



Goaltending Blueprint

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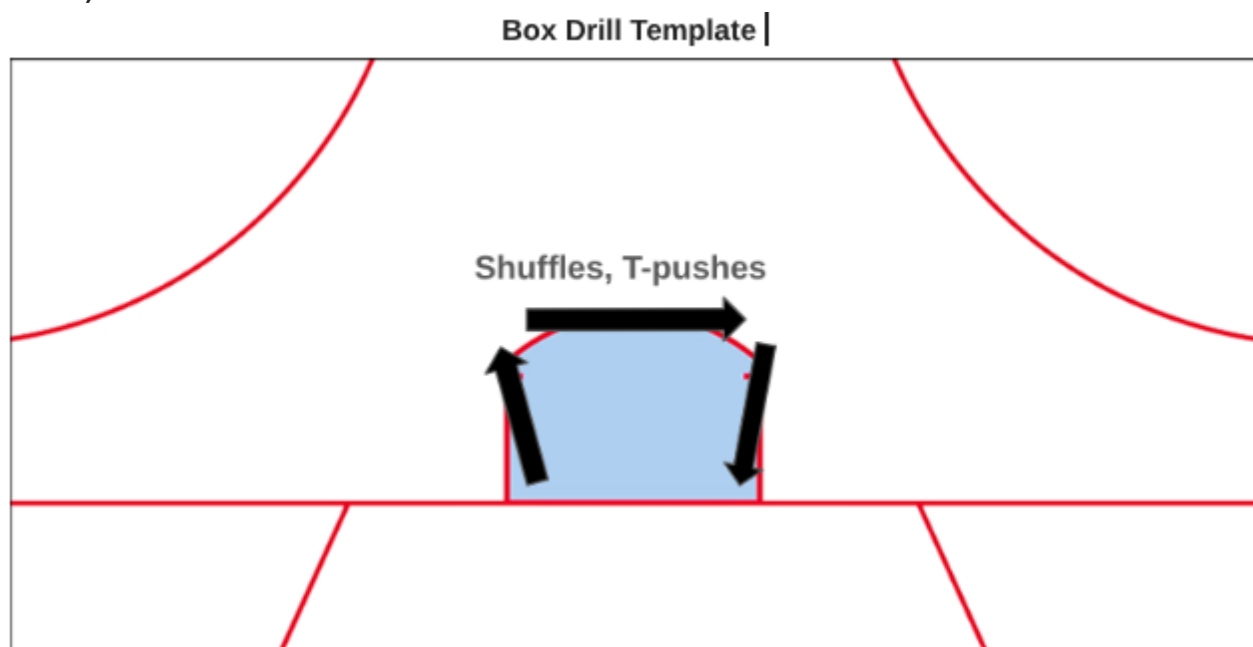
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Skating Drills

- A goalie that is a good skater will put themselves in position to make the right save, at the right time.
- These simple and effective skating drills should be done at the start of every practice.
- Repetition, repetition, repetition!
- Skating is **the** foundation of goaltending.
- For all drills, it is not a race! Increasing speed only comes after the reps are fundamentally sound.

Basic Warm up - (Picture shows the movement pattern for all box drill variations listed below)



- Box drill - small shuffles
 - Start on post, one push out to the near top corner of the crease (blue line angle), small shuffles along the top of the crease, one push back to the post, repeat back the other way
 - Can add in a post to post movement, then come back from the other side
 - What to watch for:
 - Small shuffles that are quick and precise but not rushed, trail leg quickly comes back under the body
 - Not using too much toe of the skate to push off and staying on angle as they move across the top of the crease
 - Eyes and head UP ice while shuffling
 - Quiet upper body, no extra arm movements while moving
 - Good ready stance while moving: stick in the middle of the stance, chest up, hands out

Basic Warm up (continued)

- Box drill - T-pushes
 - Start on post, one push out to the near top corner of the crease (blue line angle), T-push to opposite corner of crease, one push back to the post, repeat back the other way
 - What to watch for:
 - Good ready stance while moving, stick in the middle of the stance, chest up, hands out
 - Eyes up ice, and the FIRST thing that starts the T-push movement is the head and eyes looking first to where they are pushing to. Goalies need to be able to find the spot they are pushing towards + get squared up to the puck upon arrival
 - Quiet upper body, no extra arm movements while moving

- Box drill - Butterfly, recovery while down, T-Push to feet
 - Start on post, one push out to the near top corner of the crease (blue line angle), goalie drops down into the butterfly to simulate a save, then recovers while in the butterfly, and T-pushes to the opposite corner of the crease, back to post, repeat back the other way.
 - [Click here for a great in-depth breakdown of what this recovery movement looks like.](#)
 - What to watch for:
 - Good ready stance while moving, stick in the middle of the stance, chest up, hands out
 - Eyes up ice until that simulated save is made. Eyes "track" that puck into the body, then eyes and head look up and out towards where they need to recover and push towards.
 - Quiet upper body, no extra arm movements while moving
 - Quick hard butterfly, drive those knees into the ice just like you would reacting to a quick save in a game. SNAP the pads down.

Basic Warm up (continued)

- Box drill - Butterfly slide, recover to feet
 - Start on post, one push out to the near top corner of the crease (blue line angle), goalie looks over towards the opposite corner of the crease, pushes into a butterfly slide, recovering to their feet at the end of the slide (now on the opposite side of crease blue line angle), back to post, repeat the other way
 - What to watch for :
 - Good ready stance while moving, stick in the middle of the stance, chest up, hands out
 - Eyes and head are the FIRST thing that moves before making the butterfly slide

- Good push across, goalie is able to stay square to the far angle they are pushing to (other blue line angle). Coach can place 1 puck about a foot or two out from each corner of the crease to make sure the goalies are getting square to that angle once they are back to their feet.

Additional Skating Drills

- Here are some great videos with more drills and variations of the basic movements I've listed above.
- Same movements, just presented in different ways.
- The box drills above are done in the net with a crease which means one goalie at a time. These drills below can be done without a crease so both goalies can be moving at the same time. Or, one goalie could be using the net while the other runs through these drills, then switch.

3 Puck Skating Drills - Great examples of driving knees down hard in the butterfly, T-pushes, butterfly-recovery to feet, simulating a save, quiet upper body / hands, eyes and head up, eyes moving first, and squaring up to new angles.

4 Puck Skating Drills - This is one variation of the 4 puck drill (Butterfly -> full recovery to feet with T-push). You can do the same drill just doing T-pushes, as well as just doing pad slides to each puck. Goalies can also start and stay on their knees and pad slide to each puck to work on slide control.

Depth, Angles, and Squareness

- This video does a great job showing what the puck sees when a goalie is both on angle and square to the puck. - [Video Demonstration Of Angle Vs. Square in Goaltending](#)
- [USA Hockey - Visual Chart for Goaltending Depth](#)

Gear Fitting Guide

- General Gear Size Chart
 - Youth = Age 3-7
 - Junior = Age 7-12
 - Intermediate = Age 12-14
 - Senior = Age 14+

Stick Sizing Chart

Paddle Height	Goalie's Height
20"	4'5" and under
21"	4'3" - 4'9"
22"	4'5" - 4'11"
23"	4'4" - 5'5"
24"	5'3" - 5'11"
25"	5'7" - 6'4"
26"	6'1" and Up
27"	6'6" and Up

- **Gear “Checklist” (In Chronological Order of Getting Dressed)**

- Base layer undershirt
- Cup
- Base layer pants
- Long socks / compression socks
- Breezers
- Knee pads
- Skates
- Leg pads
- Neck guard
- Chest protector
- Jersey
- Mouthguard
- Helmet
- Glove
- Blocker
- Stick

[How to Size a Goalie Leg Pad \(Step-by-Step Guide\)](#)

- **Knee Landing Zone**

- If the top of your knee cap is landing above the green area, the pad is too small.
- If the top of your knee cap is landing below the green area, the pad is too big.



Off-ice Guide

- Sports to play to help become a better goalie (*Source - Goalcrease*)
 - Racquet Sports - Tennis, Pickleball, Racquet Ball, Ping Pong
 - Quick feet, lateral movement, stops and starts
 - Tracking, reflexes, hand-eye coordination
 - For positioning, understanding angles, anticipation, and decision making about when to be aggressive vs when to be conservative

Goalie Dryland for Beginners

- Pre-game / Pre-practice warm up
 - Get into the habit of doing some type of warm up before you hit the ice each time. This will go a long way for injury prevention as well as improving your ability to make saves.
 - See what works for you!
 - Basic Routine Example:
 - Light activity such as high knees, a short jog, reaction ball against a wall, etc. (5-10 mins)
 - Stretch

Guide to Basic Stretches

“Think like a goalie” - Mental Strength for Success

- As the old saying goes, goaltending is 90% Mental, 10% Physical (in theory).
- The mental side of your game is just as important as the physical aspects of your game.
- Goals happen in hockey, that's the reality. Goalies need to understand the “DOs and DONTs” after giving up a goal.
- “DO”
 - Learn from it. (What did you feel and see in that moment? How can it be stopped next time?)
 - Accept it. (You can't go back in time, so it's time to move on!)
 - Refocus, the next shot is the most important.
- “DONT”
 - Blame your teammates.
 - Show signs of frustration. (Slamming stick, hanging your head, throwing hands up, shrugging shoulders, bad body language)
 - Get down on yourself. (goals happen!)
- Mindset of goalie
 - I **feel** like I am going to stop the puck (not worried about giving up a goal - focused on making big, confident saves)
 - If I watch the puck hit my body all the way, the puck can't go in. AKA, tracking pucks! (Sounds simple, but simple goes a long way in-between the pipes)
 - For tracking pucks, think “chin-to-puck” on every save.
 - “Laser focus” (Locked in, in the zone, dialed, etc. What's your phrase?)
 - I am **DESPERATE** to keep the puck out of the net at any cost, practice or game. A play is never over, and there is **ALWAYS** a chance to make a save.
 - Making saves is **FUN**. Have fun with it, it's the best part!

DCYH Association Gear Rental Program

- Parents! DCYH has all the goalie gear needed to support any player that wants to be a goalie as they progress through the different levels of hockey within DCYH.
- Gear is leased out **free of charge**, and can be exchanged as your goalie grows from season to season.
- From season long gear rentals to wanting to try goalie for a practice, DCYH has you covered!
- Please send all goalie gear inquiries to:
 - **Nick Moore**
 - **DCYH Goaltending Coordinator**
 - **Email: nick.moore@dcyh.org**

Goalie Skills Nights

- DCYH proudly offers goalie skills nights throughout the season where all goalies in the association (Squirts-Bantams and all girls levels) are encouraged to come out for goalies only training!
- These sessions are a great way to get specialized goaltending training during the season free of charge.
- **COACHES** - These goalie sessions are also designed to teach coaches how to train goalies and what to watch for. By attending as many sessions as you can, you become our "satellite" goalie coaches for your respective teams.
- Check the website calendar for the goalie skills night schedule or reach out to me directly.
 - **Nick Moore**
 - **DCYH Goaltending Coordinator**
 - **Email: nick.moore@dcyh.org**

DCYH Mite Goalies

Goals

- Create general interest in the position.
- Organically create DCYH goalies to help grow the program.
- Everyone has an opportunity to be a goalie.
- Have fun being a goalie!

Structure

- Each mite player is required to try goalie at least once.
- Once everyone has gone once, it becomes volunteer based.
- Coaches can randomly pick goalies or run through the list again if there are no volunteers.
- Goalie gear sets are located in the goalie gear room at Dodge County Ice Arena.

Coaching Mite Goalies

- Most important rule = **have fun stopping the puck!**
 - At this age, the biggest thing is having fun playing the position.
 - There are some technical basics that should be covered, but goalies at this age just need to enjoy playing goalie.
 - *"Go out there and stop the puck!"*
- "The Basics"
 - [Stance](#)
 - [Shuffles](#)
 - [Butterfly \(and back up to feet\)](#)
 - Longer video, but does a good job explaining what goes into a good butterfly and what to watch for. **Reminder - do not overload mite goalies with too much technical info!**
 - [Depth](#)
 - Mites should play at "base" depth most of the time
 - [Drills for mite goalies](#)

Questions?

- Please reach out to DCYH Goalie Coordinator Nick Moore with any questions.
 - Email: nick.moore@dcyh.org