

GOALTENDER MANUAL

GOALTENDER DEVELOPMENT

1. The Hockey Canada Goaltender Development Pyramid was created to provide the coach with a comprehensive guideline to help develop a seasonal plan. The natural progression starting at the base of the triangle emphasizes the development of fundamental skills. Fundamental skills are the foundation of each goalkeeper's success.
2. As you climb the pyramid, a greater emphasis is placed on position-specific skill development; slowly, and progressively, building the core group of skills which will be the foundation of success for years to come. Once a goalie has developed the skills of skating and movement, positional play can be established. Understanding basic positioning means the goalie is ready to begin their puck-stopping endeavors.
3. Moving up the pyramid, the developing goalkeeper performs drills that will develop controlled save movement along with post-save responses (i.e. rebound control and recovery). It is during this phase that the bulk of the fundamental skill set will be established and game tactics can be pursued. Since a tactic is, by definition, a collection of technical skills, it is imperative that this fundamental set is built first. At the advanced level, tactics form a greater proportion of the development emphasis. But, even at this level, time must be spent maintaining and honing, the goalies' fundamentals. These refined skills will help push the more advanced approaches to an even higher level.
4. Advanced positioning is at the peak of the pyramid. It rounds out the goalie's overall approach. It should be noted that the goalie determines the overall style or approach. This notion is vital. Each goaltender is unique and brings a distinct set of personal characteristics to the table. While there are fundamentals that

are consistent with any approach, the coach must show some flexibility in allowing a goalie to build a unique style – one that exploits strengths and mitigates weaknesses. As the age and experience of the goalie matures, each skill group can be applied in a more complex fashion.

Goaltender Development Pyramid



5. You will notice that basic skating sits at the base of the pyramid. The reason for this is simple. Virtually, all goaltender-specific development requires outstanding edge control. For the purpose of this module, basic skating will be set aside due to the comprehensive analysis done in the associated modules.
6. The age and skill level of the club's goaltenders defines their seasonal plan. The Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the pyramid.
7. These time allocations relate to goaltender-specific time and not to overall practice time. The goalie plays a crucial role in the broader practice plan and, therefore, there are two categories of development; that which occurs during the broader practice (self development)

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and that which occurs in a structured, goaltender-specific manner (directed development). When allocating time, we are referring only to the “directed” development time.

8. The Beginner Program recommends development be built on 75% movement and positional skills 20% on save movement and related issues and 5% on tactics.
9. The Intermediate Program recommends 50% movement and positional skills, 20% on save movement and related issues and 30% on tactics and transition.
10. The Advanced Program recommends 35% movement and positional skills, 10% on post-save consequences, 40% on tactics and transition and 15% on advanced positioning.
11. Hockey Canada believes a coach must emphasize fundamental skill development during practices. It is the responsibility of each coach to teach these fundamental skills to each player.
12. Hockey Canada also believes that each goaltender, due to the uniqueness of the position, must challenge themselves within the broader practice. The majority of amateur clubs do not have a goaltending coach on staff. Therefore, the goalkeepers and the coaches must forge a joint development partnership. The coach can provide a strong development environment and allocate a portion of time to goaltender-specific development. The goaltender should carry a strong focus on fundamentals throughout the entire practice, especially when not receiving specialized attention.
13. You will notice that the Hockey Canada Skills Development Program – Goaltender Module has a distinct assessment component. This is important. Due to significant swings in skill competency within a given age group, this system has been designed with optimal versatility. Using the assessment parameters, first, you will be able to identify a logical starting point within this system; pertinent to your goaltender’s needs. So, the Beginner, Intermediate and Advanced programs contained in this module should be correlated with skill level not age.
14. The seasonal plan for each level in the Hockey Canada Skills Development Program is divided into four phases. This approach provides the coach with an opportunity to evaluate goalkeepers as per expected outcomes based on the practices and games played to date and which correspond to the phase intervals. Goalies will develop at an unequal pace. Therefore, it is quite conceivable that individual assessments will be more beneficial. This statement has specific relevance to the goaltending position at which, due to a smaller number of athletes, coaches can custom tailor practice content. This individualized approach will ensure that each athlete receives the attention and direction pertinent to his or her development needs.
15. Based on goaltender assessment, the coach should plan for the next phase. Practices can be adjusted to emphasize specific drills as outlined in the Hockey Canada Skills Development Program.
16. The Hockey Canada Skills Development Program has been developed for you, the Canadian coach. Now, remove the appropriate practice plan from the manual, place it into a protective see-through “sleeve” that has been provided and head off to the rink with confidence and enthusiasm.

Good luck, Coach, and have a great season!
Hockey Canada

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SAVE DEFINITION (COACHING TIPS)

1. A save is made up of three main components:
 - Preparation
 - Save Movement
 - Post-Save Consequence
2. Each of these three elements should be considered when developing a practice plan.
3. Of the three, preparation is the most important. Preparation includes initial positioning, ice awareness, positional adjustments to optimize position and the final setting of the goaltender's body. It is this combination of skills that paves the way for save success and performance consistency.
4. To ensure that the goaltender has time to prepare, drills must be gapped properly.
5. As a general rule, and due to the importance of preparation, rapid-fire drills serve little purpose.
6. Drills which only emphasize the save movement aspect of the save have little to no game relevance.
7. During warm-up drills, the gap between shots can be reduced because the objective is to warm the goalie up and allow the goaltender to feel the puck.
8. Talk to the goaltender about the three aspects of a save. There are often many drills in which the goaltender has plenty of time to prepare, make the save and, then, respond appropriately to the consequence. It is the coach's job to create a positive development environment but it is the goaltender's job to apply an appropriate work ethic which considers each of these three save phases.
9. Drills can often be designed or adjusted by having the shooting player start the following sequence. This ensures that a proper gap is established.
10. In time, and as the goaltender develops, drills should be as dynamic and game-realistic as possible. In the early years, emphasis should be placed on preparation and the initial save. As the goalie progresses, force a greater amount of accountability to rebounds by designing drills which incorporate a potential rebound.

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Save Definition



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COACHING GOALTENDERS

The 10 most important things to remember when coaching beginner to intermediate-level goaltenders:

1. Work progressively — break the skill down into manageable pieces and then teach the skill piece by piece. (whole-part-whole-method)
2. Be sure they understand the skill or tactic.
3. Be sure they understand which piece(s) they should be focusing on.
4. Be patient — there are a range of things that make the transition to goaltending awkward (e.g. increased equipment, different skating requirements, etc.).
5. Have the goalie execute the skill properly and repeatedly without a puck first — a puck will usually make the goalie panic and prioritize the stop versus correct execution.
6. When working with pucks, have the sequences start off slowly so that the goaltender has a chance to execute the moves with success.
7. If players are involved with the drill be sure they understand the drill and the speed at which it should be executed.
8. Always have your goaltender develop control and proper execution before a speed component is added — this usually requires one-on-one work with a coach before asking the goaltender to start stopping drill sequences.
9. When using pucks to work on save movements be sure to work one side then the other, once the proper execution of each side is mastered then work randomly side-to-side.
10. Never allow them to repetitiously do something wrong.

The 10 most important things to remember when coaching intermediate to advanced-level goaltenders:

1. Understand the three ingredients of a save: preparation, execution, and its consequence.
2. Recognize that the most important part of a goalie's save is shot preparation — this includes the positional adjustments required to reach an optimal position as well as the read of the play and shot release.
3. Structure your drills so that your goalie has the time required to prepare for the shot — often a drill is so condensed and the shots come so quickly the goalie has no time to prepare, this will encourage bad habits and poor control.
4. Advanced-level goaltenders rarely require stationary shooting drills since they have typically mastered the fundamentals.
5. Make sure your drills involve movement before the shot is released — this not only increases the goaltender's movement skills but shot-preparation issues, as well.
6. Make sure that your goaltenders follow the puck through the full sequence of the drill — many goaltenders form practice strategies to make their preparation easier, this will severely impair the development of their shot-preparation skills (i.e. handle shots in a game-like fashion).
7. Ensure your players understand the goaltender's need to prepare effectively.
8. Be sure to teach your players to follow up on their shots to make sure the goaltender responds properly to the consequence of the initial save.
9. Teach your goaltenders that their practices are the most important ice sessions since this is where habits are formed.
10. Teach your goaltenders they need to take charge of their own development — as much as you will try to provide guidance and a positive development atmosphere there are 15-20 other players on the ice that require attention.
11. Teach your goaltenders the care and maintenance of their equipment.

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BY THE NUMBERS

A PRACTICE BY THE NUMBERS

statistics supplied by: Calgary Hockey Development

The following facts and figures relate to a 60-minute practice session.

- 1 individual practice will give a goalie more skill development than 11 games collectively.
- Each goalie should face a minimum of 100 shots.
- Since 30% of practice shots miss the net, there needs to be over 140 shot attempts on each goaltender.
- Coaches should try to run 4 - 5 different drills/games/ activities each practice. More is not better; execution of what you do is development.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- Each goaltender should do a minimum of 5 minutes of focused position-specific movement drills every practice,

A GAME BY THE NUMBERS

The following statistics relate to a typical 60-minute Pee Wee level hockey game.

- Goaltender(s) will face an average of 24 shots per game.
- 67% of shots originate from the perimeter and are considered easy-to-medium difficulty only 15% of shots are considered to be of the difficult caliber.