

Modern Goaltending Theory: Best Drills and Practice Habits



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Brampton Battalion Game Day Coaching Clinic – January 22, 2006





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Washington Capitals' 5th-round choice, 143rd overall, in 2005 NHL Entry Draft



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Coaching the modern day hockey goaltender

- Position that has seen the most improvement over the last 40 years
- Today's Equipment is excellent
- The old saying goes "The goaltender should be the best skater on your team"
- Modern day reality is that the goaltender should be the best athlete on your team



4 Ways to Make your practice more “goaltender-friendly”

1. Always protect your goaltenders
2. Timing is everything
3. “Damn rebounds”
4. Goalies are different...skate them that way



Modern Goaltending Theory: An Overview

- Movement is paramount
- Square to shooter
- Execution / Preferred save selection
- Rebound control
- Quick, efficient recovery
- Efficient puck handling



Movement / skating

- Unique and separate from players
- T glide; shuffle; C cut
- Many drills available to work with goaltenders on these skills
- Can never get “too good”



Squaring / Save Selection

- Pat Jablonski and Patrick Lalime
- “90% of the hard work in goaltending occurs before the shot has been taken”
- Preparation is everything



Saves along the ice

- Butterfly, standup, ½ Butterfly, sliding butterfly, Paddle-down
- Many drills to develop these techniques
- Coaches must emphasize rebound control and recovery
- Time drill to goaltender's pace



Saves in the air

- Catcher
- Blocker
- Using the upper torso
- Coaches must stress rebound control & “economies of movement”



Rebounds and Recovery

- The most often overlooked aspect of the modern game.
- Incorporate into many of your regular practice drills
- Make sure the players finish off the drill before you continue



DRILLS

- Goalies only
- Goalies with up to 8 shooters



In Conclusion...

1. Always protect your goaltenders
2. Build drills around your goaltenders needs:
 - Rebounds
 - Timing
3. Help your goaltenders improve their “movement and mobility”



QUESTIONS?



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