



PREPARATION TO EVALUATIONS

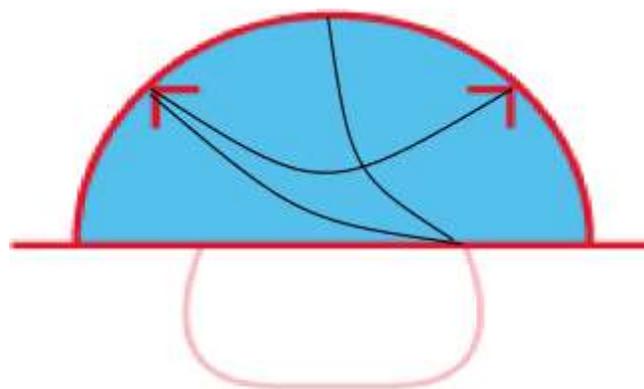
The T-Push

The T-push is the skating movement most frequently used by goalies. It is used to follow passes, rebounds, and skaters that move with great speed with the puck in the defensive zone. It is also used when the goalie wants to go stop the puck behind the net. The reason why the T-push is so much used by goalies is simply because it allows them to move in their crease with the most speed. When executing the T-push, the goalie places his feet in a “T” position (hence the name T-push). This position allows him to dig hard into the ice with his back foot (the pushing foot) and glide towards the puck with his lead foot. By gliding the goalie is able to get to the puck without slowing down. This is why the T-push should be preferred to the shuffle. For instance, in the shuffle position the goalie does not put his feet in a gliding position and therefore he is slowed down as he moves towards the puck. Only the T-push allows a full explosive push to the puck.

The T-Push Motion

Goaltenders cannot expect to be fast and thus be successful stopping pucks unless they always *push hard* and *stop hard*. To be efficient goalies have to stay on top of the play. Ideally they have to be set and ready for a shot at the same time as a player receives his pass and starts his shooting motion. Therefore, every time a goalie executes a T-push he has to push the *hardest* he can. It does not matter if he is executing a long push (from the post to the far side face off dot) or a short push (from the post to the near side face off dot), his push always has to be *hard*. In addition, in order to execute a powerful T-push in the butterfly recovery it was essential that the goalie *steps* towards the puck.

- The first step is **head and shoulder control**. Just like in the butterfly position the goalie has to keep his eyes on the puck as the play is changing direction. By doing so, the head and shoulders will automatically rotate in the direction of the puck. Goalies should always focus on their upper body while moving. Too many goalies “work” more with their feet than with their upper body, and as a result they do too many useless movements and waste time.





- The second step is **bringing the inside (lead) foot back in direction of the puck**. There are two ways that goalies can use to do this. For beginner goalies they should do a C-cut. All the goalie has to do is to execute a “C” figure with his lead foot, taking it back under his body and close to his pushing foot. When done the goalie should have his feet in a “T” position. For more advanced goalies it is recommended that they “step” back. Stepping back requires good skating abilities as the goalie will find himself standing on one foot while rotating back. All he has to do is to slightly lift his lead foot back and bring it slightly back under his body. This will save time and produce more power.
- The third step is **the execution of the push** itself. For goalies that use the C-cut, they have to make sure that once their feet get in the “T” position that they step towards the puck. As

mentioned above they have to lift their lead skate off the ice and bring it slightly back under their body, kind of doing a kick motion, and then push off their back foot. For those that right away lift their lead foot into their rotation, all they have to do is to explode off the back foot.

The Stop

If a goalie executes a hard push and is moving with great speed, he will then have to stop the *hardest* he can. The stop always has to match the push. If the goalie does not stop hard he will still keep gliding after he has stopped and as a result he will not be able to quickly set to face the shot. In order to stop hard the goalie will stop with one foot, his lead foot. He has to twist the ankle of his lead foot towards the outside and bite hard into the ice. It is essential that the goalie always stop with his lead foot. *Always push with one foot and stop with the other*. This will insure that you always stay square to the play.