

**OMGHA GOALIE CLINIC**

**BY**

**CHAD McKENNEY**

## SUGGESTIONS FOR PRACTICE

1. Skating. Get the goalies skating with the players during the warm-ups on forward, backward and transitions as becoming a better skater is critical. Have goalie separate when players start doing crossovers or more stick handling.
2. Movement. Goalies should work on basic movement drills at every practice. Example: X drill, Y drill, V drill. Again, these can be done with and without pucks if a goalie is left alone. If the coach cannot work directly with the goalie, goalies need to be self motivated to push themselves through these movement drills alone during each practice.
3. Set. Try to allow goalies to get set. When shooting, try to shoot out the shooting so the goalies are allowed to make the proper save rather than have two or three people coming down at once. This develops bad habits.
4. Tracking. Have the goalies track each save and work on rebound control whether directing shots to the side or if the puck is in their area after making a saved pounce on that puck.
5. Aggressive. Take the goalies out of their comfort zone. For many, this means getting them to be more aggressive. If you look during practice or games for that matter, goalies by and large and making saves inside the crease and I would like them making saves at the top of the crease and challenging shooters. Focus on your goalies doing this during practice. Take them out of their comfort zone.
6. Goals. Either you or your goalies set one particular goal for that day. For example, if you have a goalie with a tendency to go down at the drop of a hat, tell your goalie you don't want to see them go down once during practice. Another good goal for practice would be to smother or cover every rebound.

## **BASICS FOR COACHES TO LOOK AT IN EACH PRACTICE**

1. **Stick**. Stick remains on the ice. Whether standing up or down, the stick is the ultimate weapon. Many goalies as they get tired, stand up and the stick comes off the ice, or you will notice the stick comes off the ice when they are moving laterally whether it be with shuffles or t-glides.
2. **Square**. Square to the shooter. Many goalies get lazy and don't do the movement to always remain square to the shooter. You will often see this by goalies facing at the other goal despite the players moving the side of the ice. Force them through reminders to be square. A common reminder is that their chest and stick should always be facing the puck.
3. **Aggressive**. Be aggressive. One of the most common mistakes I see is goalies who are unsure sink further and further into the net resulting in more goals. You see this often in practice and games. In practice, when you see this, praise the goalies when they make a save and show them if the goal scored and they made a save that they were inside the crease and that it is much easier to use the crease as a reminder that you want saves on top of that crease. The phrase I like is to attack the puck.
4. **Hands Up and Out**. Hand position. Glove and blocker should be level. Many times, goalies get tired and their hands drop. Keep their hands up and out covering net. This gives the illusion to shooters that they have nothing to shoot at and often results in shots right in the middle of their chest and pads. However, if blockers or gloves are down, shooters see all sorts of net to shoot at.
5. **Rebound Control**. Goalies develop bad habits in practice by simply failing to practice covering rebounds. Force the goalies to practice covering rebounds.
6. **Recovery**. Practice quick recoveries. Don't allow goalies to sit down on their knees so long. There should be quick recoveries to their feet.
7. **Big**. Play big. Keep the chest up.
8. **Eyes**. Eyes always on the puck. Force the goalies to track the puck wherever it goes. That includes if they deflect the puck with their stick or blocker to a corner. Have them track the puck into the corner.

## WARM UPS

It is important for each goalie to develop a warm up routine that works for them. Generally, most teams start shooting within the first few minutes but have players skate for the first few minutes. Goalies should use this time to get their legs moving. Please do not let goalies go out on the ice and waste the time stretching. As a sample two minute warmup before the players start shooting, I would suggest the following:

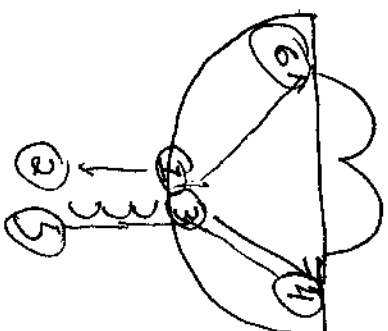
1. Crease Shuffle – Start on one post, come out and follow the guideline of the crease back to the post to seal up to that post and then go back the other way. Try not to look at the post as their sealing so they can comfortable with their angles.
2. Goal Line Shuffle – Large shuffles to seal between posts.
3. Y Drill With and Without Pad Saves
4. Transition Drill – Come out and set the imaginary shot at the blue line, transfer over through a t-glide, do a shot from the far circle back to the near post and do opposite way.

# TELESCOPING STATION

Description: Y Drill

(a) With Stick (b) Without Stick

1. Start at center top of crease
2. Forward and set for shot
3. Backwards to starting position the open hips and transition to left post
4. Forward to center
5. Backward to starting position open hips and transition to right post.
- 6.



Notes/Comments: (1) Stick on ice; (2) upper body quiet; (3) gloves and shoulders level; (4) explosive c-cuts forward-backward (5) explosive shuffle to posts (6) can end with pad saves rather than shuffle. Load up leg at top of crease and don't over rotate on pad save, quick recovery.

Description: V Drill

(a) With Stick (b) Without Stick

1. Start on left post
2. Forward, stop and set -- shot
3. Backs two C-Cuts to right post
4. Forward to shot
5. Backward two c-cuts to right post



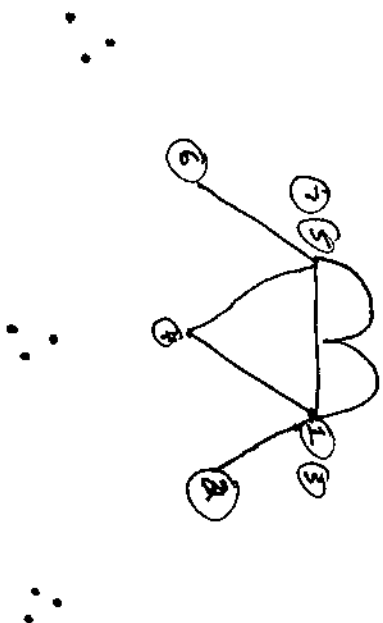
Notes/Comments: (1) Set for shot; (2) transition to backward; (3) quick drill (4) don't let goalie look back to posts (5) can stop at any point to review angles.

# TELESCOPING STATION

## Description: W Drill

(a) With Stick (b) Without Stick

1. Start at left post
2. Forward and set for shot
3. Return to left post
4. Forward to center - hard stop
5. Backward to right post
6. Forward set for shot
7. Return to right post

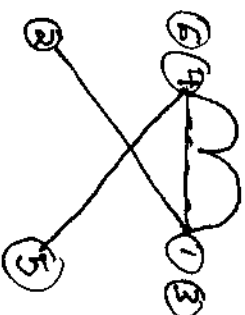


Notes/Comments: (1) Stick on ice; (2) upper body quiet; (3) gloves and shoulders level; (4) explosive c-cuts forward-backward

## Description: X Drill

(a) With Stick (b) Without Stick

1. Start on left post
2. Forward, stop and set – shot
3. Backs two C-Cuts
4. T-Glide to post
5. Forward skate, set – shot
6. Backward two c-cuts
7. T-Glide to post



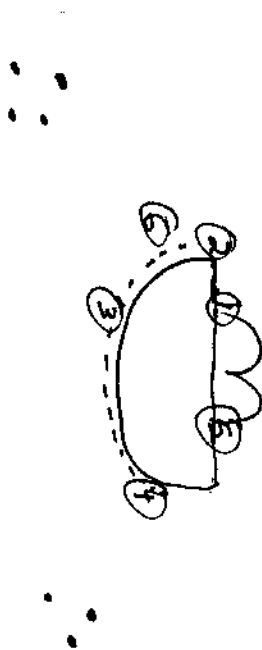
Notes/Comments: (1) Set for shot; (2) transition to backward; (3) transition to T-Glide

# LATERAL MOVEMENT

## I. Description: Lateral Shuffle

- (a) With stick
- (b) Stick in armpits

1. Start on Post
2. Come out to edge of crease
3. Small quick shuffle to opposite side
4. Set and shot
5. Recover and shuffle back
6. Shot



Notes/Comments: (1) Stick on ice; (2) Shoulders level; (3) Gloves level; (4) Recovery closes 5-hole; (5) Recover and quick explosive shuffle back; (6) Set for shot; (7) Other goalies collect pucks; (8) Get goalies ready and in quick

## II. Description: Lateral Shuffle with Push Back

- (a) With stick
- (b) Stick in armpits

1. Two goalies at once on posts
2. On command – out to crease
3. Three quick shuffles to middle
4. Explosive push back to sliding pad save
5. Switch sides after three shots



Notes/Comments: (1) Watch sticks; (2) Explosive push back off inside edge right to pad save; (3) Up quick and back as soon up; (4) Competitive race.

# RECOVERY DRILLS

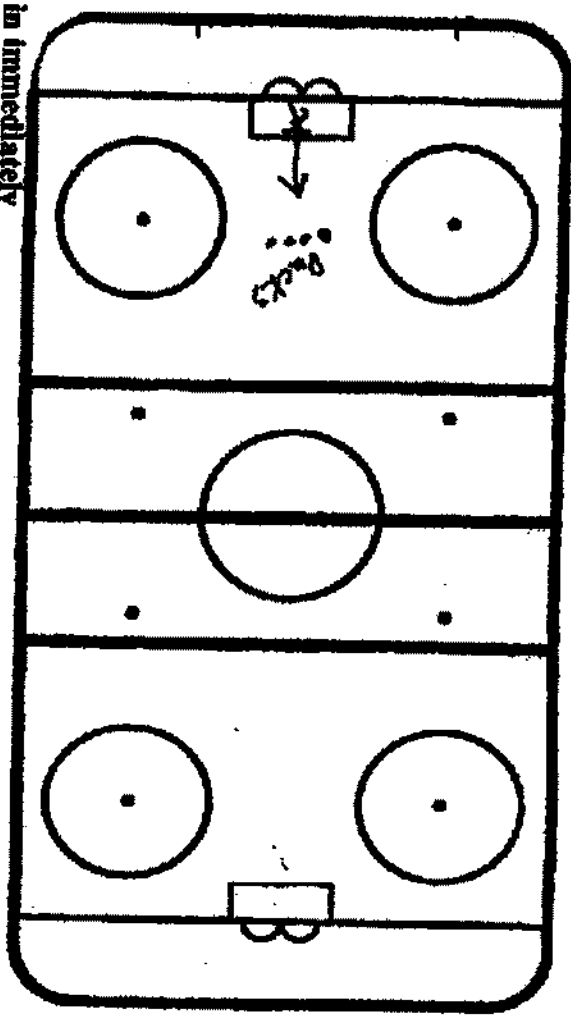
Description: Knees/butt/belly

1. Start on knees
  - (a) Explode up and out to shot
  - (b) Set for shot
2. Start on belly
  - (a) Use hands to push up
  - (b) Out -- set-shot
3. Butt
  - (a) Keep eyes forward
  - (b) Use hands to turn to side
  - (c) Up -- out, set-shot

\*Back quickly to start position.  
One cycle = knees/butt/belly

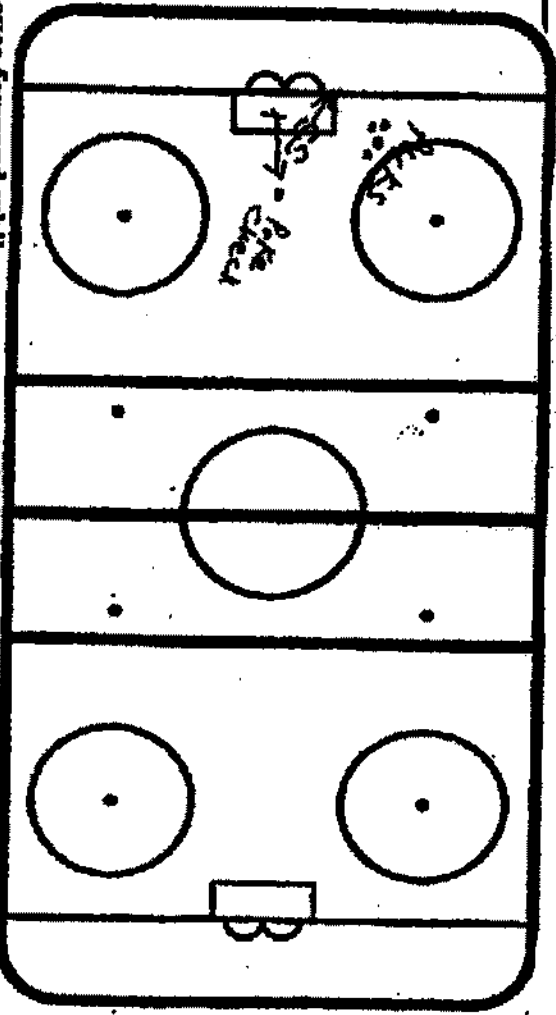
\*Other goalies collect pucks. Get goalies ready to move in immediately

Notes/Comments: Knees: (a) try up on both knees; (b) one leg -- use opposite leg next time. Belly: (a) eyes on puck; (b) shoot immediately as set; (c) stick down. Butt: (a) Do not turn backwards; (b) Turn to side -- eyes forward



Description: Poke check to pad save

1. Start on top of crease
2. Dive belly to poke check
3. Recover to skates
4. Backward c-cuts
5. Sliding pad save



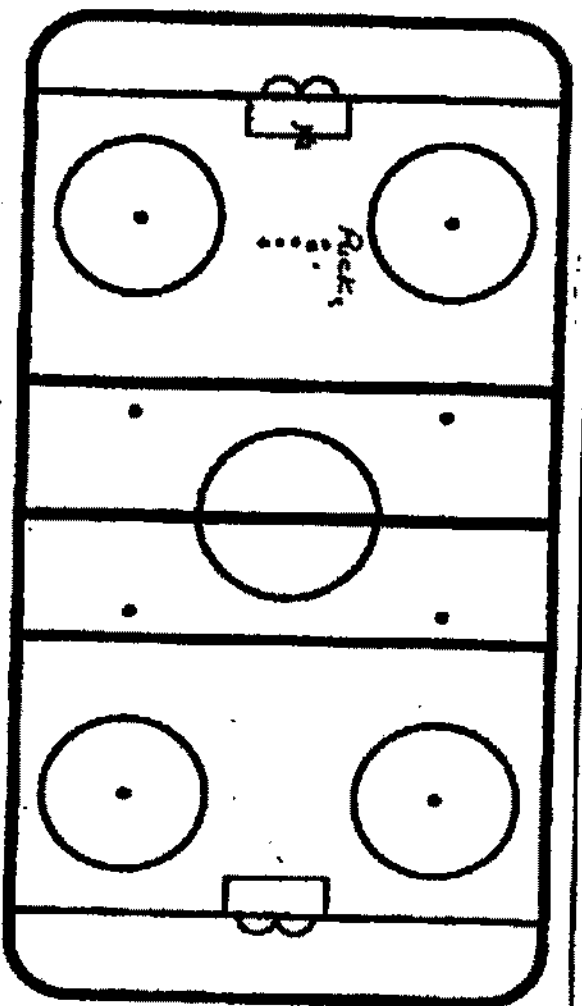
Notes/Comments: (a) Explode out to poke check; (b) eyes forward while recover -- set; (c) hard c-cuts backward; (d) down -- drive knees down; (e) stick down; (f) upper body quiet -- head, gloves and shoulder.

# GLOVE/BLOCKER

Description:

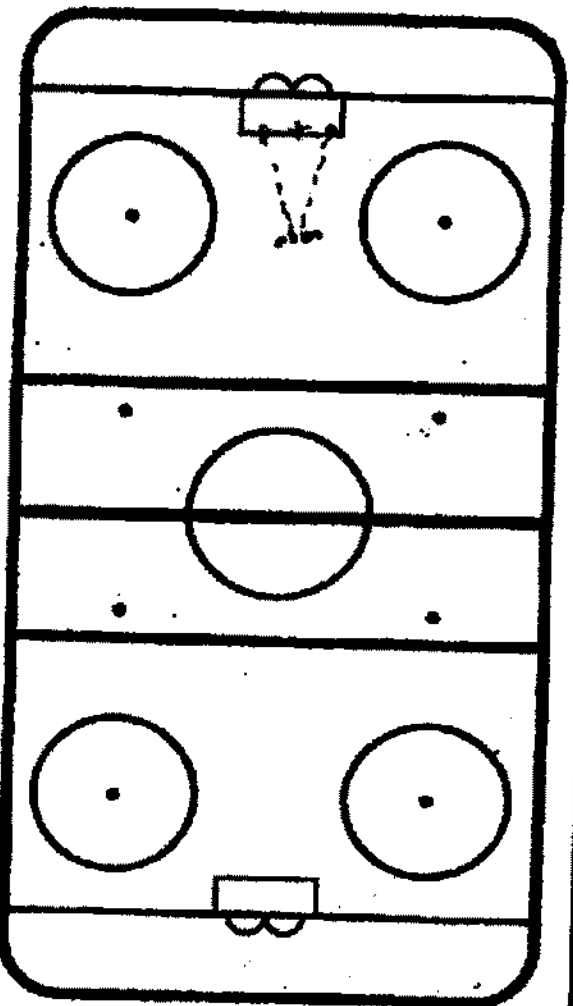
1. **Glove Saves**
  - (a) Hands out front
  - (b) Stick down
  - (c) Head still
2. **Blocker**
  - (a) Out front
  - (b) Direct rebounds away
3. **Same Drill On Knees**
  - (a) Start with stick down
  - (b) Shoulders and gloves even
  - (c) Head quiet

Notes/Comments: (a) Go to puck – don't rotate shoulder back; (b) Avoid unnecessary movement; (c) Watch for sticks off ice and pinching.



Description: Pad Save to Glove/Blocker

1. Start to of crease
2. Shot to right pad save
3. Recover to feet
4. Shot to glove
5. Shot to left pad
6. Recover quick
7. Shot to blocker



Notes/Comments: (a) Stocks on ice; (b) Drive legs down for pad save; (c) Explode up; (d) Upper body quiet – no unnecessary movement of head, shoulders, gloves.

## BREAKAWAYS

1. In the game, goalies need to be focusing on the puck at all times, even when it is at the other end. From the moment the puck crosses center ice, the goalie should be in the ready position. This will lead the early recognition of the breakaway. The next thing the goalie should do is come out to challenge. Successful goalies are generally the most aggressive. Note Manny Fernandez shootout record. Once the breakaway is occurring, you should do the following:
  - A. Challenge. Come out and challenge. This means well out above the crease.
  - B. Control. By doing this, you are controlling the situation. If the player is deciding to shoot, you are out cutting of the angle and there will be nothing to shoot at. More than likely, seeing nothing will force the players hand to deke.
  - C. Speed. Be mindful of how fast the player is coming and match that speed going backwards.
  - D. Eyes. As the player gets closer to the moment where he has to shoot or deke, see if the goalie can watch their eyes. Many times, shooters look down to the puck immediately before shooting and give off other signals.
  - E. Patience. Do not commit first. By that, I mean do not drop to your knees upon a fake shot or deke. Let the player commit first and continue backing up and tracking the puck.
  - F. Basics. All of the above should be done maintaining proper position. Key focus is to look at when moving the stick is that the stick is on the ice, gloves and blockers stay even, the head is not bobbing up and down and that the stick and chest are pointing at the puck at all times, meaning the goalie is square.

## **RANDOM DRILLS**

1. Skate the circles. Goalie starts at the bottom of the face off circle, skates to the middle, drops to knees, shuffles to the right edge of the circle back to the middle drops to the knees, goes forward to the top of the circle back to the middle drops to the knees to the left of the circle back to the right drops to the knees and back. Again, alternate shuffling with t-gliding, alternate what happens in the middle such as half V, full V, stacking the pads, poke check, etc.
2. Zipper drill. Rather than just skating backwards, the goalies can skate backwards in their position and alternate half V saves down the ice.
3. Goal line shuffle race. One goalie starts at each post, shuffles to the boards and back. First one to touch the post wins in transition with t-glides and half V saves.
4. Two goalies in a down position. For example, knees, butt, belly. Coach places a puck and on command, goalies get up and race to the puck whether that be smothering the puck or poke checking.



# Goalie Game Evaluation Form



Date: \_\_\_\_\_ Game number: \_\_\_\_\_ Goalie name: \_\_\_\_\_

Time played:  
1/2 -- game  
Full game  
Other

Opponent: \_\_\_\_\_ Home or away

Final score: US \_\_\_\_\_ Opponent: \_\_\_\_\_

	1	2	3	OT	Total
Shots faced					
Goals allowed					
Saves					

How was goal scored?

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

Solution for stopping that goal next time

- 1 \_\_\_\_\_
- 2 \_\_\_\_\_
- 3 \_\_\_\_\_
- 4 \_\_\_\_\_
- 5 \_\_\_\_\_
- 6 \_\_\_\_\_

Coach's comments: \_\_\_\_\_

\_\_\_\_\_