

HNL Development 1 Coaching Clinic Feb 14th, 2010

WORKING WITH YOUR GOALTENDERS



From goat....

Goaltender is a normal job.
Sure. How would you like it
if at your job, every time
you made the slightest
mistake a little red light
went on over your head
and 18,000 people stood
up and screamed at you?"

- Jacques Plante



To Hero.



Learning Objectives

- ① *Understand positioning for goalkeepers and its application to basic movements*
- ② *Learn how to integrate the goalkeeper in all practice drills*
- ③ *Understand the preparation required for goalkeepers*
- ④ *Gain a better understanding of the role of the goalkeeper in today's game*

Introduction

- ◎ Who am I?
- ◎ Curtis Thorne
 - Goaltender and Goaltender Coach
 - C.B. Regional Minor Hockey Assoc.
 - Goaltending Consultant
 - NetWorks Goalie Academy
 - Program Coordinator
 - Gonzaga High School
 - Assistant Coach / Goalie Coach
 - Campbellton Tigers (Maritime Jr. A)
 - Goalie Coach / NL Scout

What goaltender fundamentals should we work on during practice?

Positioning
Angles
Movement

(reference manual pg 59-61)

What are important points for goaltenders to know about positioning?

Stance

Knowledge of Crease in relation to ice surface

(reference manual pg 59-61)

What are the two angles goalies must be aware of?

Horizontal

Vertical

(reference manual pg 59-61)

What are the main three forms of movements that a goaltender needs to perform?

*Lateral
Forward/Backward
Down/Up*

Task

Coaches are to design a drill utilizing the goalkeeper and the players

(describe the purpose for the goalkeeper and the purpose for the players)

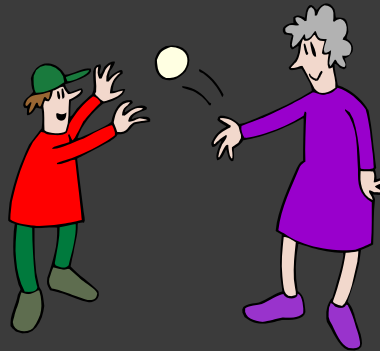
(Pg 32 coach workbook)

How can a coach help to
prepare their goaltenders?

Both over the short term, and the long term???



The Key is developing Good Habits



Preparing your Goaltenders

⦿ Practice

- Skating drills while players are warming up
- Puck Drills that include the goaltender
 - More than just “targets”

⦿ Games (higher levels/All-Star)

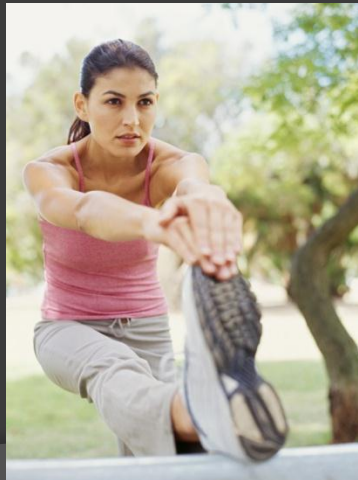
- Pre-Game Preparation

Practice

- ① Have a coach dedicated to keeping goalkeepers on task during practice.
- ① Develop good habits early in the **season**... they are easier to maintain once they have been established.
- ① Allow goalkeepers time to rest and interact with the rest of the team.

Games

- Physical Preparation
 - Hydration, Flexibility, Coordination
- Mental Preparation (getting in “the zone”)
 - In rink while getting dressed



The mental make up of a goaltender is more important than that of a positional player.

-Brian Daccord (Goalie Coach, Boston Bruins)

I think at this level, everyone can play, but the guys who become great are the ones who are very strong-minded and mentally prepared for games.

-Byron Dafoe (Former NHL Goaltender)



Part 2

Goaltending Today

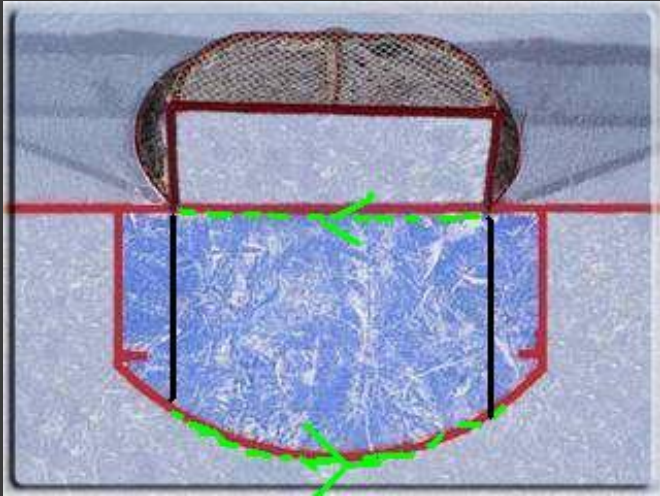
Today's Goaltender

- More emphasis on three key elements
 1. Skating – (Lateral Movement)
 2. Post-Save Response
 3. Mental side of the game

1. Skating – (Lateral Movement)

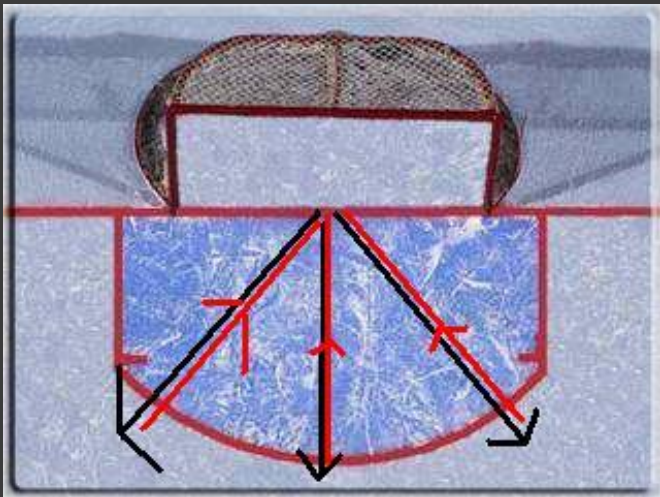
- Goaltenders today must be very good skaters
- Balance, Agility, Speed
- Short, “explosive” movements from within the crease.

Example Skating Drills (the Goalie Alphabet)



D- Drill

- Goaltender starts on a post
- Shuffles across to the other post
- Telescope out to the top of the crease
- Shuffle across top of crease following red stripe

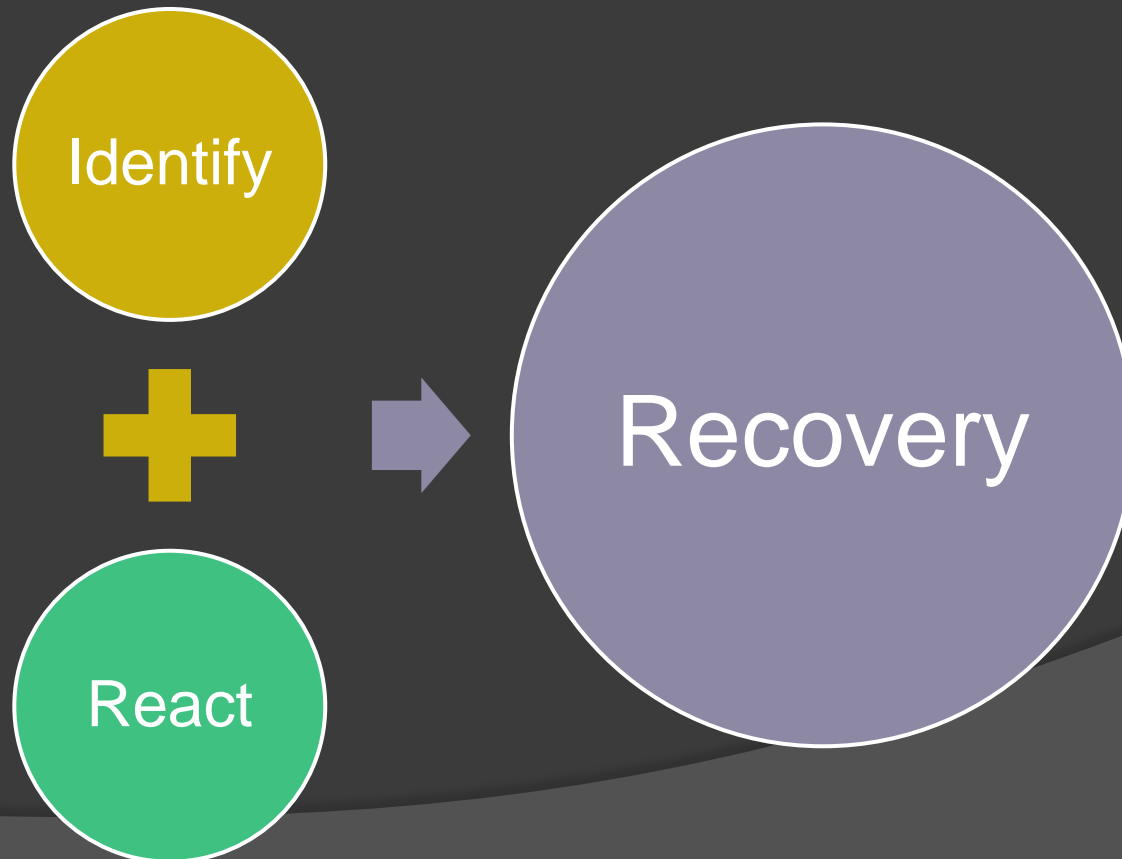


W- Drill

- Goaltender starts in centre of net
- Challenge in middle of net to top of crease
- Retreat to centre of net
- Shuffle across top of crease following red stripe

2. Post-Save response

After making the initial save the goaltender must



Rebound Drill Example

- Goalie starts from the post
- Shooters take low shots with proper timing
- Both shooters try to score with direct shots from all rebounds
- Alternate shooters/sides
- Goalie must follow all pucks/rebounds

3. Mental side of the game

- The “thinking” goaltender



The longest modern day shutout streak belongs to Brian Boucher. When he played for the Phoenix Coyotes in 2003 he recorded a shutout streak that started on December 27, 2003, lasting 332 minutes and 1 second, spanning 5 games and ending in 2004.



Confidence, that's the key to goaltending. You got to feel like you're going to stop the puck. You can't be worried about letting in a goal, you have to be thinking about stopping the puck.

– *Brian Daccord (Goaltending Consultant, Boston Bruins)*

Questions or comments?

Contact Information

Curtis Thorne

© cthorne@nl.rogers.com

www.networksgoalie.com

