

GOALTENDING

1. ALWAYS KNOW WHERE YOU ARE ON THE ICE

- Pick out places along the boards that line you up in different positions at different rinks.
- Always bring your eyes from top to bottom.
 - i. Line yourself up by looking over a players shoulder or head and follow the line of this body down until you are lined up in the right position and your eyes are on the puck.

2. ALWAYS BE READY

- This means you are squared up to the puck, your stick is on the ice, and your blocker and catching gloves are in the set position when the puck comes across the red line.

3. ALWAYS SQUARE UP TO THE PUCK (Not the Shooter)

- Come out of your crease as the puck approaches your red line.
- Expect a shot from anywhere, so always be ready.

4. CONTROLLING YOUR REBOUNDS

- The difference between a “GOOD” goaltender and a “GREAT” goaltender is their ability to control rebounds.
- YOU and YOU ONLY can control where the puck is going.
- You must use every tool you have to catch, block, or kick any puck coming towards you.

5. SOFT HANDS IS A NECESSITY

- Your blocker and catcher should always be 10” to 12” in front of you, and your stick should be at least 6” in front of your leg pads.
- In both of these cases your arms act as shock absorbers to deaden the shot so you can control the rebound.

6. RECOVERY IS KEY

- How fast can you get back into the ready position?
- The ability to recover from any ground position is EXTREMELY important in making those 2nd and 3rd opportunity saves.
- NEVER EVER turn your back to the puck, this is how you lose sight of puck, get scored on, and get hurt.

7. BALANCE IS ESSENTIAL

- Maintaining your balance and control throughout the save will allow you to get yourself into position for another save.
- Learn how to use your edges, practice stopping with your outside and inside edges and pushing with your toe and heel edges.

8. PLAY BIG

- Always look as big as you can.
- Create the “illusion” that you are huge. Keep your blocker and catcher outside and in front of your leg pads and come out of your crease to cut down the angle. The less the shooter can see of the net the better.

9. USE YOUR STICK

- Be active when a player is behind the net. Use your stick to prevent passes from behind the net and the corners to the center.
- Use your stick to poke check any player trying to walk out from the corner.
- Use your stick to poke check any player coming in on a breakaway. Wait until the player has committed to their move and chose whether or not to poke the puck away or follow the move and make the save.

10. ALWAYS MAKE SHOOTER DO WHAT YOU WANT

- This is done by COMMUNICATING with your Dmen.
- Maintain the psychological edge and this is easy to do by communicating with your teammates.
- Don't forget that the play is always in front of you and that you should always be talking to your players.
- You're the only player on the ice that can see the entire play.
- You should be the most vocal player on the ice.

11. FLEXIBILITY = STRENGTH

- You should be stretching for at least 1 HOUR a day. Put a hockey game on and go through all of the stretches you have to do for the day.
- As you gain flexibility you will notice how much stronger you are able to move in your crease and will be able to bring your game to the next level.

Key Words to Remember:

- a. Angles
- b. Position
- c. Square-up
- d. Control Rebounds
- e. Recover
- f. Illusion
- g. Psychological Edge
- h. Leadership
- i. Balance & Edges
- j. Poke Check

COMMUNICATE w/ Your Teammates!!!