



Spartacats Girls Hockey

10U-12U-15U Goalie Coach Playbook

Building Confident Goalies Through Skill, Resilience, and Purpose

Welcome to the Spartacats Way

This playbook follows the Spartacats coaching philosophy while preserving the technical instruction from the original goalie guide. The emphasis is on developing mentally resilient, fundamentally sound goalies through purposeful practice.

The Spartacats Goalie Coach Promise

- Coach with patience and encouragement.
- Teach preparation over reaction.
- Build confidence before perfection.
- Develop resilient teammates and leaders.
- Make the position fun while challenging players to improve.

Starting Point for Coaching Goalies

The position has changed dramatically and is continuously evolving to keep up the rapid changes of the game. The changes are more significant now than ever and coaching the position needs to keep up with those changes. There is a lot of knowledge and information to acquire in the beginning. That's understandable to feel overwhelmed by coaching a new position, but the following information will help you give you the foundation to make the transition smoother. **This is not a one size fits all, approach.** This is one of many ways to help get organized to help coach and develop your goalies.

Section 1: Mental Toughness & Resilience

Section 2: Practice - On Ice Warmup Drills

Section 3: Skating and Shooting Drills

Section 4: Dryland/Off Ice Drills

Section 1: Mental Toughness and Resilience

Mental toughness is a core goalie skill. At 10U-12U, coaches should help players handle mistakes, pressure, and the demands of learning a difficult position.

What Goalies Need from Coaches

- Be present and include goalies in regular coach interaction.
- Watch for changes in confidence, attitude, body language, or engagement.
- Treat mistakes as part of development and build confidence before perfection.
- Recognize when pressure or frustration is becoming overwhelming.

Goalie Mindset

Teach a confident response to challenges: CHALLENGE ACCEPTED! BRING IT ON! LET'S ROCK!

The Wall of Defense

Goalies are the Wall of Defense, not the last line of defense. A developing wall has missing bricks, and practice fills them in over time.

- Getting scored on is part of learning.
- Goalies do not blame teammates, and teammates do not blame the goalie.
- The team defends together: "I've got your back."

Reset After a Goal

Stop the "quicksand" cycle before one mistake becomes frustration and lost confidence.

- Acknowledge the goalie and keep feedback calm and brief.
- Focus on the next play, then reflect between periods or after the game.
- Ask: "What did you see?" "How did you approach the shot?" "What would you try next time?"

Critical thinking helps goalies reset, learn, and respond to the next shot with confidence.

Section 2: Practice - On Ice Warmup Drills

- Communicate with the head coach at every practice to determine how long you will get. This will determine the type of drills and difficulty.
- Proper warmup is one of the most significant parts in a goaltender's development and consistency throughout the season.
- Organized with a progressive approach to difficulty starting every drill considerably basic with little difficulty.
- Regardless of skillset, you need to have a foundation of organized drills with progressing difficulty.
- There are many drills you can use to accomplish everything they need to work on in warmups. There isn't a one size that fits all drill set.
- Be creative, switch drills up to keep them engaged.
- Try to work in each area, but if space and time are limited, work in as many areas as you can then at the next practice switch to the other ones.
- Goalies need to approach warmups and drills "With A Purpose" mindset.
 - Coaching this during warmups and practices will solidify the mindset and have all around massive improvement.
 - This allows them to get focused on the drills but also gets them into the "Prepare for the Shot" mindset.
- Coaching goalies to change the mindset to "Preparation" from "Reactive" will improve their development significantly.
- Goalies are no longer just Reacting to shots; they are Preparing for shots.
- 100% separate from the other skaters.
 - o There is zero benefit to a goalie's development to do warmup drills with the regular players.
- Feet work and skating are vital to all goalies' development. The best goalies are the best skaters. This must be emphasized and never ignored.
- Coaches need to understand without proper feet work and skating, their goalies will struggle.
- Must be a combination of skating and shooting drills.
- It is not acceptable to only shoot on a goalie in warmups.
- Shooting should always be age appropriate.
- There is absolutely no benefit to a goalie's development when coaches shoot on them believing they are more advanced, aka: high school. If anything, you can hinder it.
- Skating drills are a combination of T-Pushes, C-Cuts, Slide Pushes, Shuffles, and post work both in and out of the net/crease.
- Shooting drills are a combination of glove, blocker, leg pad and stick saves in Ready and Butterfly positions.
- Timeframe: 15-20 minutes
 - 5min Out of net/crease skating drills
 - T-Pushes, C-Cuts, Shuffles, Small Adjustments, and Slide Pushes
 - 5min in net/crease skating drills
 - T-Pushes, C-Cuts, Shuffles, Small Adjustments, Slide Pushes, and Post Work
 - 5-10 minutes of shooting drills
 - Individual areas: Glove, Blocker, and leg pad, and stick saves in Ready and Butterfly position

Section 3: Skating and Shooting Drills

C-Cuts

- Do one leg at a time then/or both legs.
 - Can be done anywhere on the ice.
 - Start with only going straight forward and backwards. Then move at angles. Then move forward and backwards into a zipper.
 - You can start short then move longer distances. This is quite easy and quick to pick up.
 - At all times, stay in the Ready Position.
 - Always looking forward to an imaginary puck.
 - No pucks needed.
1. Start in the Ready Position
 2. Make a C with both legs
 3. Full blade on the ice when making the C. You want them to get used to always having the full blade on the ice. You want to hear the blade.
 4. Hands out just past the leg pads. You want to be able to put a stick on their elbows to show that their hands need out.

C-Cut videos

Pro Goalie Teaches C-Cuts

<https://www.youtube.com/shorts/55TajsZZjG0>

Total Goaltending Development – How to skate (the c-cut)

<https://www.youtube.com/watch?v=w7QU2kv6gHc>

Increase Performance – The 3 Most Important Skating Techniques for Hockey Goalies

<https://www.youtube.com/watch?v=mA-v0Qr-FnY>

Shuffles

- Movements of feet from side to side.
 - Can be done anywhere on the ice.
 - Start with going side to side, then move to doing half oval.
 - Length can be size of the goal crease, but if you wanted to add more distance use the face off circles.
 - Always be ready by looking for the puck.
 - This can be done with no puck, pucks in a set of positions, or coach skating with puck.
1. Start in the Ready Position
 2. Push trail leg over and pull it (picking the foot up) to the lead leg to square up

3. Blades of the skates stay on the ice
4. The trail leg needs to pull back to lead leg as fast it did to push. It should never drag back to the lead leg before squaring up
5. Square up before moving again

Shuffle videos

Pro Goalie Teaches How to Shuffle

<https://www.youtube.com/shorts/IDwlt4DIDQo>

Kris Renfrow Hockey – How to Shuffle

<https://www.youtube.com/watch?v=3JZUmv7BEdu>

Increase Performance – The 3 Most Important Skating Techniques for Hockey Goalies

<https://www.youtube.com/watch?v=mA-v0Qr-FnY>

Small Adjustments

- Similar to shuffle but feet work is slightly different.
- Quick small movements of feet from side to side.
- Can be done anywhere on the ice.
- Start with going side to side, then move to doing half oval.
- Length can be size of the goal crease.
- Always be ready by looking for the puck.
- This can be done with no puck, pucks in a set of positions, or a coach is skating with a puck.

1. Start in the Ready Position
2. Keep feet close together
3. Push with trail leg over, then pick up skate and snap it back quickly, and repeat. You don't want the leg that is pushing to stay (or drag) on the ice when snapping back. It will slow them down.

Small Adjustment videos

Increase Performance – The 3 Most Important Skating Techniques for Hockey Goalies

<https://www.youtube.com/watch?v=mA-v0Qr-FnY>

T-Push

- Most common movement for beginner goalies laterally in the net to stop a shot.
- Constantly track the puck as you move and never stop.
- Move with Eyes/Hands/Feet.
- Must stop and square up at the end.

- Can be in the crease or outside of the crease.
- Distance is the length of the crease.

1. Start in the Ready Position
2. Turn eyes towards the puck (real or imaginary)
3. Turn shoulders and hips towards the puck
4. Put weight on trail leg
5. Turn lead leg out (making a T with your legs)
6. Push hard with trail leg
7. Pull the trail leg, or snap the trail leg, back to the lead leg
8. Immediately stop your feet and square up to the puck in the Ready Position

T Push Videos

Pro Goalie Teaches T-Push

<https://www.youtube.com/shorts/VK3QMFU-qf0>

Increase Performance – The 3 Most Important Skating Techniques for Hockey Goalies

<https://www.youtube.com/watch?v=mA-v0Qr-FnY&t=223s>

Kris Renfrow Hockey – How to Shuffle

<https://www.youtube.com/watch?v=Cagt7Pjuld0>

Slide Push

- The most difficult for new goalies to master.
- Younger goalies will utilize the T Push more than the slide push due to lack of strength.
- Will transition to slide pushes as they grow and develop.
- Especially important that they learn to do it correctly from the beginning to avoid injury.
- Start in the Butterfly before slide pushing, then progress to start in the Ready Position moving into a slide push.
- Start with short distances so they can get comfortable with the movements and do it correctly.

1. Start in the butterfly
2. Move your eyes
3. Move hands
4. Small rotation of body
5. Lift trail leg up and firmly holds the entire inside edge of the blade

- For proper push use entire blade, correct if you see the using just a toe

6. Lead leg pushed slightly out
7. With trail leg, push body over
8. Pull leg back
9. Stop and square up quickly

- This is particularly important so that they can properly stop the puck, make a quick adjustment or make a quick lateral movement due to a pass

Slide Push Videos

StabuersGoalCrease – Goal crease Beginner Series: How to Butterfly Slide

<https://www.youtube.com/watch?v=3mGbqNMPj4o>

Increase Performance – Improve Your Butterfly Push Skills

<https://www.youtube.com/watch?v=7tAgsEcgL24>

The Mental Goalie School – Butterfly Pushes and Slides

<https://www.youtube.com/watch?v=umlyoxtfDVo>

Stances

Resting Stance

- Can be at home base all the way towards the top of the crease.
- Standing relaxed with hands in front of body for easy transition into the Ready Position.
- Eyes need to be constantly scanning and watching the puck.
- Use when the puck is out of the zone in the neutral zone to the offensive zone.
 - Pay attention to the goalies, making sure they stay focused and are looking for the puck when it's not in the zone.
 - Young goalies tend to go into the stance too early before the puck leaves the zone or in various situations that easily can result in a goal being scored.
 - No videos are needed

Ready Stance

- When the puck is in the zone, leaving the zone or coming into the zone.
- Should be in the stance regardless of which team has the puck in their zone.
- The stance is important to hold as long as possible because puck possession could quickly change then a quick shot, and if not in the Ready stance a goal could occur.

1. Weight on the balls of the feet
2. Feet shoulder width apart or slightly wider than shoulder width

3. Knees bent
 - Want body to be balanced for proper reaction to shots and passes
4. Hands in front of body to see puck go into glove or bounce off of blocker
5. Hands wide enough where elbows are not tucked in
6. Glove pocket should be up no higher than the shoulder
 - Hand should look like you're grabbing a glass of milk
7. Blocker outside of leg pad
8. Stick should be on the ice out in front of the leg pads
 - Too close to body, the leg pads will land on it when they go into the butterfly
9. Head slightly down

Ready Stance Videos

Pro Goalie Teaches Basic Stance

<https://www.youtube.com/shorts/SR47NEYCII>

Total Goaltending Development – Goalie 101: How to Get into a Proper Stance

<https://www.youtube.com/watch?v=EqZFgAK8Awo>

Stauber's Goal crease – Goal crease Beginner Series - Foundation of mobility

https://www.youtube.com/watch?v=ZNO_1ODulro

Butterfly Position

- Goalies transition to butterfly vs Standing to stop the puck.
 - Most common way to stop pucks.
 - Most utilized position to stop the puck as it allows for movements of legs and hands.
 - Must be taught correctly for proper development.
1. Start in the Ready Stance
 2. Stick out
 3. Sending feet back
 4. Drive knees down
 - No jumping
 - No sitting on legs
 5. Keep knees tight
 6. Hips are upright
 7. Maintain blocker and glove position
 8. Shoulders over the puck
 9. Keep head low and track the puck

Butterfly Videos

Pro Goalie Teaches Butterfly

https://www.youtube.com/shorts/l_-45eyYvUw

Increase Performance – Butterfly 101 Beginner Tips for Hockey Goalies

<https://www.youtube.com/watch?v=YT1GajetG74>

Total Goaltending Development – Goalie 101: Introduction to Butterfly

<https://www.youtube.com/watch?v=rsVQsE3O-Xc>

Increase Performance – When to Stay Up Vs When to Go into Butterfly

<https://www.youtube.com/watch?v=7jeWsAN8G8E>

Shooting Drills

Glove Saves

- Shoot on them at U10 level or younger. Do NOT shoot on them harder than what they will see in games. At this age, shooting harder can delay, or hamper, their development because they are not used to the harder or faster shots.
- Shoot, and maintain, in both the Ready Stance and Butterfly position.
- Want them to square up to the puck.
- Want them to Move their head and eyes to Track the puck 100% all the way into the glove, not 70-80%.
- Goaltenders should never “Assume” where the puck is, they need to “Know” where the puck is.
- You want to see them consistently catch each puck over time. Adjustments will be needed if they are struggling.
- Add covering the puck if they can’t fully catch it. Over time they will get used to catching the puck.

Glove Save Videos

Increase Performance – How to Make Glove Saves

<https://www.youtube.com/watch?v=CRWQFN3n95U>

Goaltending – Practice Glove Saves

<https://www.youtube.com/watch?v=midpTnm0dv0>

Secrets to Better Glove Saves

<https://www.youtube.com/shorts/W6SfcaOpycl>

Blocker Saves

- Shoot on them at U10 level or younger. Do NOT shoot on them harder than what they will see in games. At this age, shooting harder can delay, or hamper, their development because they are not used to the harder or faster shots.
- Shoot, and maintain, in both the Ready Stance and Butterfly position.
- Want them to square up to the puck.
- Want them to Move their head and eyes to Track the puck 100% all the way to the blocker, not 70-80%.
- Goaltenders should never “Assume” where the puck is, they need to “Know” where the puck is.
- You want to see them consistently stop the puck with the blocker.
- Start with them stopping the puck with the blocker.
- Progress to having them turn blocker to push the puck to the boards and into the corner.

o Explain that it is important to push the puck to the boards and into the corner vs in front of them to eliminate rebounds or passing opportunities.

- Add covering the puck or pushing it with the stick if they can't push the puck to the boards and into the corner.

Blocker Save Videos

Increase Performance – Tips for Better Blocker Saves

<https://www.youtube.com/watch?v=iod7NfVOxRo>

Blocker Saves for Days

<https://www.youtube.com/shorts/5xVrr0TCc5g>

GataGoalie – Goalie Blocker Save

<https://www.youtube.com/shorts/3NaZDkNzXlo>

Leg Pad Saves

- Do NOT shoot on them harder than what they will see in games. At this age, shooting harder can delay, or hamper, their development because they are not used to the harder or faster shots.
- Shoot with them starting in the ready stance going into the butterfly or just in the Butterfly position. This will be the most common way to stop a puck with their legs.

- Want them to square up to the puck.
- Want them to Move their head and eyes to Track the puck 100% all the way, not 70-80%.
- Goaltenders should never “Assume” where the puck is, they need to “Know” where the puck is.
- You want to see them consistently stopping the puck in the butterfly.
- Add covering the puck for them to get used to eliminating rebounds.

Stick Saves

- Shoot on them at U10 level or younger. Do NOT shoot on them harder than what they will see in games. At this age, shooting harder can delay, or hamper, their development because they are not used to the harder or faster shots.
- Shoot on them in the Butterfly position. This will be the most common way to stop a puck with their stick.
- Want them to square up to the puck.
- Want them to Move their head and eyes to Track the puck 100% all the way, not 70-80%.
- Goaltenders should never “Assume” where the puck is, they need to “Know” where the puck is.
- You want to see them consistently stopping the puck in the butterfly.
- Progress to them by pushing it with the stick by maintaining proper butterfly and turn body with stick to see the puck go to the boards and into the corner.

Stick Save Videos

GataGoalie – How to Master Stick Saves

<https://www.youtube.com/watch?v=0xGmqfOV5uk>

Sanesport – Blocker Up Stick Saves

<https://www.youtube.com/watch?v=K1G7ufuTnss>

Increase Performance – How to Control Rebounds with Your Stick

<https://www.youtube.com/watch?v=R5zY901CyTg>

Post Work

- Should be a part of all practices
- Integrate both skating and shooting
- Proper use of body in post movements is essential when pucks are wide on the goal line and behind the net
- Proper feet work and positioning needs to be a part of the drills
- There are numerous drills you can use that involve posts
- Emphasis should be correct positioning, and feet work
- Proper hugging the post when wide, side to side movement when behind the net, proper pivoting of inside leg when puck is passed wide on the goal line to in front of the net

Post Work Videos

Skating Drills

KDGoaltending - Post Work While Staying on Feet

<https://www.youtube.com/shorts/whHs8bHuwT0>

GataGoalie – Hockey Goalie Tips and Tricks1- Post Entry

<https://www.youtube.com/watch?v=FW2l-miiNCY>

CCM Goalie Drill of the Week: Post and Out Butterfly Inside Edge

<https://www.youtube.com/watch?v=VrYU6gLIL64>

Shooting Drills

CCM Goalie Drill of the Week: Post and Out with Shot

<https://www.youtube.com/watch?v=JTO7A2OkES8>

Behind the Net Drills

GottaLoveCT Hockey – Ice Hockey Goalie Drill: Behind the Net

<https://www.youtube.com/watch?v=vVKNkvLdvt0>

Total Goaltending Development – Goalie 101: How to Play Shooters Behind the Net

<https://www.youtube.com/watch?v=hnAA3NoT3p4>

Section 4: Dryland/Off Ice Drills

- Can be done at home or in a designated dryland area.
- Make it fun with no pressure or intensity.
- Emphasize agility and flexibility over strength.
- Emphasize the main points that translate onto the ice.
- Depending on the drill, emphasize proper hand placement as if they were on the ice.
- Use a variety of balls for the drills, i.e. tennis balls, racket balls, lacrosse balls or rubber pucks.
- Nets and pucks are not needed.

Dryland/Off Ice Videos

StauberGoalcrease – Goalie Dryland for Beginners. 2020 Goalcrease Beginner Series

<https://www.youtube.com/watch?v=0zNjSlKCBgg>

GoalieTrainingProTV – Off-Ice Goalie Agility Drills – lateral speed

<https://www.youtube.com/watch?v=vkxGyVf3vxl>

GoalieTrainingProTV – Dryland Goalie Drills That Translate onto The Ice

<https://www.youtube.com/watch?v=WZJ8uex9PQ8>

GoalieTrainingProTV – Puck tracking drills for hockey goalies

<https://www.youtube.com/watch?v=ehFTFDACjGM>