



PREPARATION TO EVALUATIONS

Rebound Control and Recoveries

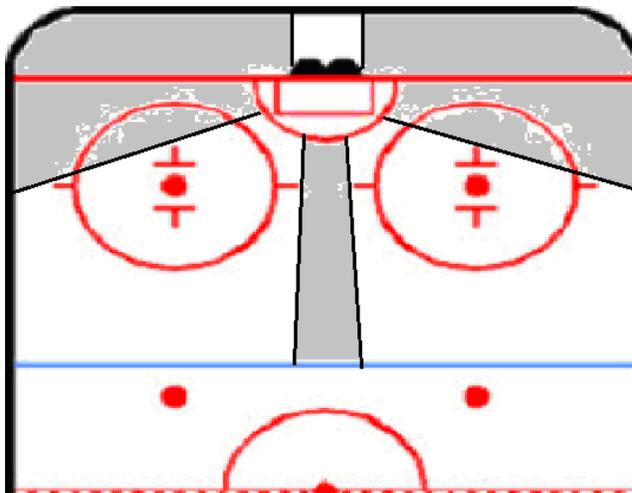
Over the last decade, with the arrival of the butterfly style, goalies have become so dominant that it is now hard to beat them on first shots. Today, what separates a great goalie from an average one is how quickly he can control his rebounds and recover in position to face a 2nd and even a 3rd shot.

The Rebound Myth

One of the biggest complaints we hear from coaches concerning their goalies is rebound control. Coaches often say that for the most part their goalies are efficient at making saves on low shots, but unfortunately their rebound control needs to be improved. But what exactly should be considered good and bad rebounds?

There are two places where goalies should want to see a puck go to after a save. First, and this is obvious, is in the corner, below the goal line, or as close as possible to the goal line. From there, teams can't score. They have to make one more play before they can put the puck on net again.

The second location goalies should want to see their rebounds go to is straight in front of them, or as close as possible to their bodies. This makes sense for the simple reason that if the rebound is right in front of the goalie, the goalie won't have to move to make the next save. He will already be in position to face a shot.



In order to get the rebounds to go deep in the corners, or to stay in front, goalies must stay as calm and as controlled as possible when making saves. The key for good rebound control is to minimize the movements. That way the puck will more likely skim the pad and go towards the corner, or hit the goalies knees and toes and come back in front.

By moving his stick and pads, goalies will constantly change the direction of the rebounds. By extending the legs and changing the angle of the pad, goalies will kick pucks out to tough areas. In addition, by constantly changing the direction of the rebounds, goalies make it harder on themselves and on their defensemen to know where to look for the rebounds.

How to Recover to a Rebound from the Butterfly Position.

There are two ways that the goalie can use to get to a rebound after he has made a save with the butterfly. He can get back on his feet and T-push to the rebound. This kind of movement is called a **T-push recovery**. Also, he simply stays down and slides towards the rebound. This kind of



movement is often called an **inside edge push**. The position of the shooter in relation to the puck determines what movement the goalie will use. If the shooter is far from the rebound, then the goalie has time to get back on his feet. If the shooter is very close to the puck, then the goalie will not have time to get up and would have to slide over. Let's look at the T-push recovery.

How to Execute a Butterfly Recovery

There are four steps to follow to be efficient on the butterfly recoveries.



- The first step is **head and shoulder control**. The goalie has to keep his eyes on the puck as its going off his body or pads. If he does this his head and shoulders will automatically rotate in the direction of the puck.
- The second step is **bringing the inside leg under the body**. This will allow the lower part of the body to now rotate in direction of the puck. More importantly, it will allow for the back leg to get in position for the recovery. It is important to understand that when the goalie wants to execute a butterfly recovery he has to get his back leg up first. The reason being that the back leg is the power leg. If the goalie gets his lead leg up first, he will not be able to push right away. Only after his back leg will be up will he be able to push towards the puck.

- The third step is **bringing the back leg up**. It is important that before the goalie brings his back leg up, he has to make sure that his skate is facing in the direction he wants to go. For instance, if the rebound goes across the ice, the goalie will have to push slightly back in his crease to get to his other face off dot (See article on the 7 zones). In order for the goalie to be able to push slightly back in his crease, his power has to be taking him back. The only way that this can happen is by having his back skate facing back. If the goalie's skate is not facing back he will not be able to efficiently push towards the rebound. Thus, before getting his back leg up, the goalie *has to bring back skate across his body*.

- The fourth step is **the execution of the push** itself. To initiate the push the goalie has to bring his lead leg up. In order to execute a powerful push towards the puck, it is essential that the goalie *steps* towards the puck. Thus, as he is getting his lead skate up the goalie wants to make sure that he is lifting it off the ice and bringing it slightly back under his body. This will allow him to explode towards the puck.

