Hockey Canada NCCP Instructional Stream
Goaltending – Level 1

2020-2021
Challenge – Learn - Improve

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How a player gets that first experience of goaltending in hockey is crucial.

If a beginner has fun while developing the fundamental skills and building confidence in their ability to perform those fundamental skills, there is a strong probability that player will go on to enjoy goaltending and hockey for many years.

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Hockey Canada's Mission Statement

"To Lead, Develop, and Promote Positive Hockey Experiences."

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Hockey Canada's Mission Statement

Hockey Canada's Instructional Stream

This new stream *trains* and *certifies*:

- It *trains* coaches who want to learn more about teaching skills
- It *certifies* people who want to teach specific hockey skills such as skating or defence to coaches and players

What is the Purpose of this Clinic?

- In this clinic, you'll learn how to teach skills to players of all ages in a progressive manner
- This means you'll learn how to teach by building from skills to individual tactics

What Accreditation Does this Clinic Give Me?

- By taking this clinic, you become *trained* as *a Level 1 Instructor of Goaltending*
- This clinic is geared towards instructing players aged 5 – 8 but can be used for any age of athlete

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What If I Take More Skills Clinics?

- If you take all three clinics for this skill and complete four other requirements, you become certified as an Instructor of Goaltending
- This means you can instruct coaches or players and you are eligible to teach Goaltending clinics in the Instructional Stream
- The four other requirements are:
  - Successful completion of the online evaluation for the NCCP Make Ethical Decisions (MED) module
  - Successful completion of the Learning Facilitator training given by the Coaching Association of Canada
  - Attendance of Hockey Canada's National Skills Seminar
  - A successful Written and Field evaluation
- For information on the full range of accreditation possibilities in the NCCP Instructional Stream, see Slide 10

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What Other Clinics Can I Take?

- Hockey Canada currently offers Instructional Stream clinics in these *areas of focus*:
  - Skating
  - Skills
  - Developing Defencemen
  - Checking Skills
  - Goaltending
  - Small Area Games
  - Shooting and Scoring
- Hockey Canada will add more areas of focus as the Instructional Stream develops

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Instructional Stream Accreditation Options

Why Did Hockey Canada Develop the Instructional Stream?

Because the drawbacks in our current development system have had serious negative consequences

Why Did Hockey Canada Develop the Instructional Stream?

Drawbacks
- Players overcompete and undertrain
- Adult programs are imposed on children
- Training programs for males are imposed on females
- Preparation is geared to short-term outcomes
- Knowledgeable coaches are concentrated at the elite levels
- The competition system interferes with athlete development
- Early specialization is demanded
- Fundamental movement skills and sport skills are not taught properly.
- Parents are not educated about long-term athlete development (LTAD)

Why Did Hockey Canada Develop the Instructional Stream?

Consequences
- Players have poor movement abilities
- Players lack proper fitness and athleticism due to lack of multisport activity
- Skill development is poor
- Bad habits develop because of the overemphasis on winning
- Key skills are undeveloped and unrefined because of undertraining
- Female athletes don't reach their potential because their programs are inappropriate
- Kids don't have fun, because they're playing in adult-based programs
- There's no systematic development of the next generation of successful players

How Will the Instructional Stream Make a Difference?

- By putting the player development process at the forefront and refusing to compromise about the importance of this process
- By implementing a standardized technical curriculum and methodology for instruction
- By building a foundation for players to enjoy hockey and reach their potential

How Will the Instructional Stream Make this Happen?

- By identifying the skills needed for each area of focus
- By developing a 3-level age-appropriate program that reflects Hockey Canada's LTAD model
- By giving coaches and instructors practical resources to support them throughout the year
- By encouraging coaches to create a yearly plan to implement skills in practices
- By being practical, simple, easy to follow, and GOOD
- By giving coaches what they need in the format they want it in
- By promoting sharing – "The best coaches are the best thieves "

How Will the Instructional Stream Make this Happen?

More specifically... we plan to do things differently in these key areas:

- Development plan
- Skill improvement
- Drills
- Observation
- Sequencing/Progressions
- Teaching progressions

Development Plan

- Identify the specific skills needed to develop our players
- Decide how to best develop these skills in our players
- Implement specific skill development in our drill designs and practice plans
- Develop and make available resources that can help us achieve our goals
- Design a productive yearly development plan

Skill Improvement

- To best develop the skills their players need, instructors need to know:
  - Where players are in their skill development
  - Where players need to get in their skill development
  - What skill development is required
  - What tactical development is required
  - How to teach/instruct the skills players need
  - What teaching process to use
  - What game/team play consists of
- Once an instructor knows the areas players need to work on, he or she needs to include efficient drills focused on repetition and specificity in all practices

Drills

- Drills are effective only if executed properly
- Instructors need to execute the drill, observe players as they do the drill, and correct their technique
- Repetition is the key to improvement

Observation

WOODEN'S EIGHT LAWS OF LEARNING

1. Explanation
2. Demonstration
3. Imitation
4. Repetition
5. Repetition
6. Repetition
7. Repetition
8. Repetition

**DETECTION
CORRECTION
DEVELOPMENT**

"We are what we repeatedly do.
Excellence, therefore, is not an act, but is a
habit."

– Aristotle

Sequencing/Progressions

- *"You can't play in the orchestra until you learn how to play the violin first."*
- Master individual skills before trying to master tactics and systems.
  - D-specific only **after** the fundamentals, for example
- There are many skills to teach and many minor hockey coaches have limited practice time: you have
to be organized!

Teaching Progressions

5 key points to consider:
1) Technique
2) Practice
3) F.I.O. – Figure it Out
4) Practice with purpose and speed
5) Game application

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Technique

- Teach skills not only for technique, but also for results
- Repetition helps players become consistent performers
- Results happen when repetition leads to mastery so technique can be incorporated into drills and ultimately into games

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Practice

- Practise at a speed so players can learn
- Use progressions:

    1) If you can't do it standing still…

    2) You can't do it moving…

    3) And you can't do it to beat an opponent
- Work on the same skills in a variety of drills
- Players need to learn at a speed where they can practise, think, and create without worrying about making mistakes

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F.I.O. – Figure it Out

- *Figure It Out* is all about creativity and improvisation
- If players are attached to the outcome —if they're worried about making a mistake — they won't reach their creative potential — they need to let go!
- Create or set up the drill, and let players decide on the patterns

Practise With Purpose and Speed

- Once players have practised a technique, they need to do it with purpose
- The next step is to practise with purpose AT GAME SPEED
- When players can skate with purpose and speed, they can do it without thinking; it then happens automatically, and deception and creativity can come into play

Game Application

- Once players have mastered technique, once they've practised, once they've figured it out with purpose and speed — then comes the most important aspect of all!!!
- We all know great practice players, but the great ones can do it in a game!
- To get players to buy into this approach, you need to show them how it applies IN A GAME

Skill Development

Skill Development doesn't have to be complicated.

Keep it simple!

GOALTENDING ADVISORY GROUP OUTCOMES

What is the identity of Canadian Goaltending?

AREAS OF GOALTENDING EMPHASIS

Canadian Goaltending Emphasis
vs
Other Countries (Finland, USA, Sweden, Russia)

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

Mental
- **Preparation**
- Managing pressures (Early & late in games)
- Short term memory (Bad goal)
- Adversity (short & long term)
- Body Language
- Managing external distractions
- Stay in the moment

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

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.

HOCKEY CANADA'S APPROACH

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

1. **Find the Puck** (Eyes First)
2. **Movement** (Getting into position)
3. **Position** (Stance, angles - square to puck, depth)
4. **Save Selection** (Appropriate to the situation)
5. **Puck Control** (Rebounds and recovery)

HOCKEY CANADA'S APPROACH

STICKHANDLING
PUCK CONTROL

SAVE SELECTION

POSITIONING

MOVING SKILLS

Eye Skills - Eyes First / Eyes Down
STANCE

BASIC SKATING - BASIC MOVEMENT - AGILITY SKILLS

BASIC SAVES - ATHLETICISM

HOCKEY SENSE

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

PART 1 OF CLINIC LEVEL 1:
TECHNICAL SKILLS

This clinic consists of the following teaching points:
* Skating
* Stance (Athletic position, balance)
* Moving Skills (C-Cut, T-Push, Shuffle & Pivot)
* Positioning (Angles, Square, Depth)
* Save Selection (Basic Saves)
* Basic Puck Control (Rebound and Recovery)
* Puckhandling

FUN & ATHLETICISM!

GOALTENDING SKATING

* Goaltenders should be encouraged to be good skaters

* In addition to "Team Skating" goalies must also be doing goaltender specific skating skills
  o **"C" Cuts**
  o **T-Push**
  o **Shuffles**
  o **Pivot**

STANCE

Athletic position allows goalies to move & react quickly

* Athletic position: feet slightly wider than shoulder width
* Weight balanced on the balls of feet and on inside edges of skates – knees, shoulders, toes aligned
* Stance should feel comfortable
* Knees and waist positioning slightly bent to **match shin and spine angle (see 3rd picture)**
* Hand positioning: gloves parallel, forward and relaxed in peripheral view
* Catching glove open and out in front
* Chin down and eyes on the puck

STANCE

Rear & Front View

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STICK GRIP

- Stick blade at a slight angle with the toe ahead of the heel covering 5 hole (stick falls in place with your hands and in front of skates)
- Blocker rotated outward slightly
- **Stick Grip:** For optimal stick control & strength, stick is held at the shoulders of the stick (top of paddle) with index finger gripping side of paddle & supported behind with the thumb. This allows goalie to steer on ice shots away to corners.

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SKATING MOVEMENT

Goaltender-specific skating drills should focus on developing **inside edge work**.

The key is to advance the goaltenders ability to **move in a quick, efficient and balanced manner**

Specific goaltending skating skills:

- **C-Cut** (Forward & Backward)
- **T-push** (Long or Short)
- **Shuffle** (Long or Short)
- **Pivot**

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C-CUTS

- Start in stance
- Forward C-cut: Weight is on heels of skates to push forwards staying on your inside edges
- Backward C-cut: weight is on toes pushing backwards
- Skate blades stay on ice (Stay in stance at all times)

When to use it: to control angle and depth in the crease and combined with other skating movements (t-push, shuffle, slide)
i.e. coming out of the crease or backwards movement for a breakaway

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T- PUSH

- Start in stance
- Eyes first towards target – turn head
- Lead foot pointed towards target (lead toe pointed to destination)
- Back leg pushes
- Stop on lead foot
- Back to stance

When to use it: travel longer distances when there is time for goaltender to get set (angle, square, depth)
i.e. puck goes from D to D along the blue line

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T- PUSH: CREASE DRILL

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T- PUSH: FACE TO FACE DRILL

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T- PUSH: BOX DRILL

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T- PUSH: DIAGONAL

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SHUFFLES

- Start in stance
- Weight on inside edge of push leg
- Take weight off of inside edge of glide leg
- Toes remain forward
- Push leg extends and returns to stance position

When to use it: short distances when there is less time for goaltender to get set (staying on angle and square to the puck), tracking the puck behind the goal line
i.e. player is carrying the puck in the zone and goalie must stay square

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SHORT SHUFFLES

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PIVOT

- Start in stance
- Lead leg performs backward C-Cut then T-push or Shuffle
- Back leg push or shuffle

When to use it: travel longer distances to adjust angle and depth to stay square
i.e. puck is passed diagonally East to West and goaltender must move and change angle & depth

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BUTTERFLY BASICS

- Usage depends on size of goalie & distance / angle of puck from crease
- Upper body is the same as stance
- Knees in, Toes out, Butt up
- Pads loose enough to be able to rotate. Seal the ice – staying flat
- Stick on ice slightly angled (deflecting pucks)

- Knees together, toes out
- Butt up - stay off heels
- Hands out in front, stick on ice
- Shoulders square, relaxed upper body
- Weight on knees stay forward

Hoc

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BASIC SLIDES

BUTTERFLY & POWER SLIDES

Butterfly slide: Start standing in athletic stance, load push leg, lead leg seals the ice

Power slide: Start in butterfly stance, load push leg, lead leg seals the ice

- Glide along the ice protecting the 5 hole with stick blade on the ice and approximately 1-1.5 stick blade lengths in front of the pads
- Bring the push leg to the ice and complete the seal by bringing the knees together
- Maintain a quiet upper body while in the butterfly position and sliding along the ice.
- Recover to the glide foot side using the front 1/3 of the skate to gain traction on the ice and recover back to the athletic stance.
- Gloves must stay forward, parallel, and angled towards destination (puck)

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BASIC SLIDES   BUTTERFLY SLIDES

Hoc

When to use it: when in standing stance and needed to seal the ice quickly in short or longer distances

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BASIC SLIDES   BUTTERFLY SLIDES

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BASIC SLIDES   POWER SLIDES

When to use it: When in butterfly stance and needed to seal the ice quickly in short or longer distances

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POSITIONING
BASIC ANGLES

Basic Angle

Centre of Net – Centre of Body – Centre of Puck

Square
Shoulders and toes pointed at puck

Depth
Distance from goal line to goalie stance

While on angle and square, good starting depth is toes of skates on crease line

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DEPTH

Down & Deep
(Toes on the goal line)
= Less net coverage

Knees above crease line in
white paint = more net coverage

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MIDDLE OF SHOT LANE

· Remember the angle alignment is centered to the puck not the shooter's body or stick shaft

· Young goalies have a tendency to align themselves with the shooters body and forget about the puck alignment

· Puck should be square in the middle of the chest at all times

Alignment on Puck (Not on shooters body)

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BELOW THE GOAL LINE

· Move feet & elbow away from post

· Keep knob of stick outside of goal
(blade in 5 hole)

· Rotate head & shoulder ONLY

· Maintain skates on goal line (facing slot)

· Look UNDER cross bar (better low coverage with stick)

· Eyes on the puck

DO NOT OVER ROTATE

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BELOW THE GOAL LINE

• **Puck Outside of Post:**
Maintain post seal until losing sight of puck

• **Puck Between Posts (behind the net):**
Rotate head, look through net to find the puck, follow puck

BELOW THE GOAL LINE

TRACKING THE PUCK

STICK SAVES

- Start instance
- Stick starts on the ice in front of the goalie, usually about a glove's length away from skates and pads.
- This placement safeguards against rebounds, helps to cushion pucks and ensures the stick will not get stuck under pads if goalie drops in butterfly. It also allows goalie to move the stick freely around body in a semi-circle to steer and deflect pucks.
- As puck approaches, deflect puck into corner following the arc of the crease.
- Let the stick do the work, use wrist to angle stick into desired position this should facilitate the puck being deflected into the desired corner.

STICK SAVES

Athletic Position & Stick Angled (Helps rebound control off stick)

STICK SAVES   Second Shot

GLOVE SAVES

- Start in stance position
- Glove starts out in a position between 2 or 3 o'clock (Can depend on size and skill of goalie)
- Glove should be out in front of body and not tight to chest – relaxed
- Prepare to receive the puck, don't chase it. Catch it in front of you.
- The principles used to catch a baseball or softball can also be applied here
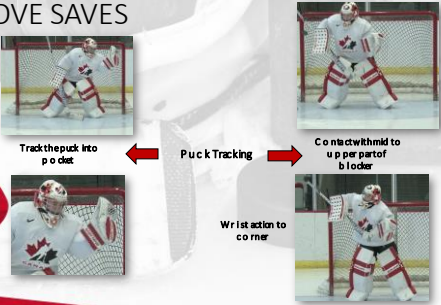
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GLOVE SAVES

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GLOVE SAVES

Track the puck into pocket

Puck Tracking

Contact with mid to upper part of blocker

Wrist action to corner

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BUTTERFLY WITH REACTIVE GLOVES

- Usage depends on size of goalie, level of play, strength of shots, reaction & movement time of goalie & distance of puck from crease
- Allows goalie to catch & control rebounds
- Stick on ice slightly angled where toe is a head of heel of stick
- Elbows bent with gloves in front of eyes

- Make arm motion as efficient as possible, arm and glove working together in a straight line to the puck.
- Eye of the glove looking at the puck at all times
- Watch puck off stick right into pocket
- Keep hand in front of elbow
- Close glove tightly

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BUTTERFLY WITH REACTIVE GLOVES

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BASIC PUCK CONTROL – REBOUND CONTROL

Freezing pucks into mid-section

- Start in stance
- Catching glove can then fold over chest to trap and cradle puck
- Blocker should maintain position forward, and stick stays on ice just in case there is a rebound

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FREEZING PUCKS INTO BODY / MID-SECTION

As puck approaches to the mid – section bring elbows in tight to ribs. Shoulders should rotate forward and chest angle adjusts to point down to ice. This will help goalie to absorb shot and minimize rebound

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FREEZING PUCKS INTO BODY

PROGRESSIVE

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FREEZING PUCKS ON THE ICE

- Down on knees
- Paddle of stick on ice at an angle
- Let puck hit the paddle and slide down towards blocker
- Cover blocker and puck with glove hand

For safety reasons:

- Keep head up to watch for incoming traffic

Receive Puck

Freeze

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FREEZING PUCKS ON THE ICE

- Stick retrieves puck toward body
- Glove covers puck
- Knees on the ice & tight together (NO 5 hole)
- Blocker & stick protects puck from pressure

For safety reasons:
- Keep belly OFF the ice to protect neck & back
- Bring skates together behind body to avoid knee injury if fallen on

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FREEZING PUCKS ON THE ICE

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BREAKAWAY ROUTINE

- Always watch the play in far end from a **DEEP** centered position in the crease
- Touch post when breakaway occurs
- Using "C" Cuts, telescope out 4 feet from crease to appear big vs shooter, closing gap & to have space for backward momentum
- If player changes angle, maintain alignment & squareness on puck (not shooter's body) **using short side shuffles**

Come out to top of crease and stay there until shooter reaches hash mark closest to crease– then proceed back at a speed similar to what the shooter is skating

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BREAKAWAY ROUTINE

- Present stick (in 5 hole) , gloves, body & pads square to puck to maximize coverage
- Retreat backwards while matching player's speed: when player reaches inside hash mark – heels should be touching the outside crease, toes pointing towards the player
- Stand your ground as you re-enter crease
- If player shoots, react with proper save selection – butterfly (with reactive gloves or tight on body depending on the shooters depth) or in standing stance (glove and body save)
- If player dekes, slide diagonally backwards in the direction of the new puck position (maintain balance while extending)
- On dekes, skate should end up slightly outside of post & glove (or blocker) should reach out to puck for the save

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BASIC PUCKHANDLING

- The goaltender is in the proper athletic stance with 1 adjustment, the blocker is positioned at the butt end of the stick and
- the glove hand is positioned in an "overhand grip" position at the upper shaft of the stick above the paddle.

- The glove hand applies pressure to the ice, cradling the puck and preparing to pass the puck or clear the zone.

- Legs are bent and are always in position to pivot, forward and backward skate, single skate c cut forward and backwards and can execute the T-Push to the net to defend.

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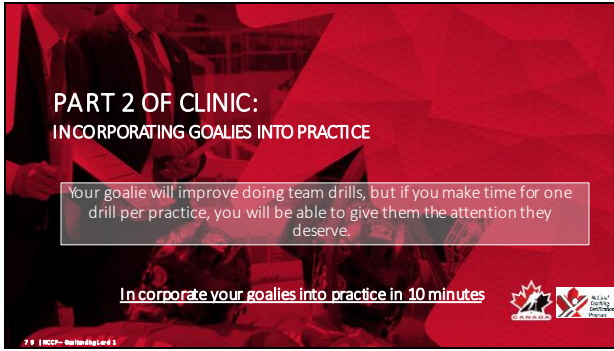## BASIC PUCKHANDLING
INVERTED GLOVE POSITION

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PART 2 OF CLINIC:
INCORPORATING GOALIES INTO PRACTICE

Your goalie will improve doing team drills, but if you make time for one drill per practice, you will be able to give them the attention they deserve.

Incorporate your goalies into practice in 10 minutes

COMMUNICATION

Coach's Role:

- Communicate who is playing the next game

- What is expected of them in game situations?

- Feedback

- Goal setting

THE ROLE OF A GOALIE COACH

Goalie coaches will be most effective when encouraged to do the following:

- Design and implement drills
- Act as a liaison between the goaltenders and the head coach
- Help goaltenders with mental preparation and routine
- Assess game and practice performance to identify strengths and areas of development
- Use video as an effective coaching tool
- Help the goaltenders deal with pressure and poor performances

PRACTICE TIPS

Set aside 10 minutes (1 drill) for your goalies per practice:

- **Skating**: Goaltenders priorities should be goalie-specific skating, when not doing so they should join in team skating drills for conditioning
- **Passing**: Goaltenders should focus on goalie-specific passing drills when the team is doing passing drills
- **Space out your shooters**
- **Communicate** to goalies what their roles are for certain drills
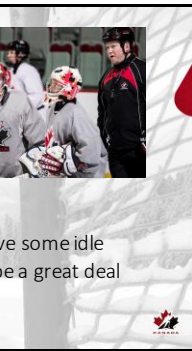- **Game type** situation drills

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PRACTICE TIPS

Try to always have 3 - 4 coaches at practice.

Whenever your goalies have some idle time, a 3rd or 4th coach can be a great deal of help.

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CLINIC EXERCISE

Create goaltender-specific drills for the following 60 minute practices:

0 - 10 min: skating warm-up or passing drills
10 - 20 min: goalie drill
20 - 60 min: team drills

0 - 10 min: Warm up
10 - 50 min: Team drills
50 - 60 min: Goalie drills

0 - 10 min: warm-up
10 - 30 min: team drills
30 - 40 min: goalie drill
40 - 60 min: team drills

Summary

Doesn't matter where or how difficult the drill is in practice, designate ten minutes per practice with your goalies.

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CLINIC EXERCISE

Refer to the On ice plan for goaltender-specific drills to use in every scenario.

Resources

www.hockeycanadanetwork.com

BY THE NUMBERS
800 TEAM CANADA GAME CLIPS
3,200 ARTICLES
300 PRACTICE PLANS
1,500 DRILLS
900 VIDEOS

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Resources

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NETWORK

PLAY VIDEOS

Resources

Resources

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