



PREPARATION TO EVALUATIONS

The Butterfly Slide

When to use the Butterfly Slide

The butterfly is a great style because it allows the goaltender to fully cover the lower and middle portions of the net. With most shots being taken at these two areas, it makes sense for goalies to drop down with their heels flared out, their upper body erected as much as possible, and their hands close to their body forcing the shooters to beat them with a tough shot in the corners. Then it only makes sense that in situations such as a quick lateral pass, a pass out from the corner, or a deke the goaltender tries to replicate the butterfly position. If done properly the butterfly slide will allow the goalie to simplify his game, which will make him more efficient and consistent.

How to Execute a Butterfly Slide

The butterfly slide can be broken into 4 phases: the step, the drop, the push, and the butterfly itself.

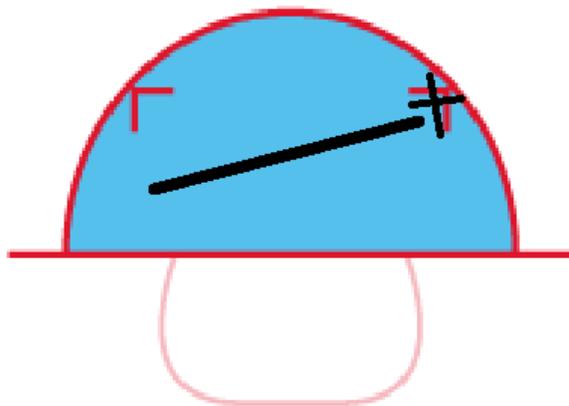
The Step

Goalies have to keep in mind that if they are forced to use a butterfly slide it is because the puck is quickly changing direction. With the puck changing direction, the angles that the goaltender must cover will be different. Therefore the goalie has to adjust his body position. In order to do this he has to “step back”. Leading the way should be his head and shoulders. Therefore, if the goalie keeps his eyes on the puck as it is moving his upper body will automatically turn.

The next thing he has to do is to adjust his lower body. He does this by slightly lifting the back part of his inside skate. As he does this, his back leg (the pushing leg) will also change position, and will now be facing back (with toe pointing towards the puck). The step is the most important part of the slide, especially for young goaltenders. Beginners often make the mistake of not stepping. Their skate blade stays on the ice and they end up doing a T-push follow by a butterfly drop. As a result they expose the middle of the net for too long.

The drop

After the goalie has made the step, it is time for him to bring his inside knee down to allow the inside pad to get on the ice, making a slide possible. This is probably the easiest part of the slide. Right after he has lifted up his lead skate the goalie has to quickly bring his knee down. These two steps are done almost at the same time. Goalies must be carefully not to





get too wide as they bring their inside knee down.

Remember that the goalie's power comes from under his body. Therefore, if he gets in a wide position when he drops his inside knee it will be hard for him to push with power towards the puck. The goalie has to make sure that he drops his knee close to his body. This will also allow him to close his 5-hole better.

The Push

Just like goalies do when they want to execute a T-push or a shuffle, they have to make sure that when they slide they push through their entire blade. The goalie should finish his push with his toes, allowing his ankle to give him extra power. "Quick feet" are essential to the success of a butterfly slide. In addition, right after the goalie has pushed he has to bring his power leg down under his body to cover the five hole.

The Butterfly Position

Goalies must understand the difference between a blocking and reactive butterfly. When facing a shot from the slot or the perimeter, the goalie does not want to drop down his hands into a blocking mode. Only on shots from a close range (about the distance of a stick length) does he want to bring his hands in tight along his body in order to create a big "wall." On shots from far out the goalie has to be ready to react as the shooter has net available to shot at.

When they start their slide it is important that goalies stay in control of their hands. They have to keep their hands in front, and both have to be facing the puck. Their elbows should be tucked into their ribs in order to make sure that the 6th and 7th holes (behind arms and body) are close. In addition, the catcher should also be facing down at the puck. Young goalies have the tendency to lose control of their arms and hands when they slide. As a result they are not ready to react if they have to and their stick gets in a bad position behind them.

In situations where the goalie will use a blocking butterfly, it is important that he does not drop his hands until he has body position. Until he has body position it remains a reactive butterfly. Only when his body gets in position is it time to create the wall.