



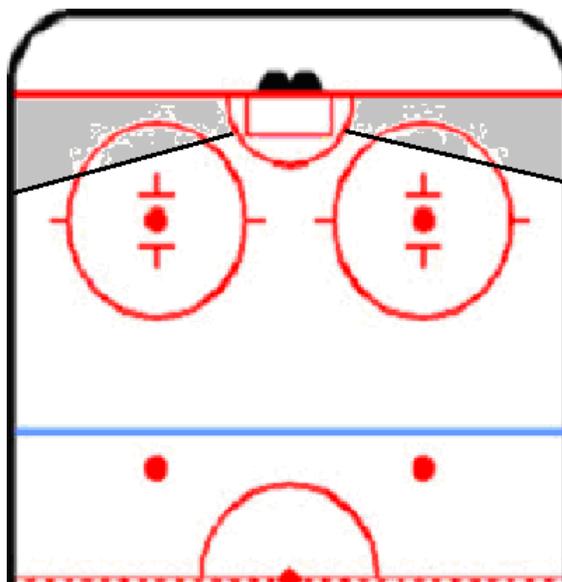
PREPARATION TO EVALUATIONS

The Knee Drop

When to use the Knee Drop

In order for the goaltender to be square and in position for a shot from a sharp angle, he has to be at his post. This can be on a play where the forward carries the puck down the ice close to the boards. It can also be on a play where the forward carries the puck up the ice from below the goal line.

In past, goalies would stand up at the post and stack their pads together. The problem with this approach is that it locks the goaltender at the post. For instance, if instead of shooting the puck the player decides to pass the puck across to another player located on the back door, the goalie is in no position to get across. His feet are too close together and it is impossible for him to initiate a butterfly slide. In order for the goaltender to have full mobility, he has to be in his stance.



The main advantage of the knee drop is that it allows the goaltender to be standing at his post in his normal goalie stance. This puts him in a position in which he can react to any play. The same can be said when the goalie is down at his post in his knee drop position. From this position the goalie can slide to his rebound, quickly T-Push to anywhere, or simply get back up on his feet.

Execution of the Knee Drop

The Initial Position

As mentioned the goalie must first be standing in his normal goalie stance at the post. Most importantly, he has to make sure that his back foot is off the goal line. Without that it will be impossible for him to keep his balance once he is down on the ice.

The Drop

As the shot is coming in his direction the goalie needs to quickly drive his outside knee down on the ice close to his inside skate. As he is doing this he wants to make sure that he brings his outside shoulder toward the wall and in front of the post, putting him in a square position with the shooter. It is important that the goalie squares up with the shot. This will allow him to control his rebound, keeping it in the corner instead of in the slot.



As the goalie's knee is hitting the ice and his shoulder is rotating to the corner, he also needs to push his hips forward. This will allow him to maximize his size and increase the speed of the drop. Goalies must keep in mind that the knee drop is a blocking movement. There is no reaction. Either the puck hits the goalie, goes wide, or goes in the net (which almost never happens).

Grabbing the Post

As the goalie is shifting his weight down and towards the post it is important that he grabs the post with his arm and elbow. This will allow for two things. First it will ensure that the shoulder comes completely in front of the post. This is important for net coverage. If the shoulder is not in front of the post, it means that there is room in the upper part of the net for a puck to go through. The second is that grabbing the post allows for stability. By grabbing the post and holding tight to the goalie it will be able to accelerate the speed of his drop and get down in full control.

Walk Out and Wraparound

On the wraparound situations the execution of the knee drop does not change. Only the initial position of the goaltender will. On plays from the goal line, or below, the goaltender should be in a deeper position on his post. As the opposing player makes his move to the net, the goalie must make sure that he keeps that same deep position in side the post and close to the goal line. For the rest the execution will not change. The goaltender will shift his weight to the post, grab it with his arm and elbow, and then drive his knee to his ankle hard.