

Points of Emphasis for Goalies

Stance

1. The goalie should be looking **down toward the puck** with a slight forward head tilt.
 2. This naturally brings the **head and chest forward**, positioning them over the knees rather than leaning back.
 3. Proper posture places the goalie's **weight on the toes**, not the heels.
 4. Feet should be **slightly wider than shoulder-width apart**. A wider stance is fine, but goalies must avoid locking onto their inside edges.
 5. Knees should not be pinched together. When feet are too wide and knees are too narrow, goalies become locked on their inside edges, limiting mobility and forcing them to slide everywhere instead of moving efficiently on their feet.
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Movement

1. Emphasize **looking where they want to go before pushing**. The head should lead the movement, with the eyes staying down toward the puck.
 - Coaches can place pucks as visual cues anywhere **below the tops of the circles** to reinforce proper head position during skating drills.
2. **Look first, then push.**
3. Stress **hard stops on the lead foot**, rather than stopping with both feet at the same time.
4. Encourage goalies to **move on their feet whenever possible**. Sliding on the knees should be reserved for situations where it is necessary to make a save—not as a method of travel.
5. Goalies should not sit on their knees or remain in the RVH while the puck is moving around the zone unless there is an immediate scoring threat.
 - Too many goalies default to their knees whenever the puck is near or below the goal line. This is slow, inefficient, and has unfortunately become an over-taught habit.



Save Execution

1. The goalie's **chest must stay square to the puck** at the moment the shot is taken.
2. Especially at younger ages, reinforce having **both knees hit the ice at the same time**.
 - Dropping only one knee—most commonly the blocker-side knee—is a bad habit that develops early if not corrected.
3. Emphasize **patience and timing**:
 - See the puck come off the stick.
 - Track where it is going.
 - Then make the save.
 - Goalies should not drop before or as the puck leaves the stick. Ideally, the knees hit the ice at nearly the same moment the puck arrives—on both low and high shots.
4. Goalies must **track the puck all the way into the body, hands, or pads**.
 - Many young goalies stop watching the puck just before contact, which leads to poor rebound control, leaky goals, or losing track of the puck altogether.

Practice Structure

1. Always begin practice with **basic skating and movement drills**.
2. Progress to the same movement patterns **finishing with controlled shots to the chest or stomach**.
 - This allows goalies to start practice by tracking pucks rather than immediately reacting to high shots near the head.
3. Once settled, continue similar skating patterns while opening shots up to the **hands and upper body**.
4. Given the limited time typically available for goalie-specific training, it is best to focus on a **small, consistent set of skating patterns** each day.
 - Repeating these patterns while reinforcing proper stance, movement, and save habits will lead to long-term improvement in the most important fundamentals.

