

The Coach's
Goaltending Handbook

The Coach's Goaltending Handbook

Contents

Introduction to Coaching Goalies	Page 3
<i>Why a Goaltending Handbook?</i>	
<i>What's a Goalie?</i>	
Goaltender Development	Page 5
<i>Goalie Evaluation</i>	
<i>The Goalie Coach</i>	
Goaltender Practice Patterns	Page 7
<i>The Goalie's Practice Plan</i>	
<i>A Model for Practice Planning</i>	
<i>A Goalie Drill Even Your Players Will Like</i>	
Goaltending Game Strategies	Page 11
<i>Warming-up Your Goalie</i>	
<i>The Most Important Save</i>	
<i>A Goalie's Home</i>	
<i>Tandem Goaltending</i>	
<i>The Goalie as Defensive Coordinator</i>	
<i>The Hot Goalie</i>	
<i>Keeping Your Goalie Warm</i>	
<i>The Goalie's Name Isn't on the Scoreboard</i>	
<i>The Goalie's Secret Weapon</i>	
Top Ten Goalie List	Page 18
Appendix A: Goaltending Coach's Resources	Page 19
<i>Evaluation Form</i>	
<i>Development Plan</i>	
<i>Shot Chart</i>	
<i>25 Simple Goalie Drills</i>	
<i>Understanding Goalie Equipment</i>	
Appendix B: Goalie Instruction Resource Guide	Page 29

Introduction to Coaching Goaltenders

Why a Goaltending Handbook?

Goaltending is a critical element to any hockey team. Often the goaltending can make or break a team. Certainly good teams win games with only adequate goaltending, but rarely will a team win a championship without great goaltending. But it is an area that does not receive as much attention as the other positions on the team. There are several good reasons for this:

- There are 7 or 15 times as many skaters as there are goaltenders on a team;
- Most coaches do not have any goaltending experience;
- The position is fundamentally different than any other role on the team; and
- The Head Coach has too many other duties to focus much time on specialized functions.

The purpose of this handbook is to provide practical advice and materials to support the Head Coach's development of their goaltending program. This handbook deals with goaltending on a strategic level. It does not teach *how to play* goal: there are many excellent instructional resources and tools available (see Appendix B). A guide has been developed for your goalies and their coach's entitled "Goaltending Basics" for mites through young pee wees. But, teaching a goalie how to play goal and the *strategy* of coaching a goalie are two separate subjects.

This handbook introduces an overall goaltending program for the coaching staff. There are three major areas of this handbook:

1. Developing a team's goaltenders by appointing, and delegating to, a Goalie Coach.
2. Accommodating goalie-centric practice plans for your team.
3. Using appropriate goaltending game strategies.

It is unlikely that every Head Coach can use all of the information in this handbook on a daily basis. So, to get the most out of the time and resources you have to devote to your goaltending program, try doing these four things:

1. Appoint a Goalie Coach and give them a copy of this handbook.
2. Expect the Goalie Coach to read this handbook and implement the key functional areas.
3. Delegate and coordinate with your Goalie Coach as closely as you do with your Team Manager and Assistant Coaches.
4. Monitor the improvement and development of your goaltenders.

Raider Coaches with goaltending experience wrote this handbook to provide the club's Head Coaches with evaluation tools, development plans, practice protocols, game strategies and insight into the mind of our young goaltenders. The objective is simply to improve the club's goaltending capabilities at each level of our program and to help make hockey more fun for the goalie kids.

What's a Goalie?

Goalies are definitely different. Hockey is full of colorful goalies who have made the position and the game special. Oldtimers like Sawchuk, Hall, Plante, Bower and The Gumper are legendary. The new guard of Roy, Hasek and Joseph are legends in the making. Each are, or were, brilliant, eccentric, and had a completely different approach to the game.

But no one can describe a goalie quite as well as another goalie. Here is an excerpt from *The Game*, by Ken Dryden, three-time Vezina Trophy Winner and four-time Stanley Cup Champion.

If you were to ask a coach or a player what he would most like to see in a goalie, he would, after some rambling out-loud thoughts, probably settle on something like: consistency, dependability, and the ability to make the big save. Only in the latter, and then only in part, is the physical element present. Instead, what these qualities suggest is a certain character of mind, a mind that need not be nimble or dexterous, for the demands of the job are not complex, but a mind emotionally disciplined, one able to be focussed and directed, a mind under control. Because the demands on a goalie are mostly mental, it means that for a goalie the biggest enemy is himself. Not a puck, not an opponent, not a quirk of size or style. Him. The stress and anxiety he feels when he plays, the fear of failing, the fear of being embarrassed, the fear of being physically hurt, all are symptoms of his position, in constant ebb and flow, but never disappearing. The successful goalie understands these neuroses, accepts them, and puts them under control. The unsuccessful goalie is distracted by them, his mind in knots, his body quickly following.

The great satisfaction of playing goal comes from the challenge it presents. Simply stated, it is to give the team what it needs, when it needs it, not when I feel well-rested, injury free, warmed-up, psyched-up, healthy, happy, and able to give it, but when the team needs it. On a team as good as the Canadiens, often it will need nothing; other times, one good save, perhaps two or three; maybe five good minutes, a period, sometimes, though not often, a whole game. Against better teams, you can almost predict what and when it might be; against the rest, you cannot. You simply have to be ready.

Goaltender Development

Goal Tender Evaluation and Selection

There is no science to evaluating goaltenders, but there are methods and techniques to consider when you want to select a goalie. Here is a list of items to think about when evaluating goaltenders.

Physical: A goalie needs courage to face the shots, stay square to the puck, and not turn away. They need to have the physical strength, stamina, and endurance to move with 20 pounds of equipment strapped all over their bodies for 90 minutes or more. They need flexibility and agility to make awkward movements. And they need above-average reflex and hand-eye coordination to follow the puck into their body.

Emotional and Mental: As with other players on your team look for maturity, composure and “coachability”. Even though goalies are the last line of defense, they need leadership abilities, work ethic and quarterbacking skills. Perhaps the most important attribute for a goaltender is the ability to focus and concentrate hard for 90 minutes. The expression that is heard most often is that “the goalie was caught napping” on a play. This simply means that they lost their focus for a moment out of an hour or more. How many of us *don't* do that?

Skating: Your goalie should be the most agile skater on the team. Goalies need great balance, quickness and mobility on their skates. They don't need to be fast, but they should be quick. They should be adept at backward and lateral movement. The technical area of skating to evaluate is their ability to shuffle, make T-glides and use their feet and skates in their save repertoire.

Technical: Watch for a goalie with a good stance. Knees flexed, waist bent, the stick held 6"-12" in front of their feet, their hands held level and slightly above their knees. The “style definition” that a goalie has selected is less important than having a style at all. Look for a goalie that makes the same save on the same shot every time – this is a goalie with a mature style.

Positioning: This is the area where the adage “better lucky than good” is true. A goalie with great positioning skills intuitively understands their angles and manages their depth effectively. They keep their body square to the play and the puck. They control rebounds, tips and protect the crease. These goalies usually have great playmaking ability behind and near the net. Anticipation and general knowledge of the game are factors in this area. Think of Patrick Roy as your model.

Hands and Stick: This area involves taking control of the puck with either hand. With the catching hand it means catching, controlling and freezing the puck. On the stick hand this means stick & blocker saves. A goalie's ability to intercept dumps-ins, stickhandle and pass translates into a more effective break out for your team.

Intangibles: Look for a goalie that has fun playing the position and genuinely likes to stop pucks. This goalie usually gets along with the other players and is more motivated than the goalie that's just going through the paces.

The Goalie Coach

Just like any other player on the team, a goalie needs to be developed. The first step to developing a goalie is to evaluate them using the process outlined above. The second and most important step in the process is to assign an adult on the team to work with the goalies. *This person does not necessarily need goaltending experience.* The Goalie Coach just needs to be an adult volunteer who is willing to work with one or two players in a specialized role. If the team is short with on-ice help, an adult who does not skate can still help the goalies. What *is* important is that the goalies receive special attention from someone who can concentrate on their play and help them work through various challenges during the season.

Here are the duties of the Goalie Coach:

1. During practice, the Goalie Coach works with the goaltenders on their specific practice drills (see The Goalie's Practice Plan), and to run individual drills that will improve the goalie's development areas.
2. During games the Goalie Coach monitors the goalie's performance and looks for areas that need further practice and development.
3. The Goalie Coach will chart shots and statistics for the team and the goalies. Shot statistics are important for a goalie and their coach to know what type of shots are being scored. A shot chart is included in Appendix A, and a more comprehensive system is available through the Goaltending Development Institute (see Appendix B, the Resource Guide)
4. The Goalie Coach will prepare and monitor the goalie development plan.
5. The Goalie Coach will provide encouragement and support for the goalies.
6. The Goalie Coach will communicate with the Head Coach on all matters affecting the goaltending of a team.

The non-skating Goalie Coach can help with all of these duties except the on-ice practice responsibilities. But even the non-skating goalie coach can be on the bench during practice and help keep the goalies directed and focused.

The third step in developing the team's goaltenders is to write a development plan for each of them. The Goaltender Development Form included in Appendix A is provided to create some structure around this issue. One way to conduct the development process is to have your goalie complete the first page of the form, and then the Goalie Coach helps the goaltenders complete the second page of the form. Of course, the Head Coach can be involved with either of these tasks. But the most critical part of this process is that the goaltender should do a lot of the work and participates in determining their development areas. It is very important for goaltenders to be thinking about their game, as well as getting the ice time to play their position. During the middle of the season, the Goalie Coach should review the development plan with their goaltenders to see if they are on track and if any adjustments should be made. Then toward the end of the season, this form can be used as an evaluation of the goalie's overall season and performance.

Goaltender Practice Patterns

The Goalie's Practice Plan

Practices are tough on the goalie. They have to do 200-foot wind sprints in 20 pounds of equipment with skates that are built for shuffling 6 inches at a time. They face countless break-aways, odd man rushes, unchallenged slap shots, and multiple pucks flying at them at once. Their save percentage drops to about 50% or 60%. Needless to say, practice is not always a goalie's favorite part of playing hockey.

Goalies need to practice differently than the rest of the team. But, there are only one or two goalies and 15 skaters on the squad. Naturally, the practice is built around the needs of the majority. Goalies use different skills than the rest of the team and they should be practicing differently. Here are a few common-sense guidelines for goalies and their coaches to use during practice.

1. Skating drills: After an initial warm-up skate with the team (10 or 15 minutes), the goalie should be excused from the wind sprints, endurance building and other "skater" drills. Instead, they should be working on their T-glides, shuffles, "ups and downs", half-split kicks, flexibility, and 20-foot sprints

The goalie uses small, intricate movements that require excellent balance (skating very slowly usually requires a different kind of balance than moderate speed skating). A goalie should also practice sudden, quick-skating bursts where they move 10 or 15 feet and then stop.

"The Square" is a basic skating drill all goalies should do at least once or twice each practice. Place four cones about 8 to 10 feet apart into a square. The goalie will skate these four cones in their crouch, always facing the same direction. Start at the "lower left" cone facing forward and skate forward to the "upper left" cone. Then shuffle to the "upper right" cone. Then skate backward to the "lower right" cone. Finally, t-glide to the "lower left" cone and have them take a breath or two. Then do The Square in the opposite direction.

2. Conditioning drills: Just like a goalie's skating skills, their conditioning needs are different than a skater's. In game situations goalies crouch and shuffle, and then make a reflex movement followed by a controlled fall and returning quickly to their crouch. So part of the conditioning a goalie needs is to do those things.

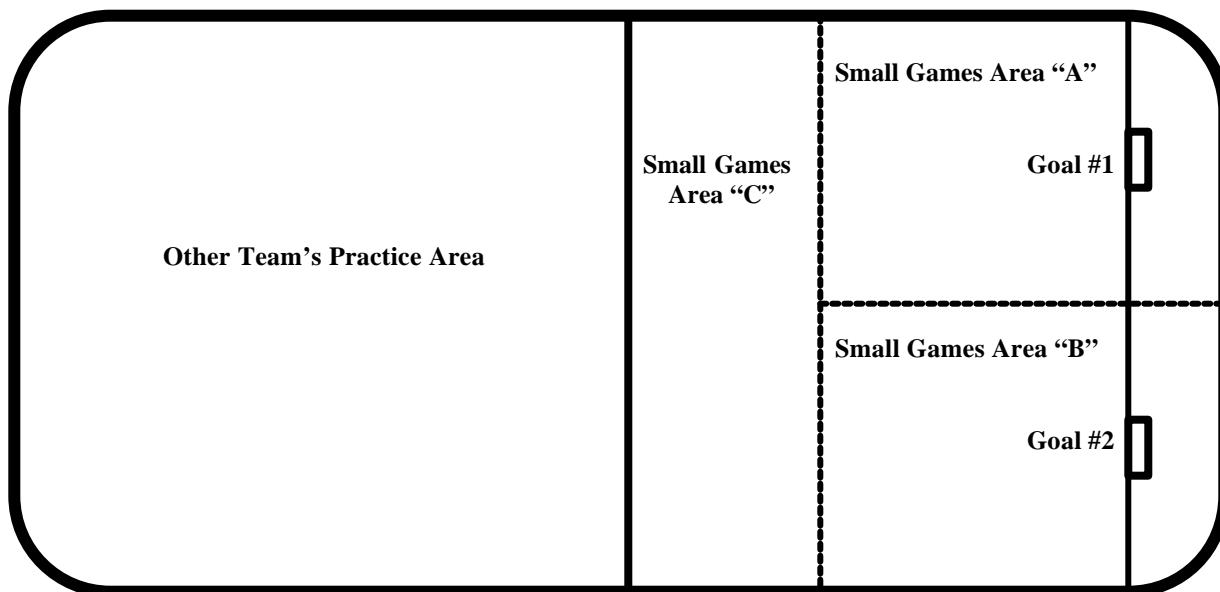
One of the best conditioning drills for goalies are called "Up and Downs". The goalie goes to ready position and then makes a half-split save (without a puck being shot) to the left and then returns to ready position for two seconds. Then they make a half-split save to the right and return to ready position for two seconds. Repeat this to each side a total of five times. Then, they do the same thing with a two-pad stacking save each side five times. Then they repeat this drill for the "paddle down" save. Then the butterfly moving to the left, and then moving to the right. This sequence is a total of 35 times up and down, or the equivalent of an entire game's shot total completed in about 5 minutes. Done two or three times each practice will give you a much quicker and agile goalie at the end of the season.

3. Flow drills: Most practices involve a high percentage of drills that develop individual skills. This means skating, stick handling and shooting all in one drill. Usually these drills end up with an odd-man rush, a breakaway or a fast break on the goalie. These are good drills for everyone, but they wear out the goalie quickly. Not so much from making the save, but from the constant up-and-down they're forced into on each play. Often the shooters aren't spaced far enough for the goalie to recover, causing frustration and confidence problems. So, the goalie gets tired before the practice has really started, and all they've been is a target. During these drills, the goalie needs to do two things: don't worry about making saves; and, work on their lateral movement skating skills. When the skater fakes, the goalie should move laterally with the shooter on their skates. The goalie should not go down on these drills, but develop their skating, balance, and positioning skills. This is hard work too, but it's the right work for this drill.
4. Stick handling drills: All goalies need to learn how to handle the puck. All goalies should participate in stick handling drills, but with limited skating. Goalies usually don't need to handle the puck for more than 10 feet or a couple of seconds. So, there's no reason for them to learn how to stick handle around a series of cones. Have them stick handle in an isolated area moving forward 5 to 15 feet and then make a pass to a specific target 15 feet away. That's what goalies do in a game. One area a coach should *not* be accommodating is allowing their goalies to perform stickhandling drills without their catching glove.
5. Special team drills: Many team drills do not result in a shot on goal but the goalie needs to be in the net. Power play & penalty kill situations, breakout practice, and center-ice regrouping are all team skills that have to be developed, but are not particularly "goalie-centric". The goalie should use these drills to develop their "defensive coordinator's" role and communicate with their defense. Practice is a good safe place to learn. Encourage your goalies to talk throughout these drills. The goalie can also work on their skating skills or up's & down's during these drills where they are "idle".
6. Situation drills: A lot of drills are designed for the defense and the goalie to fail. Tip drills, 3 on 1s, 2 on 0s, and one-timer feeds are all drills where the whole point is to generate offense (i.e. score a goal). The goalie *should* get scored on a lot during these drills and may get frustrated, tired or lose confidence. Both the goalie and the coach need to recognize this before the drill gets started. The coach should instruct the goalie to practice their positioning and lateral movement skills and place less emphasis on making the save.
7. Idle Time: Most practices involve a substantial amount of time where goalies aren't involved. This should not be "time off" for the goalie. They should cool off for a minute and then get back to work. During breaks they should be skating "The Square" and doing their "Up & Downs". They can also be working on stretching, 20 foot sprints, stick handling, puck-juggling (put the puck on the back of their catching glove, turn the glove over quickly and catch it in mid air) and side-to-side pushes (like when the puck is behind the net). All of this should be interspersed with a few push-ups.

The goalie's practice plan needs to be different than the skaters' program because they need to develop different skills. The goalies need to be diligent and disciplined by practicing the "right things" and be trained how their practice needs differ from their teammates. Coaches should recognize and accommodate this difference within their regular practice regimen. The best way to handle this is not to alter the team's practice plan, but to make room for your Goalie Coach. Give them time with the goalies where they work on their specific conditioning and practice needs. Practice for a goalie isn't always going to be fun, but it should always be productive.

A Model for Practice Planning

During practice your goalies like to handle shots and your players like to shoot. Coaches like “game speed” situations. One of the best ways to satisfy all three is to run practices with two goals (when you have two goalies). To do this, the coach needs to segment the ice into three sections. The ice surface will look like this:



In the Small Games Area “A” and “B” the coach can run drills that simulate game situations. Here are a few ideas:

Point Shots: Two or three players are in the corner and one or two defensemen are at the points. A player in the corner passes to the point. The point player can pass to the other point or shoot on goal. The player that passed the puck can go in front of the net and tip or screen. Another defender can be put in front of the net, too. This type of drill has many variations, but all of them simulate puck movement, passing and shooting.

One Timer: Several players are in the corner and several at the point. The player from the point skates in and the puck is passed out of the corner to them. They one-time the puck at the top of the face off circle. For variations the coach can add cones, obstacles, defenders or create two on one situations.

Cycling: An offensive line plays against a defensive line. The offensive line continually cycles the corner, behind the net and in the slot. Defenders and goalie are constantly defending the pass to prevent the backdoor scoring opportunity.

In Small Games Area “C” the coach can work on skill development. Any number of skating, stickhandling, passing and shooting drills can be accommodated in this long, narrow section of ice. For example, an obstacle course can be set up in this area using cones, sticks and gloves. Or the coach can run stop and start skating drills, sprints, or mohawk transitions.

Segmenting the ice in this way places a heavy demand on the coach to plan ahead. But the result is a high-tempo practice for the players. The two goalies can each get 200 or more shots during the evening. It can be worth the extra planning effort.

A Goalie Drill Even Your Players Will Like

Goalies like to take shots during practice. Players like to shoot. And everybody loves “small game” drills. Here’s one where you can keep a quarter of your team busy in a small area.

The game is called Ten. The goalie is in the net with a shooter placed at the hash marks between the face off circles in the slot. Two other skaters are placed on each side of the goalie at the top of the crease - a total of three skaters and one goalie are in this game.

The object of the game is to score points. The first team to score 10 points wins. The skaters score points by getting the puck in the net. The goalie scores points by:

- Freezing the puck
- The puck touches the boards (or glass), or goes behind the goal line, or
- The puck touches the blue line.

The player in the slot starts the game and has two options: shoot directly on goal or shoot for a tip-in to either player. The two skaters can tip, redirect, or shoot the puck – they may not touch or screen the goalie. They also may not pass between each other. The puck stays in play until a point is scored.

This drill teaches the goalie to manage rebounds and it develops their anticipation and reflex skills. The skaters get close-in scoring chances, develop tip-in skills, and learn how to keep the puck in play. Everyone has fun.

It takes about one minute to play each point in the game. If you have five minutes for this game, have them play a game of “Five”. If you have 10 minutes and two goalies, let them each play a game of Five. After you teach your players this game, they can play it anywhere on the ice and the kids will make up rules as they go along. This is a low-supervision, high impact drill that can help keep your goalies sharp and your shooters challenged while they have fun!

Goaltending Game Strategies

Warming Up Your Goalie

The pre-game warm up is critical to your goalie's performance. The best-prepared and trained goalie can lose their confidence and have a poor start if the warm up is haphazard. Here is what a good three-minute warm up looks like:

1. The goalies lead the team onto the ice. The starting goalie immediately goes to the crease and scrapes off the water and bumps that the zamboni left. The motion that a goalie uses to scrape their crease prepares their legs, knees, hips and arms for the movements they will be making during the game. It is an excellent warm up for a goalie. The backup goalie should go to a corner and stretch. The team captain should lead the team to two or three sprinted laps around their defensive zone of the ice.
2. The coach should have 15 or 20 pucks and dump them 20' feet in front of the net. The skaters should arrange themselves in a semi-circle around the goal. They each have a puck, and when the goalie is ready, they should each take a snap shot or wrist shot at the goalie from 20' in rapid-fire speed. This will be repeated three times with the starting goalie taking the first and third set. The backup goalie takes the second set. Instruct the skaters to aim for the goalie's pads.
3. After the rapid fire shots, the captain should take the team into the corners for the standard corner pass-out drill. The starting goalie and backup should alternate every five shots. Each player should have time to shoot twice.
4. With 15 seconds remaining in the warm-up, the captain leads the players around the defensive zone for a couple of sprinted laps. The starting goalie should "check their angles" from the crease, do some light stretching, and mentally prepare for the game.

If you have a five-minute warm up, add this drill between #3 and #4:

Your players all go to the same corner. Three players at a time skate out of the corner with a puck and skate to the top of the face of circle. The first player immediately takes a shot on goal. The second skater skates toward the slot and takes a shot on goal. The third player skates toward the opposite face off circle and takes a shot on goal. All three players skate into the opposite corner. The next three skaters repeat the drill. The starting and backup goalies should alternate every second sequence (6 shots). After all the skaters are in the opposite corner, they can repeat the drill. This drill is sometimes called "Three Shot Charlie".

For the goalie, the warm-up is not as much about the physical elements of the game as it is the mental aspect. Since goaltending is purely a "read and react" position, the warm-up gets the goalie's mind ready to react. Handled properly it gets their mind ready to stop pucks, and gives them the confidence that they need to be ready to play.

The Most Important Save

The goalie's most important save comes from the first shot on goal. The first save establishes the goalie's rhythm, timing, and confidence. When a goalie makes a solid first save, the coach can usually count on a decent performance thereafter. But if the first save is handled awkwardly, or fumbled or worse yet turns into a goal, then your goalie could be in for a rough game.

The coach can help with this situation by letting your goalie know before every game that you want them to focus on their toughest save – the first shot on net. And then you want them to focus on the next toughest save they need to make – the next shot on net.

If your goalie gets off to a rough start, applaud any save they make, even if they are giving up rebounds on the easiest shots. Yell encouragement and confidence builders, like “great stop!” Tell your players to tap his pads before the face off. Help your goalie build their confidence and let them know that you trust their ability. With support from the Goalie's Coach and teammates, your goalie will reestablish the confidence they need to come up big when you need them.

A Goalie's Home

A goalie's crease is their home. Like any home, it should be clean and well maintained. It needs regular housekeeping. And just like a house, it changes over time. When it's brand new, you just move into it. But as it gets older, it needs more maintenance.

The first rule of crease-keeping is to only pay attention to it when play is stopped. The second rule is to keep it smooth and clean. A goalie needs a consistently smooth surface to work in. Foot and pad speed are both affected by the absence or excess of ice shavings.

Proper scraping technique is important and is a good practice drill. The goalie should scrape across the goal inside the crease, and away from the goal outside the crease. Why? Because this smoothes the ice in the direction that the goalie will be moving in that area of the surface.

When a goalie arrives on the ice for the warm-ups, they should immediately skate to the crease and scrape it: you want to remove the top layer of ice and water. The goalie should take this minute or so to “move-in” to their new home. They should always take a moment to “check their angles” even in a familiar rink.

As the game progresses, the goalie needs to move the ice shavings away from the crease. Be alert to spot deep ruts or holes, and alert the referee for help or time to fix them with your water bottle. Some goalies put their ice shavings in the net, some on the side, and some sweep it into the corners. Some goalies place it in the net near the goal line to create a small (but discrete) buffer against the occasional, slow-roller that slips past.

It almost doesn't matter where you put the shavings, as long as they aren't in the crease. But what is important is that each goalie develops their own housekeeping routines. It gives them control over their environment, a consistent ice surface, and helps to maintain their focus during a stoppage in play. For goalies, there's no place like home!

Tandem Goaltending

During some games, a coach will wish they had two goalies in the net, but Tandem Goaltending refers to the modern two-goalie system that most teams employ. At the professional level some goalies play the lion's share of games. On other teams the goalies rotate and each play half the schedule. But usually the split in the NHL is about 70/30.

At the club level we have different challenges. In the House League, every one needs equal ice time. As players move up the competitive ladder, the coach has more discretion on who they play and how often. The basic issue for every coach is how to split the schedule when they have two goalies with essentially the same experience and skills.

The first issue to resolve is to decide whether to have the goalies play split games or to rotate games. The answer is fairly easy: ask your goalies what they would rather do. Most goalies do not like to split their games. Once they're in the game, they do not want to come out. It's like pitching in baseball or quarterbacking in football: if you are removed from the game, then there must be a problem. We know this isn't necessarily true, but this stigma is uniquely attached to these positions.

If the goalies agree that they would rather play part of every game, then work out a system where they rotate their starts and finishes. There are two rules that the coaches and the goalies should agree on before embarking on a game splitting system. First, a goalie with a shut out plays until the whistle after a goal is scored. And secondly, a goalie is never switched immediately after a goal is scored. Both of these make for "bad goalie karma" and will have a lingering effect on both goalies.

The only instance where goalies should not be allowed to reach a consensus on this issue is at the Mite level for House and Travel, and at the Squirt House level. In these age brackets and skill levels the goalies should rotate games. One game they play goal, and the next game they are a skater. It is imperative that young goalies learn how to skate and play the game. Do not let a player sit in the goal all season at this age!

The Goalie as Defensive Coordinator

A hockey goaltender plays several critical roles on their team. They protect the goal, they are the first part of the breakout, and the defensive coordinator. Within three seconds they will play all of these roles: the goalie makes a half-split save, directs the rebound into the open corner and then shouts, "near wing!" to direct the breakout. This goalie has reversed opposition into advantage. They have acted as a defensive agent instead of a target. They are in control of their game.

To get their game up to this level, a goalie needs to have developed their physical and technical skills, their focus and concentration, and their understanding of defensive tactics and strategy. Goalies work on their physical and technical skills all of the time. It's where most of their attention is spent. Focus and concentration are critical but slow in developing. A goalie needs to be taught how to concentrate and what to focus on during a game. Defensive tactics and strategy are largely team or age specific. Each coach defines their defensive structure, their breakout plays, and their defensive support system.

The goalie is an integral part of the defense. They should be invited to participate in every defensive meeting and discussion. They should be involved in developing the overall defensive strategy of the team. All defensive elements build from the strengths, weaknesses and style of the goalie. For example, a team with an adept skater and passer in goal can allow their wings to stay in the neutral zone when the opposition dumps the puck into your defensive zone. Your goalie is going to intercept the puck behind the net and either make a pass or set-up the breakout. A goalie that doesn't skate or handle the puck as well will let the puck go behind the net to the opposing wing that's bursting down the boards. A team with a goalie that's an aggressive defender has a distinct advantage if the coaching staff has paid attention to this detail.

The goalie's most important job as the defensive coordinator is to communicate defensive positioning during the flow of the game. The goalie has the best seat in the house to evaluate the other team's player strengths, weaknesses and offensive strategy. They need to communicate their impressions to their teammates and coaches. For example, the opposition places its fastest skater in their high defensive slot or between your defensive pair. This usually means that they will try to feed that player with a breakaway opportunity. The goalie needs to be watching for this so that they can prepare for the breakaway well in advance, and then communicate this to their defensemen on the ice, and to the coach in between periods.

But more important than this is that the goalie communicates while your team is hemmed-up in their defensive zone. Skaters are busy watching the puck in the corner and they can't turn around to see if someone's in the low slot. Even though we tell our defensemen to "keep their head on a swivel" it doesn't always happen. But the goalie is always facing toward center ice and can use their peripheral vision or turn their head quickly to check on the status of the entire surface. *It's the goalie's responsibility to know where every player is and to communicate critical issues.*

Goalies can be trained to perform this function. Here are some things the coach can do:

- Include goalies in your team's defensive strategy development.
- Make sure they understand how the defense operates and how the offensive unit supports the defense.
- Develop signals and communications for them to use in games.
- Encourage goalies to skate, pass and set-up plays.
- Let them know that they are responsible for knowing where every player is all the time.
- If you have two goalies, the goalie that sits during a game should be sitting between the offense and defense, studying the game and the players, and communicating their impressions.
- Encourage, expect, and notice on-ice communication during practices.

Developing a goalie into a defensive agent pays your team big dividends. Your team will spend less time in the defensive zone, more time in transition, and generate more odd man rushes. Your goalie becomes less of a target and more of an integral team member. It takes effort, attention to detail, coordination, and practice but it can be worth more than an extra goal a game.

The Hot Goalie

How many times have you heard of a team being beaten by a “hot goalie”? How does a goalie get hot? How can you make your goalie hot? What can you do if your team is thwarted by a hot goalie?

Believe it or not, there is a recipe for getting your goalie hot. Here’s what you can do to get your goalie hot:

1. Start with the right practices. Let your goalie practice the things they need to work on. De-emphasize saves and emphasize positioning, lateral movement and strengthening through quick “burst” drills.
2. Add the right pre-game preparation. The goalie arrives early after a good night’s sleep. Stretching, dressing early, and thinking about the game are important. Being ready and focused is key.
3. Give your goalie the right warm-up. A goalie usually needs a decent “sweat” before they’re really ready. The goalie's objective during warm-ups is to touch the puck, loosen up, and get confident. An uncontrolled warm-up does all the opposite things for your goalie.
4. Once the game is started, let your goalie touch the puck early and often. Letting the opposition have a couple of long, easy shots will get your goalie into the flow of the game. The first shot, “The Most Important Save” is critical to most goalies. The goalie wants a moderate but successful challenge to build their confidence. This first touch by the goalie sets the tone for the entire game.

What should a coach do when they come up against a hot goalie? The answer lies in understanding how the goalie got hot in the first place. Usually a hot goalie is good to begin with and made some solid saves early in the game. As the goalie gains more experience with your players they start to anticipate the shots. The goalie gains momentum until they are actually making the saves without thinking (yeah, they really are “unconscious”). Your team has helped build the goalie’s confidence and now your team has to break it.

Obviously, the best way to break a goalie’s confidence is to score a lot of goals on them. But the second best way is to *stop shooting* the puck at them! It sounds strange, but more shots will not necessarily get more goals against a hot goalie. Think about it for a moment. When you shoot on a goalie, you give them the chance to control the game. A hot goalie always manages the rebounds and gets whistles. The whistle gives them a short rest and more confidence that they are in control of this game. The only way to change a hot goalie’s mindset is to change the tempo, flow, and direction of its offense.

In between periods tell your team to slow the pace of its offense. Remind your players to think “pass first - shoot second”, and only take the high percentage shots. Have the team transition into “power play mode” and use a cycling offense where the objective is puck control. Use the back door to create open net scoring opportunities. Put your wings low and your center circling the goal. Work the puck behind the net as much as you can. Goalies get tired when there is continual cycling in their end without any shots because they are in a constant crouch, always shuffling and cutting angles. A patient offense is much more stressful on a goalie than a “read and react” offense. Change your team’s style of play and you will see a change in the scoreboard.

Keeping your Goalie Warm

The opposite side of the hot goalie “coin” is usually that your goalie is sitting in their net as cold as the ice. Typically these games find your team ahead on shots by 20 or 30, but the outcome of the game is uncertain until the very end.

These games are your goalie's nightmares. They would rather be the goalie under siege, than the goalie sitting around with nothing to do. These games place an incredible amount of emotional stress and pressure on your goalie. The expectation of everyone in the rink is that your team will win this game, and if they don't it's because your goalie let in a “soft goal”. Imagine if everyone blamed your top scorer for a loss because they only got four goals instead of the fifth one you needed? That's a lot of needless pressure on any player.

Goalies are like plants. It's a terrible analogy to use, but it's true. They thrive in warm, moist climates. They wither when it's cold and dry. Goalies need to be active and involved in the game. They stay loose, focused, and confident. A goalie with nothing to do is cold, stiff, out of touch with game, and their mind is wandering. Worst of all, their confidence begins to drop. They're watching the other goalie “stand on their head” and aren't really sure that they can stop the next puck. Too much idle time is the nemesis of every goal tender in every sport.

Here's how to keep your goalie in these games:

- Let them know that you understand their plight by encouraging them from the bench: “Stay focused!” “Look sharp!” “Stay tough!”
- Tell your defense to let your goalie touch the puck. Let the opposition take a couple of long, easy shots to help your goalie get back into the flow of the game.
- In between periods, ask your goalie to pay particular attention to some part of the game that you want to develop (i.e. “How far should we pinch our strong-side defense?”).
- Change goalies. Nothing gets a goalie's adrenaline flowing like the coach tapping you on the shoulder and saying, “Next whistle”. Do not change goalies in the middle of a shut out or immediately after a goal. Either move loses a coach points with both goalies.

Keeping your goalie in these games is critical because these are “must win” situations. Help yourself by moving your attention from the offense for a moment and gauge your goalie's readiness. A savvy coaching decision just might seal a victory.

The Goalie's Name Isn't on the Scoreboard

As much as your skaters take joy in scoring goals, your goalies take pride in making big saves. But “goalie-etiquette” does not allow a goalie to jump up and down, or pump their fist after a big save. Goalies try to stay level and focused after the big save. Otherwise, their luck might change (or so they think).

Most goalies let down after a goal is scored. It is disappointing for the entire team to have a goal scored against them and the goalie feels more responsible than any other player on the ice. The first couple of goals usually aren't a big deal, but when your team is getting killed, the goalie shoulders a disproportionate amount of the emotional trauma.

During or after these types of games, remind your players that goals are scored against teams and not just against the goalie.

A Goalie's Secret Weapon

Have you ever wondered why goalies like Olie Kolzig and Patrick Roy always seem to be in the right place to make the big save? The answer is that they anticipate the play. They apply intense focus and concentration to their game. They are “in the moment” and they can predict the next pass or shot.

It's not easy for a goalie to stay focused. They spend half of their time in solitude and the other half as the center of attention. They spend three minutes as a remote spectator and 90 frenetic seconds fending an attack. They are continually shifting gears. It's a unique position and they need special mental skills and training to reach their potential. How and when a goalie concentrates is critical to “coming up big” each and every game.

It should be easy for a goalie to concentrate when the puck is their own end. But, it's more important for a goalie to be 100% focused when the puck is at the other end of the rink. This is the time when the goalie should prepare for action in their own end.

Here's a description of what a goalie should be thinking about at different points of the game:

When the puck's at the other end of the rink, the goalie should be standing in their crease in the middle of the net. They should be watching the other team's players. The goalie needs to learn how those players move, who's the best skater on that line, and how they set up for their break out.

As the other team is starting to breakout, the goalie needs to start watching the play develop. They should still be in their crease in the middle of the net, but now they should be alert (if they weren't already) and reading the play. The goalie should pay as much attention to the opposing players without the puck as they should to the puck carrier. The goalie needs to watch his teammates transitioning to defense. Is your team setting up the way they are supposed to or is someone out of position making your defense vulnerable?

As the puck moves across center ice, the goalie is now “on alert”. During the four seconds that the puck is in the neutral zone, they should:

1. Quickly find the pipes with their glove and stick.
2. Check their angle and square-up to the play.
3. Move out of the crease 2 to 4 feet.
4. Get into their crouch with their hands relaxed.
5. Watch the play develop and anticipate the next pass.
6. Monitor your defense's positioning and call out the play: “3 on 2”; “2 on 1”; “Watch left!”

As the puck moves across the blue line, the goalie is on “high alert” status. They should:

1. Keep the perfect angle while staying square to the puck.
2. Move by using shuffles, T-glides, and small, smooth adjustments.
3. Use peripheral vision to locate and track each and every player on the ice.
4. Communicate with their defense and let them know what's happening around them.
5. Have their hands ready to handle the shot, and know where to put the rebound.

When the whistle blows for a stoppage of play, the goalie should:

1. Relax (a little).
2. Watch the line change. Who's coming off and who's coming on? Is their "A" line against your "C" line (get ready for action!) or is it the other way around? It's important to know this before the puck drops!
3. If the face off is in the neutral zone or in your offensive zone, the goalie can get a drink of water and clean their crease a little.
4. If the face off is in the defensive end of the rink, the goalie should be observing the line change closely, watching the players align, and talking to their defense. The play has stopped, but they're still "on the job".

A goalie can develop these skills by watching other teams play from behind the goal. The spectator-goalie should watch the play from as it comes up ice. They should watch the breakouts at both ends. Identify the best players and notice the line changes. If the goalie gets a chance to go a Caps game or other pro team, the end-zone seats are a great place to watch hockey and work on these skills.

As the goalie gains experience they will learn that there are many more details to follow. But the message here is simply this: a goalie should never "just be standing there". The goalie's mind should always be in the game. Always attentive, anticipating, analyzing, monitoring, gauging, evaluating, and measuring. ***Focus*** is the goalie's secret weapon.

Top Ten Goalie List

With apologies to David Letterman, here are the major take-aways from this handbook.

10. Use an objective set of standards to evaluate goaltenders.
9. Use a development plan to help your goalies improve their style and skills.
8. Remind your players that goals are scored against *teams*.
7. Ask your goalies how to manage Tandem Goaltending on your team.
6. Never pull your goalie immediately after a goal or during a shut-out.
5. Give your goalies time in practice to work on *their* skating, conditioning, and skills.
4. The Most Important Save.
3. Practice and use a goalie-oriented pre-game warm up.
2. Develop your goalie's Secret Weapon.
1. Appoint and use a Goaltending Coach.

Appendix A

Goaltending Coach's Resources

Goaltender Evaluation Form

Goalie Name: _____ Evaluator: _____

Skill Area	Attributes	Score	Weight	Rating
Physical	<ul style="list-style-type: none"> • Courage, no fear of puck • Physical strength, stamina, and reflexes • Gets-up quickly, has flexibility, and agility 	•	20%	
Emotional and Mental	<ul style="list-style-type: none"> • Maturity, composure & “coachable” • Leadership, work ethic & quarterbacking • Focus, concentration, and consistency 	•	20%	
Skating	<ul style="list-style-type: none"> • Balance, quickness and mobility • Forward, backward and lateral movement • Shuffles, T-glides and skate saves 	•	20%	
Technical	<ul style="list-style-type: none"> • Style definition and development • Stance and readiness • Save selection and strength 	•	10%	
Positioning	<ul style="list-style-type: none"> • Angles, positioning and playmaking • Controls rebounds, tips and protects crease • Keeps body square to puck 	•	10%	
Hands and Stick	<ul style="list-style-type: none"> • Controls the puck with either hand • Stick & blocker saves; stickhandling & passing • Catching, controlling and freezing the puck 	•	10%	
Intangibles	<ul style="list-style-type: none"> • Has fun playing - likes to stop pucks • Anticipation, knowledge of game • Other kids like him 	•	10%	
Total Score	<ul style="list-style-type: none"> • Comments: 		100%	

Goaltender Development Plan

Goalie Name: _____

Head Coach: _____

Goalie Coach: _____

History

Number of Hockey Seasons: _____

Number of Goalie Seasons: _____

Hours of Ice this summer: _____

Last Year's Team: _____

Last Year's Record (W-L-T): _____

Last Year's GAA: _____

Last Year's Save %: _____

Briefly Describe your
goaltending style: _____

(For example: Butterfly, Stand-up,
Paddle-down etc.)

Skills Inventory

Rate yourself in each skill as Proficient (**P**) Good (**G**) or Fair (**F**)

Skating		Stick Work	
T-Glides	_____	Stick Handling	_____
Shuffles & Lateral	_____	Passing	_____
Backward	_____	Clearing Passes	_____
Agility	_____		
Speed	_____	Saves	
		Catching Hand	_____
Positioning/Tactics		Stick Glove	_____
Stance	_____	Skate Saves	_____
Angles	_____	Stick Saves	_____
Break Aways	_____	Five Hole Coverage	_____
Tip-ins	_____	Half Splits (Left / Right)	_____ / _____
Odd Man Rushes	_____	Rebound Control	_____
50/50 Opportunities	_____	Paddle-down	_____
Focus & Anticipation	_____	Butterfly	_____

What are your goaltending strengths?

1. _____

2. _____

3. _____

Skill Development Areas

Rank each as a priority for you to improve this year High (H), Medium (M) or Low (L)

Skating			Stick Work	
T-Glides	_____		Stick Handling	_____
Shuffles & Lateral	_____		Passing	_____
Backward	_____		Clearing Passes	_____
Agility	_____			
Speed	_____		Saves	
			Catching Hand	_____
Positioning/Tactics			Stick Glove	_____
Stance			Skate Saves	_____
Angles	_____		Stick Saves	_____
Break Aways	_____		Five Hole Coverage	_____
Tip-ins	_____		Half Splits (Left / Right)	_____ / _____
Odd Man Rushes	_____		Rebound Control	_____
50/50 Opportunities	_____		Paddle-down	_____
Focus & Anticipation	_____		Butterfly	_____

Season Objectives

What three things would you like to improve this season?

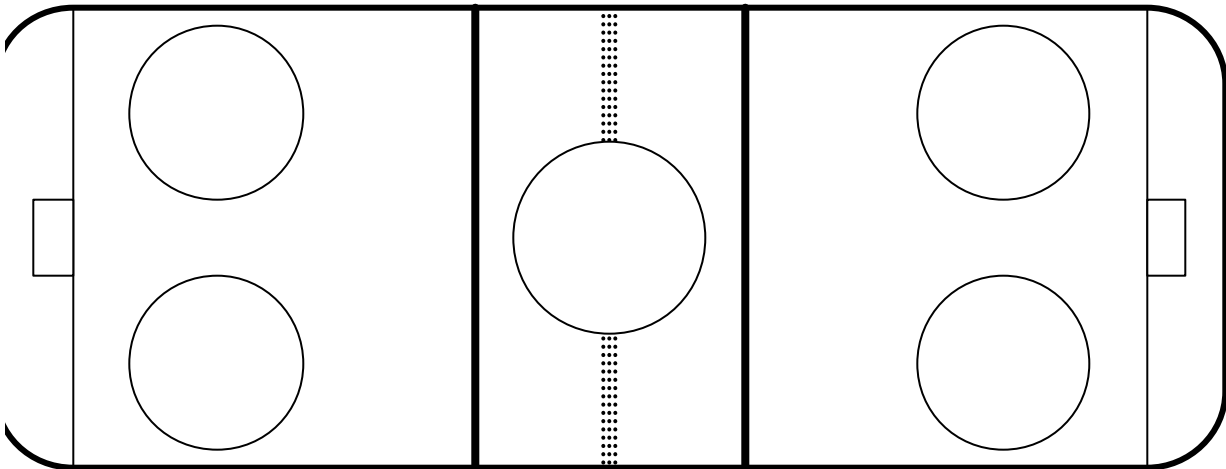
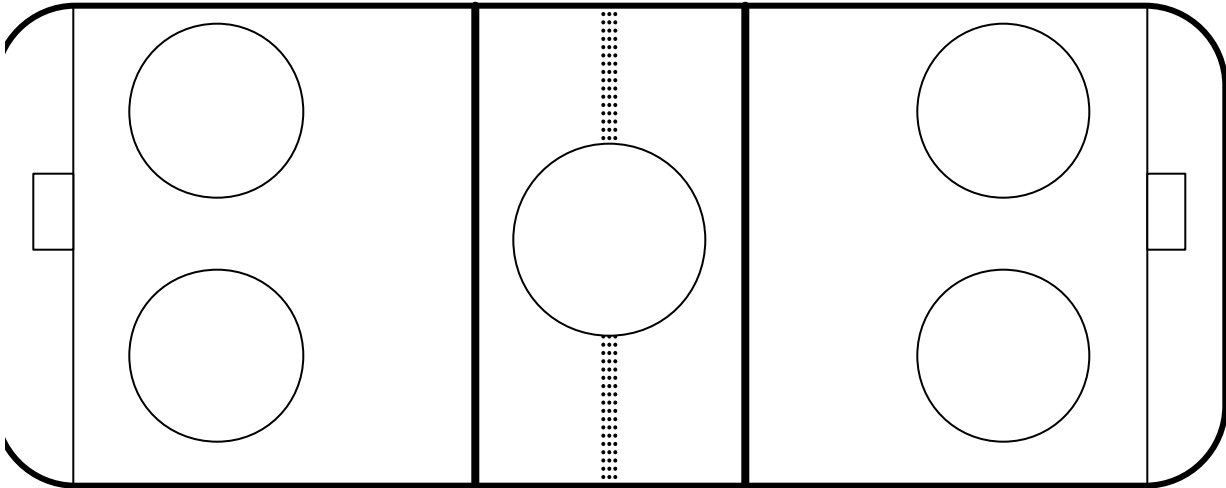
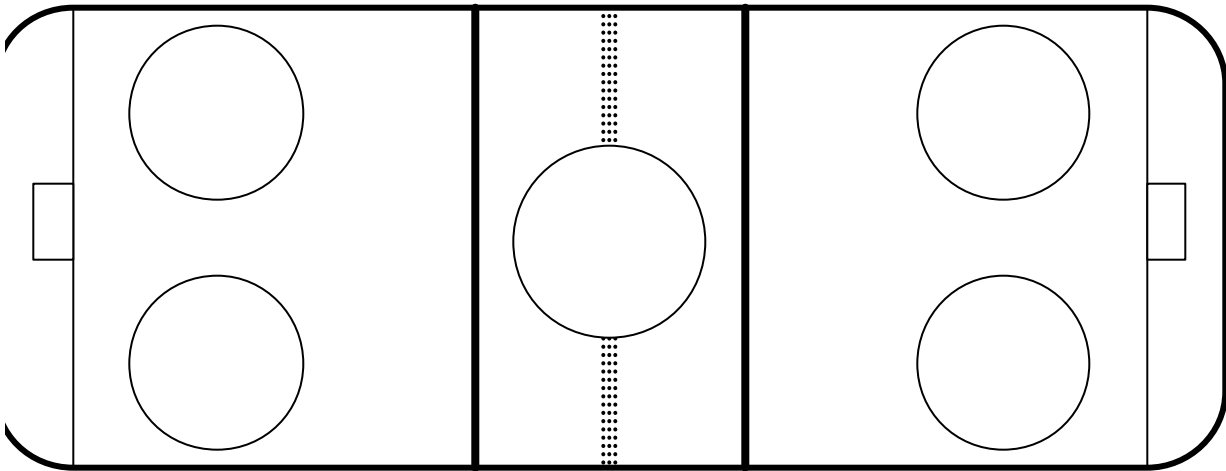
1. _____

2. _____

3. _____

Development Plan

(To be completed after Coaches' review and discussion)



Opponent/Date:

Plus:

Minus:

Face-offs:

Hits:

Give-Aways:

Take-Aways:

RRHC Shots by Period:

Opponent Shots by Period:

RRHC Scoring by Period:

Opponent Scoring by Period:

25 Simple Goalie Drills

1. **The Square:** this is a basic skating drill all goalies should do at least once or twice each practice. Place four cones about 8 to 10 feet apart into a square. The goalie will skate these four cones in their crouch, always facing the same direction. Start at the “lower left” cone facing forward and skate forward to the “upper left” cone. Then shuffle to the “upper right” cone. Then skate backward to the “lower right” cone. Finally, t-glide to the “lower left” cone and have them take a breath or two and do The Square in the opposite direction.
2. **Up and Downs:** The goalie goes to ready position and then makes a half-split save (without a puck being shot) to the left and then returns to ready position for two seconds. Then they make a half-split save to the right and return to ready position for two seconds. Repeat this to each side a total of five times. Then, they do the same thing with a two-pad stacking save each side five times. Then they repeat this drill for the “paddle down” save. Then the butterfly moving to the left, and then moving to the right.
3. **Stance Drill:** Stand at “ready” position for 3 to 5 seconds. Drop to knees and get up. Repeat 5 times
4. **Basic Goalie Skate:** In their crouch, skate forward to blue line; shuffle laterally across blue line to other side of rink; backward to other blue line; shuffle laterally at blue line to other side of rink; skate forward to goal line (all while in their crouch).
5. **Shuffle Drill:** Stand at ready: coach has puck in front of net and moves slowly and laterally in front of goalie. Goalie follows by doing the shuffle.
6. **Lateral T glide Drill:** Goalie at ready. Coach and assistant pass puck back and forth in front and behind net. Goalie does T glide.
7. **Forward Thrust:** Goalie is in their crouch in the crease. A puck is placed in the middle of the slot. Coach blows whistle and races goalie to the puck.
8. **Lean Drill:** Goalie in ready position and moves forward and backward by shifting their weight and without moving legs or feet.
9. **Quick Game:** Two goalies lay down on their backs, head to head. Coach blows whistle, goalies get up and race to a puck and shoot it down ice.
10. **Knee Walk:** Goalies sit on knees. Coach blows whistle and goalies knee-crawl to a pylon (about 5’ away) and stand. A puck is placed a couple of feet in front of the pylon and the goalie shoots it down ice.
11. **Hands:** Goalie plays without a stick during every-other drill.
12. **Stick work I:** Goalie stands at ready. Coach shoots low shots and goalie saves them with their stick *without moving feet or legs*.
13. **Stick Work II:** Same as above, except goalie kneels on knees and makes saves (from low shots) while on his knees.

14. Smother Drill: Goalie at ready. Coach shoots low shots and goalie stops them with stick and then drops to knees to smother it.
15. Pick-up Sticks: Goalies drop sticks at a nearby face-off circle and return to crease in ready position. Coach blows whistle and goalies race to pick up sticks and return to the crease.
16. Pop-up Drill: Goalie kneels on ice. Coach tosses puck in the air and the goalie grabs it and smothers it.
17. Board Drill: Goalie at ready. Coach shoots puck at an angle to hit the boards so that the shot comes back-out into the slot. The goalie tries to stop the puck from coming out into the slot.
18. Dribble: Goalie takes gloves off and bounces a tennis ball on the ice while skating forward and backward. Also try while shuffling or making T-Glides.
19. Hot Potato: Goalies take gloves off. With pucks in both hands, each goalie tosses the puck in their right hand to the other goalie, then left hand, and then left/right hands.
20. Kick Drill: Goalie in ready position. The coach kneels down and throws pucks at goalie's pads. Goalie kicks the puck over the coach' head. After goalie learns to do this, the coach can place a cone nearby and have the goalie kick it to the cone.
21. Hopscotch: Goalie stands in a corner face off circle. Starting between the hash marks on the defensive side of the circle, the goalie one-foot skips over each line in the circle. When they come to hash marks separating the offense from the defense, they two foot hop over the next hash marker. Try clockwise and counter-clockwise. Try two goalies in a race starting at opposite sides of the circle.
22. Mirror Drill: Two goalies face each other - one is the leader the other the follower. The leader pretends to make a save and the follower imitates the leader as closely as he can. Try for a few minutes and then switch leader and follower.
23. Tennis: Place a goal facing the boards about 5 to 7 feet away. The goalie is in the net facing the boards. The coach throws tennis balls at the boards and the goalie stops them. Practice with and without a stick.
24. Ultimate Rapid Fire: Line up 10 pucks five feet in front of the crease. Goalie goes down into "low ice cover" position (butterfly, paddle-down, etc.). Coach shoots the pucks as quickly as they can at the goalie with no recovery time between shots. Experienced goalies love this drill.
25. Screen Drill: A shooter stands above the hash marks behind an opaque tarp held by two players (or coaches, or parents) standing 5 feet below the hash marks. The goalie crouches in the crease and says "ready". The shooter takes a low shot on the goalie. The goalie should be fully screened from the shooter and not be able to see the shooter or the puck until the puck passes the tarp. The goalie makes reflex saves. After the goalie has learned to handle the "screen shots", challenge them to manage the rebound too.

Understanding Goalie Equipment

One of the great attractions of playing goal is all that equipment. Non-hockey people think that goalies look like the Michelin Man, but goalies think they look cool and many of them fixate on their gear. Here's a brief run down on their equipment, how it should fit, and how to maintain it.

General Maintenance: Goalie equipment is expensive. A top-level amateur goalie can spend \$4,000 to \$5,000 on equipment. A young goalie starting out can cut the cost down to about \$1,000 by purchasing used equipment smartly. With this kind of investment, it is important to take care of the equipment. The most important maintenance is simple and cheap: air out everything that can't be washed and wash everything else after every ice time. The next most important maintenance is to regularly check and repair missing or broken straps, strings and belts.

Goalie Skates: The goalie's skates are heavy and cumbersome. They have a flat, thick blade with almost no rocker to it and have substantial padding. The reason for the flat blade is that it facilitates lateral movement. The blade should be sharpened every 8 to 12 hours of ice time, depending on the goalie's style. A mobile goalie that acts as a defensive agent will need their skates sharpened more often than one that stays in their crease. A 1" or ½" cut should be used to sharpen the skates. It takes a player a year or longer to learn how to skate in goalie skates and it is difficult to transition from forward's skates to goalie skates. As a result, a young player should not purchase goalie skates until they are firmly committed to the position.

Goalie Pads: Goalie pads are big and heavy. They force the goalie to skate bow-legged. For a proper fit, the player's knee should settle into the middle knee roll of the pads. For most youth players, the goalie will grow out of them before they wear them out. Therefore, for players at the PeeWee level and below always buy used pads or an inexpensive pair of new pads. The Raiders web site and swap meet are a great place to buy pads.

This piece of equipment is in a state of flux at the present time. With three distinct goaltending styles today, goalie pad makers have started making three different types of pads for each style. The "butterfly pad" has additional pad length above the knee to cover the Five Hole. The "paddle-down" pad has a tapered inseam with a 'hard-roll' along the bottom edge. "Traditional" pads look like the goalie pads we're all used to seeing. Until a goalie develops a real sense of style, purchase the "traditional" pads and stay away from the latest gadgets and gimmicks that manufacturers are pushing.

Each type of pad should be worn differently. Butterfly pads need to settle square on the ice when the goalie goes down into the butterfly position. Accordingly, these pads should be worn as loose as possible to allow the pad to move and turn. The paddle-down pads need to be loose at the foot and calf and then tightened at the knee. The traditional pads should be worn comfortably snug. There are two types of toe attachments: strings and straps. Strings are laced around the toe bar of the skate and tied above the boot. Straps are laced under the toe bar once. Which of these is used and how it is worn is all a matter of personal preference, although butterfly goalies prefer toe straps because they allow more pad movement.

Several goalie pad manufacturers have great web sites to help you understand all of these issues. Brian's, Louisville, and Heaton all have good sites to browse.

Goalie Gloves: Goalie gloves are getting larger every year and more protective. The catching hand glove (called the “trapper”) is a huge first baseman’s glove with a cuff built for blocking shots. The trapper needs to be adjusted in several places: fingers, thumb and wrist strap. The webbing should be checked periodically to make sure it is tied properly. The glove needs to be aired-out and allowed to breathe after every use. The stick glove (called the “blocker”) is just a leather glove with a big piece of high-density foam and plastic protecting the hand. The thumb and fingers are padded. Gloves are fairly standardized pieces of equipment although there are some variances in the trapper’s webbing. The gloves come in three sizes: youth (under 11), intermediate (11-14) and adult (15+). Gloves are less important to younger players and gain in value as the goalie matures.

Chest and Arm Guards: The chest and arm guards are one-piece construction with high-density foam and plastic. Styles range from basic to exotic with layers of padding and protection. For younger players a basic set is good enough. For an older butterfly goalie, almost no amount of money is too much for this vital piece of equipment. This piece of equipment is undergoing rapid change with the expansion of the butterfly style. Butterfly goalies use their bodies and arms to “block” shots. Traditional goalies use their legs and arms to make “saves”. The distinction is that the butterfly goalie is reacting to a situation and does not know where the puck is actually heading. Hence, it very often hits them in the chest and arms. The traditional goalie makes a movement based on the trajectory of the puck and attempts to move it away from the goal or hold it. For a butterfly goalie, the chest and arm guards are perhaps the most important piece of equipment that they will own.

Goalie Mask: A goalie mask is different from a regular hockey helmets in two ways. They are designed to deflect the puck and spread its impact. Secondly they are designed to provide greater protection to the lower face and jaw area than a regular helmet. Converting from a hockey helmet to a goalie mask should happen during PeeWee years, although some goalies never convert (eg. Hasek and Osgood).

Goalie Neck Protector: A goalie neck protector is designed to work with a goalie mask. It provides a different level of protection from a regular neck protector. A goalie’s neck protector gives additional protection around the bottom of the throat, but less protection on the side and back of the neck. Convert to this piece of equipment at the same time the goalie converts to a goalie mask.

Goalie Pants: Goaltender pants are different in two ways from regular hockey pants. They offer inner thigh protect to help squeeze shots at the Five Hole. Secondly, the butt is padded. PeeWees and above should consider goalie pants.

Thigh Pads: These pads are used to compliment the knee and thigh protection of the goalie pads. They protect the area directly above the knee when the goalie goes down to make a save. They also protect the inner knee from bruising when the goalie makes a half-split or butterfly movement. Many new sets of goalie pads now incorporate a knee cup and thigh pad in them which renders the thigh pad unnecessary. Lower cost goalie pads may not have this feature and the thigh pads are valuable to have.

Goalie Cup: The goalie cup is simply a standard cup with extra protective foam and plastic. This piece of equipment isn’t necessary until PeeWee age. Concerned parents can fold and stuff a hand towel under the goalie’s cup to give them extra groin area protection.

Appendix B

Goalie Instruction Resource Guide

Goalie Instruction Resource Guide

The Raider's Web Page (www.restonraiders.org) has a section called "For Goalies Only" that has news about our goalie program. Check the News for information about goalie clinics. Here are a few books and magazines to help you learn about goaltending and how to play the position.

Hockey Goaltending by Brian Daccord, 191 pages, illustrated.

ISBN: 0-88011-791-5, copyright 1998

Published by Human Kinetics, 800-747-4457

Book sells for \$16.95

This is a good book for young goaltenders. It will teach you about your equipment, how to get into the right physical and mental condition, and how to make saves. It has many pictures of goalies making saves correctly.

Fuhr on Goaltending, by Grant Fuhr and Bob Mummery, 120 pages, illustrated.

ISBN: 0-919591-28-0, copyright 1988

Published by Polestar Press, 604-226-7670

Book sells for \$14.95

This book will teach about playing goal from a Hall of Famer's point of view. It is a book that will help you understand what one goalie did to win 5 Stanley Cups. It has many pictures of Grant Fuhr making saves. It will help you understand what it takes to be really successful in hockey.

A Breed Apart, by Douglas Hunter, 208 pages, illustrated.

ISBN: 1-892049-03-1, copyright 1995

Published by Benchmark Press, 312-939-3330

Book sells for \$19.95 and in hardback for \$43.95

This book tells the story of hockey goalies. It begins with goalies before there was an NHL. It will help you understand how much the game and the position have changed over the last 100 years. It has hundreds of pictures of the greatest goalies that played the game. It is not an easy book to read, but it will help you understand how your position makes hockey such a great and colorful sport.

"From the Crease", by Ian Clark, published 6 times per year, illustrated.

Published by GDI Publishing, Inc., 1-888-382-4447, www.fromthecrease.com

Subscriptions are \$39.99 per year

If you are serious about learning how to play the position, this is absolutely the best source of information for you. It teaches all of the latest techniques with fabulous illustrations. *This is essential for every serious goaltender and their coach.*

"The Goaltender Development Institute", web site, www.gdi.groo-v.com

The ultimate goaltending web site with 100 web page links, development network and goaltending systems. Developed by the "From the Crease" people and used in conjunction with the magazine. This is a great resource for goalies of all ages and abilities.

"Goalies World Magazine" published 10 times per year, illustrated.

Subscriptions are \$24.99 per year.

Good source for professional and top amateur goaltending. Good pictures and statistics.