
Goalie Training Breakdown by Coach Kess – YouTube Video

1. Proper Goalie Stance Fundamentals

- Weight should be 65% on the toes to stay athletic and balanced.
- Hands must be held forward to cut angles and control rebounds.
- Spine should tilt forward—not stacked upright—to enable quick movement and prevent falling backward.

2. Zone Stance Variations Coach Kess outlines three stance zones based on puck proximity:

Zone	Description	Purpose
Zone 3	Upright stance, shoulders above crossbar, stick off ice	Used when puck is far away; improves visibility and lateral mobility
Zone 2	Moderate crouch, shoulders at crossbar level, hands low	Balances coverage and mobility; protects against mid-range shots
Zone 1	Deep stance, wide feet, shoulders below crossbar	Used when puck is close; maximizes low-net coverage and control

Key Coaching Points

- Avoid outdated “stick always on ice” teaching—modern shooters exploit deep stances.
- Teach goalies to adjust stance based on puck distance to avoid premature slides or poor positioning.
- Emphasize controlled movement and edge work to maintain readiness across zones.

Goalie Edge Work & Movement Drills Summary

1. Fundamental Edge Work

- **Daily Groin Warm-Up:** Essential for injury prevention and mobility.
- **Hard Cuts (Forward & Backward):**
 - Forward = push through heels.
 - Backward = push through toes.
 - Maintain head over knees, spine tilted forward, hands up—stick not required.
- **Single-Leg C Cuts:** Builds edge control and balance; focus on cutting ice and posture.
- **Advanced Drill – Two Forward, One Back:** Develops momentum and edge precision using alternating C cuts.

2. Fundamental Movement Drills

- **Box Drill:** Four cones/pucks spaced 4–5 feet apart.
 - Shuffle to and through each point to simulate net coverage.
- **T Pushes:** Rotate head and hands first, point toe, push, glide, and set.
- **Shuffle Variations:**
 - Shuffle two, T push back.
 - Emphasize full balance and reset between movements.
- **Butterfly & Recovery:**
 - Full recovery: track puck with head, rotate, and reset.
 - Half recovery: more challenging for younger goalies.
- **Billy Drill (One-Foot C Cuts):**
 - Focus on leaning toward cut foot while maintaining stance.
 - Builds inside edge awareness.
- **Shuffle Throughs:** Reinforces stance discipline and short burst movement.
- **Butterfly Slide:** Controlled hand position and tracking emphasized.

3. Conditioning & Advanced Butterfly Work

- **Zipper Drill:**
 - 10–12 pucks spaced out.
 - Shuffle to each puck, then shuffle back one.
 - Can be modified with T pushes for added challenge.
- **Butterfly Drops:**
 - Forward Motion Drop: roll off toes toward puck (Zone 2–3).
 - Knee Drive Drop: quick vertical drop for close-range shots (Zone 1).
 - Drill tip: toes should stay on the line for forward motion; if they slide back, it's a knee drive.

4. Group Training Adaptations

- Additional drills shown for larger groups (4–7 goalies) to maximize ice time and reduce idle moments.

Developmental Plan

Divide the season into four 8-week segments, each focusing on progressive skill development.

Stage	Focus Areas	Sample Drills
Foundation	Stance, lateral movement, basic saves, positioning	Butterfly slides, crease movement patterns
Skills	Recovery, puck handling, tracking, rebound control	Glove/blocker saves, puck retrieval behind net
Game Recognition	Traffic management, post integration, breakaways	RVH technique, screen shots, breakaway reads
Performance	Confidence building, skill refinement, mental prep	Game simulation drills, video review sessions

Resources

14 Skating Drills for Hockey Goalies + Beginner Goalie Skating Drills --

<https://youtu.be/hLcGjpxzjDk?si=YEkBTyDKfzHK5wvr>

The Three Components of Positioning - Ice Hockey Goalies --

<https://youtu.be/nII7df9OG8k?si=9q7eS0yVp2gL4hO>

Off Ice Warm Ups For Hockey Goalies --

<https://youtu.be/IAZHxfv--KU?si=YO6Rxf4vGxYa9w-e>

The Top 10 Mobility Exercises & Stretches for Goalies --

https://youtu.be/iF6TZjJw3ko?si=uez_6csN7jg4S7KW



Weekly Practice Format

Each week, goalies repeat two core drills at the start of every practice to build muscle memory and confidence.

- **10-minute goalie-specific warm-up:** Skating + save technique
- **Focused Edge Work and Movement Drills**
- **Integrated team drills:** Include goalie-focused reps (e.g., controlled shooting, rebound drills)
- **Video clip review:** Show NHL/Youtube examples of the skill being taught at home
- **Coach check-in:** Brief discussion with goalie on progress and goals

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- Focus: Game simulation, mental toughness, save selection
 - Example: Dedicated goalie coach overseeing rep-level development
 - Drill: Breakaway scenarios + post play under pressure
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Coaching Tips

- Assign an assistant coach to goalie development or rotate the role weekly
 - Use a marked crease for spatial awareness—even draw one if needed
 - Avoid using goalies as “target dummies” in player drills
 - Reinforce one skill per drill—don’t overload
 - Encourage goalie-led feedback and self-assessment
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