



U8/Mite Goaltending

Intro to Goalie Coaching



Intro to Goalie Coaching

- Make it fun
- Let the game be the best teacher
- At this age, coach at a progressive level as to not overwhelm.
 - It's more than ok to coach at a slow pace as to gauge how well they play.
- Coach all goalies the same way to be consistent.
 - Doesn't matter if they played it before or have put on the pads for the first time.
 - Being consistent helps coaches as much as the goalies. Especially coaches who have never coached goalies or are hesitant.



Equipment

- Putting on the equipment for the 1st time can be scary and challenging for both the athlete and the parent.
- Take the time to put the equipment on and explain things basically as you go.
- All equipment should fit and fit snug, with the exception of the leg pads.
 - Leg pads should be loose, looser as you go up.
 - Rule of thumb: two fingers should fit between the leg pad and the top of the skate. Or use the second or third notch of the strap.
 - If not, loosen
 - If more than two, tighten
- Players can use their regular skates. If moving up to U10, they can use goalie skates if they have them.



1st Practice - Intro

- Have them skate and warm up with everyone.
 - Very important, as this gives the athlete time to adjust to wearing the equipment.
 - Getting use to the leg pads being loose can be a challenge.
- After warmups, time for instructions.
- Keep it simple, keep it basic.
 - The game is the best teacher.
- Keep encouraging them, it goes further than you know.
- Get down on one knee when you talk to them. Being at eye level makes a huge difference.
- Every goalie is “The Wall”



1st Practice - Intro

- Very basic, to the point, motto that every kid will remember when playing goalie:
 1. Stop the puck
 2. Then cover the puck
 3. Can't cover the puck, get ready for the puck
- This is a very short and clear motto for the athlete to transition they are now stopping the puck and not shooting the puck.
- It also allows the goalie to get comfortable and progress without having to remember all the details.
 - Leave the details for them to remember for the upper levels.



1st Practice – Home Base

- “Home Base”
 - This starting point will give them situational awareness of where the net is.
 - The goal line in between the net.
 - They will be in what is called the Resting Position.
 - Standing up straight and relaxed.
 - It is very important to have them always watching for the puck. No matter where it is on the ice, they should be looking for it.
 - Tracking the Puck is extremely important to the development of new goalies.
 - It is vital we stress it when coaching.



1st Practice – Ready Position/Stance

- Go over the Stance
 - Show them how to stand when facing a shot.
 - Proper glove, blocker placement, holding of stick and foot/leg position.
 - Don't worry about how the stance looks. It will naturally improve as they practice.
 - Have them center (square up) to the puck and NOT the body.
 - This will be a challenge in the beginning for most but is easily corrected.
 - Make a game out of it so they get used to it quicker.
 - Allows them to move with very little obstacles.
 - It's the precursor to the Full V (aka the butterfly).
 - Makes it easier for the athlete to transition to the Full V and then back to standing.



1st Practice – Drill #1

1. Start in the Resting Position at Home Base
 - Always have them start at home base to get used to where the net is.
2. Skate out a few feet into the Ready Position
 - This is where you can show them the C-Cut skating method.
3. Skate back to the Home Base in Resting Position
4. Repeat 5 times.



1st Practice – Drill #2

1. Start at home base in Ready Position
2. Shoot puck to the stick
3. Have them stop the puck with their stick, then push the puck back to you
4. Repeat 5 times.



1st Practice – Full V aka Butterfly

- This is the most fun to coach, ALL the athletes want to learn how to play it.
- Have all of them drop into the Full V and go over what it will look like.
 1. Standing on their knees. No standing on their legs, it causes them to have bad balance and fall all over.
 2. Have their legs out and their knees tight together.
 3. Have their blocker and glove up just like when they were in the ready position.
 4. Have stick centered on their knees.



1st Practice – Full V aka Butterfly

- When standing up, have them alternating between feet.
 - This will help with them not overuse one leg and get tired. They WILL if they don't.
- Don't go over sliding on pads. That is for the upper levels.
- Don't worry about how the Full V looks. As with the Ready Stance, it will naturally improve as they practice.
- This position can be very hard and tiring on the athlete. Having them switch between legs and more water breaks are essential.



1st Practice - Drill #3 (Stopping the Puck)

1. Start practice shooting with them Standing Only
2. Want them to be centered (squared up) on the puck not the body.
3. Want them to stop the puck with their stick and not their arms.
 - Instinct for them to use their arms like playing softball/baseball.
- Repeat 5 times or more depending on how they react to the puck.



1st Practice - Drill #4 (Stopping the Puck, Then Covering the puck)

1. Show them how to properly cover the puck.
 - Stick flat on the ice behind the puck with the glove over the puck.
 - Show the puck going between the legs when someone hits the puck with the stick in front and not behind.
2. Start practice shooting with them Standing Only
3. Want them to be centered (squared up) on the puck not the body.
4. Want them to stop the puck with their stick and not their arms.
5. Once they stop the puck, have them cover the puck.
6. Repeat 5 times or more depending on how they react to the puck.



1st Practice - Drill #5 Full V (Stopping the Puck, Then Cover the Puck)

1. Have them start in the Ready Stance.
2. Have them go into the Full V.
 - Proper glove, blocker placement, holding of stick and foot/leg position.
3. Once they stop it, have them cover it.
4. ***Check to see if they turn to a side when you shoot.
 - Extremely important to correct right away.
 - Don't want a puck to an area that is not covered by the equipment.

1st Practice - Drill #6 Full V (Can't Cover Puck, Get Ready for the Puck)



- If they can't cover, we're coming on the rebound and shooting until they cover or get tired.
 1. Have them start in the Ready Stance.
 2. Have them go into the Full V.
 3. Once they stop it, have them cover it.
 4. ***If the they can't, have them stand up and get ready for the puck.
 1. While with the puck, say continuously "UP" so they get up and into the Ready Stance for the next shot.
 5. Repeat many times until you feel they have tried a lot.

1st Practice - Drill #6 Full V (Can't Cover Puck Get Ready for the Puck)



1. This is where they start learning how to track the puck, to know where the puck is going and for rebounds, by getting up from the Full V and moving to where the puck is and getting set as best as they can.
 2. Encourage them by letting the game be the best teacher.
 3. The progressive approach is most vital.
 - Don't over coach this, as this is where the athlete gets the most discouraged.
- Give regular water breaks, this is tiring on them.



2nd Practice – Refresher Drills #1-6

- Go over everything you went over on the 1st practice.
- Depending on how well they did, you can skip to a drill they are ready for. No need to start at #1 when you can go straight to #5.
- Shoot from the sides so they get used to going from one side to another.



2nd Practice – Drill #7 Triangle Pipe Shuffle

- Put plugs in the posts.
- Have 3 pucks placed to either side and center in a triangle
 1. Have them start in the Resting Position at Home Base
 2. C-Cut out to the center puck into the Ready Stance
 3. C-Cut back to home base, then slide over to their glove side post
 1. Have them hug the post with their skate touching the post with the pad on the outside
 2. Have them pivot their other leg to square up to the puck and C-Cut out into the Ready Position
 4. C-Cut back to home base and slide over to the blocker side and repeat steps from glove side.
 5. Repeat the drill 3-5 times



Drill #8 Wrap Arounds

- Show them how they would approach, skate and move when the shooter comes to them, skates around the net and tries to score.
 1. Have them start on one side of the post.
 2. Pivot leg and come out.
 3. Slowly move back to the post and skate backwards to the other post while watching the puck.
 4. Quickly have them turn to the post to stop the puck.
 5. Repeat 3-5 times for each side.



Take Home

1. It's important to let the game be the best teacher.
2. Progressive approach is the simplest and best way for all goalies to feel comfortable and have a lot of fun.
3. After going through all the drills, they can be shot on by their teammates.
4. Don't feel the need to coach every goalie all the details.
5. Important is to make it fun.
6. Motto:
 1. Stop the puck
 2. Then cover the puck
 3. Can't cover the puck, get ready for the puck