

AAA Goaltender Development; Tips for Designing a Goaltender Friendly Practice

I. Essential Skills

The following is a list of skills that are essential for your goaltender's success. The skills that are underlined are areas that have been identified by Hockey Canada's Goaltender Advisory Board as deficiencies in Canadian goaltenders. They are areas that can be addressed regularly in team practices.

Being mindful of them in practice design and identifying them as "key teaching points" when addressing your goaltender during practice will have a significant impact on your goaltenders' development.

Physical

- Flexibility
- Power/Strength
- Balance/Stability
- Agility
- Hand-eye Coord.
- Presentation
- Vision
- Range of motion
- Stamina / Fitness Level

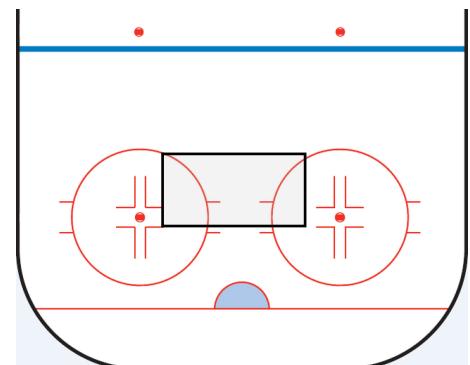
Hockey Sense

- Anticipation
- Ability to Read (Plays, Attacks, Game situations)
- Read the release
- Save selection
- Ice awareness
- Self-awareness
- Communication

II. Drill Design

A recent study of all the goals and shots of the 2015-16 NHL Season resulted in the following findings;

1. Over 61000 shots charted, 3063 shots came from the prime shooting area.
That's 4.5% of all shots which translates to 1.5 shots per game.
Implication: Avoid practicing something that happens so rarely in a game.
2. Over 70% of clear shot goals the shooter changes the angle prior to shot release
Implication: Change the pattern prior to the shot



When designing your practice keep these **10 Scoring Situations** in mind

1. **Breakaways:** Player from the opposition is ahead of all defending players with only the goaltender as the last line of defence. Mini-breakaway: same as breakaway – originating from inside the blue line from a turnover.
2. **Clear shot:** An unobstructed shot where the goaltender sees the puck from the release to the net.
3. **Deflections:** A shot where the puck changes direction because of impacting a stick or player prior to reaching the net.
4. **Screens:** A situation where one or more players from either team disrupts the goaltender's vision as the puck travels to the net.
5. **Rebounds:** A situation where there is an initial save and a scoring chance is generated by the puck being placed in a scoring area by the goaltender.
6. **Net Drives:** A player takes the puck to the net from side to middle on an angle with no passing option in an attempt to take a shot or deak the goaltender. (FB: specified triangle)
7. **High-Low passes:** Puck that travels high/low and stays on the same side of the ice including below the goal line passes. Below the goal line pass: a high-low pass that originates below the goal line Diagonal: puck that moves from below the goal line to center or through middle
8. **East-West passes:** Puck that travels across the middle of the ice and forces the goaltender to move laterally. (anything above the goal line) Keep: player carries the puck across the ice. Side to Middle: puck that moves from the wall to the middle but remains on the same side of centre as the original passer
9. **Below the goal line:** A scoring situation that originates along or below the goal line (include walkouts and wraparounds).
10. **Entries:** The initial entrance into the zone where the goaltender is challenged with shot, pass, net drive and is moving backwards with the momentum of the rush.

III. Practice Design

- Effective, dynamic, and functional warm up.
- Drill Pace
- Accountability; appropriate movements, responsible rebound control
- Opportunities to be successful; Limit shooter options
- Opportunities to be challenged; Increase shooter options
- Game situations and competition

Foundation Skills	Skill Application
Position Specific Movement (PSM)	Team Practice Drills
PSM with Shot	Competition Drills
Goaltender Specific Drills	Small Area Games
Team Specific Drills where shooter options are limited	