



## **RYH Goaltending Mission**

Develop our players to their maximum potential in a fun learning environment and create a consistent pool of quality goaltenders for the Varsity program to help compete annually for Section Championships.

### **Goalie Development**

**6U/Tiny Mites-** No Goalies develop skating skills

**8U/Mites-** Main focus is skating, stance, and fun. No full-time Goalies, rotate kids through In-House Starting with all the 2<sup>nd</sup> year kids going up to Squirts the following year. Everyone skates out for PEP. Encourage kids interested in goaltending to attend weekly Behind the Mask.

**10U/Squirts-** Goalies main focus skating, stance, positioning, and fun. Splitting periods and games aiming for even playing time. There can be full time commitment but full time commitment for goalies is not required. The coach needs to evaluate the player and situation case by case. If the coach believes the player needs to be a stronger skater, push for the player to continue skating out at PEP, open hockey, and even skate out at game if it isn't their turn to play. Allow any kid interested to still try goalie for a week of practice. It's not too late to put pads on for the first time. All players wanting to play goalie should be going to weekly Behind the mask.

**12U/Peewees-** Splitting game still recommended. Full time goalies should be attending Weekly clinic but still not too late to let a kid try it out. Work on Skating skills at team practice. If you think a goalie needs some work on skating let them do PEP occasionally as a fun one night break from always being in the net. The full-time goalies start working on more mechanical and technical aspects of goaltending such as RVH, active hands, anticipation(hockey IQ), importance of angle over depth(Goalie IQ).

**15U/Bantam-** Committed Full time goalies going to all the weekly Clinics. Should be using stick handle ability, they should have been developing and continuing to develop, in games. Goalies should start thinking the game at a more advanced level thinking about things like threats, save selection, push point, depth based off threats, etc. Continue honing skating skills.

### **Fundamentals of Goalie**

Skating- C-cuts, shuffles, T-pushes, Butterfly slides, butterfly shuffles

Stance- Hands out in front and off your body

Stance- Good athletic base with feet under you

Lead with your eyes and hands

Active Stick and hands

Tracking the puck to your glove, blocker, pads, and body

Puck Handling

1. Angle- center of net in relation to location of puck
2. Square- Body centered on puck
3. Depth- distance from goal line



## Behind the Mask

This will be our Weekly Goaltending Specific training on Monday nights. We will run two one hour sessions breaking the groups into 8-11yrs and 12-18yrs. We will be focusing on continuous development of the fundamentals. Skating will be a main focus for both groups throughout the season. 12-18yr will work on more advanced edge work, game situations, save selection, and post integration( RVH,VH,OL).

### 8-11yr

Nov 10th Week 1- Skating & Stance  
Week 2 Skating, Stance, & butterfly  
Week 3 Stick saves & butterfly  
week 4 Glove, Blocker, & body saves  
Week 5 Angle/Square/Depth  
Week 6 ABC's & Shuffles  
Week 7 Xmas  
Week 8 Goalie Olympics  
Jan 5th Week 9 Stance & Stick saves  
Week 10 Glove, Blocker, & Body saves  
Week 11 High to High & T-pushes  
Week 12 Net play- tracking below goal line  
Week 13 Butterfly Recovery & Tracking  
Week 14 Skating- B-Slides  
Week 15 Puck handling- stopping puck  
around & near the net.  
Week 16 Battle-screens/desperation

### 12-18yr

Nov 3rd Week 1- Skating & Stance  
Week 2 Stick saves & active hands  
Week 3 Angle/Square-small adjustments  
Week 4 Positioning- Threats, Depth, and push points  
Week 5 Post Integration RVH & OL(when to use)  
Week 6 Puck handling- Behind net & short passes  
Week 7 Stance(High-Low), screens deflections  
Week 8 Xmas  
Week 9 Goalie Olympics  
Jan 5th Week 10 Low to High & Net play(finding threats in front)  
Week 11 High-High/High-Low & Patience  
Week 12 Post Integration- Low angle attacks  
Week 13 Puck handling- Dump ins & Long passes  
Week 14 Rebound Recovery  
Week 15 Active hands and Stick  
Week 16 Battle Day- stop the puck at all cost  
Week 17 Reading shot and Threats(shoulder check  
identify push point)



## Coaches Responsibility

Our Youth coaches need to be mindful of goaltending development in their practice plan by altering existing drills or designing new ones that allow goalies to work on their game (example: breakout drill make goalie play puck to assist breakout), and once a week at a minimum give them 15 minutes of your time to do a goalie specific drill. Below are online resources to help parents and coaches to better understand the goaltending position and drill ideas for coaches to implement at practice in that 10 minute goalie skill portion (players can power skate, pass, etc during this time). I am available to call, text, or email and come on ice during team practice if needed.

### Drills

<https://goaliecoaches.com/ice-hockey-goalie-drills/>

### ABC's of Depth

<https://www.usahockeygoaltending.com/page/show/2803398-positioning>

### RVH

<https://goaliecoaches.com/rvh-goalties-execute-use/#:~:text=The%20RVH%2C%20as%20far%20as,Reverse%20simply%20means%20the%20opposite.>

<https://www.nhl.com/news/rvh-goalie-technique-under-microscope/c-318463586>

<https://www.usatoday.com/story/sports/nhl/2016/06/05/matt-murray-rvh-penguins-stanley-cup-final-joonas-donskoi/85457114/>

### VH

<https://youtu.be/sUCaB14KYsQ>

### OL

<https://goaliecoachandrew.com/2019/06/26/drill-working-on-the-overlap/>

<https://ingomag.com/video/overlap-technique-option-low-poor-angle-threats/#:~:text=It%20involves%20positioning%20the%20goal,crease%2C%20or%20a%20backside%20push.>



<https://ingoalmag.com/news/introducing-overlap-reverse-post-integration-technique/>

## Goalie Responsibilities

Playing goalie isn't for everyone. When you sign up to play goalie you are signing up to be different than the rest of your teammates and have the spotlight on all your successes and mistakes. You are similar to a QB in football, you need to know everyone's position and where they are at and going to be, like a QB and all eyes are on you.

You need to control what you can control and that will put you in the best position to succeed. Your preparation will determine your success.

1. Skills- What have you done to develop your physical skills and ability? We know typical team practices goalies are the last thing on coaches' minds. If you aren't getting any instructions at practice it's up to you to do something about it. You can talk to the coach about modifying practice to non-rapid fire drills(allowing you to track pucks), start drills with puck handling, 10-15 minutes just for goalies, etc. You can make use of downtime during practices working on crease movements, lots of online material available. Find a goalie coach and go to goalie specific training as much as possible(skaters get skater specific training at every practice)
2. IQ- You need to think about the game knowing everything that is going on around you and be able to read the play, see it developing being a step ahead, and make sure you are in the right position and making correct save selection based on what you see and anticipate. Talk hockey with your goalie coach and team coaches, watch hockey, and talk with other goalies.
3. Communication- This is communication on and off the ice. Talk with coaches about pre-game routine, warm-up, practices. Communicate with parents on what you need to be successful pre-game food, equipment, support, etc. On ice you need to be in communication with your teammates; You are the QB of the defense and need to direct your teammates to cover the weakside guy, box out the guy in front, hold the middle, and let them know where the pressure is coming from when they have puck
4. Work Ethic- Did you do more than the bare minimum and did you give your best effort? If you do everything mentioned above with a good attitude with your best effort you will be successful. Everyone's version of success is different so don't compare yourself just know you got the most out of your abilities and had fun doing it.



## Training

What does on and off ice training look like for a goalie? It isn't going to be the same as a skater. Goalies live in a box on the ice and aren't skating around taking full strides, power turns, etc. Goalies make lateral movements in and around the crease loading up on push leg and exploding off that leg all well being balanced and in control of core and upper body with hands out and off their body. Saving the puck is about 1% of what a goalie does in a game. 99% of a goalies in-game play is moving around their crease tracking the play anticipating the play and putting themselves in the best possible position to make the save.

**On Ice-** We have established that making the actual save is 1% of what a goalie does in a game( you face 20-30 shots that's 10-15 seconds of your time making a save). If you take that fact and apply it to training on-ice, being peppered with shots with little to no crease movement is the worst way to train on ice. Skating drills without shots are very beneficial just like power skating for players(goalie can't succeed without strong skating skills). Pre-shot crease movements tracking passes and shooter before shot and tracking puck on any rebound or missed net making it as game-like as possible.

**Off Ice-** Any off ice training isn't going to hurt but how should a goalie train? Goalies need excellent hand-eye, need to hold their stance at the end of the game just like at the beginning of game, and are using their legs to move around, usually pushing off one leg moving side to side. Goalies need a strong core to stabilize the upper body to be balanced and in control. Shoulders need to be strong to maintain hands out and off their body late in game and quick and explosive to make that big glove or blocker save. Hips need to be strong and flexible to have a strong butterfly, crease movements when down, and strong in RVH.

How do we accomplish this? Train hand eye with numerous drills using tennis balls or reaction balls (don't be afraid to use your goalie glove while training). Agility drills that work on balance exploding off with one leg like half kneel lateral jumps, box drive, etc . Strength training reverse & lateral lunges, Goblet Squats, Split squats, face pulls,etc. Interval Cardio training with quick explosive movements for short periods of time with even shorter rest. Core Plank holds, bridges, Bird Dog, Deadbug, etc. Mobility and hips train with resistant body bands to strengthen RVH, exercises with a resistant band on feet/ankles to strengthen hips, abductor exercises. Stretch out after workouts pigeon pose, 90/90, child's pose, spiderman lunges, frog squat, etc. A weekly yoga session will increase performance and decrease injury.