

Practice Guidelines for Goalcrease Goalies

- **Develop a routine – even for practice.**
- **Find time every day in practice to do the basic moving drills.** This is the foundation to becoming a better goaltender.
- **Work on flexibility.** Flexibility is crucial to goaltending. When your muscles are warm and loose, do your stretches and focus on becoming more flexible while you stretch.
- **Watch every puck that is shot at you before and after you make the save.** If you give up a rebound, follow it, clear it or cover it -- even if the shooters don't go after it.
- **Experiment in practice.** Try different things like poke checks and deck saves. Don't worry too much about making mistakes. Experiment in practice so that you learn when and when not to use certain moves in games.
- **Work on playing the puck.** This includes stickhandling, passing and shooting.
- **Work hard during skating drills** like sprints, stops and starts and crossover drills. Doing this is nearly as important as doing the goalie moving drills.
- **Repeat the right move.** Work on using proper techniques. Quality repetition in this area will your fundamentals.
- **Compete in practice.** When you're not working on technique, simply do whatever it takes to keep the puck out of the net. Have fun and show your teammates how good you are.
- **Develop a positive working relationship with the other goaltender(s) on your team.** Ask questions of each other, push each other to work hard in practice, and during games, always be supportive of the goalie in the net.
- **Have a goal in mind for each practice.** Say to yourself, "Today I will not go down early on shots," or "Today I'm not going to give up any rebounds." There are thousands of ways to make yourself a better goaltender, and you can't improve every aspect of your game at the same time. You have to break it down into segments. In practice it is a good idea to focus on one area of your game at a time.



Game Guidelines for Goalcrease Goalies

- **Find a pre-game routine that works for you, and do it before every game.** For some goalies, this consists of five minutes of stretching. For others it's a four hour regimen of eating the same food, listening to the same music, etc. Figure out what works for you and stick with it. (Routines should not be confused with superstitions!)
- **Control your emotions.** Always stay confident, positive, and relatively calm. It's not only good for you, but also for your teammates. The goaltender should be an example of mental toughness for the rest of the team. There's nothing more discouraging for your teammates than to see their goaltender get down on him/herself or lose his/her cool.
- **Don't concern yourself with things you can't control.** You can't control your teammates, coaches or the officials. You also can't control what happened in the past. The only things you can control are your attitude and whether or not you are ready to stop the next shot.
- **Communicate with your teammates** to help the breakout and aid in defensive coverage. Learn key words to help you communicate with your teammates during the game.
- **Recognize opportunities to be aggressive.** If you catch a player with his head down, or if someone takes a big wind up, you can take away the whole net by moving out. Goalies who stay back all of the time are too predictable and don't put the odds in their favor.
- **Recognize situations that require patience.** Wait for the shooter to make the first move and never move more than you have to. Play efficiently.
- **Be consistent.** Consistent goaltenders always have good fundamentals, play good angles, and are mentally tough.
- **Be resilient.** This means that you have the ability to bounce back after something goes wrong. The ability to put the past behind you is one of the most important aspects of goaltending.
- **Don't "overthink" during a game.** Just react to the play as it develops and play like you know how to play. If you've done your work in practice, the right moves become reflexive/automatic, so you don't have to think during games.



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STRETCHING TECHNIQUE

1. Stretch before and after exercises:
 - A. Pre-stretching allows the body to prepare for what is to come.

Gentle - less extreme - hold a shorter time.
 - B. "Stretching out" after exercises
2. Ballistic stretches utilize body momentum to force muscle groups beyond existing limits. This most often elicits the myotactic or stretch reflex and produces increased strain within a tendon and should therefore be avoided.

3. Static stretches:
 - A. Maintain for 10-15 seconds pre-exercise, 20-30 after
 - B. Breath slowly and rhythmically
 - C. Stretch to the point of mild tension and relax; as the tension decreases you may move further into the stretch
 - D. Do not bounce as this produces an increased stretch reflex by signaling the muscle to contract to prevent injury.

This can produce increased pain and can cause fiber tearing leading to scar formation and decreased elasticity.
 - E. Repeat three times.



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Goalie Equipment Guidelines

● Stick Guidelines:

- Make sure the paddle is the correct height. You should measure by holding the stick in your stance with your skates on.
- Do not cut the shaft (top of stick) – the shaft provides the balance.
- Avoid use of black tape – white tape makes it easier to see the puck.
- Too much tape on the shaft inhibits ability to poke check. Knobs that are too large inhibit a goalies ability to pass/shoot.

● Skate Guidelines:

- Sharpen skates regularly.
 - The bigger/stronger the goalie, the smaller the radius of the blade needs to be.
 - The radius can range from 1" (younger goalies) to 3/8" (older, stronger goalies). Here are some suggestions:
 - 80 pounds or less: 1" – 7/8"
 - 80 – 100 pounds: 7/8 – 3/4"
 - 100-125 pounds: 3/4 - 5/8 "
 - 125 -150 pounds: 5/8 – 1/2"
 - 150+ pounds: 1/2 - 3/8"
- Make sure skates have plenty of steel – repeated sharpening eventually will cause loss of blade. It is possible to replace the blade without having to replace the entire skate.

● Leg Pad Guidelines:

- When fitting for new pads, consider these goaltending principles:
 - **1st Priority: Mobility.** All goalies (especially younger ones) should avoid over-sized pads that inhibit skating. Make sure the pads are not too wide or too tall.
 - **2nd Priority: Protection.** Virtually all pads, if properly fit, offer excellent protection.
 - **3rd Priority: Comfort/Feel.** Every goalie has different taste. Try pads on to decide which one feels "right" to the goalie.
- For younger goalies, a perfect butterfly is NOT a priority. It is far more important for young goalies to develop their skating and mobility. Boxy butterfly pads can be a hindrance to their development.
- Learn proper use of toe lacing (visit web site video: www.goalcrease.com).

● Pants, Arm and Chest Pad Guidelines:

- Proper sizing is crucial for mobility, protection, and blocking surface.
- Use of suspenders is strongly recommended. Tuck stomach pads under the waist line of goalie pants and wear suspenders over the shoulder pads. (visit web site video: www.goalcrease.com).

● Catch Glove Guidelines:

- Treat catch gloves as most fragile piece of gear.
- Place glove carefully in your bag in a place where it won't get folded or bent out of shape.

● Goal Mask Guidelines:

- Like all gear, it must be aired out after each use to prevent mold and rust build up.