



GOALKEEPING TECHNICAL

GOALKEEPING (TECHNICAL)

Good goalkeeping is essential to the success of a team. To be an effective goalkeeper, players must develop skills in a number of areas. They must maintain the proper basic stance (both standing and butterfly), master skating skills, learn correct positional play and be able to stop both low and high shots. They also need to be able to effectively handle the stick and the puck.

Chapter Overview

- teach each of the elements of the basic stance (standing up and butterfly)
- teach necessary skating skills,
- identify basic puck stopping skills,
- identify advanced puck stopping skills
- teach goalkeepers how to play the angles
- teach goalkeepers how to play around the goal area,
- identify puck handling techniques and stick skills,
- understand at what age it is best to teach which skills to the goalkeeper
- understand the importance of teaching off-ice balance and coordination drills

Basic Stance

Stand up

The basic stance of a goalkeeper must allow for optimal balance, mobility, comfort and speed of movement. The basic stance very important and emphasis should be placed on all the elements of this skill.

There are different styles of goalkeeping, but all must have the common characteristics of the basic stance.



Figure 1. Basic Stance

Key points:

- *Feet should be spaced approximately shoulder width apart, sometimes wider.*
- *Knees and trunk need to be flexed slightly forward with the weight of the body on the balls of the feet. Power required for lateral movement is available in this position.*

- *The shoulders, knees and front part of the feet should be joined by an imaginary vertical line.*
- *The back needs to be as straight as possible to keep the balance in the upper body.*
- *Head must be up and constantly watching the puck and/or play.*
- *Catching glove is held open at the side and slightly in front of the knee. The blocker and catching glove should be held slightly in front of the body allowing the goalkeeper to see and move hands freely.*
- *The goalkeeper's stick should be held firmly with one hand at the top of the shank. (Thumb behind body of stick to prevent it from turning in hand when blade is hit.)*
- *The blade of the stick needs to be flat on the ice, approximately 25 to 30 cm in front of the skates to decrease rebounds.*

Butterfly

This technique is frequently used to cover both low corners at the same time. It is the most modern and particularly effective in defending against low screen shots, possible deflections, and dekes, however, it is very difficult to do, physically. One needs to be very flexible in order to do this technique correctly.



Figure 2 Butterfly

Key points:

- *The feet are spread wider than the basic stance to go down easily to butterfly stance.*
- *The knees are on the ice behind the stick and the ankles are flat to the ice with toes extended out toward the sideboards.*
- *Stick is approximately 25-35 cm in front of the pads*
- *The face of the leg pad is vertical to the ice (This provides more stoppage area and ensures no portion of the goalkeeper's leg is exposed to the puck,*
- *The catching glove should be at waist height over the extended pad. The blocker is at the same height on the other side. The stick blade remains flat on the ice*
- *The blocker and catching glove both need to be held slightly in front of the body allowing the goalkeeper to see and move hands freely up and down.*
- *Hands should be close to the body in order to create unnecessary openings between the hands and the rest of the body*
- *Upright body position should be held with the weight slightly forward, however, back as straight as possible in order to cover also the high shots.*

Look to see how effective this style is for each goalkeeper. Excellent flexibility is required. Without sufficient flexibility the legs will extend backwards into the net instead of outwards to cover the low corner. If a goalkeeper cannot physically perform this manoeuvre no advantage will be gained and, therefore, this technique should not be used. Before encouraging use of this style, ensure that flexibility is established through repeated stretching exercises.

Skating Skills

The importance of skating skills to the goalkeeper cannot be stressed enough. By mastering the necessary skating skills, a goalkeeper can execute movements with speed and precision. In addition, when a goalkeeper can skate properly, he can face the puck at all times and concentrate fully on stopping the shot. The skating skills for goalkeepers are very specific in nature because of the uniqueness of this position and the equipment that is worn,

Lateral Movement (Side to Side)

There are two basic methods a goalkeeper can use to move laterally while remaining on the skates: the shuffle and the T-push.

Shuffle

The shuffle is the preferred technique as the goalkeeper is able to maintain the basic stance, be square to and on the centre line of the puck.

This technique is used when following the play as it moves laterally across the ice surface. The goalkeeper moving from left to right using the shuffle is illustrated. The basic stance should be maintained in all lateral movements.

Key points:

- *Right skate is slightly un-weighted and pointed forward*
- *The left leg (inside edge) needs to be pushed to initiate the left to right movement. In situations requiring minor lateral adjustments, goalkeepers should use short lateral shuffles of approximately 25 to 30 cm in length.*
- *In some situations, for example, the puck moving quickly from one corner to the other behind the net, the goalkeeper may need to shuffle from post to post in one long move.*



Figure 3: Shuffle

T-Push

The T-push is a long and fast lateral movement. It is generally used when moving from one post across the crease to the other post when there is no chance of a shot, or when speed of movement is the main priority.

The T-push, despite having some disadvantages, is often used by young goalkeepers because it is a relatively easy method of moving from side to side. Advanced goalkeepers may employ a T-push technique while reacting to the puck or play in situations where no shot is imminent. A left to right example of a T-push is illustrated here.



Figure 4: T-Push

Key points:

- *Right leg must to be rotated outwards and parallel to the goal line.*
- *Left leg needs to be extended and pushed (inside edge) off the ball of the foot.*
- *Right leg (initially the gliding leg) needs to be rotated inward for stopping action.*

Forward and Backward Movement

Telescoping

Telescoping is effective in moving under control both out of and back into the net while maintaining the basic stance. The skates do not leave the ice during such short thrusts, thus providing a quick technique with which to challenge the shooter or assume proper positioning.

Sculling

Goalkeepers should develop the ability to scull with either foot depending on the game situation. For example, when the puck carrier is approaching from an angle, the goalkeeper should scull with the skate furthest from the puck and glide on the short side skate. This technique ensures the goalkeeper continues to protect the short side. Goalkeepers should be capable of covering the required distance with one or two pushes; therefore, power and efficiency of movement are essential.

Key Points - Forward:

- Both knees are bent
- Toe is rotated slightly outward
- Quick, forceful heel push is performed with the inside edge of the rotated skate (skate stays in contact with ice)
- The gliding leg is pointed in the desired direction.
- The basic stance is maintained throughout the movement



Figure 5: Forward Sculling

Key Points - Backward:

- Toe of one skate is rotated inward.
- The weight of the body is placed on the toe of the rotated foot and a forward thrust (e.g., toe push) occurs forcing a backward motion.
- The weight is then transferred to the gliding leg and the basic stance is re-assumed.



Figure 6: Backward Sculling

Down and Up Movement

Although it is ideal for goalkeepers to remain on their feet, occasionally situations arise which force them down onto the ice. It is therefore essential for goalkeepers to learn the most effective method of returning to their feet.

First, the goalkeepers must, whenever possible, avoid ending up on their back or in a sitting position. These situations force the goalkeeper to make several movements and use precious time in reassuming the basic stance position.

In this chapter, only down and up movement from the knees is covered, as this is the most frequent down position, and it is the intermediate stage of the up movement from other down positions.

In most instances, the goalkeeper falls on one or both knees. Even in this position, the goalkeeper must maintain a basic stance position with the upper body.

To return to the standing position a goalkeeper must; move the skates outwards thus fanning the legs and press the heels down against the ice.

Lean the upper body back until the knees begin to lift off the ice.

Continue lifting the knees and quickly lean the upper body forward and placing the weight onto the toe of the skate blade.

Bring the feet closer together and assume the basic stance. Another method of regaining the standing position is; Lean slightly forward with the upper body.

Leave one knee on the ice while drawing the other knee up and subsequently placing the skate blade on the ice.

Extend this leg to lift the opposite knee off the ice.

Assume the basic stance position.

Edge Use

As should be evident by now, most goalkeeper skating skills are initiated by the inside edge of the skate blade. In the proper ready position, the goalkeeper's weight is on the inside portion of the feet and, thus, the forward position of the inside edge is used when the goalkeeper must thrust off in any direction. To be mobile, it is essential one edge remains on the ice.

Basic Puck Stopping Skills

If a goalkeeper is able to maintain a proper basic stance in the correct position, they will be in position to block most shots taken at the net. However, because of the speed at which the game is played, this ideal situation does not always occur. This is why goalkeeper should know how to stop shots in a basic stance and down on one's knees (butterfly or half butterfly save)



Puck stopping areas (Standing up)
Figure 7



Puck Stopping areas (in Butterfly)
Figure 8

The saves that can be used in each of the three save areas are outlined below:

1) Low Shots both sides

- stick saves
- half butterfly saves
- butterfly saves

2) Mid Height Shots both sides

- standing saves
- half butterfly saves
- butterfly saves

3) High Shots both sides

- standing saves
- half butterfly saves
- butterfly saves

LOW SHOTS

Remember that the stick should be 25 to 30 cm in front of the toes of the skates to absorb the impact of the puck, thereby reducing rebounds. When the puck is not shot directly at the goalkeeper, the blade of the stick must be slanted in order that it remain flat on the ice and be placed in the path of the oncoming puck.

Basic stance is modified very little during a stick save.

Standing Stick Save (low)

The movement of the stick is initiated by the shoulder. The stick is turned at a slight angle so that the puck is deflected into the corner and away from the front of the net.

Key points:

- *Eyes on the puck*
- *Stick must be kept flat on the ice during the entire movement,*
- *Leg in a position behind the stick as security,*
- *Body weight needs to be changed to the save side leg and the puck should be directed smoothly to the corner*
- *Puck must be followed throughout the save with head and eyes*



Figure 9: Standing save low Blocker side



Figure 10: Standing save low Glove side

Half Butterfly Save (low)

This technique is used to cover one low side of the net. It is similar to the butterfly save except that only one leg is extended while the other acts as a support. It is fairly common style for a goalkeeper that is not quite flexible from their hip joints.

This kind of stopping style can leave room for players to shoot underneath the pads.

Key points:

- *Eyes on the puck*
- *Stick should be kept flat on the ice during the entire movement*
- *Pad needs to be placed behind the stick as a security*
- *Upper body must be turned towards the puck direction*
- *Puck must be directed smoothly to the corner*
- *Puck must be followed throughout the save with head and eyes*



Figure 11: Half-butterfly low Glove side



Figure 12: Half-butterfly low Blocker side

Butterfly Save (low)

This technique is frequently used to cover both low corners at the same time. It is the most modern and particularly effective in defending against low screen shots, possible deflections, and dekes, however, a chance for rebounds in front of the net is possible

Key points:

- *Eyes on the puck*
- *The knees must be placed on the ice behind the stick and the ankles are flat to the ice with toes extended out towards the sideboards.*
- *The face of the leg pad is vertical to the ice (ensuring no portion of the goalkeeper's leg is exposed to the puck, the vertical pad provides more stoppage area).*
- *The catching glove should be at waist height over the extended pad. The blocker should be kept at the same height on the other side.*
- *The stick blade should be flat on the ice*
- *The shoulder should be dropped a bit from the puck side in order to make the save smooth*
- *The stick is approximately 10-25 cm in front of the pad*

Puck must be followed throughout the save with head and eyes



Figure 13: Butterfly low Glove side



Figure 14: Butterfly low Blocker side

MID HEIGHT SHOTS

This area of the net is one of the most difficult areas to defend as it requires a combination of saves from all three areas of the net. Following are three save techniques which are particularly effective in defending this mid height area of the net. The choice of save technique depends on each goalkeeper's style and the tactical situation.

Standing Save (mid height)

This technique is frequently used when the puck is shot from the far distance without any danger of deflections or screen

Key points:

- *Eyes on the puck.*
- *Remain in the basic stance position.*
- *Hands and pads need to be positioned perpendicular to the oncoming puck.*
- *Knees should be bent forward slightly.*
- *The slight move towards the puck is initiated from the support leg.*
- *The hand (glove or blocker) need to be moved together with the sliding leg in front of the body.*
- *The puck side shoulder should be dropped down a bit and the body weight moved on the leg of the save side.*
- *Puck must be caught or deflected in to the corner away from the danger area of the net.*
- *Puck must be followed throughout the save with head and eyes*



Figure 15: Standing Mid Height Blocker side



Figure 16: Standing Mid Height Glove side

Butterfly Save (mid height)

This technique is mostly used by the modern goalkeepers. It covers the whole low part of the ice and leaves only space for shooters to beat them with a perfect shot to the up corners of the net. With this style of a play, one needs to be very elastic and flexible in order to do these saves smoothly and correctly.

Key points:

- *Eyes on the puck*
- *The knees must to be placed on the ice behind the stick and the ankles are flat to the ice with toes extended out towards the sideboards.*
- *The face of the leg pad should be vertical to the ice*
- *The glove should be held at waist height over the extended pad.*
- *The blocker is at the same height on the other side.*
- *The stick blade should remain almost flat on the ice*
- *The shoulder should be dropped down a bit from the puck side in order to make the save smooth on top of the pad*
- *Hands must be kept close to the body in order to avoid unnecessary openings between the hands and the rest of the body*
- *Puck must be caught or deflected away from the danger area of the net.*
- *Puck must be followed throughout the save with head and eyes*

The Modern Tretjak Block (mid height)

This save is the trademark of the famous Russian goalkeeper Vladislav Tretjak. It is similar to the half butterfly save technique with the main difference being that, in the Tretjak Block, the knee of the save leg is off the ice. Movement is initiated with the inside edge of the support leg skate. The puck is stopped with the glove or blocker in front of the pad, not just with the pad any longer in order to reduce the amount of the rebounds.

Key points:

- *Eyes on the puck*
- *Movement needs to be initiated with the inside edge of the support leg skate*
- *The body weight should be leaned slightly over the straight knee.*
- *The stick should be kept between the knees*
- *The upper body should be moved over top of the leg which is supporting the save.*
- *Puck must be caught or deflected away on the top of the pad with catching glove or blocker*
- *Good body control must be maintained throughout the save.*
- *Puck must be followed throughout the save with head and eyes*



Figure 17: Tretjak Mid Height Blocker side



Figure 18: Tretjak Mid Height Glove side

Blocking with the body (mid height)

The goalkeeper should use of their body to stop the puck whenever possible. This is a good puck stopping technique because this technique does stop the initial shot basically every time. Also, with the proper technique the amount of rebounds is very low. To enable the goalkeeper to block with their body they must have confidence in the protective quality of the equipment.

Key points:

- *Eyes on the puck*
- *The knees are on the ice behind the stick and the ankles are flat to the ice with toes extended out towards the sideboards.*
- *The face of the leg pad is vertical to the ice*
- *Puck must be stopped with the mid section of the stomach (midriff)*
- *Arms must be drawn close to the body.*
- *Body must be slightly bent forward on impact and immediately puck must be smothered with the arms to avoid rebounds*



Figure 19: Blocking with Body Mid Height

HIGH SHOTS

As most of the goalkeepers nowadays play with the butterfly style, shooters have started to shoot higher in order to find open spots. That is why it is crucial for goalkeepers to be able to stop shots aimed for the top corners.

Standing Catching Glove Save (high shots)

Catching shots with the catching glove is easier and safer than blocking with the blocker as the glove closes on the puck at the point of impact, this cuts down on rebounds.

Key points:

- *Eyes on the puck*
- *Puck cannot be grabbed at. It must be allowed to come to the glove*
- *Catching glove must be open at the side, slightly in front of the body and above the knee.*
- *Catching glove must be used when the puck is on the body midline or on the catching glove's side to avoid rebounds*
- *Puck must be followed throughout the save with head and eyes*



Figure 20: Standing High Glove Side

Standing Blocker Save (high shots)

Goalkeeper cannot underestimate the importance of the blocker. It is as important as the catching glove.

Key points:

- *Eyes on the puck*
- *Blocker must be placed in the path of the oncoming puck*
- *A slight rotation of the right wrist (e.g., slight rotation of hand in clockwise direction) changes the angle of the glove and the puck is deflected into the corner of the ice.*
- *To avoid rebounds the blocker should not be “punched” out at an incoming shot*
- *Bringing catching glove across the body must be avoided, except in situations where a stoppage of play is desired.*



Figure 21: Standing High Blocker Side

Butterfly Save (high shots)

When a goalkeeper is on their knees, they should be able to stop high shots. This kind of puck stopping technique demands great flexibility and balance, straight back, and quick hands.

Key points:

- *Eyes on the puck*
- *The knees are on the ice behind the stick and the ankles are flat to the ice with toes extended out towards the sideboards.*
- *Stick is approximately 10-20 cm in front of the pads*
- *The face of the leg pad is vertical to the ice (in addition to ensuring no portion of the goalkeeper's leg is exposed to the puck, the vertical pad provides more stoppage area).*
- *The puck stopping side is at shoulder height over the extended pad. The other side is a bit lower height. The stick blade remains flat on the ice*
- *The blocker and catching glove should both be held slightly in front of the body allowing the goalkeeper to see and move hands freely up and down.*
- *Hands must be kept close to the body in order to avoid unnecessary openings between the hands and the rest of the body*
- *An upright body position must be maintained with the weight slightly forward, however, back must be as straight as possible in order to cover top corners.*
- *Puck must be followed throughout the save with head and eyes*



Figure 22: Butterfly High Blocker side



Figure 23: Butterfly High Glove side

Modern Tretjak Block (high shots)

This style is used for the goalkeepers that are not flexible enough to use the butterfly style. However, this style does leave extra holes for shooters (between the pads and between the arm and pad). That is why the importance of timing is a key factor with this technique.

Key points:

- *Eyes on the puck*
- *Movement is initiated with the inside edge of the support leg skate*
- *The body weight is leaning slightly over the straight knee.*
- *The stick is between the knees which is on the ice*
- *The upper body moves over top of the leg which is supporting the save.*
- *Puck must be caught or deflected away on the shoulder height*
- *Body control must be maintained during the save at all times and avoid leaving unnecessary holes between the pads and between the puck side hand and a pad.*
- *Puck must be followed throughout the save with head and eyes*



Figure 24: Tretjak High Blocker side



Figure 25: Tretjak High Glove side

Advanced puck stopping skills

Skating and stopping the puck same time

It is essential to a goalkeeper that skating and puck stopping are linked together smoothly. In order to be a modern goalkeeper, one needs to combine these skills together all the times. Here are some of the examples of how these two different techniques can be combined.

Sliding Pad Save (High Slot)

This save can be used in situations where the pass is made in the high slot. This is usually a hard and long pass that travels across the zone, so the goalkeeper is forced to follow the pass on their knees. From this sliding pad save, the goalkeeper can get up easily and quickly to defend against any rebounds.

Key Points - Beginning of the Sliding Pad Save (Long Distance):

- *Puck must be followed throughout the movement*
- *The movement of the goalkeeper begins with the pass.*
- *Sliding leg must remain square to the puck.*
- *Strong push needs to be done from the edge of the skate of the support leg.*
- *Knee of sliding leg is pushed firmly into the ice.*
- *The side of the pad must remain on the ice and the front is square to the puck.*
- *The stick is on the ice between the legs.*
- *Upper body must be turned towards the puck.*



Figure 26: Beginning of the Sliding Pad Save - Long

Key Points - The End of the Sliding Pad Save (Long Distance):

- *Eyes on the puck*
- *The body is square to the puck*
- *To cut down the angle, movement must be done as close as possible to the puck*
- *Stick on the ice between the legs.*
- *Catching glove is above the pad.*
- *Push must be done with the inside edge of the support leg.*
- *Move into the basic stance position.*
- *Move body weight to sliding leg and be ready to push off from inside edge of this skate.*
- *After the save quickly bring up the knee of the sliding leg*
- *Push with the inside edge of the support leg*
- *Move into the basic stance position*
- *Move body weight to sliding leg and be ready to push off from inside edge of this skate*



Figure 27: End of the Sliding Pad Save - Long

Sliding Pad Save (Short Distance)

This technique can be used in a close range, too. However, the push should be stronger and the upper body must follow the pass very closely. The hands must be closer to the body in order to avoid unnecessary holes in the basic butterfly stance



Figure 28: Beginning of the Sliding Pad Save - Short



Figure 29: End of the Sliding Pad save – Short

Positioning

After learning the necessary skating skills, a goalkeeper is then ready to approach a very important aspect of the game: positional play.

Goalkeepers must position themselves in relation to the puck, the puck carrier and the net. Proper positioning, also referred to as “playing the angles”, is essential at all times. The basis of positional play is to take away as much of the net as possible in relation to the puck. When learning proper positioning, the goalkeeper must understand the following theories:

1. Centre Line
2. Horizontal Angle
3. Vertical Angle
4. Short Side

An exercise that can be done to help the goalkeeper understand these theories is by using thick elastic bands that are held by a coach 3- 5 meters away from the goal line. The goalkeeper is inside the bands and shown the angle theories in reality.

1. Centre Line Theory

The centre line theory is an excellent method of teaching positional play.

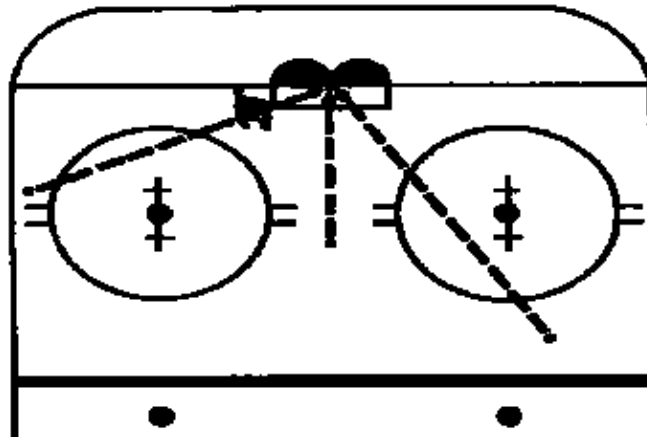


Figure 30: Centre Line Theory

When positioned properly, an imaginary line can be drawn from the puck to the mid-point of the goal line. At all times, the goalkeeper must assume a position on this line in order for this principle to be effective

2. Horizontal Angle Theory

When the puck is directly in front of the net and the goalkeeper is back in the goal crease the shooting angle is at its maximum as are the available shooting space (holes).



Figure 31: Horizontal Angle Theory –In the net

The farther out of the net the goalkeeper comes; the better is their position. The goalkeeper must remember that they should not come out so far that a quick return to the net can not be performed should the game situation changed.

The distance a goalkeeper comes out of the net to play the angles is determined by the options of the puck carrier, the position of other opponents, and the goalkeeper's skating speed and mobility.



Figure 32: Horizontal Angle Theory – Moving out

3. Vertical Angle Theory

The vertical angle becomes a significant factor as the puck moves closer to the net. As moving towards the puck decreases horizontal angles, so too does it decrease vertical angles.



Figure 33: Vertical Line Theory

4. Short Side Theory

The short side theory is an exception to the centre line theory and is an advanced technique.

When a shot is coming from a sharp angle, (e.g., outside the face-off spots) the short side technique is very effective.

The goalkeeper covers the short side (the side closest to the puck carrier).

This forces the puck carrier to shoot across the goalkeeper's body to the far side of the net.

By cutting off the short side, all indecision is removed. The shot or deke must go to one side, therefore, the goalkeeper is required to move in only one direction. The decision making process is simplified.

The goalkeeper's body must always be square to the puck. The arms are compact to the body.



Figure 34: Short Side Theory

Playing close to the goal area

Stand Up Style

In today's hockey, many attacks are initiated from behind the net or the corners of the rink (e.g. around the crease area). The goalkeeper's technique of playing at the post is very important in defending against these situations.



Figure 35: Close to Goal - Stand Up Glove Side

When defending a play from below the goal line, the goalkeeper should be positioned with their pad tight to the post while having the outside of the skate flush with the inside of the post. The position of the body should be square to the front of the net. The goalkeeper watches the puck (play) by turning the head, not the entire body. The catching glove faces the play and the stick is positioned to deflect or intercept a pass.

For a goalkeeper protecting the net on the glove side:



Figure 36: Close to Goal - Stand Up Blocker Side

Key points:

- Follow the puck all the time
- Skates – outside of left foot flush with inside of left post.
- Pads – outside ridge of left pad flush with left post.
- Stick – heel of stick at the toe of left skate and goalkeeper is ready to deflect or intercept pass.
- Catching glove (right) – rotated so it is open to the puck.
- Head – turned to face the play.

The goalkeeper must also be aware of the position of potential pass receivers in order to be able to drive off the post and challenge the shooter as the puck arrives. If movement is required from post to post (i.e. left side of the net to the right), the following points must be stressed:

Additional key points:

- Head and shoulders remain at a constant level,
- Stay in a compact stance position,
- Stick remains on the ice,
- Try to move with just one strong push (T or shuffle).

Goalkeepers must also be careful not to swing their stick at the puck as this may cause a loss of balance as well as leaving the goalkeeper unprepared to play a pass out.

Hasek Style

This style was created by famous Czech goalie Dominic Hasek. This style is used when the goalkeeper is sure that the puck carrier can not shoot the puck into the high shot area of the net. When the puck carrier is close to the goalkeeper (1.5 meter or less), the goalkeeper moves on the ice in a small “tight package” and protects the lower part of the net

Key points:

- *The knee of the leg which is at the post goes down to the ice.*
- *The paddle of the stick is placed in front of the pads*
- *The catching glove is in position to stop any shots to the top corner.*



Figure 37: Hasek Style – in front on Net



Figure 38: Hasek Style – Blocker Side



Figure 39: Hasek Style – Glove Side

It is the goalkeeper's responsibility to play loose pucks in this area and to prevent pass outs to the slot area. Next picture illustrates the goalkeeper's area.

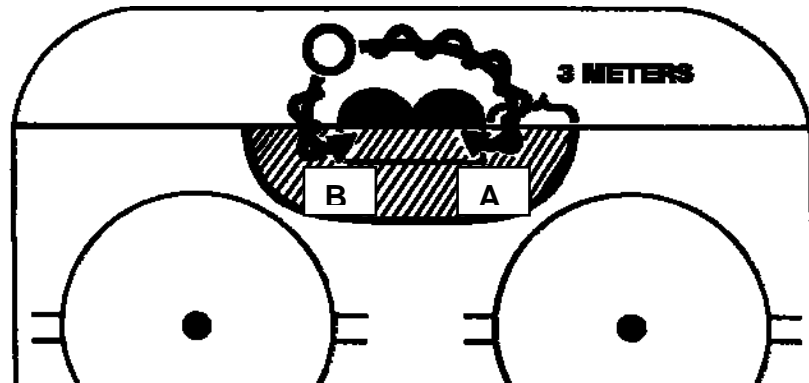


Figure 40: Goalkeepers Area of Responsibility

Defending against the wrap around (far side - A) or the "stuff" (near side - B) play is very difficult. The goalkeeper should try to cut the attacker off with a good poke check as well as getting back to the post as quickly as possible. Here are some extra possibilities:

Defending the crease with Hasek style

This style is used when the goalkeeper is sure that the puck carrier can not shoot the puck into the high shot area of the net and is coming with a good speed behind the net

Key points:

- *Keep following the puck*
- *The goalkeeper should be positioned tight to the post with Hasek style*
- *The pad tight to the post and paddle of the stick leaning towards the shooter on the ice.*
- *The catching glove is in position to stop any shots to the top corner*
- *Be ready to deflect or intercept a pass*

Goalkeepers must be careful not to swing their stick at the puck too strong as this may cause a loss of balance



Figure 41: Defending the crease Hasek style

Attacking the shooter

This technique is used to surprise the shooter even before they come out in front of the net. The goalkeeper must be careful as they will be completely committed to the swinging motion and can be off balanced to stop the initial shot.

Key points:

- *Keep following the puck*
- *The goalkeeper should be positioned tight to the post with Hasek style*
- *Hold the stick from the end of the shaft*
- *Surprise the shooter by swinging the stick on the ice towards the puck*
- *Do not over swing it, otherwise you might lose your balance*



Figure 42: Attacking the Shooter

Clearing the Puck from the Goal Area

When the puck enters the crease area, it is the goalkeeper's responsibility to handle the puck in response to the situation.

The goalkeeper may:

- clear the puck to the corner by a forehand or backhand shot,
- shoot the puck out of the defensive zone with a two handed clear,
- freeze the puck if the opponents' pressure is heavy,
- pass the puck to a team mate, thus initiating a rush,
- set the puck for a team mate.

It is difficult to shoot the puck as the catching glove is not designed to hold the stick. Nevertheless, there is no fundamental difference in shooting technique as compared to another player.

Advanced Skills close to the goal area

Some of the advanced skills required to play more effectively include those for specific situations.

Rebound control

The goalkeeper must be able to see the puck, stop it and control or direct it to ensure the puck does not remain in a dangerous area.

Tip ins/deflections



The goalkeeper must play to stop the original shot but must also realize the possibility of a deflection exists. The goalkeeper challenges the shot and comes out as close as possible to the point of deflection.

Figure 43: Tip in/Deflection

Screen



Often shots are taken which are difficult for a goalkeeper to see due to traffic in front of the net. The goalkeeper must constantly search for the puck and get as close as possible to the player(s) causing the screen.

Figure 44: Screen

Stick Selection

Ensuring that your goalkeeper has the proper equipment is an important responsibility. The selection of a proper stick is no exception. As with all hockey sticks, those for goalkeepers are available in different lies. Perhaps the best method of selection is to observe your goalkeeper using a 14 lie. If the toe of the stick is up, try a lower lie; if the heel is up, try a higher lie

The height of the shank is also important. If the shank is too high, the goalkeeper will stand upright, and if it is too low, the goalkeeper will bend too far forward.

Remember, select a stick that corresponds with the size and strength of your player. It is better to select a stick that is too small than too big since the smaller stick is much easier for the goalkeeper to control. Never saw off the shaft, it destroys stick balance. Buy the proper size.

The “right handed” goalkeeper holds his stick with the right hand and wears the catching glove on the left hand. The “left handed” goalkeeper holds his stick with the left hand and wears the catching glove on the right hand.

Stick Skills and Puck Handling

Stick skills and puck handling are areas often ignored in goalkeeping. It is important that a goalkeeper be active and confident in handling the puck around the net. The goalkeeper can be a valuable player by initiating breakouts or clearing the puck from the zone.

Backhand

When possible, hold the stick with one hand when handling the puck (e.g., clearing the puck into a corner or pushing a short pass to a team mate). It is more natural to maintain the one hand grip and it provides the least deviation from the ready position.

Key points:

- *Place the shaft of the stick in the underarm of the stick arm.*
- *Grip shaft firmly with right arm.*
- *During the puck handling action, use a shift of body weight from the nearest leg to the stick to the other leg to facilitate the movement.*



Figure 45: Backhand

Forehand

Key points:

- *To execute a forehand puck handling skill, the stick is usually held with both hands.*
- *The blocker glove hand secures the upper end of the shaft.*
- *The catching glove hand is placed on the lower part of the shaft and partially the paddle.*
- *Shift the body weight the same as the backhand pass to help facilitate puck handling.*

Reversing hands on the shaft of the stick to execute these same skills is not recommended because of the delay this action creates.

Occasionally, a one hand forehand action takes place in which the puck is pushed to a team mate or cleared from in front of the net. In this instance, the shaft of the stick can be pressed against the stick forearm for support.



Figure 45: Forehand

Stopping the Puck behind the Net

For a shot around the boards on the ice, the following steps should be followed. At the moment of the shot, the goalkeeper makes a strong leg push to move around the net to the same side from which the puck is travelling.

Key points:

- *The stick is held with one hand.*
- *The end of the blade, whether on the forehand or backhand, is placed firmly against the boards at an angle to trap the puck.*
- *When possible use the pad against the boards to*



Figure 46: Stopping the Puck– Forehand



Figure 47: Stopping the Puck- Backhand

For a shot off the ice

Key points:

- *At the moment of the shot, the goalkeeper makes a strong push to move around the net to the same side from which the puck is travelling.*
- *The body and stick are placed against the boards, facing the oncoming puck.*
- *The puck is stopped with the body or stick, then handled with either the one or two hand technique.*

Whenever leaving the net to stop the puck behind the net, the goalkeeper should generally try to return as quickly as possible in the direction which faces the play. This will enable the goalkeeper to analyze the ensuing play and facilitates communication with team mates.

An exception to this is when the goalkeeper is unable to stop the puck until it has passed beyond the mid-point of the net. To return as quickly as possible, it may be necessary to continue around the net.



Also, if it appears it will be difficult to return to the front of the net in the direction from which the goalkeeper came because of oncoming traffic, or to avoid a team mate, the goalkeeper may continue to circle the net.

At all times, try to stop the puck when it is directly behind the net so that any misplayed pucks will not careen dangerously in front of the net.

Once the puck is stopped, the stick can be handled with two hands if necessary. Pull the puck out from the boards to make it easy for a team mate to pick it up.

Poke Checking

This technique is an invaluable goalkeeping tool. It can be used in various situations around the net to prevent goal scoring opportunities.

Key points:

- *maintain the basic stance*
- *when in poke checking range the blade of the stick is thrust out quickly with the hand sliding towards the butt end of the shaft*
- *action is with arm only and should not cause goalkeeper to lose their balance*
- *do not slide the hand up the shaft as the shooter approaches as this will telegraph the move*
- *concentrate on the puck and its expected pathway*

It is important that the goalkeeper does not lean too far forward, thereby, losing balance.

Age Categories in Developing Skills of the Goalkeeper

Age Categories

As outlined in the Structure of the IIHF Section in this manual there are Classifications of Competition; the IIHF has identified five classifications of competition. Youth hockey is for players up to 16 years of age and junior hockey is for players up to 20 years of age, however, within these age groups each National Association further divides these classifications into categories (teams) to fit the requirements and demands within their country.

The following examples of age category breakdown may be used in developing your goalkeepers.

Category 1 = up to 12 years

Category 2 = 12-14 years

Category 3 = 14-16 years

Category 4 = 16-18 years

Category 5 = 18-20 years

Each category is outlined below listing the skills, techniques and tactics that should be practiced during the season in order to develop young goalkeepers.:

Category 1

- basic stance (standing and butterfly)
- basic goalkeeping positioning
- active movement - principles of goalkeeper-specific skating
- learn basic techniques of goalkeeping and player skating
- principles of catching techniques
- proper execution of the two-pad slide and leg splits

Category 2

- perfecting the basic stance
- quick return to the basic stance
- technique of moving around the net while maintaining your basic stance
- technique of skating outside of the net
- perfecting techniques and tactics of catching
- catching the puck while executing the two-pad slide and leg splits
- blocking shots with the body
- blocking shots with the arms
- becoming familiar with the principles of cutting down the shooting angle
- basic use of the stick
- technique of challenging the shooter

Category 3

- perfecting the techniques outlined in categories 1 and 2
- blocked view (screen)
- play behind the goal
- refining the use of the stick
- communication with team mates
- activity in the game and joining the attack
- blocking shots by performing a butterfly and leg splits
- blocking shots in complex game situations (timing and precision of action)
- coordination of movement during personal physiological growth

Category 4

- perfecting the techniques outlined in categories 1, 2 and 3
- controlling rebounds and deflections
- blocked view (screens), cutting down the shooting angle

- passing the puck from the area behind the goal
- perfecting the use of the stick, faking a play, and forehand and backhand passes
- integrating the goalkeeper into the team tactics and system
- perfecting the blocking of shots by all methods and reducing puck deflection
- being pro-active in one-on-one situations
- exploiting the goalkeeper's positive attributes
- quick return to the basic stance without the use of the hands
- be a leader in the locker room

Category 5

- perfecting all of the activities in categories 1, 2, 3 and 4
- creating an optimal personal stance
- adapting the style of catching and developing individual priorities to fit the goalkeeper's personal style and strengthen it
- have input into the development of practice plans (e.g. goalkeeper drills)
- become involved in team play (e.g., initiating the breakout)
- development of the ability to "read and react" (anticipation)
- speeding up movement and thought processes
- perfecting goalkeeper-specific skating
- being a leader in the locker room

Off-Ice Balance and Coordination Drills for Young Goalkeepers

Perception and Concentration Exercises

- Throw and catch a tennis ball against a wall. Practice with one ball, and then with two.
- As an alternative, throw and catch the ball(s) while kneeling, crouching and turning.
- The coach throws a ball at the wall in front of the goalkeeper and the goalkeeper reacts and catches the ball.
- A pair standing across from each other throws tennis balls at the bottom corner. They can change the distance from one another, perform crouches, turns, rolls, splits.
- Juggle three balls.
- Juggle two balls in one hand and then both hands.
- Perform the exercise while standing on a filled ball.
- The goalkeeper's eyes follow the coach. On an agreed signal, the goalkeeper performs various tasks: spread arms - leg split; raise arms - roll; left arm stretch - crouch; crouch - lie down on back; etc. Dribble a ball to the wall, bounce the ball on the ground so that it rebounds off of the wall, then spin and catch it with your back to the wall.
- Throw a ball above their and, while it is in the air, perform a roll, somersault, sit, lie down, leg split, etc., and then catch the ball.
- Throw a ball, turn, and catch it behind your back.
- Pass a ball quickly around the hips, head or between the legs.
- Roll forward and catch a ball thrown by the coach
- Hold a stick vertical to the ground at shoulder height and release it; then turn 360 degrees and try to catch the stick before it hits the ground.
- Jump over a stick held in both hands at knee level and then jump back again.
- Balance the knob-end of a stick on your palm, and on the top of their head
- Let go of the stick vertically behind them and catch it while turning.
- Let a stick roll down along your outstretched arms and catch it before it hits the ground.
- One player swings a stick under the feet of the other who jumps over
- Basic goalkeeper stance: look directly ahead and then look as far right, left, up and down as possible.
- Basic goalkeeper stance: roll eyes left and then right (stretch your eyes to reach the largest field of vision possible).
- Find points in a field that are at varying distances from each other, both in depth as well as width. Slowly transfer attention from one object to another in various combinations,



and in different orders. For each object wait until the vision has become completely focused before focusing on the next object

Dexterity Exercises

- Forward roll from a walking position and then from a running position.
- Forward dive over a hurdle.
- Backward roll.
- Backward roll to a hand stand position.
- Forward roll from a hand stand position.
- Stand on elbows.
- Sideways roll (three rolls per set).
- Forward roll (three rolls per set).
- Hand stand with knees leaning on elbows and then pushing up to complete hand stand.
- Forward roll over a kneeling team mate.
- Backward roll over a kneeling team mate.
- From a hand stand position, kick your legs backwards and land in a bridge position.
- From lying on your back, spring your body upright into a basic stance with the use of your hands.
- Juggle three balls while kicking your legs (Cossack dance) and then add rolls, splits
- Lean back on your hands, then push up and clap hands behind back.
- Lean back on your hands, then push up and spin body to end up leaning forward on your hands.
- Sit on a gym ball with your eyes closed
- Stand on your knees on a top of a gym ball and throw balls with your partner