



### Goaltending - Stance Mechanics

A Goaltender's stance is something that is continually worked on and improved by Goaltenders even at the highest level. Learn from Canada's National Women's Team Goaltenders and Goaltending Coach as they breakdown stance mechanics and fundamentals for goalies of all ages!

#### **Importance of solid Stance Mechanics/Fundamentals**

- Lateral mobility & explosiveness
- Catch/Keep pucks in front of body
- Track pucks into body and away from body
- Ability to recover to pucks

#### **Key Teaching points**

##### 1. Layered stance

- Stick out furthest from body as first layer (1), then hands (2), then head (3), then shoulders (4), then hips (5).
- Weight should be balanced on the balls of feet and on inside edges of skates – knees, shoulders, toes aligned
- Knees are bent, slight hinge at the hips so the angle of the shins and angle of the spine match
- Hand positioning: gloves parallel, forward, and relaxed in peripheral view
- Chin down and eyes downward on the puck

##### 2. Stance is not too wide

- If feet are too wide this will impede lateral movement
- Ensure goaltenders' feet are just outside of their shoulders, knees bent, weight forward to allow for optimal movement

### 3. Stick Grip

- For optimal stick control & strength, stick is held at the top of paddle with index finger gripping side of paddle & supported behind with the thumb. This allows goalie to steer on ice shots away to corners.
- Stick blade should be flush to the ice, on a slight angle covering 5 hole (stick falls in place with hands out and in front of skates)

