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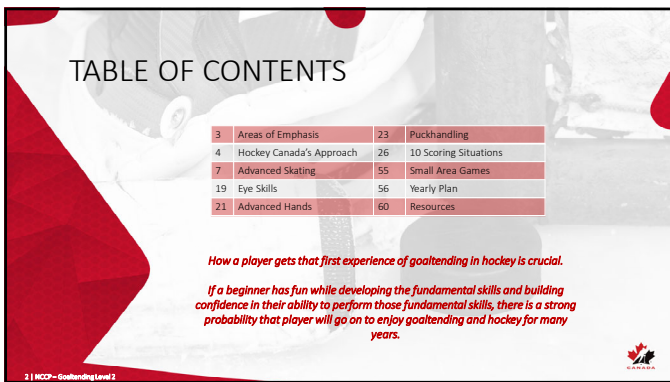
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### HOCKEY CANADA'S APPROACH

- Goaltending is a critical aspect of team play and requires direct & consistent unique coaching skills
- As forwards and defenders get specific coaching for their respective positions, goalies require the same attention and guided skill development
- Goaltending can be broken up into **3 MAJOR SECTIONS** found in the **Save Cycle**

**PRE-SAVE / SAVE / POST-SAVE**

- ❖ **PRE-SAVE:** Maintaining strong visual connection to the puck while moving into the shot line.
- ❖ **SAVE:** The correct save selection/response to the shot
- ❖ **POST SAVE RECOVERY:** Immediate movement to the new shot line to best defend the net if a rebound is produced.

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### HOCKEY CANADA'S APPROACH

The Save Cycle is comprised of 5 key areas of focus for solid goaltending:

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### HOCKEY CANADA'S APPROACH

**Level 2 Curriculum – Advanced Skills and 10 Scoring Situations**

1. Advanced Skating
2. Eye Skills
3. Advanced Hands
4. Advanced Puckhandling
5. 10 Scoring Situations

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## Advanced Skating

- The following skating and movement skills are to create a more efficient moving goaltender.
- The skills will improve in efficiency and quickness as it will help the goaltender be in position (square, on angle, gain depth) sooner.



- Advanced C-Cuts
- Advanced Pivots (into - T-pushes, shuffles, butterfly slides, powerslides, recovery)
- Overall skating skills

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## Edge Control

- Edge control is an important factor to maintain balance while changing directions.
- Practicing efficient edge work will increase goaltenders quickness getting into position while maintaining balance.
- C-cuts focus a lot on inside edge control going forwards and backwards – as well as being multi-directional (going East and West)



- Edge control in C-Cuts is all inside edges:
- Forwards = weight is on the back of the skate (heel)
- Backwards = weight is on the front of the skate (ball of foot)

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## Advanced C-Cuts

C-cuts are the foundation of basic goaltender movement, easily overlooked in practice.  
The most advanced professional goaltenders still practice this skating skill.

- Practicing different C-cut patterns will enhance the goaltenders mobility and efficiency to move in different routes
- Increasing the strength in the left and right leg will also allow the goaltender to be stronger going each way.
- The C-cut motion can be incorporated into both warm up and conditioning drills to improve goaltenders movement.



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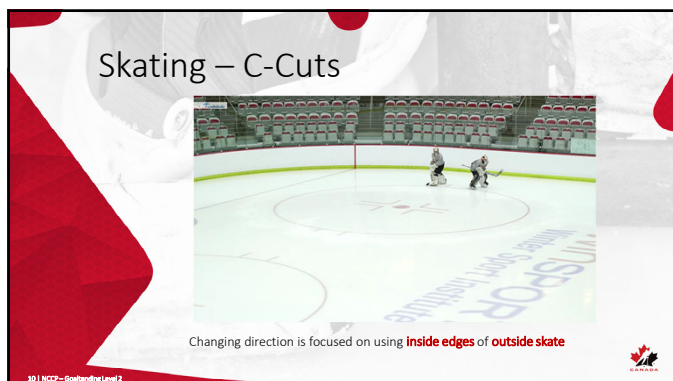
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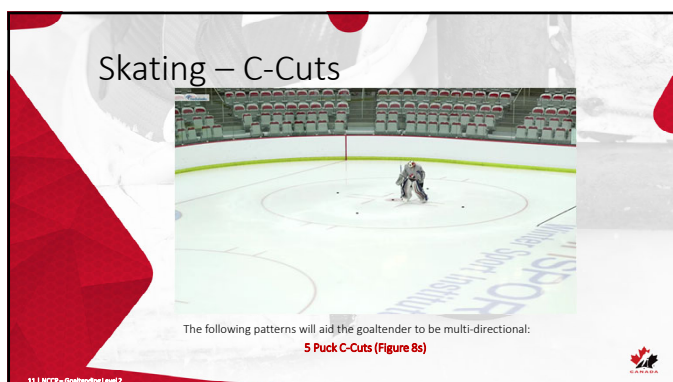
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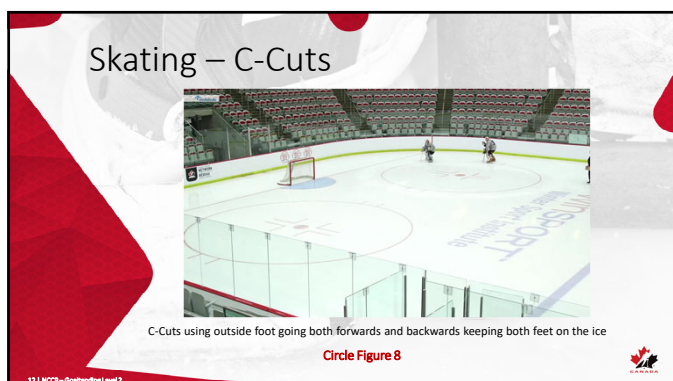
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## Skating: Leg and Power Control



- Goaltenders need to have equally strong skating abilities in legs. Power and control are key factors that will improve a goaltender's skating skill. Power is the strength and distance a goalie can gain; control can be seen in their skate direction and stops.
- Ability to increase or decrease depth as required
- Stopping on one foot ( loading ) and immediately moving in opposite direction (unloading) with same foot increases the efficiency and strength of both legs
- Alternating 1 foot stops in practice with the left and right leg will increase power in both legs (as opposed to always stopping on the stronger leg)

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## Skating



Leg Power and Control

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## Skating – Pivots



- Goaltenders' ability to create and transfer momentum into the movement part of the save cycle to increase quickness on directional movement.
- Pivots are paired with other movement skills

**Key Teaching Points:**

- **Head and eyes with pivot foot:** find the new puck location first
- **Inside back C-Cut** and transfer weight to opposite foot ( pivot )
- This motion should turn shoulders to set proper route and become **more square** to new angle of the puck.
- **Hands and stick stay with the movement**

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## Skating – Pivots

**Forward and Backward Pivots (into the movement skills below)**

- **T-Push:** used when the goalie has more time to get set
- **Shuffles:** used when the goalie has less time to get set (more efficient than the T-push because feet get to save position sooner)
- **Butterfly slides:** used when the goalie has no time (or thinks they have no time to get set)



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## Skating – Pivots



**Stable upper body:** Head, shoulders and gloves should be in control and squaring up to new angle

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## Skating – Other Skating Skills

Purpose is to increase the range of mobility and effectiveness of a goaltender

- The following skills are not necessarily utilized in a game situation however increases the goaltender's athleticism
  - Long C-Cuts, Karaoke Crossovers, Heel to Heel (Mohawk)



Videos can be found on the Hockey Canada Network App

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## Eye Skills

Goaltenders should learn to access 180 degrees of their vision (from left to right and from top to bottom) with minimal head movement. This is accomplished by angling the goaltenders head, shoulders, gloves and hips to respect the angle that the puck is travelling from the ice to cross bar. (This is the actual "field of play" for a goaltender.)

**Goaltenders use their:**

- Primary vision to visually connect or lock on to the puck. (This vision is your clearest, most in focus and when your eyes are the most relaxed.)
- Secondary vision (or peripheral) to collect info of incoming passes, player movements, possible screens and other obstructions that may disrupt the focus on the puck. (This vision is less sharp and contains the more tension when directed to use.)
- The goal of the goaltender is to have the puck in their primary vision (or their best vision) at all times while using the secondary vision to collect information from the player to the goaltender's equipment.



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## Eye Skills

**Important Note:** Goaltenders often have a higher vision set up that is often produced by an improper stance. This means that the goaltender will collect information from the ceiling of the rink to a few feet below the hash marks.

• The goal would be to collect data from all areas of ice found within the shot line (from the player to the pads) without wasting any energy or vision from areas that will not provide the goaltender with the crucial information needed to make the save.



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## Advanced Hands

- Goaltenders will not always be in a stationary position when they receive the puck.
- Therefore practicing making hand saves with motion will improve overall hand eye ability.
- Movement should be forwards / backwards and laterally both on the feet and while going down.

**Key Teaching Points:**

- Eyes first (while in motion): a goalie's eyes should be the first to find and track the moving puck
- Glove and blocker should be comfortably out in front of the body (hands should be in peripheral vision) and held with minimal tension in arms.
- Control: Catch with glove or trap puck, on body or blocker with catching glove when able to do so (**watch the puck all the way into the glove or onto the blocker**)



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## Advanced Hands



Hands Moving Fwd / Bwd

Hands Moving East / West

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## Puckhandling

- As the player who touches the puck the most, the complete goalie must contribute to the offense part of the team.
- He can help his team handle the fore check, initiate the breakout if he has the ability to stop the rim and make next play.
- The exchange, between goalie and player, should gain his teammate an advantage, not put player in a worse position after the touch.
- Common exchanges are:
  - Set puck up for defenseman
  - Make pass to teammate
  - Rim puck past the fore check



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## Puckhandling

- Stopping rims, using both forehand and backhand part of blade, and setting puck in good spot, is a skill that needs to be practiced.
- Goalies should stick handle with puck in various patterns to improve feel. Like players head should be up so they can see the ice.
- Goalies should practice making passes both forehand and backhand using 1 and 2 hands.



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# Puckhandling



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# Ten Scoring Situations

- The scoring situations are broken down to 10 categories to help the goaltender recognize the situation and select the best way to defend it.
- Goaltenders have to be able to read both attacking players options and own teammates defending position while processing the situation



The 10 scoring situations are:

- Clear Shots
- Entries
- Net Drives
- Breakaways
- Rebounds
- Low / High
- East / West
- Below the Goal Line
- Deflections
- Screens

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# Ten Scoring Situations

- Clear shots:** An unobstructed shot where the goaltender sees the puck from the release to the net. Goaltenders' read is player is shooting and will not advance to net or pass puck.
- Entries:** All situations where the puck is carried across the blue line into the zone that result in an attempt at the net.
- Net Drives:** An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area.
- Breakaways:** Player is ahead of all defending players with only the goaltender as the last line of defence.
- Rebounds:** Second chance to score off of an original shot or attempt at the net.

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## Ten Scoring Situations

- **Low-High / High-Low:** Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice.
- **East-West:** Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally.
- **Below the goal line:** A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds).
- **Deflections:** A shot where the puck changes direction because of impacting a stick or player prior to reaching the net.
- **Screens:** A situation where one or more players from either team disrupts the goaltender's vision as the puck travels to the net.

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## Clear Shots

*An unobstructed shot where the goaltender sees the puck from the release to the net. Shooter has no option to advance to the net and goalie has time to be set.*

Key Teaching Points:

- Maximize depth and hold position
- Goalie should be set for the shot (ready to receive)
- Goaltender is on angle and in the middle of the shot lane, hands out in front, stick out in front and on ice



In the above scenario, the goalie is in the "ready to receive position" and recognizes the player is taking a shot and is no longer advancing. The goalie has maximized his depth relative to his size and skills (skates are outside the crease). Feet are set and he or she is ready to receive the shot.

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## Clear Shots



Clear Shots – Low to High



Clear Shots - Entry



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## Entries

*All situations where the puck is carried across the blue line into the zone that result in an attempt at the net. Once the goaltenders depth has been established, the major decision on the play is can he / she hold position or is some motion either laterally or backward needed to defend the situation?*

**Key Teaching Points:**

- **Maximize depth** – Early position maximizing depth should be established before puck crosses the blue line. Factors that influence depth are size and skill of goalie. It is extremely important to find spot that works for each individual goalie. Example quick skilled goalies can be more aggressive - Bigger statured goalies can play deeper
- **Recognize what the D is doing** (forcing the shot, taking away the pass, getting beat) – the read consists of puck options + what the defenders are taking away
  - **Hold position** – stay on angle if there is a shot (played same way as a Clear Shot)
  - **Goaltender will need motion back** - speed of retreat is dependent upon speed of attack ... let the play push you back. If the puck has options, the goalie has back motion
  - **If it is an out numbered attack**, attacking team has open option to pass. In this scenario goaltender must have the ability to play both shot or pass

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## Entries

- When the D is forcing the shot, 1 vs 1 is the same as a Clear Shot (maximize depth and hold position). In this scenario (left), the goaltenders read is, the defence has good position, puck carrier cannot get to middle, has no passing options and being forced outside dot.
- Goalie can hold position on angle and expect puck carrier to shoot.



1 vs 1 with Good Defence

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## Entries

- When the D gets beat on a 1 on 1, the goaltender should recognize the threat of a net drive or a shot and start to motion backwards.
- In this scenario, the goaltender's read is the puck carrier is allowed to get to middle, goaltender needs to keep up with changing angle, shuffle and be ready to retreat at the same speed as the attacker if player attacks net.



1 vs 1 with Bad Defence

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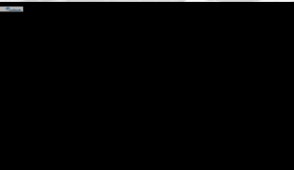
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## Entries

- On an odd-man rush, the goaltender needs to recognize what the D is giving up.
- In this scenario above the goaltender's read is that the defence is taking away the pass and the puck carrier has decided to shoot outside or near top of circle.
- Goalie can hold position on angle and make save.

**Odd-man Rush**



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## Entries

- If the pass is available or the D gets beat, the goalie should start to **motion backwards** so it is easier to pivot and gain a new angle if needed.

In the above scenario, the goaltender reads the puck carrier's option to pass, by retreating as the play pushes them back. The goalie is always in a "middle of the net" position (protect net) and can use the same motion to react to a pass to re-position themselves on the pass receiver's angle.



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## Net Drives

*An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area.*

Key Teaching Points:

- Maximize depth early
- On net drives, depth is established by angle of the attack, the better the angle, the higher the depth is required by the goaltender. If no depth is required don't make net bigger by over playing the puck.
- On net drives above or through the dot ( better angle ) backward motion will help goaltender handle attack or change of angle.
- On Net drives below dot (poorer angle) the goaltender may be able to use:
  - Overlap
  - Vertical Horizontal (VH)
  - Reverse Vertical Horizontal (RVH)



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## Net Drives

- In this scenario, the goalie recognizes that the player has no passing option and goes to an overlap to gain depth on the shot.



Overlap



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## Net Drives

Vertical Horizontal




In the above scenario, the goalie recognizes that the player has no passing option and goes to a VH to cover the net.

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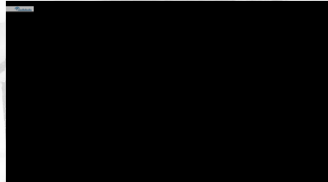
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## Net Drives

Reverse Vertical Horizontal

In the above scenario, the goalie recognizes that the D gets beat and goes into an RVH to seal the ice. Gloves go into a blocking position where the puck cannot go under or through the goalie's body.

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## Rebounds

*Second chance to score off of an original shot or attempt at the net.*

Key Teaching Points:

- Eyes first, find the puck
- Goaltender's 1<sup>st</sup> read is do they have time to get up to feet or do they need to stay down and push - this will depend on depth of the rebound.
- For in tight rebounds, goalie should have blocking hands (glove and blocker in tight on body) to prevent anything through
- Seal the ice to prevent anything under

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## Rebounds



Rebounds - In Tight



Rebounds - Middle to Side

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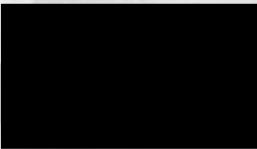
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## Rebounds

- Rebounds that cross the middle of the ice require the goaltender to find the quickest path to the middle of the new angle. In most cases this route will take him / her on angle back to far post
- Opposite leg recovery with good use of eyes and turning of shoulders is key.
- Goaltender should try and maintain good pad seal with lead leg to ice while down and moving to new angle. Try to eliminate puck going underneath.
- Most 2nd chance goals are scored right into the middle of the net, if in doubt go there first!

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## Rebounds



Rebounds – Far Rebound Recovery



Rebounds – Cross Crease

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## Breakaways

*Player is ahead of all defending players with only the goaltender as the last line of defence.*

**Key Teaching Points:**

- Maximize depth – maintain proper gap (attacker at low hash mark – goalie still at top of crease)
- Let attacking player make the first move - stay on angle to the puck
- Speed of the attacker = speed of the backwards motion



Breakaway with Shot



Breakaway with Deke

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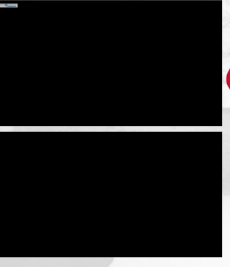
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## Low / High

*Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice.*

**Key Teaching Points (same side of ice):**

- Establish depth (Gain the middle of the net to stay square, then out for depth)
- Read - passing situation
- Read receivers shooting hand, will alter route
- Feet position in general pointed at puck side face off dot.
- Stick position block pass but not extended so weight goes to toes
- Recognize the threat
  - Pass can't beat the eyes
  - Push to receivers stick and get set as puck meets the stick
  - Limit forward motion when making save



Pass stays on same side of ice

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## Low / High

- Puck that is passed out (Low-High) or down (High-Low) that crosses the middle of the ice.

**Key Teaching Points (puck crosses middle)**

- **Establish depth** (If quick, goalie can push directly to stick, if not, middle first then out for depth)
- **Read passing situation**
- **Read receivers shooting hand**, will alter route
- **Feet position** start almost flat feet pointed up ice
- **Stick position**, blocking pass but not extended so weight goes to toes
- **Recognize the threat**
  - Pass can't beat the eyes
  - Choice - push middle 1<sup>st</sup> then out – depends on urgency of situation
  - Choice – push directly to stick, more for quicker skilled goalies
  - Limit forward motion when making save




Pass crosses middle of ice

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## High / Low

**Key Teaching Points:**

- Find **max depth** for situation
- **Same side pass** – read receiver's shooting hand and depth
- In tight push to player's stick in a **blocking position**
- **Across Middle** – read receivers shooting hand and depth
- In tight push to **player's stick**
- More depth, push to middle of new angle first
- Push to **middle of new angle**




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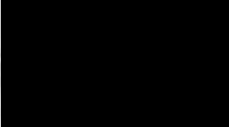
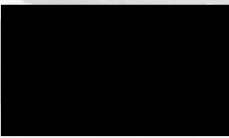
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## East / West

*Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally.*

**Key Teaching Points:**

- On puck that is carried **goalie must maintain angle** and stay square by short small steps, preferably shuffles.
- **Read receiver's shooting hand** - will alter route
- On puck that is passed, **eyes first**, pass can't beat eyes
- **Footwork** - a combination of pivot, push and turn of shoulders should lead goalie to middle of new angle on the most efficient angle back to post path.
  - Read the urgency of the situation – this should dictate getting across on feet or by sliding
  - Shortest path to new shot line – angle before depth

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## East / West



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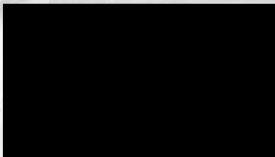
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## Below the Goal Line

A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds)

**Key Teaching Points:**

- Feet position puck side foot, heel inside post, generally more flat
- Far post wraparound - try to maintain visual contact with puck as much as possible by looking through net.
- Lead pad will most likely slide into post either with skate blade, toe strap or shin sealing post.



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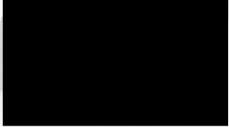
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## Below the Goal Line

- Seal the ice - defending far post or wraparound goalie should try to maintain visual contact with puck as much as possible by looking through net? Will most likely slide into post either with skate blade, toe strap or shin sealing post.
- All approaches should be worked on.
- Have an active stick - paddle down approach with stick is also an option to defend this situation.
- Use of down stance (VH or RVH) on near post walk outs in tight. If puck gains depth goalie will have to adjust both depth and angle.

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## Screens

*A situation where one or more players from either team disrupts the goaltender's vision as the puck travels to the net.*

**Key Teaching Points:**

- Eyes first, find puck (over/under/around / through)
- Goalie's body should be on angle with the puck in **middle of the shot lane** or where the goaltender thinks the shot line is
- Ideally find the puck short side or over the shoulder (short side) if the player is on angle also. If the player is not on angle, it is more important to find the puck.
- Ideally feet and legs are in the **middle of the shot line**, upper body and head move to find the puck.



Screens – Point Shot Short Side

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## Screens



Screens and Tips - Midlane

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## Skills – Tie the technique into tactics

- Best place to go for game application – watch pros, watch games, watch video

**How do we encourage creativity?**

- Watch plays in the NHL and develop drills out of what you see.
- We all know great practice players, but the great ones can do it in a game!
- In order to gain buy in, and keep buy in, the players will eventually need to know how it applies in a game.



Game Application

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## Small Area Games

*Small area games push players to use their skating and puck skills in competitive situations*



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## Yearly Plan



- We encourage coaches to set priorities for your Forwards and Defense and establish a teaching sequence
- Design warm ups, team drills and splits (Forward and Defense specific)
- Teach, practice, give feedback and repeat
- Be cognisant of what you need to teach and how much practice time you have
- Record what you do (save your practice plans)

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## Make It Fun!

- Teach skills and tactics but remember it is a game that teaches so much more....
- Make it a good place for kids to be



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### Complacently Isn't an Option

- There is no standing still....you either get better or you are left behind
- This is true for coaches and players




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### Resources



[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

BY THE NUMBERS

800 TEAM CANADA PRACTICE PLANS

3,200 ARTICLES

300 PRACTICE PLANS

1,500 DRILLS

900 VIDEOS

PLAY VIDEO

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### Resources


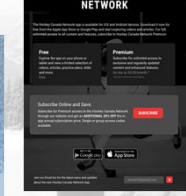
**SUBSCRIBE**  
*Getting started is easy...*

Download the app through the App Store or Google Play.

Subscribe in-app or online for immediate access, distribution and savings.

[www.hockeycanadanetwork.com](http://www.hockeycanadanetwork.com)

Purchase Hockey Canada Network **access codes** online for your team or local minor hockey organization.

PLAY VIDEOS

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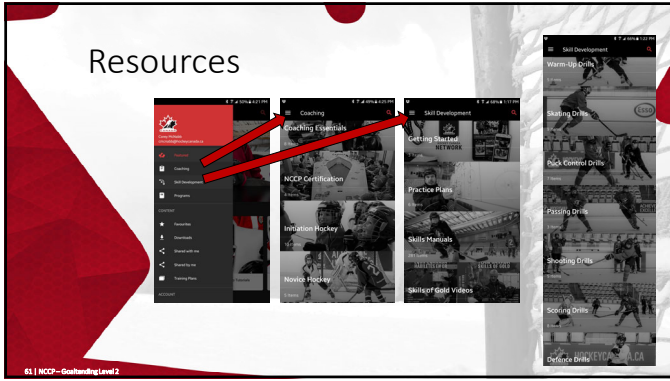
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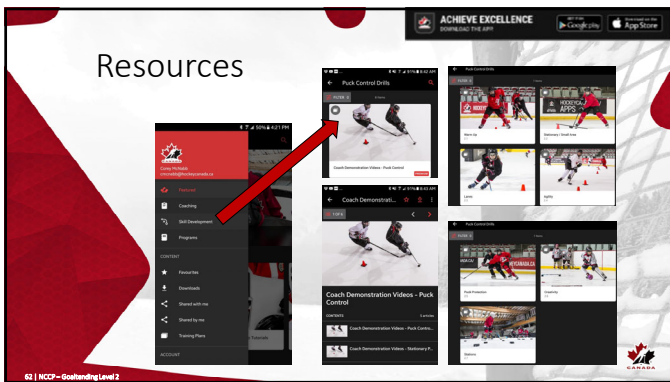
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