

# COACHING CONCEPTS: GLOVE AND BLOCKER SAVES



AS GOALTENDERS THE ABILITY TO CONTROL THE PLAY USING THEIR HANDS CAN BE A VERY IMPORTANT ASPECT OF THEIR GAME. SOME OF THE KEYS TO GLOVE POSITIONING WILL INCLUDE GLOVE IN FRONT, ANGLE OF THE POCKET FACING THE TRAJECTORY OF THE PUCK, AND 12 O'CLOCK VS 3 O'CLOCK GLOVE POSITIONING. THERE ARE DIFFERENT WAYS FOR GOALTENDERS TO HOLD THEIR GLOVE DEPENDING ON THEIR SIZE, REACTION TIME, AND EFFICIENCY IN WHICH THEY CATCH THE PUCK. THE GOAL IS TO LEARN WHAT WORKS BEST FOR THEM. WHEN IT COMES TO BLOCKER SAVES, LEARNING TO REDIRECT PUCKS IN THE DESIRED DIRECTION AND PREVENTING BAD REBOUNDS IS CRITICAL. IT'S IMPORTANT THAT GOALTENDERS LEARN THE DIFFERENT BLOCKER POSITIONINGS THAT WILL ALLOW THEM TO CONTROL REBOUNDS IN DIFFERENT AREAS OF THE ICE WHETHER IT BE THE FAR SIDE OR SHORT SIDE. GOALIES SHOULD LEARN HOW TO KEEP PUCKS IN PLAY AS WELL AS HOW TO GET THE PUCKS UP IN THE NETTING.

**NHL COMPARISON VIDEO**

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**GLOVE AND BLOCKER SKATING  
PROGRESSION**

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**GLOVE AND BLOCKER SHOOTING  
PROGRESSION**

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