

GOALTENDER BEGINNER LEVEL PLAN

- Session Objective(s)**
1. Continue development of forward/backward movement, shuffle and stance
 2. Continue emphasis on basic depth
 3. Introduce horizontal angles

10 min

MOVEMENT WARM UP

A. Forward/Backward Step Outs – Straight
G starts in the middle of the goal line. On “Go” G sculls out to the top of the crease and sets. On “Go” G sculls backwards to the start point.

B. Forward/Backward Step Outs – Angle
G starts in the middle of the goal line. On “Go” G sculls out to the top of the crease facing the glove-side dot and sets. On “Go” G sculls backwards to the start point. On “Go” G sculls out to face the opposite dot. Then returns.

KEY EXECUTION POINTS

- As improvement is made additional emphasis on body and stick control should be applied
- When doing step outs, alternate starting and stopping feet
- When stopping, G should use a single-edge rotation

5 min

PRIMARY DRILL

Angle Introduction

- Pucks start outside the blue line
- Pylons are placed across the rink, slightly inside the blue line
- G starts on the goal line
- X1 picks up a puck and randomly selects a pylon to drive around
- Once G recognizes which pylon has been selected, G steps out on angle with the attacker
- Once around the pylon, X1 takes a few strides towards the net and releases a shot

KEY EXECUTION POINTS

- In this introductory drill, G stays deep in the middle of the net until the pylon has been selected
- This allows G to gain a familiarity with proper angle positioning
- G should attempt to step out to the FSP on each sequence, before the shot is released

5 min

SECONDARY DRILL

Angle + Depth Work

- Pucks are placed outside the blue line on each side as indicated
- Pylons are placed at the top of the circles as indicated
- X1 picks up a puck and skates into the zone
- G starts at the top of the crease in the middle
- As soon as X1 begins to drive, G should shuffle to gain an on-angle position
- Notice the difference in this drill vs. the similar drill in the last session – here, G shuffles into an angle position as opposed to stepping out from a middle-net position

KEY EXECUTION POINTS

- G should work on controlled but quick shuffle steps to get into an on-angle position
- Once G gets to the first position, G may have to make more minor shuffle adjustments to keep a strong angle
- Do not allow G to fade back during the attack

5 min

POST-PRACTICE DISCUSSION

1. Review progress on shuffle movement and stance positioning
2. Review goaltender’s understanding of the FSP and its importance
3. Introduce the importance of the three positional ingredients: stance, angle and depth