



## PREPARATION TO EVALUATIONS

### THE 7 ZONES

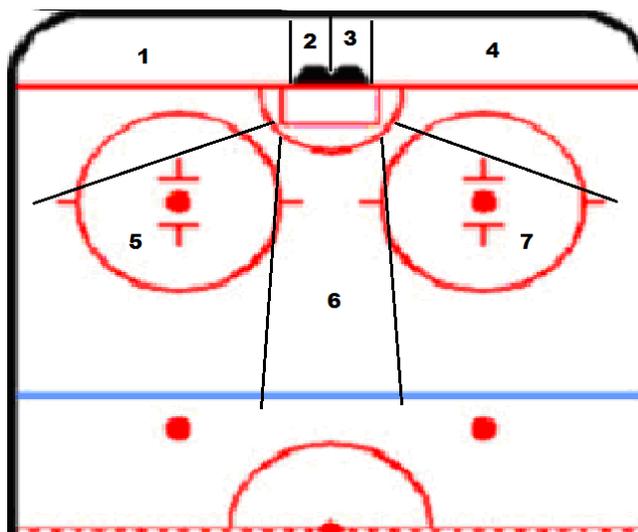
The 7 Zones are the goaltender's foundation for success. By basing his game on those zones, the goaltender will ensure that his positioning and net coverage is always ideal.

#### 4 ZONES below the goal line

- 1) Corner to post (near side)
- 2) Post to middle of the net
- 3) Middle of the net to post
- 4) Post to corner (far side)

#### 3 ZONES above the goal line

- 5) Board to post (near side)
- 6) In between the to post (middle)
- 7) Post to board (far side)



**Situations where the play goes from below the goal line to above the goal line. Plays from Zone 1 to either Zones 5, 6, and 7**

It's very important that when the play comes from below the goal line ( Zone 1 or 4) that the goalie push to the puck by going through the middle of the net first, then he gets his depth. Covering the middle is more important than having depth

- Zone 1 to Zone 5: Goalie at the post, with back foot off the goal line. (It's key for the near side push zone 1 or Zone 4). All you have to do is drive the chest straight out to the puck. By doing this you know you are covering the middle first.
- Zone 1 to Zone 6: Goalie at the post. Make sure that when puck goes to Zone 6 (middle) that drive chest through the middle. You want your back foot to come right through the middle.
- Zone 1 to Zone 7: Goalie at the post. Make sure that back foot comes back almost to the goal line and chest rotates towards the puck. This ensures that goalie pushes through the middle.

**Situations where the play moves below the goal line. Plays going through Zones 1, 2, 3, and 4**

When the play is below the goal line the key is to keep eye contact with the puck as long as possible. When the play moves behind the net you and to make sure that if you lose eye contact for



a second or 2, it will be when it's the least dangerous. The least dangerous position is when the player has the puck in the middle, behind the middle post. There he has no real options so he has to move on either side to make a play and he is in the farthest position to do a wrap around. That is where you want to lose eye contact when the player is in the middle. In addition to when the play moves below the goal line, the goalie has to have his back foot off the goal line. This will ensure maximum eye contact with the puck and the puck carrier. If both feet are on the goal line it's too hard to keep eye contact with the puck and too easy to lose it.

- Zone 1 to Zone 2. Goalie is at the post back foot needs to be off the goal line.
  - 1) To have a good push for short side play
  - 2) To close the back door on a wrap around play,
  - 3) Or have good depth on a slide for a pass across.When player crosses the post, goalie shuffles to the middle, keeping his eyes on the puck. When the goalie gets to the middle the back foot is off the goal line. As a result, he will see pretty much everything behind the net.
- Zone 2 to Zone 3: When player crosses the middle, the goalie turns his head, as it is the position the least dangerous the shooter will find himself in. The goalie does not only turn his head, he turns his entire body so that the foot and was originally on the goal line now comes off.
- Zone 3 to Zone 4: When the player skates towards the other post, the goalie moves to the post. He keeps his back foot off the goal line, to be ready to push on the short side, or react against a wrap around or a pass across. If back foot not off the goal line, will not get an accurate push for short side play, it will open the back door on a wrap around play and it will find himself in good position (will be too deep) on a slide for a pass across

**Situations where the play happens above the goal line. Plays from Zone 5 to Zone 7**

- From Zone 5 to Zone 7. When following lateral passes, also important to protect the middle of the net first. So when pushing across, do not push across in a straight line. The goalie has to push slightly back toward the middle of the net, and then get his depth.