

Goaltender Development Institute



Practice Curriculums

The Revolution is Now.

This manual is a comprehensive seasonal plan developed by GDI. Goal-tenders learn best when expectations are explained, demonstrated, and practiced in a positive atmosphere. This learning is amplified when there is logical progression of skills suited to their skill level and needs. This seasonal plan developed by Goaltender Development Institute for youth hockey associations may be used exactly from this manual start to finish or as a starting point for advanced development. Covered topics include:

Practice Curriculum- Mites & Squirts

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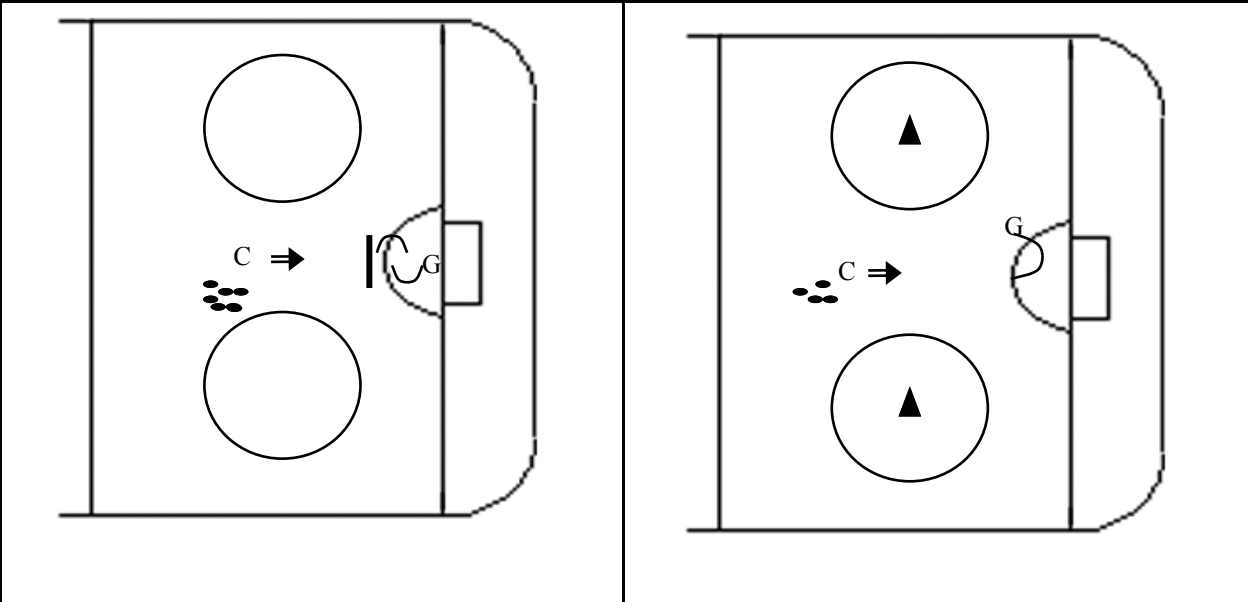
Practice: 1	Time: 20 min	Drill: Stance Development
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Stance Development I	Stance Development II
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Drill Description	Drill Description
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|---|---|
| <ul style="list-style-type: none"> • Pucks are positioned in the high slot . • G starts in middle of the crease. • On "GO" , G steps out using forward c-cuts to the top of the crease. • Once G stops and sets, C shoots puck. | <ul style="list-style-type: none"> • Pucks start on the face-off dots. • Goalie faces the dot where cone is positioned. • On "GO" , G t-pushes through middle of crease to center top of crease and sets. • When G is set C releases puck. • Alternate Sides |
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Primary Drill Diagram	Secondary Drill Diagram
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Key Execution Points	Key Execution Points
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|--|--|
| <ul style="list-style-type: none"> • G starts in stance • During the step-out movement, G should use a forward c-cut and seek to maintain stance fundamentals. • Watch for flinching, G should remain in a flexed stance position as the shot is released. • 1) Feet shoulder width apart; 2) Knees Flexed 3) Stick in front of 5 hole 4) Hip flexion 5) Upper arm relaxed and hands on a plane in front of the body 6) Eyes and shoulders square to puck. | <ul style="list-style-type: none"> • G should maintain stance fundamentals throughout each sequence, including: initial position lateral movement , setting and puck-stopping procedures. • G should not be flinching on these shot and should begin to address rebounds (Post save response). Moving towards rebound in a proper fashion. • If G is weaker to one side that side should be emphasised. |
|--|--|

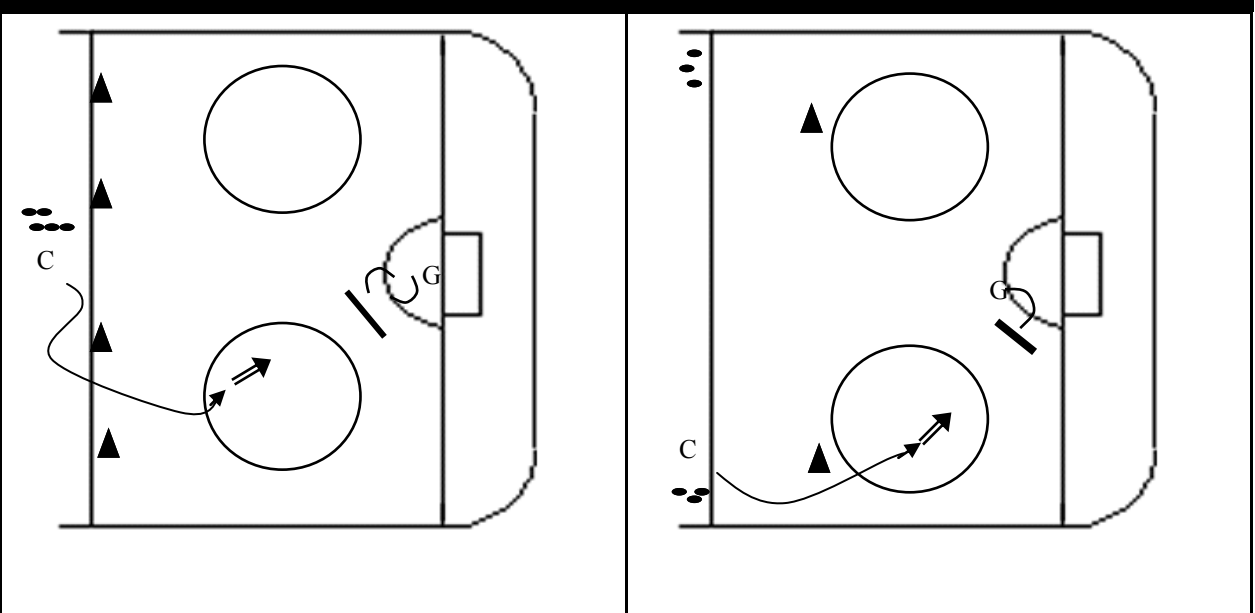
Practice: 2 Time: 20 min Drill: Angle and depth work

Angle Work	Angle + Depth Work
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Drill Description	Drill Description
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- | | |
|---|---|
| <ul style="list-style-type: none"> • Pucks Start outside the blue line. • Pylons are placed around the rink, slightly inside the blue line. • G starts on the goal line. • C picks up puck and randomly selects a pylon to drive around. • Once G recognizes which pylon has been selected, G steps out on angle with the attacker. • Once around pylon C takes a few strides and shoots. | <ul style="list-style-type: none"> • Pucks out side of blue line on boards, and pylons as indicated a tops of circles. • C picks up puck and skates into the zone. • G starts on top of the crease in the middle. • As soon as C begins to drive G should shuffle to gain an on angle position. • Notice: G shuffles into position opposed to stepping out from middle of the net. |
|---|---|

Primary Drill Diagram	Secondary Drill Diagram
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Key Execution Points	Key Execution Points
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- | | |
|--|---|
| <ul style="list-style-type: none"> • G stays on goal line until pylon is selected. • This allows goaltender to gain familiarity with proper angle and positioning. • G should attempt to step out on the angle before the shot is released. | <ul style="list-style-type: none"> • G should work on quick but controlled shuffle steps to gain an on angle position. • Once G gets to the first position, G may have to make minor shuffle adjustments to keep a strong angle. • Do not allow G to fade back into the net during attack. |
|--|---|

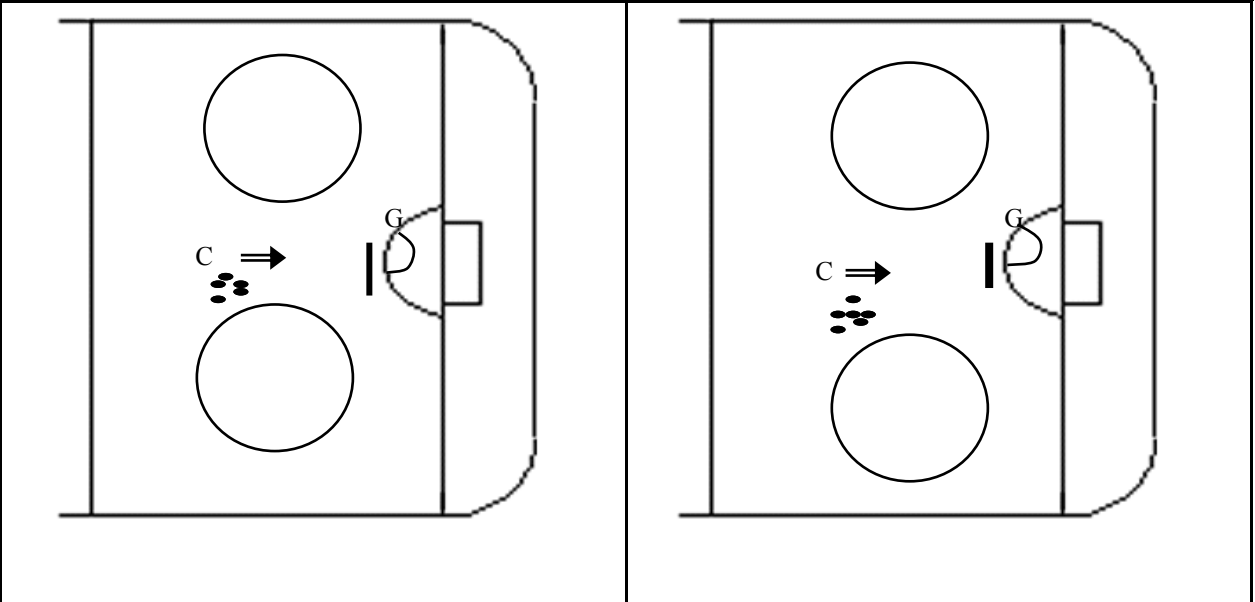
Practice: 3	Time: 20 min	Drill: Glove and blocker development
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Glove and blocker in stance	Glove and blocker while down
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Drill Description	Drill Description
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- | | |
|---|---|
| <ul style="list-style-type: none"> • Pucks in high slot. • G starts facing the face off dot and uses a strong t-push to gain angle on C. • C will shoot two pucks to the glove and two to the blocker. • G will then reset to the opposite dot. • G will alternate sides | <ul style="list-style-type: none"> • Pucks in high slot. • G starts facing the face off dot and uses a strong t-push to gain angle on C an butterflys. • C will shoot two pucks to the glove and two to the blocker. • G will then reset to the opposite dot. • G will alternate sides |
|---|---|

Primary Drill Diagram	Secondary Drill Diagram
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Key Execution Points	Key Execution Points
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|---|---|
| <ul style="list-style-type: none"> • G should track puck into glove and hold practicing great visual attachment. • G should track puck on to blocker and practice good blocker angle to keep rebound low and to the corner. | <ul style="list-style-type: none"> • G should track puck into glove and hold practicing great visual attachment. • G should track puck on to blocker and practice good blocker angle to keep rebound low and to the corner. • C shot should be to the lower two-thirds of the net. |
|---|---|

Practice: 4 Time: 20 min Drill: Stick and pad development

Stick while standing / while down

Pad development

Drill Description

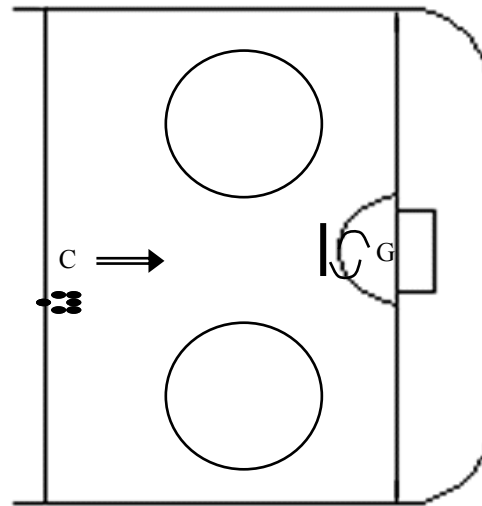
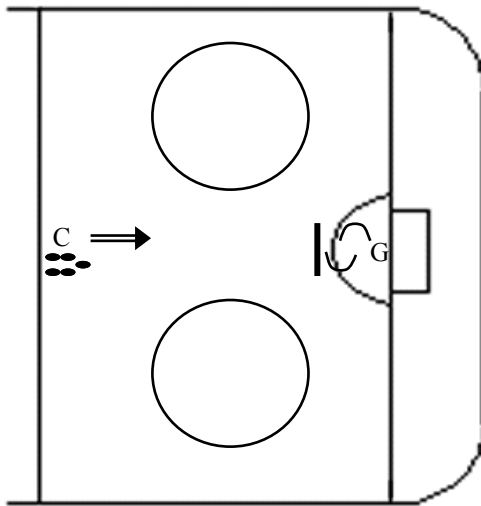
Drill Description

- Pucks Start just inside the blue line.
- On "Go" goalie will step out from the middle of the crease.
- C will release a shot to the glove side ON THE ICE.
- Do 10 repetitions.
- Repeat to the blocker side.

- Pucks Start just inside the blue line.
- On "Go" goalie will step out from the middle of the crease.
- C will release a shot to the glove side ON THE ICE.
- Do 10 repetitions.
- Repeat to the blocker side.
- Two sets of ten with out stick one set of ten with stick.

Primary Drill Diagram

Secondary Drill Diagram



Key Execution Points

Key Execution Points

- G must have proper stick fundamentals in order to rotate pucks in corner or over the net.
- Fundamentals include flat, firm, square and gapped.
- As the puck approaches, G must keep the stick's gap and then move the stick along a circular path out in front of the pads to rotate to the corner.
- The gap is vital to ensure clearance over the pad.

- G must have proper butterfly fundamentals in order to keep pucks to the corners and out of the middle of the ice.
- Fundamentals include flat, firm and angled.
- As the puck approaches, G must keep the save leg on the ice and maintain appropriate pad angle.
- Toe must not travel parallel to knee, this result in pucks traveling in to the slot area.

Practice: 5 Time: 20 min Drill: Body Control

At body control

Body usage and cradles

Drill Description

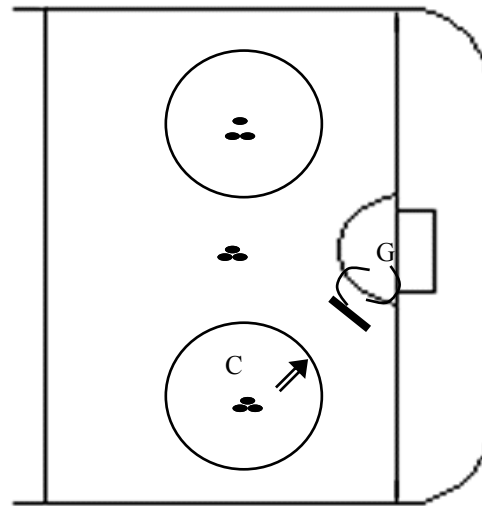
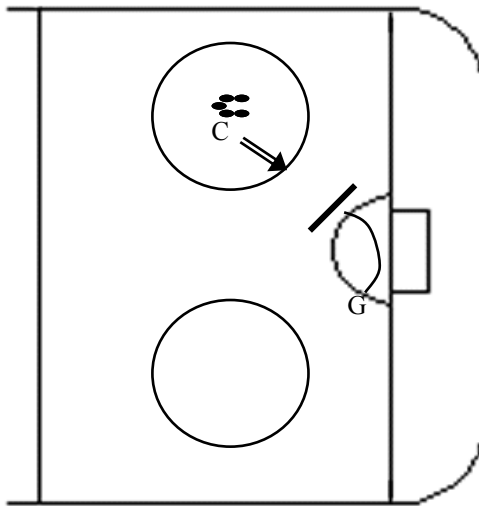
Drill Description

- Pucks on the face off dot.
- G starts facing the dot on the glove side.
- On "Go" , G will rotate and t-push to gain angle on blocker side.
- Once G is set, C can release a shot ALONG THE ICE directly at the G.
- Alternate sides.

- Pucks are positioned in three spots, the face-off dots and the mid slot (at the hash marks).
- G starts in the middle of the goal line
- On C "Go", G will step out and face the C standing in one of the three positions.
- Once set, C will shoot the puck at the G's knees.
- G should go down and cradle the puck using the body
- G returns to start position and repeats.

Primary Drill Diagram

Secondary Drill Diagram



Key Execution Points

Key Execution Points

- When handling pucks at the body , G must continue to adhere to all stick fundamentals .
- The only difference when handling a shot at the body is stick must be pushed forward to eliminate the blade angle (firm, square, perpendicular, and gapped blade will allow G to control the pucks at the body).
- If shot is hard G follows same protocol but slight stick rotations allow puck to be directed into the corners.

- G must not pull away from shots in order to get the glove or blocker on the puck.
- Instead, G should move towards the puck to increase the volume of body saves.
- When cradling, G should allow puck into body.
- G should not try to make glove or blocker saves.
- When cradling, glove should come from below so that the puck drops into it.

Practice: 6

Time: 20 min

Drill: Rotation

Post save rotations

Post save rotation high/ low

Drill Description

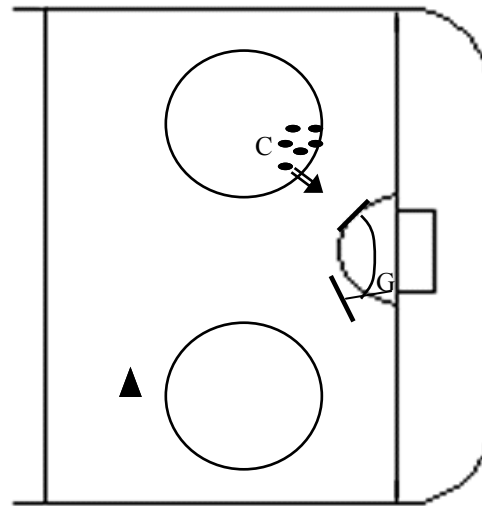
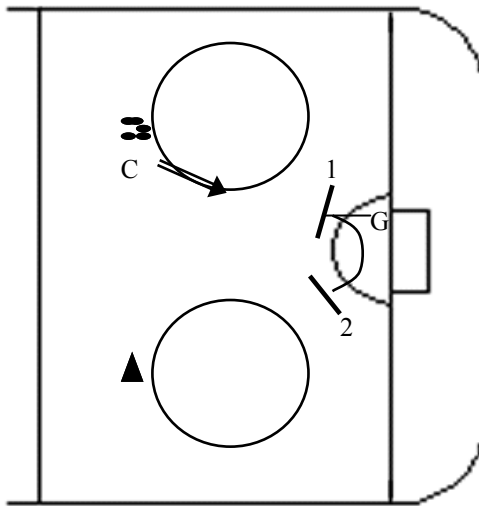
Drill Description

- Pucks at the top of the circle. G starts on same side post as shooter.
- On "Go" G steps out to shot angle off of post.
- C shoots at farside pad producing rebound to opposite side.
- G recovers up to feet and t-pushes building through the middle of the crease to cone.
- G finishes square to angle, with appropriate depth and in a good stance.
- Drill is done on both sides with shots to the glove and blocker.

- Pucks at the bottom edge of the circle. G starts on opposite side post as shooter.
- On "Go" G steps out to shot angle off of post and butterflies.
- On 2nd "Go" G recovers up to feet and t-pushes building through the middle of the crease to C.
- C shoots at knees trying to produce rebound.
- G finishes square to angle, with appropriate depth and displays good movement & save selection.
- Drill is done on both sides with shots to the glove and blocker.

Primary Drill Diagram

Secondary Drill Diagram



Key Execution Points

Key Execution Points

- A controlled first save greatly enhances the goal-tenders puck control and post-save response
- Visual attachment and visual leading is key to this drill
- Post-save rotation occurs in this order: 1) Visual lead, 2) Rotation of shoulders, 3) Rotation of hips, 4) Backside edge is placed perpendicular to the next path
- G should seek to have limited delay after each save

- Rotation is a fundamental skill all goaltender must acquire.
- Rotation allows for proper paths to be traveled through the crease resulting in accurate positioning (Angle, Depth, Body Position).
- Post-save rotation occurs in this order: 1) Visual lead, 2) Rotation of shoulders, 3) Rotation of hips, 4) Backside edge is placed perpendicular to the next path

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Practice Curriculum Pee Wee & Bantam

Coaches be sure that the Intro/ Mite Squirt skills are solidified in your goal-tenders game. All skills should be repeatable with technical accuracy and accurate save selection/execution.

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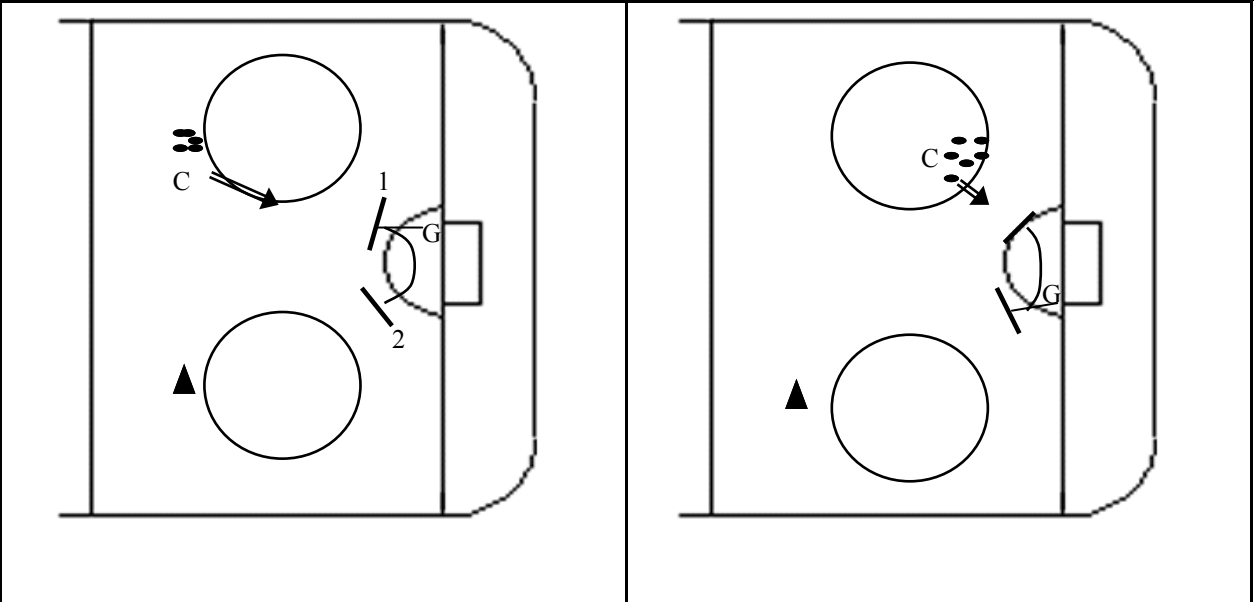
Practice: 1	Time: 20 min	Drill: Rotation
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Post save rotations	Post save rotation high/ low
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Drill Description	Drill Description
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- | | |
|--|---|
| <ul style="list-style-type: none"> • Pucks at the top of the circle. G starts on same side post as shooter. • On "Go" G steps out to shot angle off of post. • C shoots at farside pad producing rebound to opposite side. • G recovers up to feet and t-pushes building through the middle of the crease to cone. • G finishes square to angle, with appropriate depth and in a good stance. • Drill is done on both sides with shots to the glove and blocker. | <ul style="list-style-type: none"> • Pucks at the bottom edge of the circle. G starts on opposite side post as shooter. • On "Go" G steps out to shot angle off of post and butterflies. • On 2nd "Go" G recovers up to feet and t-pushes building through the middle of the crease to C. • C shoots at knees trying to produce rebound. • G finishes square to angle, with appropriate depth and displays good movement & save selection. • Drill is done on both sides with shots to the glove and blocker. |
|--|---|

Primary Drill Diagram	Secondary Drill Diagram
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Key Execution Points	Key Execution Points
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- | | |
|--|--|
| <ul style="list-style-type: none"> • A controlled first save greatly enhances the goal-tenders puck control and post-save response • Visual attachment and visual leading is key to this drill • Post-save rotation occurs in this order: 1) Visual lead, 2) Rotation of shoulders, 3) Rotation of hips, 4) Backside edge is placed perpendicular to the next path • G should seek to have limited delay after each save | <ul style="list-style-type: none"> • Rotation is a fundamental skill all goaltender must acquire. • Rotation allows for proper paths to be traveled through the crease resulting in accurate positioning (Angle, Depth, Body Position). • Post-save rotation occurs in this order: 1) Visual lead, 2) Rotation of shoulders, 3) Rotation of hips, 4) Backside edge is placed perpendicular to the next path |
|--|--|

Practice: 2

Time: 20 min

Drill: Positional Range

COD middle to angle

COD angle to middle

Drill Description

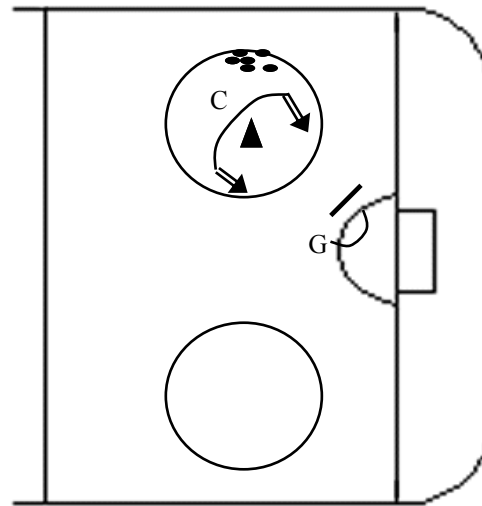
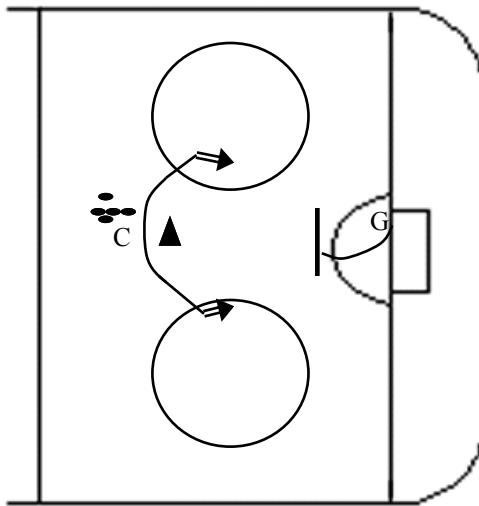
Drill Description

- Pucks above top of the circle. G alternates start posts.
- On "Go" G steps out to cone off of post.
- C carries puck around the cone a few strides and releases puck.
- G recovers up to feet and t-pushes building through the middle of the crease to the rebound.

- Pucks on face off dot behind cone. G starts from top of crease.
- On "Go" G t-pushed to the cone building through the middle of the crease.
- C carries puck around the cone a few strides and releases puck.
- G recovers up to feet and t-pushes building through the middle of the crease to the rebound

Primary Drill Diagram

Secondary Drill Diagram



Key Execution Points

Key Execution Points

- G must have a strong visual lead and t-push to get accurate positions on the initial angle.
- Short shuffles track the coach as he skates away from his initial position.
- Eyes, shoulders, knees and feet should all be aligned with the shot angle as it moves away from cone.
- Option of butterfly at cone, working on recovery with the correct foot and proper rotation.

- G must have a strong visual lead and t-push to get accurate positions on the initial angle.
- Short shuffles track the coach as he skates away from his initial position.
- Option of butterfly at cone, working on recovery with the correct foot and proper rotation.
- On angle shot less width is needed for save.
- Option of butterfly at cone, working on recovery with the correct foot and proper rotation.

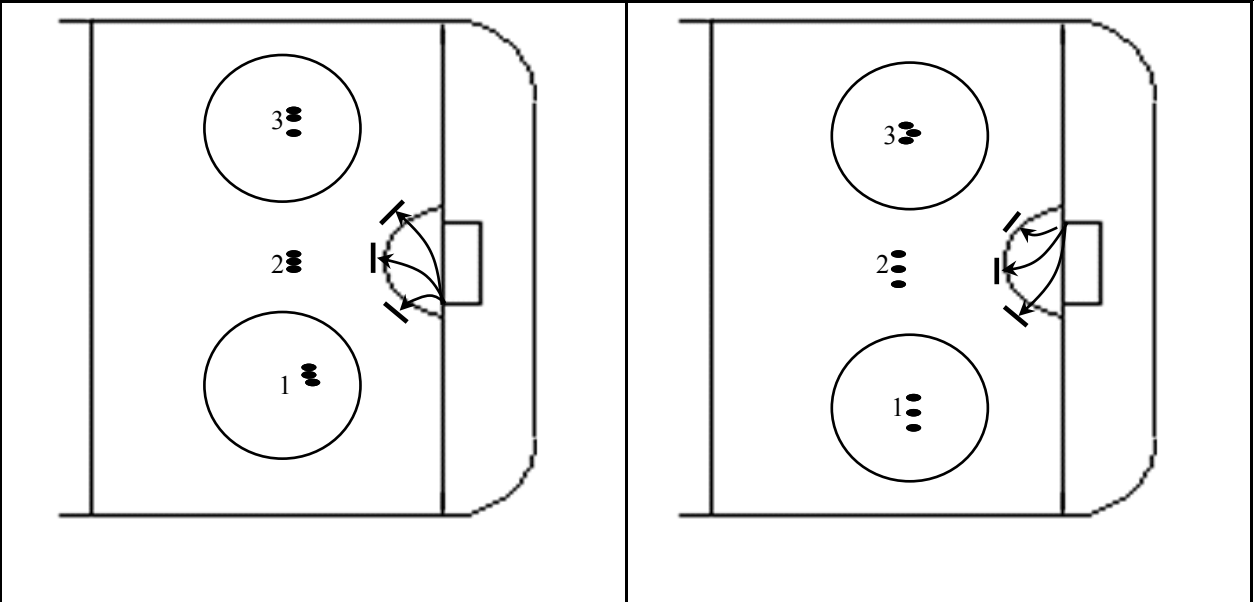
Practice: 3	Time: 20 min	Drill: Step Outs
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Nearside, Mid-Ice, Far Side Glove Side	Nearside, Mid-Ice, Far Side Blocker Side
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Drill Description	Drill Description
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- | | |
|---|---|
| <ul style="list-style-type: none"> • A. <u>Nearside Step Outs</u>: G starts on glove-side post. When ready, G c-cuts out to face the glove-side circle(see forward arc motion picking up center net position). • G returns to post. • B. <u>Mid-Crease Step Outs</u>: As above but each time move is to the middle of the crease. See illustration for pattern. • C. <u>Far side Step Outs</u> : As above but moves are made to the opposite face off dot. | <ul style="list-style-type: none"> • A. <u>Nearside Step Outs</u>: G starts on glove-side post. When ready, G c-cuts out to face the glove-side circle(see forward arc motion picking up center net position). • G returns to post. • B. <u>Mid-Crease Step Outs</u>: As above but each time move is to the middle of the crease. See illustration for pattern. • C. <u>Far side Step Outs</u> : As above but moves are made to the opposite face off dot. |
|---|---|

Primary Drill Diagram	Secondary Drill Diagram
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Key Execution Points	Key Execution Points
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- | | |
|--|--|
| <ul style="list-style-type: none"> • When moving from a post position to face a slot threat, G should seek to pick up angle on way to positional target. • This may mean giving up some depth to achieve an angle position . • When moving to a mid-crease G should seek to forward slope to the target achieving some angle and depth. | <ul style="list-style-type: none"> • When moving from a post position to face a slot threat, G should seek to pick up angle on way to positional target. • This may mean giving up some depth to achieve an angle position . • When moving to a mid-crease G should seek to forward slope to the target achieving some angle and depth. |
|--|--|

Practice: 4

Time: 20 min

Drill: Mobility

Butterfly Slide Repetitions

Backside Push Repetitions

Drill Description

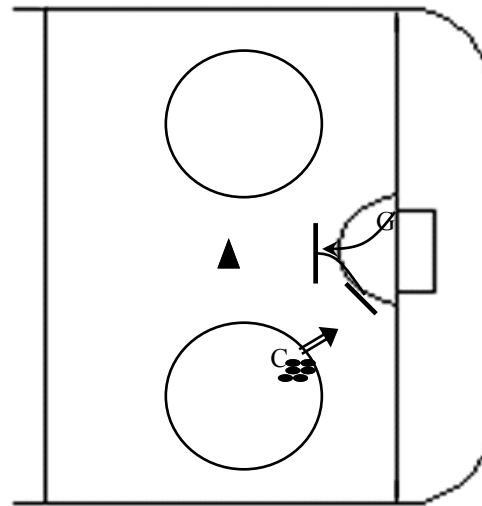
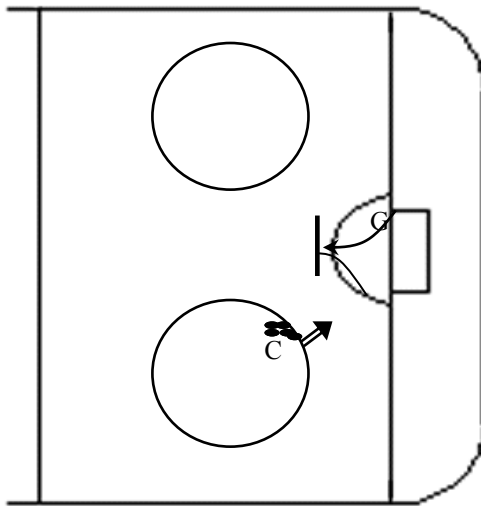
Drill Description

- Pucks at the bottom just inside the circle. G starts on opposite side post as shooter.
- On "Go" G steps out to middle top of crease off of post.
- On second "Go", Goalie performs a butterfly slide to shot angle.
- G finishes square to angle, with appropriate depth and in a solid butterfly.
- Shot is taken as G fills positional space.
- Drill is done on both sides with shots to the glove and blocker.

- Pucks at the bottom edge of the circle. G starts on opposite side post as shooter.
- On "Go" G steps out to shot angle off of post and butterflys.
- On 2nd "Go" G backside pushes to the shot angle.
- C shoots at knees trying to produce rebound.
- G finishes square to angle, with appropriate depth and displays good movement & save selection.
- Drill is done on both sides with shots to the glove and blocker.

Primary Drill Diagram

Secondary Drill Diagram



Key Execution Points

Key Execution Points

- Visual attachment and visual leading are key to this drill.
- Process: Visual lead, Upper body rotation, Load back side foot, Lead leg knee travels down shin in to ankle area, and push/ extension into positional space.
- Leading with the hands and feet to fill positional space ending with solid butterfly for complete angle coverage.
- Ending with control and accuracy are paramount during this drill.

- Visual attachment and visual leading are key to this drill.
- Post-save rotation occurs in this order: 1) Visual lead, 2) Rotation of shoulders, 3) Rotation of hips, 4) Backside edge is placed perpendicular to the next path. (Knee is slightly raise up to the ankle to fully transfer weight and reduce friction.)
- Leading with the hands and feet to fill positional space ending with solid butterfly for complete angle coverage.
- Ending with control and accuracy are paramount during this drill.

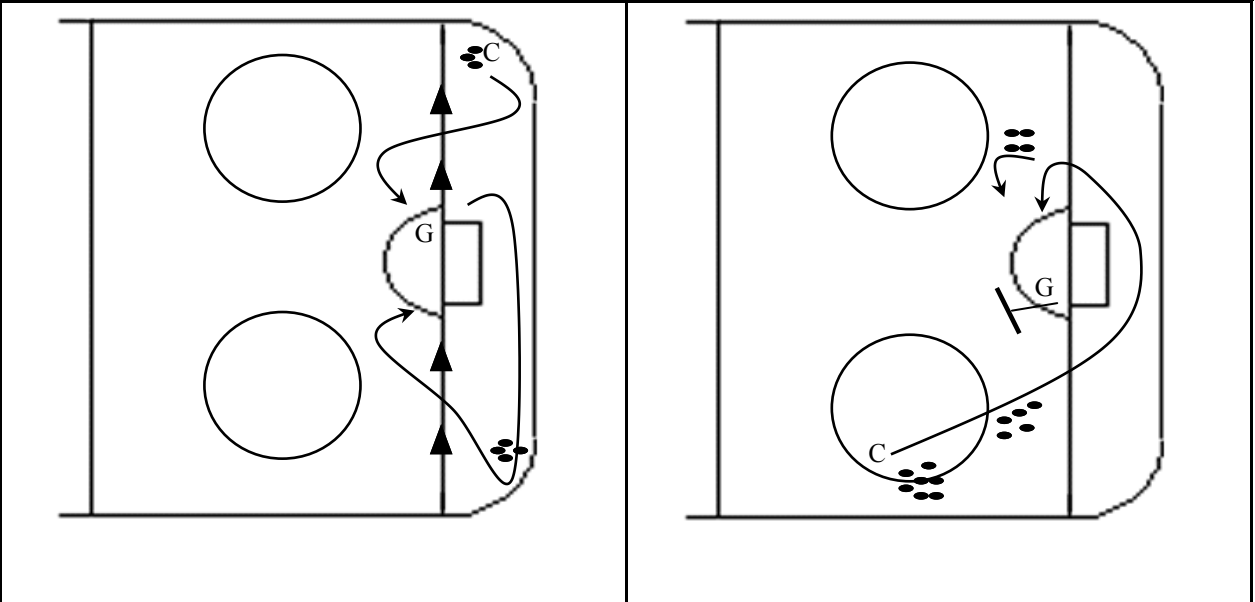
Practice: 6	Time: 20 min	Drill: Behind Net Tactics
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Walkouts from corner	Walkouts with adjustments
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Drill Description	Drill Description
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- | | |
|---|---|
| <ul style="list-style-type: none"> • Pucks start in corners. G starts on same side post as shooter. • On "Go" C skates out and around random cone on near side. G must start parallel to the goal line and then swing out as attack dictates. • C shoots, swings back to the corner and continues to select random cone after picking up a new puck. • Work both corners and all cones. | <ul style="list-style-type: none"> • Pucks start near the face off dot. And about 10" of the corners (as indicated). • X1 takes puck and drives around the net, walking it out to the other side. • G can paddle down on the play or may have other save selections. • X1 will stop, back up to the 2nd pile of pucks and shoot 2 more pucks at the G. • G after handling 1st shot must rotate square and reposition outward to deny vertical angle. |
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Primary Drill Diagram	Secondary Drill Diagram
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Key Execution Points	Key Execution Points
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- | | |
|--|--|
| <ul style="list-style-type: none"> • One area of the ice in which there is some confusion regarding adjustments is low, angle shots. • In these cases, some goalies opt for a compact stand up position while other prefer a down, butterfly mode. • This is somewhat dependant on G style, and X1's distance to the goal line. | <ul style="list-style-type: none"> • X1's 1st walk out should be relatively tight to the net so that paddle down is the logical save selection. • Once 1st shot has been taken, G must rotate square and then step forward. • G can use either paddle down move top alleviate pressure off the lower body or use and inside edge to drive forward. • Make sure that G does not over rotate and make sure that the G remains upright and compact. |
|--|--|

Practice: 6

Time: 20 min

Drill: PSM BASICS



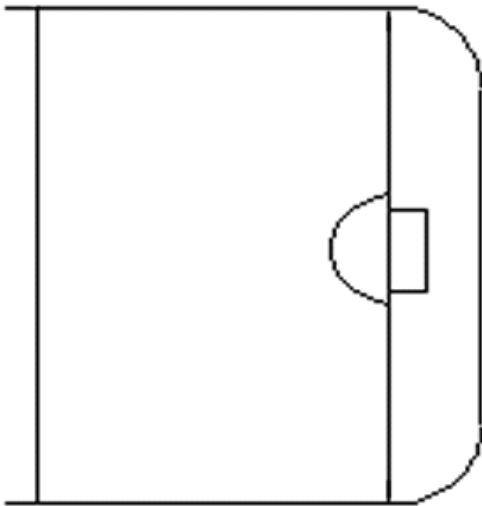
Drill Description

- Position Specific Movements are the foundation of any young and developing goal-tenders game .
- By replicating game like skating movements in a controlled setting we are able to build upon success.
- Success builds confidence in skating and transitional movements.

Movement Process

1. Visual Lead . (EYES)
2. Upper Body Rotation . (Shoulders/Hands)
3. Back Side Edge Activation .
4. Load- Back Side Edge with Weight.
5. Gather -Front Edge Towards Body.
6. Extend Into Position .
7. Stop With Lead Foot and Finish in Position

Key Execution Points



1. Make sure that the goalie maintains proper depth and angle while moving.
2. Be sure to have goalies move on a GO command from the coach. This will ensure proper technical execution of each movement.
3. Work to have goalie understand the actual correlation between practice PSM skating and plays that can occur in a game setting.