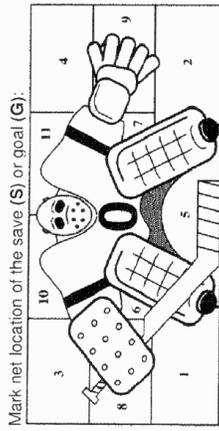


# Goaltender Self Analysis

GOALIE: \_\_\_\_\_ SAVE \_\_\_\_\_ GOAL \_\_\_\_\_

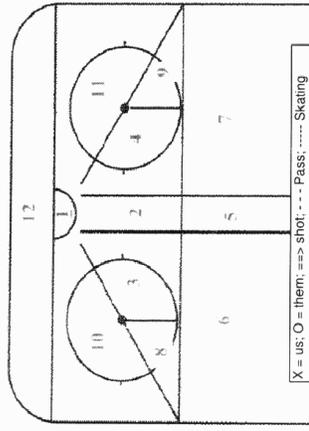
OPPONENT \_\_\_\_\_ SCORE: us: \_\_\_\_\_ opp: \_\_\_\_\_ DATE \_\_\_\_\_



Mark net location of the save (S) or goal (G):

\*also mark initial save (S1) if it was a rebound situation

Draw the flow of the game and where shot(s) was taken from, and where players were

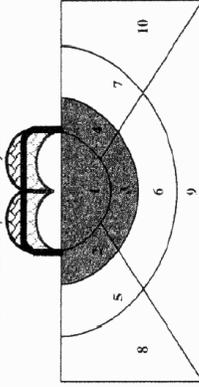


X = us; O = them; ==> shot; - - - Pass; ..... Skating

Circle all that apply:

<b>Release:</b>	Shot	FH	BH
	Deke	Slapshot	One-timer
<b>Shooter:</b>	Right	Left	
<b>Type:</b>	Save	Tip	Own team
	Screen	Clear view	No chance
	Rebound	Bad bounce	My bad

Positioning: Mark an "X" where you were; Mark a star if there is a better position you could have been.



\*also mark initial save (S1) if applicable

Square to puck when shot? Yes No  
Crease Depth? OK Too Deep Too far out

<b>Position:</b>	Up	Down BF / Prone	Halfway	Butterfly	Glove	Blocker	Stick	Stack	Chest	Leg
<b>Save:</b>	Up	Down BF / Prone	Halfway	Butterfly	Glove	Blocker	Stick	Stack	Chest	Leg
<b>Reaction:</b>	Positional	Athletic	Set	Moving	Diving	Positional	Athletic	Set	Moving	Diving
<b>Movement:</b>	Positional	Athletic	Set	Moving	Diving	Positional	Athletic	Set	Moving	Diving
Other comments:										

## G - 2-0 Walk-out or Pass-out ProW

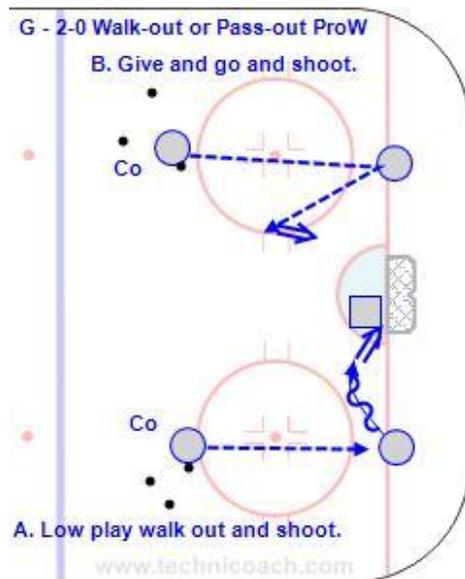
### **Key Points:**

Walk-out or pass out from the goal line. Goalie must be aware of the shooter and the high player. Primary job is to stop the first shot in a balanced position so you can move to react to a rebound or for a one timer.

### **Description:**

1. Start with one player at the top of the circle and one on the goal line.
2. The high player has the puck and passes low then heads to the net.
3. The low player may walk out and shoot or pass.
4. Only one pass is allowed in this drill.
5. Both players crash the net for a rebound.
6. Goalie stay square to the puck in a balanced position at all times.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131010135337484>



### **Other goalie drills.**

## **E1 Point Shots Rebound Control**

Shoot from the point and have a player in front and at the long side looking for a rebound. Goalie control the puck away from players waiting for the rebound. Track puck always.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090820172449193>

## **G - Goalie Training Method - Kazakstan Women**

This video clip shows how they train goalies in former east Block Nations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120817071147683>

## G - B6 Four Spot Shooting - Slovakia U20

### **Key Points:**

Shoot while moving and hit the net. Forwards screen and tip after shooting. Goalie must battle to see through the screen and control the rebounds.

### **Description:**

1. F1 skate around the top of the circle and shoot - rebound - screen.
2. F2 skate around the top of the circle and shoot - rebound - screen.
3. D1 skate along the blue line inside the dot and shoot.
4. D2 skate along the blue line inside the dot and shoot.

*Repeat with the next group.*

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145929547>



## **G - Goaltending: Video Demonstrations**

Various coaches work with goalies by themselves or with shooters.

G-B6 Walk out and Pass Across - Shot - Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120417101724378>

G 3-0 - Triangle Attack Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120307090122582>

G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022408543521>

Goalie Warm Up and Drills - Todd Laurin talks about why he is doing various drills and demonstrates.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091306599>

Goalie Movement – Positioning and goal crease movement.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091305662>

Goaltender Tracking the Puck – tracking the puck after a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091303387>

Goalie Technique and Playing Shots pt. 1 – Pro goalie practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721055054151>

Goalie Movement with Todd Laurin pt.2 - Crease movement.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721055057649>

Goaltending Pt. 3 – Movement from various starting positions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091302580>

Goalie Skating – Finnish goalie practices skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721055052779>

Goaltending with former Flames coach Dave Marcoux Dave explains goalie movement.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721044051868>

Goalie Movement 2 with Dave Marcoux of the Flames - Dave is on ice with college and a young Mexican goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721044058136>

Goalie Movement – The entire 17 minute video with Dave Marcoux and five goalies.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080715090529766>

## G - Walk out and Pass Across - Shot - Finnish U20

### **Key Points:**

Goalie be square with the puck carrier out of the corner and push and slide across to be square to the one timer shot on the far side.

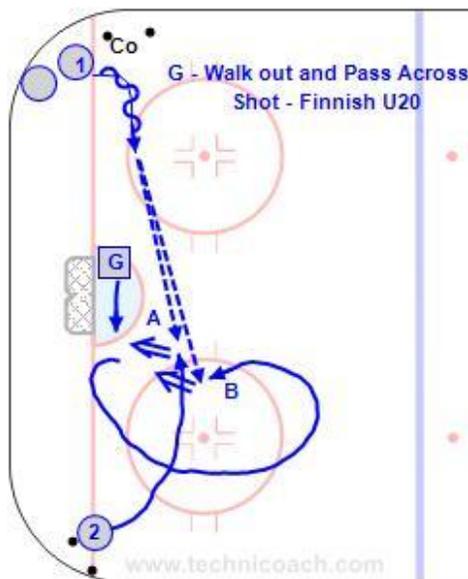
### **Description:**

A. Player one walk out of the corner and pass to player two going to the net from the far corner. Player two take a one time shot.

B. Player two circle back and go to the far post from the top of the circle. Player one get a second puck and skate out of the corner and pass to player two.

\*Repeat from both sides.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=98>



## G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

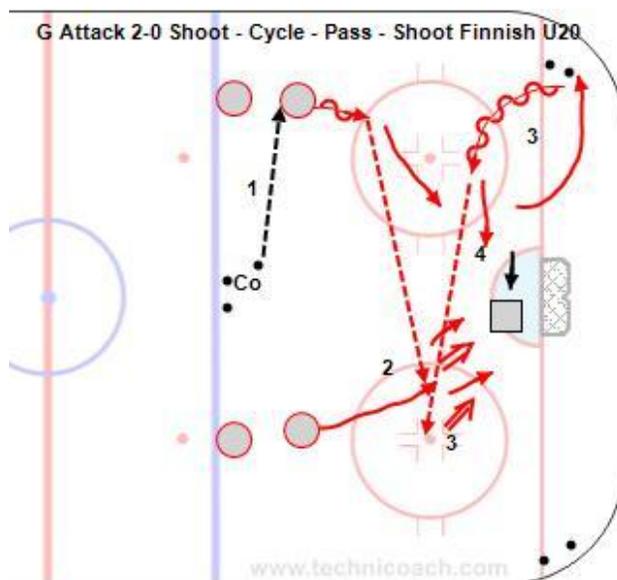
### **Key Points:**

Goalie must track the puck from side to side and use the inside edges to push.

### **Description:**

1. Coach pass to a forward.
2. Two forwards attack 2-0 with a one timer shot and look for a rebound.
3. One forward pick up a puck from either corner and pass to the other forward who shoots a one timer.
4. Both forwards rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022408543521>



## G Conditioning and Goalie Technique

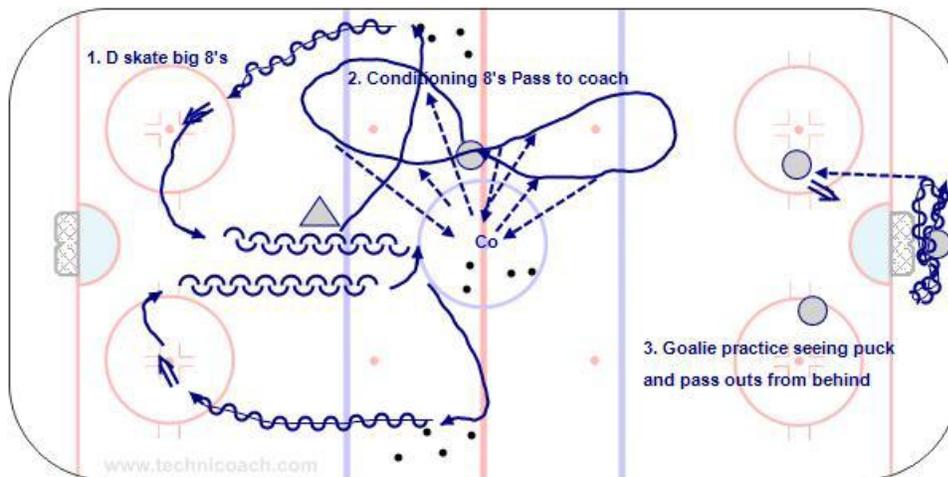
### **Key Points:**

Skate all directions and pivots.

### **Description:**

1. D get a puck from the red line, skate in and shoot, Backwards thru middle lane, get a puck from other side at the red line, skate in and shoot.
2. Lateral figure 8's, facing the coach and exchange passes.
3. Player behind net go from side to side and pass out or walk out for a shot. Goalie read movement.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091306599>



## G Post to Post-Out-Track Rebound - Finnish U20

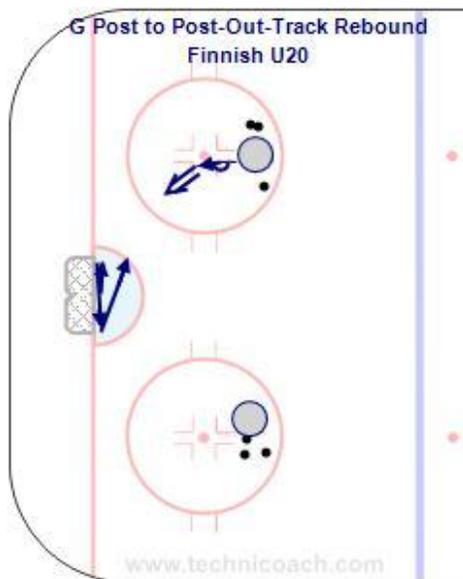
### **Key Points:**

Goalie use the edges to skate laterally and then diagonally to get square to the puck. Line up the puck with middle of the backside to the middle of the back of the net.

### **Description:**

1. Player 1 and 2 each have 3 pucks above the face off dots.
2. Goalie skate from near to far post and then diagonally out and square to the puck.
3. Take shots from alternate sides starting when the goalie is moving out.
4. After making the stop the goalie track the rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121126151158597>



## G Side to Side x 6 Shots - Finnish U20

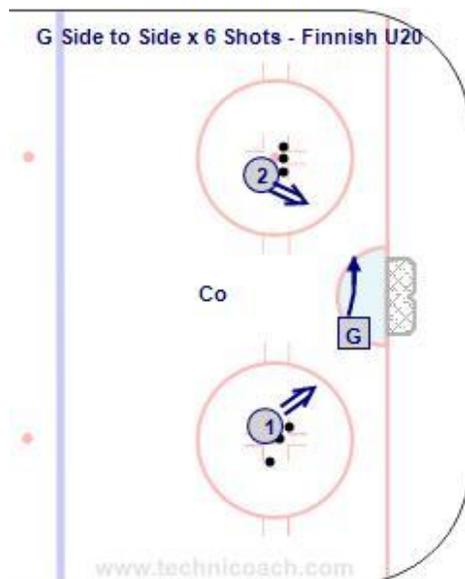
### **Key Points:**

Goalie uses the inside edge to push across the goal crease and get square to the next shooter.

### **Description:**

1. Each shooter has 3 pucks at the face off dot.
2. Player 1 shoot.
3. Goalie make the save and then pivot and push off the inside edge to get across the crease and square to Player 2.
4. Player 2 shoot.
5. Repeat 3 times on each side.

[http://www.hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album\\_id=40&mid=20121126151159462](http://www.hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=40&mid=20121126151159462)



## G-B2 - 5 Spot Shooting

### **Key Points:**

Goalie practice moving from side to side. Shooters must give the goalie time to set up for the next shot for this drill to be effective.

### **Description:**

#### Alternate Shooting

A. Alternate shooting from one side to the other.

B. 1 dot, 2 dot, 3 point, 4 point, 5 breakaway

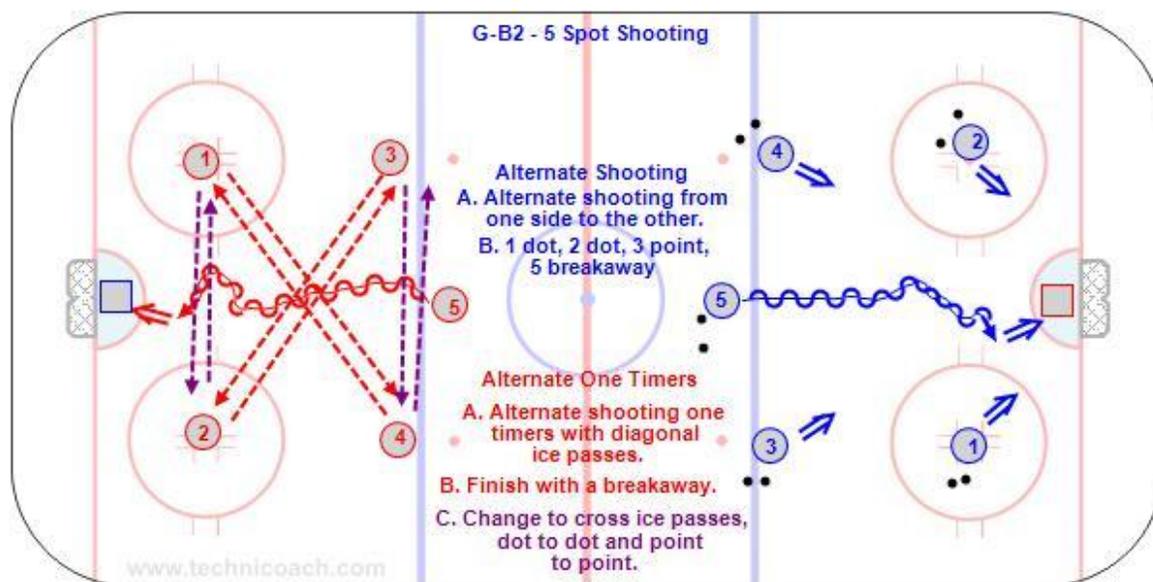
#### Alternate One Timers

A. Alternate shooting one timers. with diagonal ice passes.

B. Finish with a breakaway.

C. Change to cross ice passes, dot to dot and point to point.

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## G-B2-Pass-One Time Shot

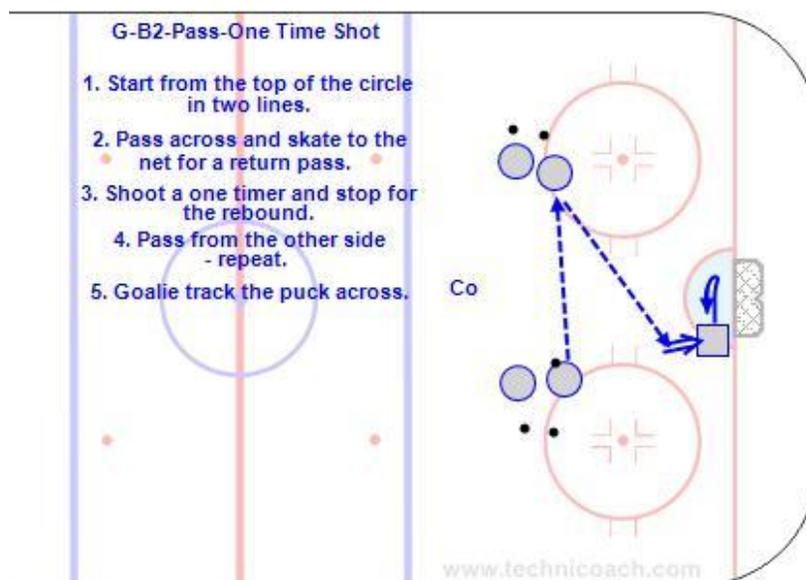
### **Key Points:**

Give and go with the stick as a target and ready to shoot. Turn the body into the shot as much as possible. The goalie must track the puck. Drill is good for goalie movement and scoring practice.

### **Description:**

1. Start from the top of the circle in two lines.
2. Pass across and skate to the net for a return pass.
3. Shoot a one timer and stop for the rebound.
4. Pass from the other side - repeat.
5. Goalie track the puck across.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120814082215799>



## G-B600 Goalie Pass and 1-0 U22

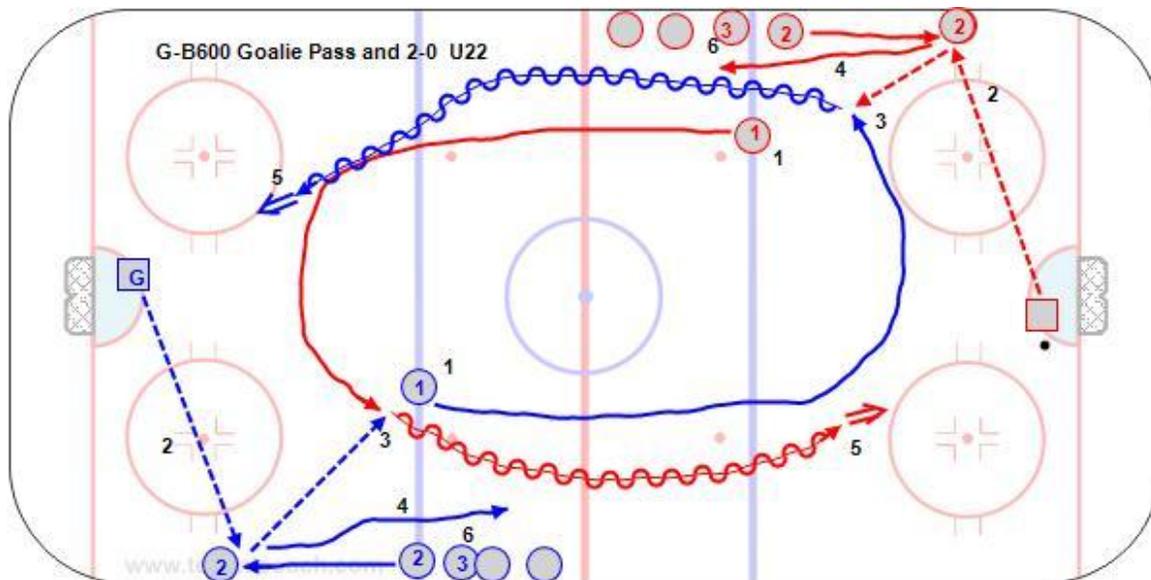
### Key Points:

Hit the net so the goalie can make the save and then make a breakout pass. Give good targets on the wall and time with the other side so goalies have time to pass between shots.

### Description:

1. Red 1 and Blue 1 leave toward far end.
2. Goalie at each end pass to 2 on boards.
3. Blue 2 pass to Red 1 and Red 2 pass to Blue 1.
4. Blue and Red 2's skate to the other end for a breakout pass.
5. Blue and Red 1's shoot on net from top of circles.
6. Red 3 pass to Blue 2 and Blue 3 pass to Red 2.
7. Continue rotation and then switch side after a few minutes.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120903100000853>



## G 3-0 - Triangle Attack Finnish U20

### **Key Points:**

Goalie must stay square to the puck and make the save and then battle to stop the rebound.

### **Description:**

1. One player on each side and one at the mid point.
2. Players take turns skating in and shooting while the other two skaters come in for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120307090122582>

