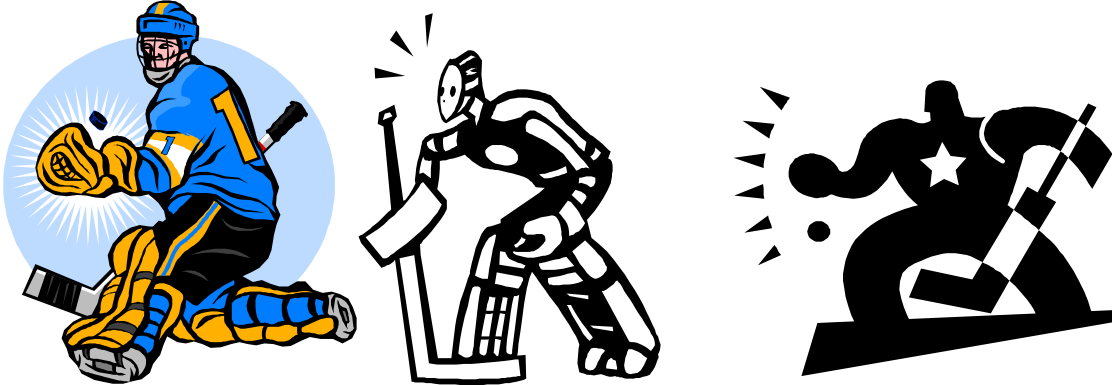


HOLY MOLY WHAT A GOALIE!

THE BEGINNER GOALIE TOOLBOX©



Playing goal in hockey is great fun! The thrill of stopping the puck and saving the game is something to remember and feel proud about. Goaltending, unlike other positions in hockey, is mainly solo, in that the goaltender has to do things alone in order to stop the puck.

Beginner goalies need to focus on and master the **fundamental basics** before moving onto more elaborate drills and techniques. I have played goal since I was six years old (I am now in my forties) and have had lots of time to work on the basics, which has kept me coming back year after year to stand in the way of hard rubber and smile about it!

I hope that you will find the following tips helpful in your efforts to teach your beginner goaltenders. These are the basics in the goalie “toolbox”. Everything else is only necessary after these basics are known and understood.

Good luck and have fun!

Sincerely;

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THE BEGINNER GOALIE TOOLBOX

1. Stick on Ice

Keeping the stick on the ice is the hardest but most important thing to learn. Stop five hole goals by keeping the goal stick on the ice. Pretend the stick is a magnet being pulled down towards and held to the ice. Keep stick blade straight and upright. Encourage your goalie to tap the ice with the stick to reinforce the feel of the stick on the ice. The blade should be vertical to the ice not on an angle. Use the stick as the number one tool to stop the puck.

Stick on ice!



2. Square Body!

Whether the goalie is upright or down on the ice, butterfly or standup style, the body **must** be square to the puck at all times. Avoid awkward angles and being all twisted up. Forget about Dominic Hasek; he's a freak of nature! Square and straight is key to seeing the puck and being able to challenge the shooter.

Square Body!



3. Hug your post!

The goal post is the goalie's best friend. When the play is at one side of the net or the other, you must have your body hugging the post (body & pads inside post, arm outside) to block holes against the post.

Practice by repetition (5x), moving back and forth across the goal line. Take shots from an angle, low on the ice at the post to reinforce the importance of hugging the post.

Hug your post!



4. Know your net!

A goalie has to know where he/she is on the ice in relation to the net. This can be done by taking quick looks back, tapping the posts with the stick as he/she comes out and back in, etc.

A few drills to work on for this include:

- skate forward/backward - straight in and straight back from goal line to just outside crease (pretend there's a big rope connecting the goalie to the coach and you imagine pulling each other back and forth)
- skate forward/backward - on angles (eg. start on left side, then centre, then right side) always moving forward/backward
- "walk on water": kneel on ice & move body across front of net, always keeping body straight and upright, ready for a shot (with stick on ice!)

Know your net!

