



Ten Commandments of Coaching the Goaltender

Coaching

THE GOALIE COACH TEN COMMANDMENTS

- I **READ www.hockeycoach.com's THE GOALIE TEN COMMANDMENTS**
- II **ENCOURAGE THE GOALIE TO EXPAND THEIR COMFORT ZONE**

The goalie's job is no longer to just save pucks from going into the net. They must be offensive players as well; stick handling, passing, shooting, playing the puck. Goals will be scored against them when they attempt these new moves during the game. It is your job as the coach to encourage them and boost their moral when a goal is scored against them expanding their comfort zone. The future pluses far out weight the negatives. So get your goalies active in game play.
- III **A COACH and TEAM VALUES THE GOALIE AS GOLD**

A team who will "dive" for the goalie is a winning team. The coach and team should never, not even once, say a bad word to, or about, a goalie. Of course, the goalie should never be reprimand or insulted by his fellow teammates. Only positive words to a goalie. When a goal is scored against, it is the team's fault - collectively; Why did the shot even get off? After a goal is scored, only positive remarks to the goalie are allowed like "we'll get it back", "I should've got that player", "we let you down". Even if the goalie is marginal, you should stick by the rule. This positive reinforcement will make your goalie better and make the players perform as one cohesive team. You, as the coach, must set the example and strictly administer this policy.
- IV **DEDICATED COACH FOR BOTH PRACTICES AND GAMES**

The goalie needs a mentor, consoler, motivator, and guide. The goalie, during practices, needs a coach to just watch them as they perform all of their exercises. During games, they require a coach who will watch over their game play, as well as someone to go to for guidance. A dedicated coach fills this position.
- V **HARD SHOTS ON GOALIES**

Coaches, please do not take shots on goalies that are harder than the players at their level can. It doesn't make them tougher or better, just black and blue or broken. Even worse, it may bring tears to their eyes in front of their teammates.
- VI **THEMED GAMES/READ AND REACT DRILLS**

Goalies, like other players, get bored doing drill after drill. In addition, drills, don't put them in actual game situations. Use themed games/read and react drills to make learning fun, more intuitive and to practice game situations.
- VII **SKATING DRILLS**

Goalies are competitive by nature. Many of them hate being last in the team skating drills. While the team is performing skating drills, take the goalie aside and let them do skating drills which develop the goalie position. The www.hockeycoach.com goalie drill section has many drills of this type. In addition, design your own. You will find your goalie will give more effort during *THEIR* skating drills and have more fun doing them.
- VIII **WHITE PUCKS AND SMALL PUCKS**

Use white pucks and small pucks for practice shots and practice games on the goalie. If they can stop those they can stop anything. Small pucks can be ordered from specialty stores. White pucks can be made by painting them with paint designed to fix bath tubs which can be purchased in your local hardware store.