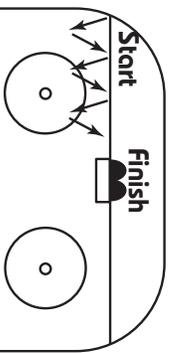
Drill #1 - Forward, Backward Figure 8 with "C" Cuts



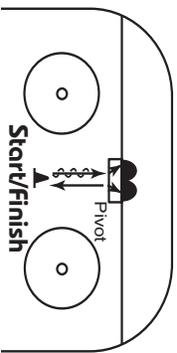
Drill #2 - Three Step Shuffle Step Zig-Zag



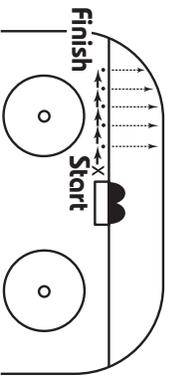
Drill #3 - Half "V" Save with Pivot Zig-Zag



Drill #4 - "Y" Drill - Backwards, Pivot, Shuffle Step, 1/2 "V" Save



Drill #5 - Five Puck Forehand Puck Clear Pass



Name: _____

Season: _____

Classification: _____

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

1. Forward, Backward Figure 8 with "C" Cuts

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

3. _____

2. Three Step Shuffle Step Zig-Zag

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

5. _____

3. Half "V" Save with Pivot Zig-Zag

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

6. _____

4. "Y" Drill - Backwards, Pivot, Shuffle Step, Half "V" Save

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

8. _____

5. Five Puck Forehand Puck Clear Pass

Minnesota

Early Season _____ Average _____

Mid Season _____ Top 10% _____

Late Season _____ Best _____

10. _____

1. _____

2. _____

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"

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"

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"

Blocker Glove Save

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

"Hard shots - Deflected 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"

SQUIRTS - 10 & Under

Parrell Shuffle

"Stay Compact & Low".... "Lateral shuffle steps are short"....

"Stick moves with lead leg, blade on ice, cover opening between the skates"

Lateral T-Glide

"Point lead skate in direction wanting to go".... "push off with the other skate"....

"The two skates form the letter T"

"Lead with the stick, keeping stick on ice"

Pivots to Post

"Shooter goes to one side - Goalie pivots body to face shooter at a right angle"

"Most of the time - Pivot & Parrell Shuffle to Post"

Telescoping

"Challenging the Shooter - Movement forward toward the puck to reduce the body movement required to protect the goal"

Skate Save

"Shot Just to Side - Stand Up Skate/Stick Save - Make save with stick but back it up with skate save (rotate toe of skate to outside)"

"Shot Heading for Corner of Goal - Split Skate Save - Leg away from shot, drop knee going laterally to puck side, strongside skate arcs out laterally with entire blade staying on ice, stick backs up behind heel of skate making the save"

"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.