

# THE ABC'S OF GOALTENDING

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## A'S

**ANGLES:** PRECISE POSITIONING

**AREA ZONE** POSITIONING

**ADJUSTMENT** TO PUCK POSITIONING

**ATTACK SPEED** ABILITY

**AGGRESSIVENESS** ABILITY

**ATTITUDE** MENTAL FOCUS

## B'S

**BOTTOM** OF ICE *UP* TO TOP OF NET GOALTENDING

**BUTTERFLY** HYBRID SAVE

**BUTTERFLY** LATERAL SLIDES WITH HIP, HANDS, HEAD, SKATE ROTATION LINKING METHOD

**BUTTERFLY** FORWARD SLIDES CLOSE RANGE TECHNIQUE HANDS DEAD ARM BLOCK F AND L

**BUTTERFLY** FORWARD SLIDES MID RANGE TECHNIQUE HAND UP AND FLEXED F AND L

**BREAKAWAY BUTTERFLY** GERA "HOUR GLASS" METHOD

**"BATTLEFLY"** STRONG ON LINE METHOD

## C'S

**CENTER** OF NET/**CREASE** POWER

**CONSTANT** HANDS IN SET UP AND MOVEMENT

**CLOCK** METHOD TO ANGLES

**CONTROL** IN OVERSPEED SKATING TO PUCK ANGLE

**CHALLENGING** AND **CLOSING** IN ON SHOOTERS TELESCOPING TO ANGLE WITH SPEED

**COMPACT** BODY IN MOVEMENT AND SET UP STANCE

**CONDITIONING** MENTALLY AND PHYSICALLY

**CONSISTENT** PLAY FOR FULL GAME FOCUS

**COVERING** HOW AND WHEN TO COVER PUCKS

**CONFIDENCE** BEING MENTALLY PREPARE BEFORE DURING AND AFTER SHOTS

**COMPETE** LEARN TO BE A STRONG COMPETITOR DURING ALL PLAY AND OPPONENTS STRONG OR WEAK

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