
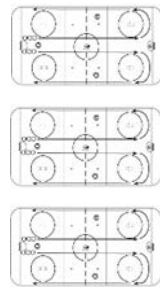

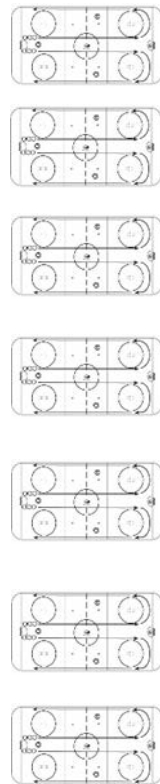

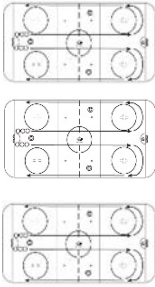

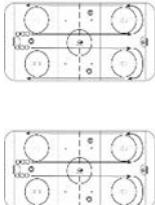

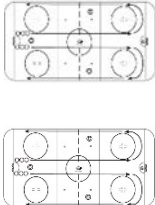

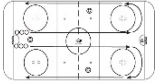


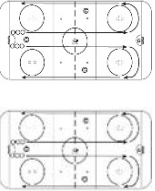

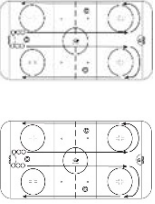


U16 GOALIE SKILLS INVENTORY

<i>Performance Indicators</i>	<i>Definitions</i>	<i>Video Link</i>	<i>Drill Link</i>	
<u>SAVE</u> SELECTION		The correct save selection/response to the shot. There are 9 identified ways that goals can be scored during a game; these include:		
	1. Clear Shot	<ul style="list-style-type: none"> ○ An unobstructed shot where the goaltender sees the puck from the release to the net. The shooter has no option to advance to the net and the goalie has time to set. ○ KTP: <ul style="list-style-type: none"> -Maximize depth and hold position -Goalie set for the shot (ready to receive – is on angle and in the middle of the shot lane, hands out in front, stick out in front and on ice 		
	2. Entries East/West Plays	<ul style="list-style-type: none"> ○ All situations where the puck is carried across the blue line into the zone that result in an attempt at the net (odd or even entry?) ○ KTP: <ul style="list-style-type: none"> -Consistency in pre- preparation of the attack -Maximize depth; establish before puck crosses the blue line -Recognize odd/even situations and what the defense is doing (read consists of puck options and what the defenders are taking away) ○ Puck that travels across the middle of the ice either passed or carried and forces the goaltender to move laterally. ○ KTP <ul style="list-style-type: none"> -On a carried puck, maintain angle and stay square (shuffle steps) -Read receivers shooting hand -On a passed puck, eyes first (pass can't beat eyes) -Footwork can be a combination of pivot, push and shoulder turn (most efficient angle back to post path) -Urgency of the situation will dictate movement on feet or sliding -Shortest path to the new shot line 		

**SAVE
SELECTION**

<p>3. Net Drives</p>	<ul style="list-style-type: none"> ○ An in-zone play where the player has the ability to skate the puck all the way to the net or a better scoring area. ○ KTP: <ul style="list-style-type: none"> -Maximize depth early (established by the angle of the attack (better angle = higher the depth) -Through the dot or above a backward motion aids in changing angle and handling attack -Below the dot, goalie may be able to use overlap, VH or RVH 		
<p>4. Rebounds</p>	<ul style="list-style-type: none"> ○ Second chance to score off of an original shot or attempt at the net. ○ KTP: <ul style="list-style-type: none"> -Head trajectory, eyes first and find the puck -Read and react to the time he has to prepare -Opposite leg recovery with good use of eyes and turning of shoulders -Use the quickest path to the middle of the new angle 		
<p>5. Breakaways</p>	<ul style="list-style-type: none"> ○ Player is ahead of all defending players with only the goaltender as the last line of defense ○ KTP: <ul style="list-style-type: none"> -Maximize depth, maintain proper gap -Patience, let the attacker make the first move -Speed of attacker = speed of backwards motion 		
<p>6. Low to High Plays</p>	<ul style="list-style-type: none"> ○ Puck that is passed out (Low-High) or down (High-Low) that generally stays on the same side of the ice. ○ KTP: <ul style="list-style-type: none"> -Establish depth (gain the middle of the net, then out for depth) -Read passing situation -Read receivers shooting hand -Feet position in general pointed at puck side faceoff dot -Stick position block pass but not extended -Recognize the threat and react to the situation (eyes, body, movement) 		

	7. Below the Goal Line	<ul style="list-style-type: none"> ○ A scoring situation that originates along or below the goal line to either near post or far post (walkouts and wraparounds). ○ KTP: <ul style="list-style-type: none"> -Feet position puck side foot, heel inside post -Maintain visual contact with the puck -Lead pad most likely will slide into the post -Seal the ice -Use of down stance (VH or RVH) -Active stick, paddle down approach 			
	8. Deflections	<ul style="list-style-type: none"> ○ A shot where the puck changes direction because of impacting a stick or player prior to reaching the net. ○ KTP (high deflections): <ul style="list-style-type: none"> -Eyes first, track puck -Gap up to possible re-direction -Butterfly – stick in middle, hands in blocking position, active hands if tip is higher ○ KTP (screen deflection): <ul style="list-style-type: none"> -Butterfly with slight movement backwards, gap up to the puck and don't overplay it -Follow and track puck for rebound – tip is usually on the same angle -Butterfly – stick in middle, hands in blocking position 			
	9. Screens	<ul style="list-style-type: none"> ○ A situation where one or more players from either team disrupts the goaltender's vision as the puck travels to the net. ○ KTP: <ul style="list-style-type: none"> -Yes first, find puck (over/under/around/through) -Body on angle with the puck in the middle of the shot lane -Ideally, feet and legs are in the middle of the shot lane 			
<i>Performance Indicators</i>		<i>Definitions</i>		<i>Video Link</i>	<i>Drill Link</i>