

COACHING CONCEPTS: BASIC MOVEMENT AND STANCE



AS A GOALTENDER OUR FOUNDATION IS ABSOLUTELY CRITICAL. A GOOD FOUNDATION WILL ALLOW US TO MOVE PROPERLY AND HELP US GET SQUARE AND SET. HAVING A GOOD FOUNDATION WILL SET THE GOALTENDER UP FOR SUCCESS AS WE MOVE FORWARD THROUGH OUR DEVELOPMENT. THE MAIN ASPECTS THAT WE'LL BE FOCUSING ON IS OUR STANCE, MAKING SURE WE HAVE AN APPROPRIATE WIDTH, HANDS ARE IN FRONT AND BALANCED, KNEES AND HIPS ARE ACTIVE AND BENT, AND OUR SHOULDERS ARE OVER THE PUCK (SEE PICTURE BELOW). THE GOALTENDERS ABILITY TO MOVE ON THEIR FEET FROM POINT A TO POINT B IS PRIORITY. THE LONGER A GOALTENDER CAN HOLD THEIR EDGES THE MORE OPPORTUNITY THEY WILL HAVE TO GET SET AND SQUARE TO A SHOT. SOME OF THE CONCEPTS THAT WILL BE DISCUSSED DURING THIS TIME WILL BE C-CUTS, T-PUSHES, AND SHUFFLES.



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