



# **PWHC Goaltender Development Handbook**

**“It’s a simple job. You must only watch the puck. If you can see it, you can stop it.”**

**Jacques Plante**

**Coach Steve Schmith  
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**This handbook was produced for the benefit of the members of the Prince William Hockey Club. It is intended for use by the club's goaltenders and coaches at all levels. It is modeled after the USA Hockey Southeast Goalie and Goalie Coach Development Camp conducted by Tim Gerrish, USA Hockey National Goalie Coach, and select members of the USA Hockey Southeast District coaching staff. Other ideas, concepts, and drills were drawn from multiple sources and are cited.**

**Special thanks is given to the following individuals whose special efforts contributed to the success of this initiative, which has brought the national Goalie Development Program down to the District level:**

**Tim Gerrish, USA Hockey New York Coach-in-Chief and National Goalie Coach-in-Chief**

**Bob McCaig, USA Hockey Southeast Coach-in-Chief**

**Patrick Keough, USA Hockey Southeast District Associate Coach-in-Chief, Camp Director and Program Coordinator**

**Steve Schmith, PWHC Goalie Development Coach and Editor of this publication.**

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**The USA Hockey Southeast District Goalie and Goalie Coach Development Camp is an annual event open to all goalies, male and female, House of Travel, 2d year Pee wee and above from the Southeast District. Slots are limited, but each Southeast District Associate Coach-in-Chief receives an equal number of slots for each age division. Slots are obtained by applying to their zone's Associate Coach-in-Chief.**

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# **Inspirations:** **Goalie Psych. 101**

**“Because the demands on a goalie are mostly mental, it means that for a goalie the biggest enemy is himself. Not a puck, not an opponent, not a quirk of size or style. Him. The stress and anxiety he feels when he plays, the fear of failing, the fear of being embarrassed, the fear of being physically hurt, all the symptoms of his position, in constant ebb and flow, but never disappearing. The successful goalie understands these neuroses, accepts them, and puts them under control.”**

**Ken Dryden**

**“How would you like it if you were sitting in your office and you made one little mistake? Suddenly, a big red light went on and 18,000 people jumped up and started screaming at you, calling you a bum and an imbecile and throwing garbage at you. That’s what it’s like when you play goal in the NHL.”**

**Jacques Plante**

# **Inspirations:** **Goalie Psych. 101**

**“It’s pretty tough for a goalie when you look at it. You’re always the last line of defense. If you let a goal in you can’t go to the bench and hide between the guys or anything.”**

**Kirk Mclean**

**“It’s not necessarily the amount of time you spend at practice that counts; it’s what you put into the practice.”**

**Eric Lindros**

**“The harder you work, the harder it is to surrender.”**

**Vince Lombardi**

**“There is pressure every time you are in there. That’s the name of the game-pressure. It was torture for me when I was a kid in the bantams, Phil and the other kids bitching and moaning when a puck went by me, and it’s still torture when one goes in.”**

**Tony Esposito**



# The Basics

# Stance

- Feet shoulder width apart, knees bent
- Skates parallel
- Weight slightly forward
- Shoulders and knees aligned over toes
- Hands in front of the body, just outside each knee--First Line of Defense
- Catching glove open
- Stick blade flat on the ice--off the skates!
- Stick held loosely but under control. Grip the shaft just above the paddle, with the index finger across the paddle.
  
- Pointers:
  - Goalie should be able to move the stick from side-to-side in an arc without taking the blade off the ice.
  - Catcher is held just above the pads--it's easier to bring the catcher up to make a save than to force it down.

# Movement

- Shuffle:

- Used to move quickly to maintain a position in between the puck and the net.
- Maintain basic stance
- Take short lateral steps/slides
- Trailing pad must be brought tight to the lead pad
- Stick moves with the lead skate (blade covering opening between skates)
- Weight remains on the balls of the feet

- T-Glide:

- Sideways movement to cover a pass or free moving puck
- Maintain stance at start and finish of move
- Stay low during glide
- Glide on lead skate only
- Stop using inside edge of lead skate and inside edge of training skate
- Lead with the stick

- Backwards and Forwards:

- Maintain stance
- Always face the shooter, using snowplow to stop.

# Technique

- Basics about making saves :

- Never take your eye off the puck--never
- Good positioning (cutting down the angle) means most saves can be made by your body.

**Failing that:**

- Stick covers the opening between the skates and lower left and right sides of the net. Move the stick in an arcing motion to make these saves. Don't take the blade of the ice.
- Catcher covers the off-ice shots on catcher side. Catcher should be open. Bring it up to make saves. Keep your eye on the puck as it flies into your catcher. Once caught, trap the puck and catcher against your chest or stick to prevent a rebound.
- Blocker covers the off-ice shots on blocker side. Simply raise your blocker up to deflect the shot out towards the corner or side boards. Do not jab the blocker out towards the shot.
- These basics apply when using more advanced techniques which are taught in the PWHC clinics: butterfly, half butterfly, two-pad stack, skate saves.



# **Goaltender Skating and Stickhandling Drills**

**“I used to like to handle the puck, I used to like to skate out of my net. I felt that no matter where I was playing, if I had the puck, they weren’t going to score.”**

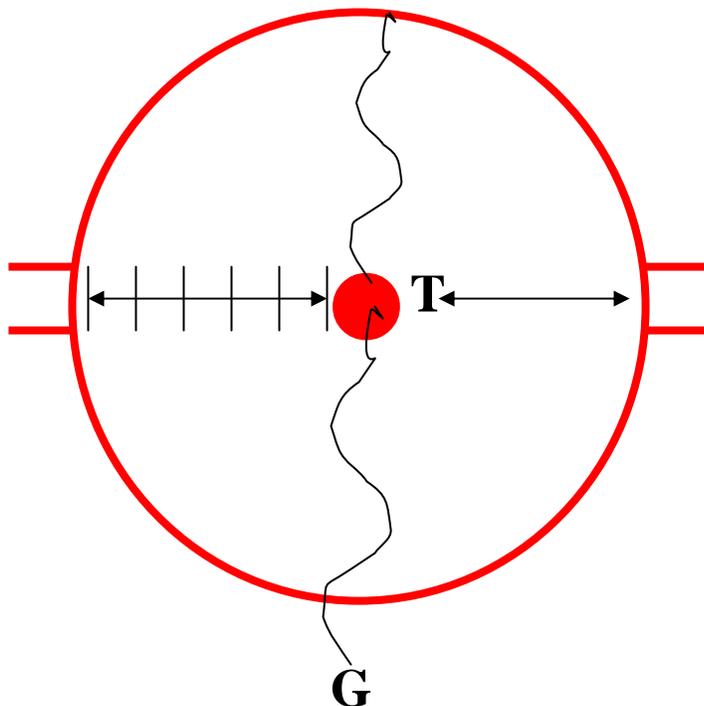
**Gerry Cheevers**

# **Contents**

- **Shuffle and T-Glide in the Circle**
- **Eye on the Puck**
- **Mirror Drill**
- **Goalie “Breakaways”**
- **Circle, Circle, Blue Line**
- **Behind the Net, and To the Corners**

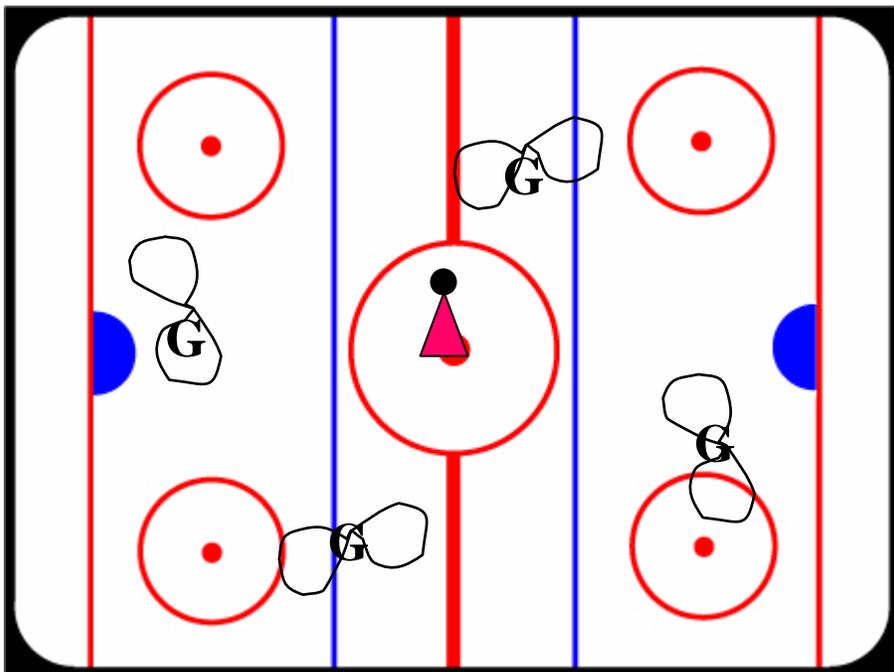
# Shuffle and Glide in the Circle

Goalie starts at the bottom of the circle, skates forward to the dot, shuffles to the left, then back to the dot. He then T-Glides to the right of the circle, then back to the dot. He completes the drill by skating forward to the top of the circle.



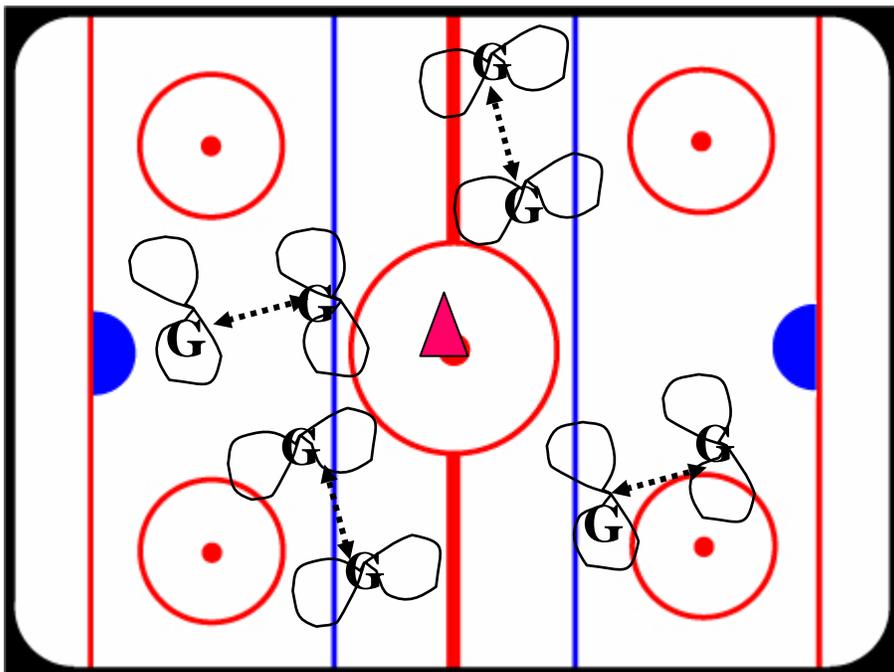
# Eye-on-the-Puck

A puck is placed on top of a cone at center ice. Goalies, spread out on the rink, and place their gloves 8-10 feet apart. They skate figure 8's around their gloves without taking their eyes off the puck.



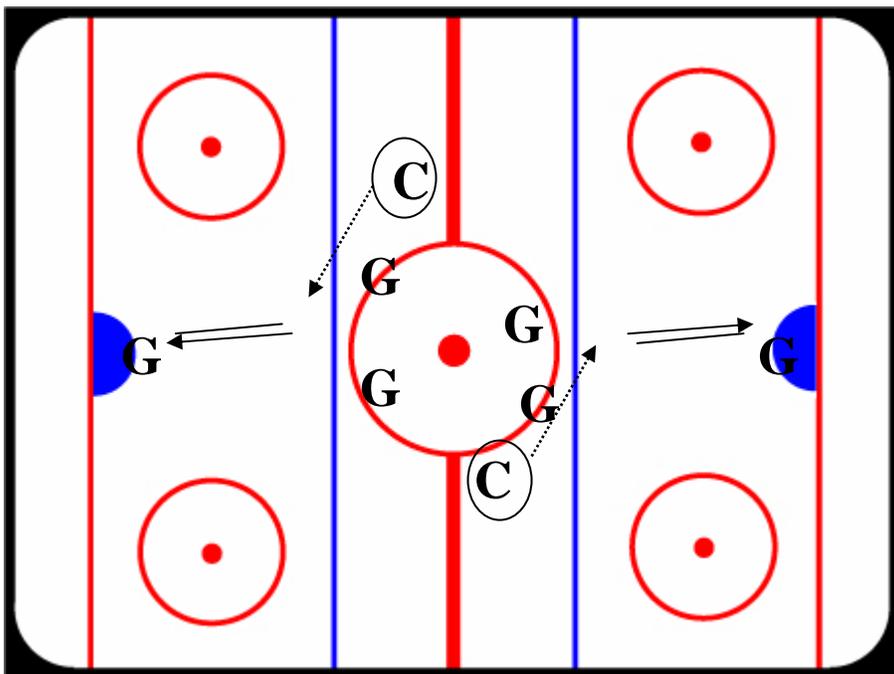
# Mirror Drill

Goalies partner up. One goalie skates haphazardly in a small area, while his partner mimics his every move. Switch roles and repeat. Repeat the drill again, only now the two goalies must pass a puck back and forth while skating.



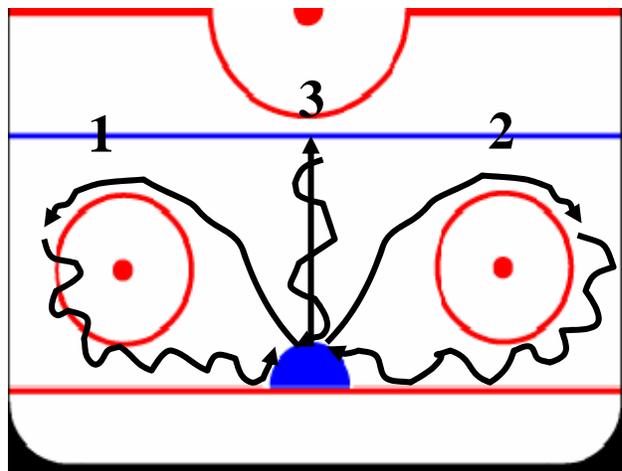
# Goalie “Breakaways”

One goalie in each net. Rest of goalies partnered up and divided in two groups on either side of the red line at center ice. Coaches dump the pucks toward the blue line and goalies race their partners to the puck. The one who gets the puck skates to the goal and shoots. Shooter rotates into the goal for the next two skaters



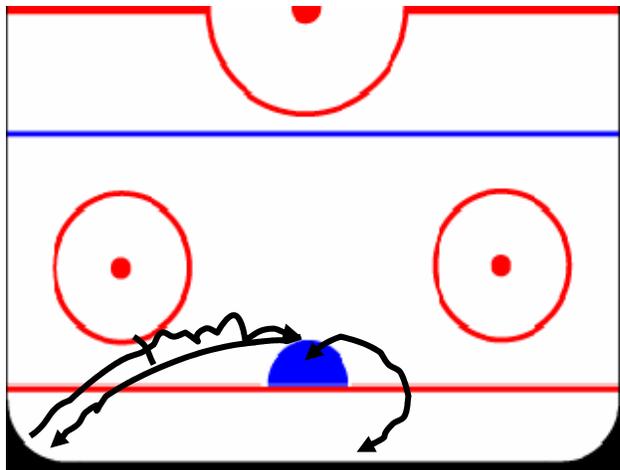
# Circle, Circle, Blue Line

**From the crease, skate forward to the top of the circle, then backwards to the net. Switch to other circle and repeat, then skate forward to the Blue Line, then backward to the crease.**



# Behind the Net and To The Corners

Skate forward to behind the net.  
Stop. Skate backward to the crease and stop. Switch sides and repeat.  
Skate forward to the corner, stop, and forward to the crease, transitioning to backward at the midway point. Switch sides and repeat.





# **Goaltending Skill Drills**



# Contents

## Basic Drills:

- Angles with 5 lanes
- Glove Save
- Blocker Save
- Skate Save
- 3 Dot Shuffle
- Cover puck with glove
- Cover puck with knee
- Backwards skate around cone and save
- 3 Shooters
- Bloopers

## Intermediate Drills:

- Shot from circle w/shuffle
- Jump over and butterfly
- Jump over and stack pads
- Jump Over and Pad Save
- 2-on-0
- 2d Shot Butterfly
- Track the shooter side to side
- Spots on angle shots

## Advanced Drills:

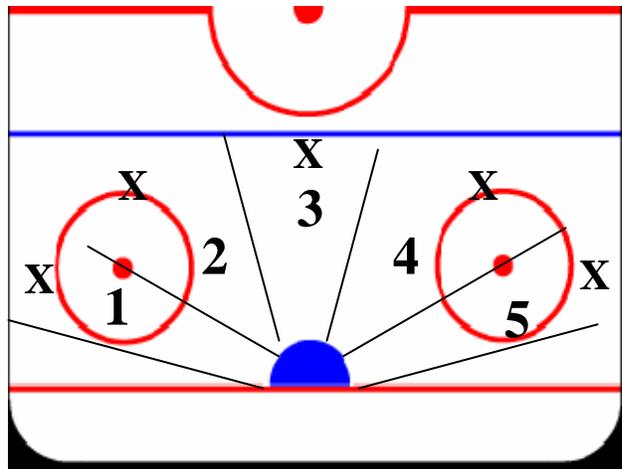
- Shooter behind net--pass or stuff
- Tip-ins
- Poke Check
- 2-pad, recover to 2d shot
- Butterfly, recover to 2d shot
- Tennisballs shot from behind net off boards
- 5 Shooter call-out
- Screens
- Breakaways

## Games:

- 20 second game
- Decision Drill
- Small Game: 2-on-2
- Goalie in the Middle

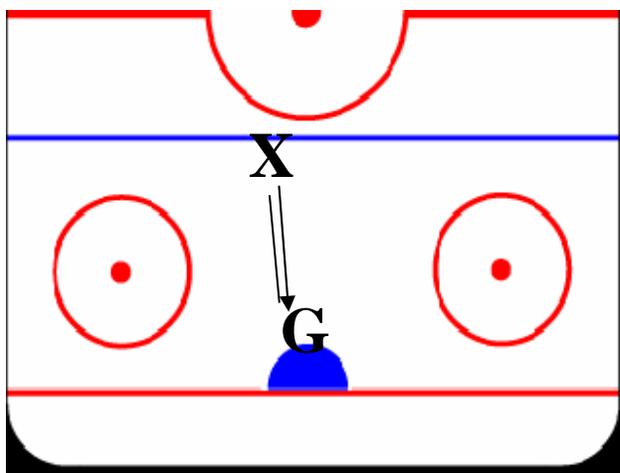
# Angles w/ 5 Lanes

**Paint lanes 1-5 as shown below. Shooter for each lane shoots when coach calls out his number. Goalie positions on angle for shot and makes save.**



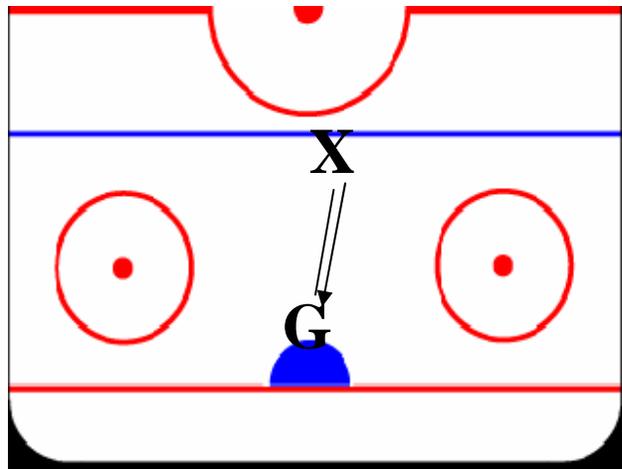
# Glove Save

Shooter shoots for goalie to make a glove save. Can isolate goalie's position so that he's forced to save with glove--put him down on knee opposite glove. Should not require much up and down movement to make save. Catch first without moving whole body.



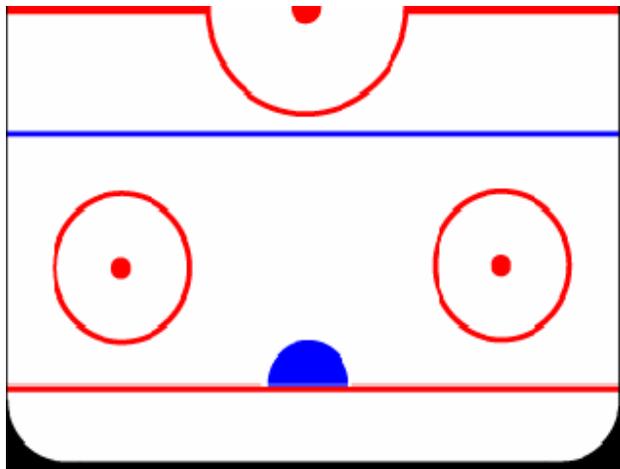
# Blocker Save

**Shooter shoots to blocker side.  
Goalie makes save by lifting stick  
hand up to the shot. Just bring it  
up and let the puck hit the  
blocker.**



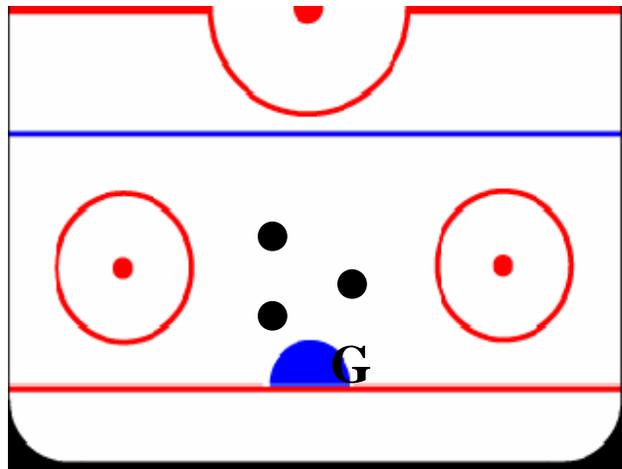
# Skate Save

**Goalie makes save by turning the foot outward facing the inside of the blade to the puck, keeping the blade flat on the ice. His stick should follow the skate. Do the drill first on one knee, then standing.**



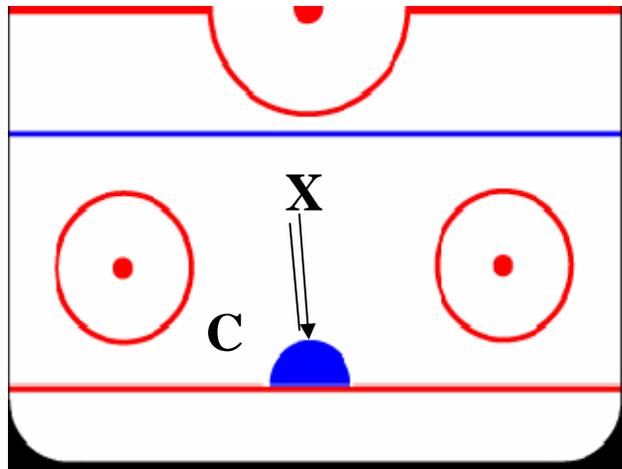
## 3 Dot Shuffle

Goalie starts in the crease, at the far post (at G in drawing). He then shuffles to the left dot for the first shot, then the next dot, then the next, making a save at each. He completes the drill by skating the T-Glide to each dot on his way back to the crease.



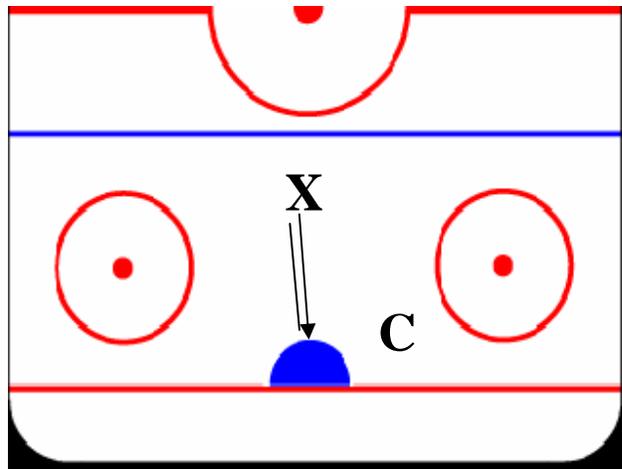
# Cover Puck w/ Glove

Shooter shoots, goalie makes save.  
Coach lobs a puck towards the  
goalie for him to freeze it with his  
catcher.



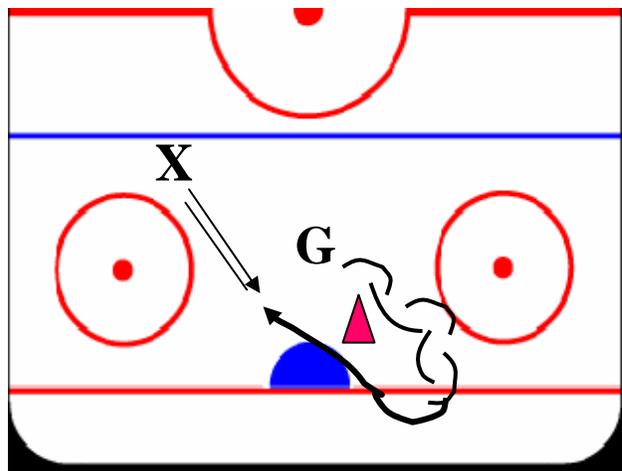
# Cover Puck w/ Knee

Shooter shoots, goalie makes save.  
Coach lobs a puck towards the  
goalie for him to freeze it with his  
knee.



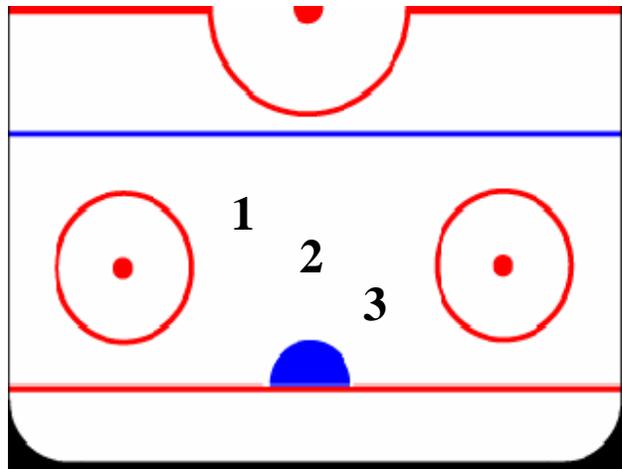
# Backwards Skate Around Cone and Save

Goalie starts in position as shown. On command, he skates backwards around cone, transitions to forward skate and makes save. Goalie should never take his eyes off the puck.



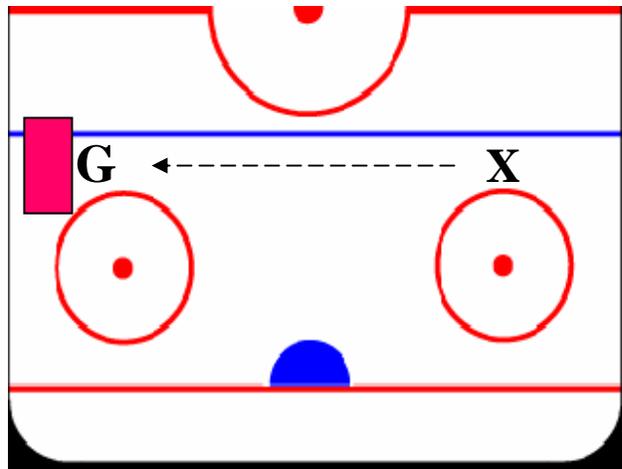
# 3 Shooters

**Three shooters positioned as shown. Goalie must position on angle to each shot as they are called out by the coach.**



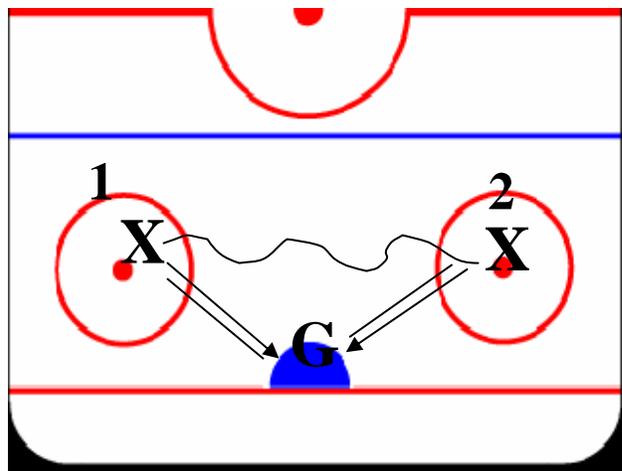
# Bloopers

**From across ice shooter lobs puck in air to cause it to bounce toward the net. Goalie must successfully stop the puck.**



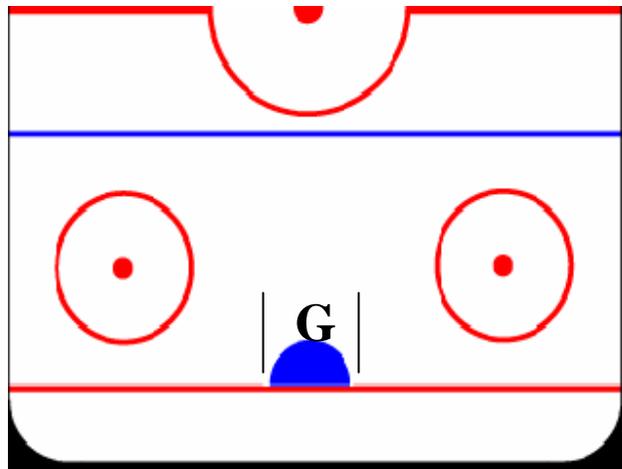
# Shot From Circle with Shuffle

Shooter shoots from first circle, skates to next for second shot. Goalie makes first save, then shuffles following the puck, and makes the second save. Goalie finishes the drill by shuffling post-to-post.



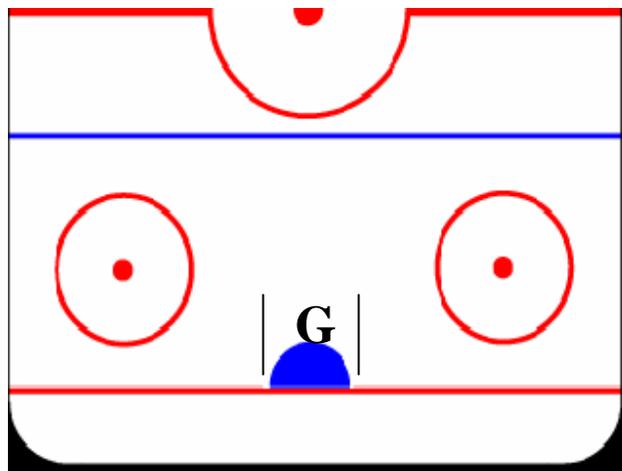
# Jump Over and Butterfly

Paint two lines as shown (or use two sticks). On command, goalie jumps over the line to one side on one foot, then butterflies back to shot for save. He then repeats the drill to other side.



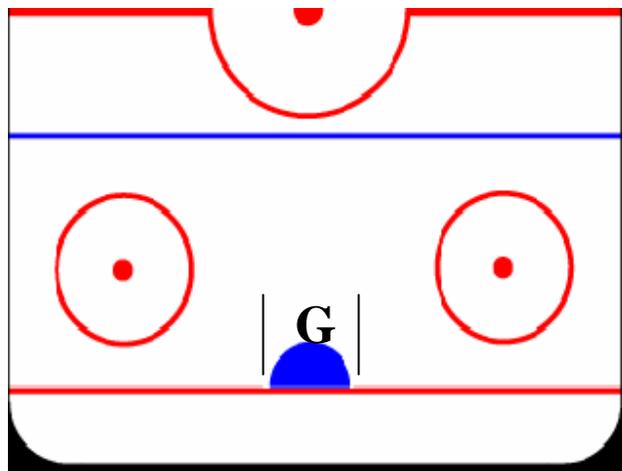
# Jump Over and Stack Pads

Paint two lines as shown (or use two sticks). On command, goalie jumps over the line to one side on one foot, then back stack pads for save. He then repeats the drill to other side.



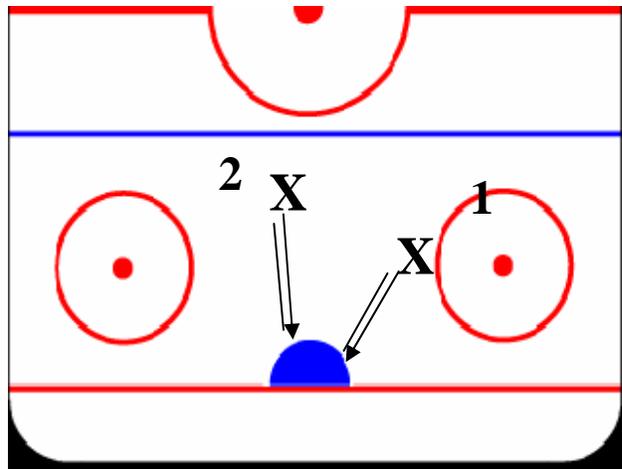
# Jump Over and Pad Save

Paint two lines as shown (or use two sticks). On command, goalie jumps over the line to one side on one foot, then back to kick shot out to corner for save. He then repeats the drill to other side (left foot, then right foot). Coach throws the puck--no shooters.



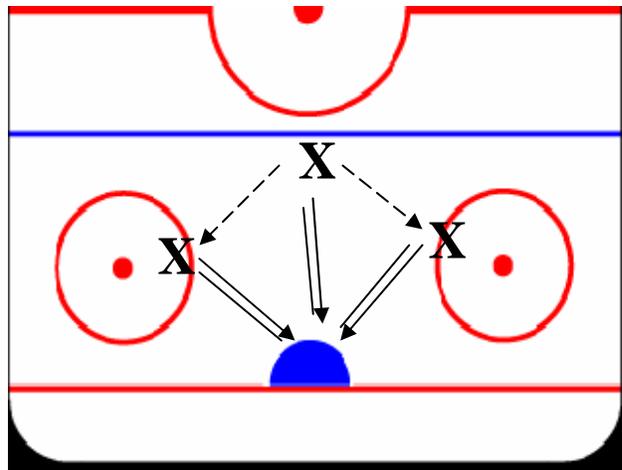
# 2-on-0

**Two shooters attack the net. One shoots from the outside. Goalie makes save, then recovers to second shot down the middle.**



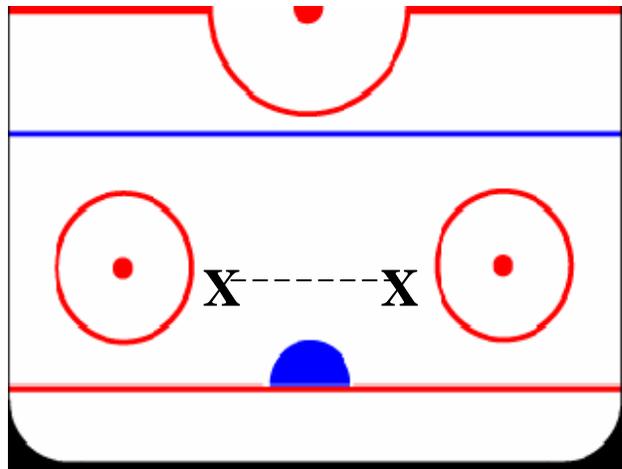
# 2d Shot Butterfly

Shooter shoots from the high slot, goalie makes save. Shooter passes to second shooter on either side of net where goalie must make butterfly save against second shot.



# Shooter Side-to-Side

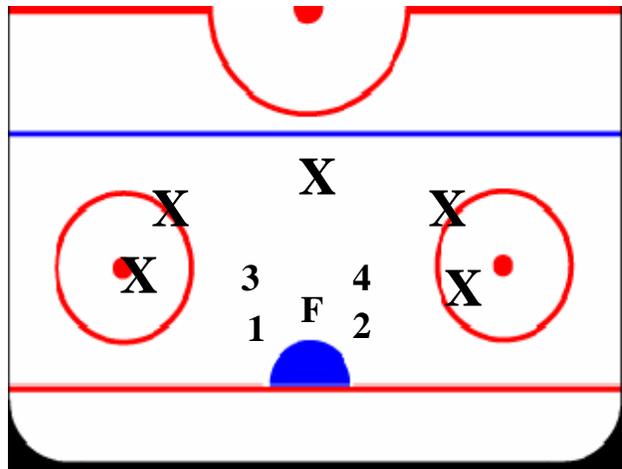
**Shooter skates from one side to the other (in close) then shoots. Goalie should track the puck and move using shuffle to make the save. Do both sides.**



# Spots on Angle Shots

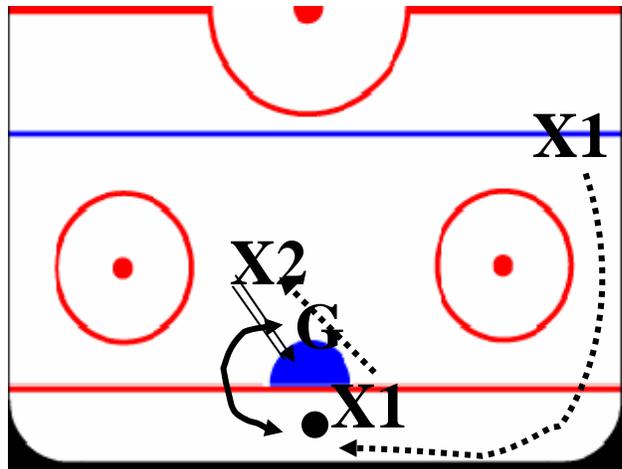
Shooters are positioned to shoot on angles marked by the numbers painted on the ice as shown.

Coach calls out a number, goalie positions himself on the number to play the angle and make the save.



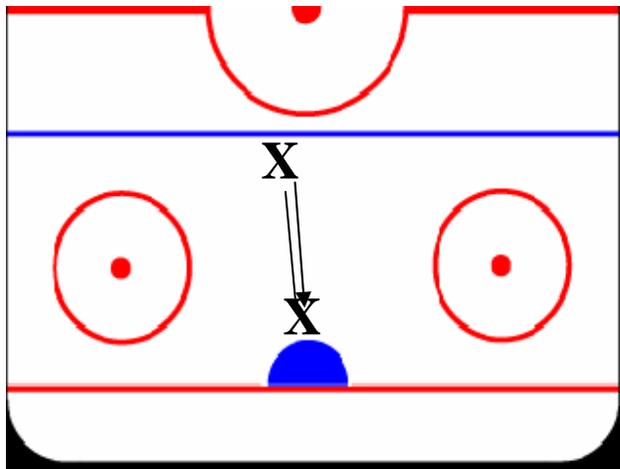
# Shooter Behind Net

Shooter 1 dumps puck around back of net. Goalie skates to stop the puck behind the net. Shooter 1 skates to the puck and attempts a wrap-around, or passes to shooter 2 in front. Goalie maintains sight of puck at all times and does not get caught on the wrong side of the net. Never lets the shooter get to the middle of his body.



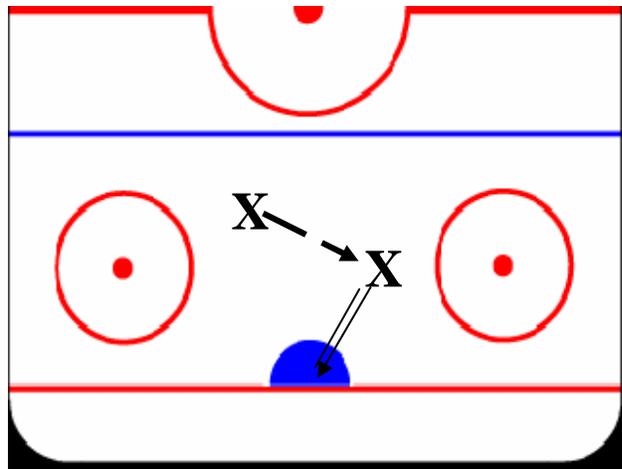
# Tip-ins

**One shooter shoots on net while a second attempts to tip-in the shot.**



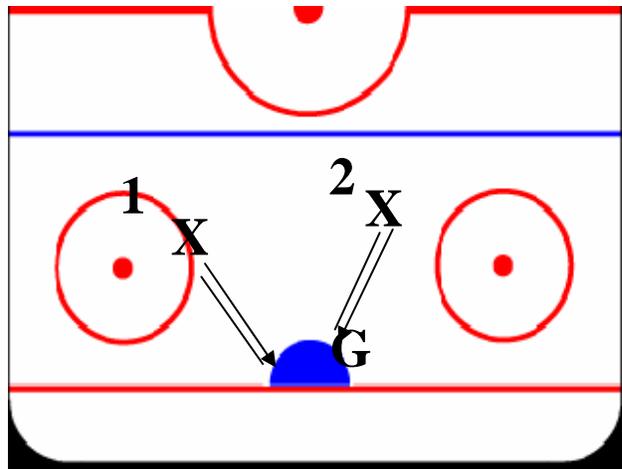
# Poke Check

**2 shooters attack the net and must pass three times before shooting.  
Goalie tries to poke check.**



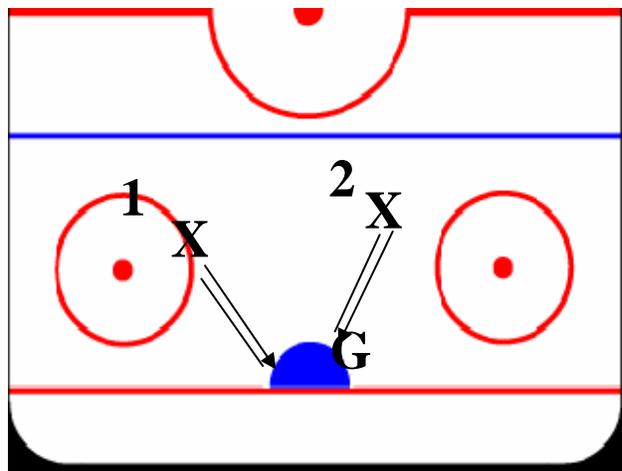
# 2-Pad, recover to 2d Shot

Goalie makes two-pad save on first shot (1) then recovers to 2d shot for save (2).



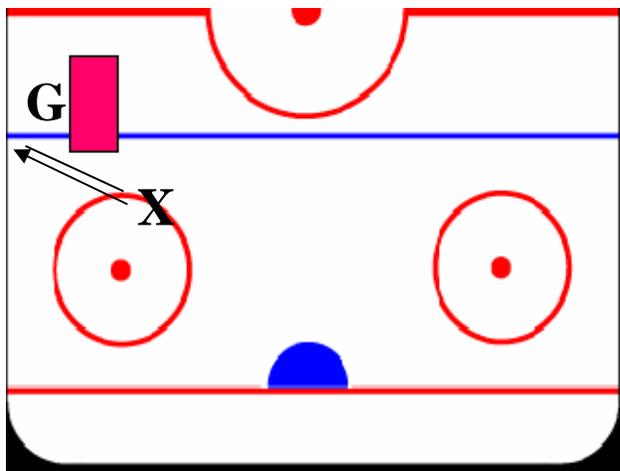
# Butterfly, Recover to 2d Shot

Goalie makes butterfly save on first shot then recovers to 2d shot for save.



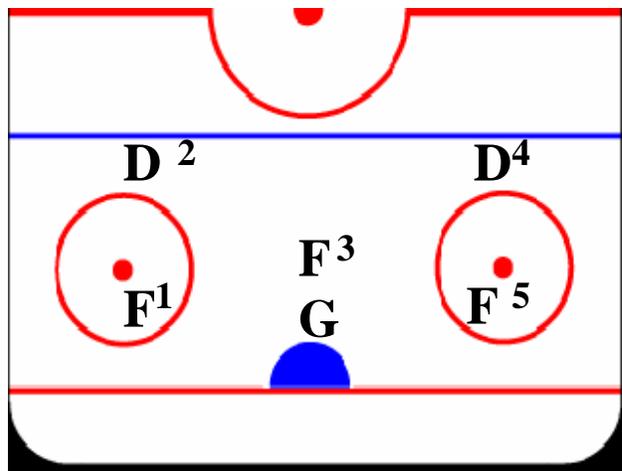
# Tennisballs Shot from Behind

With the net facing the boards, shooter from behind the net shoots a tennis ball off the boards to try to ricochet it into the net. Goalie reacts to shot coming off the boards.



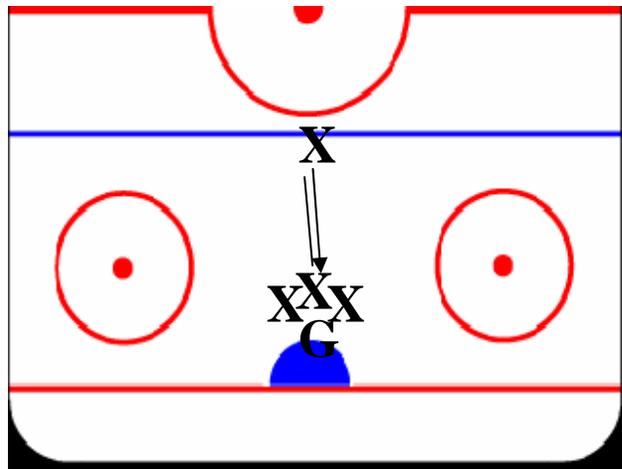
# 5 Shooter Call-out

Three forwards in zone and two defensemen on point. Coach calls out numbers on the ice marking their positions for goalie to react to a shot from those positions.



# Screens

**Three shooters crowd the front of the crease and one shooter shoots on net. Goalie either plays the screen in the butterfly, or gets in close to the screen to see the shot.**

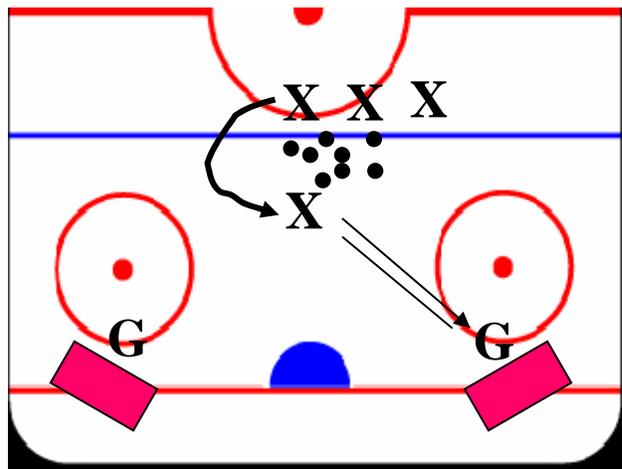


# Breakaways

With two or three nets at one end of ice, group of shooters pick and choose which goalie to attack.

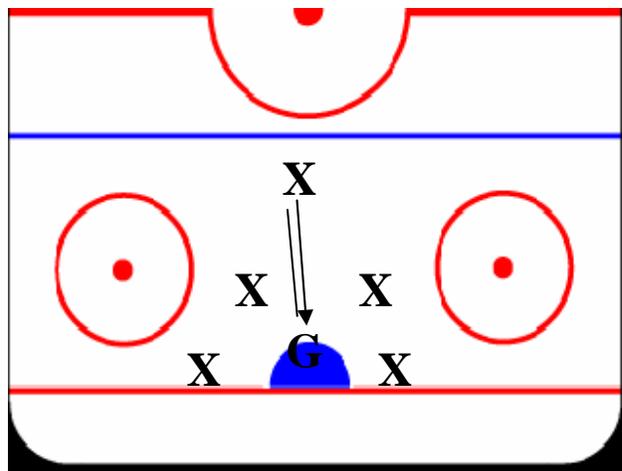
Goalie reacts to breakaway and makes save. Technique: Ideal space between goalie and shooter is about 1 1/2 stick lengths.

Preferred saves are the butterfly or 2-pad stack. Poke check only when shooter's head is down and hands are in front. At mid-crease, goalie must do something.



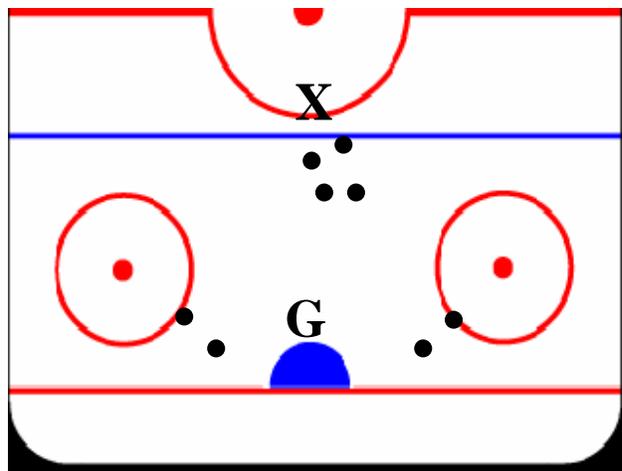
# 20 Second Game

Shooter in high slot initiates game with first shot. Must go through goalie for goal to count--no corner shots. Four other shooters around slot and crease have 20 seconds to score. If they fail to score in time allowed, goalie is awarded one point. If they do score, one point for the shooters. Other goalies can be used as shooters in close.



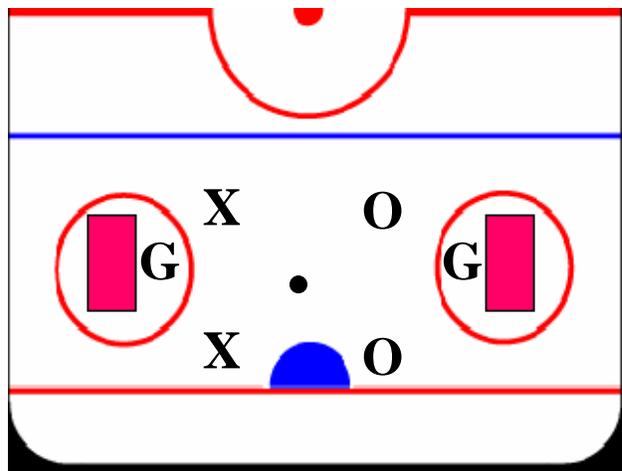
# Decision Drill

Four pucks are placed as shown. Shooter can shoot or deke and has a total of four pucks to shoot. He can go as quickly as he can skate back to the blue line to get the next puck. During the drill, the goalie must select the right moment to clear the four placed pucks to the corners.



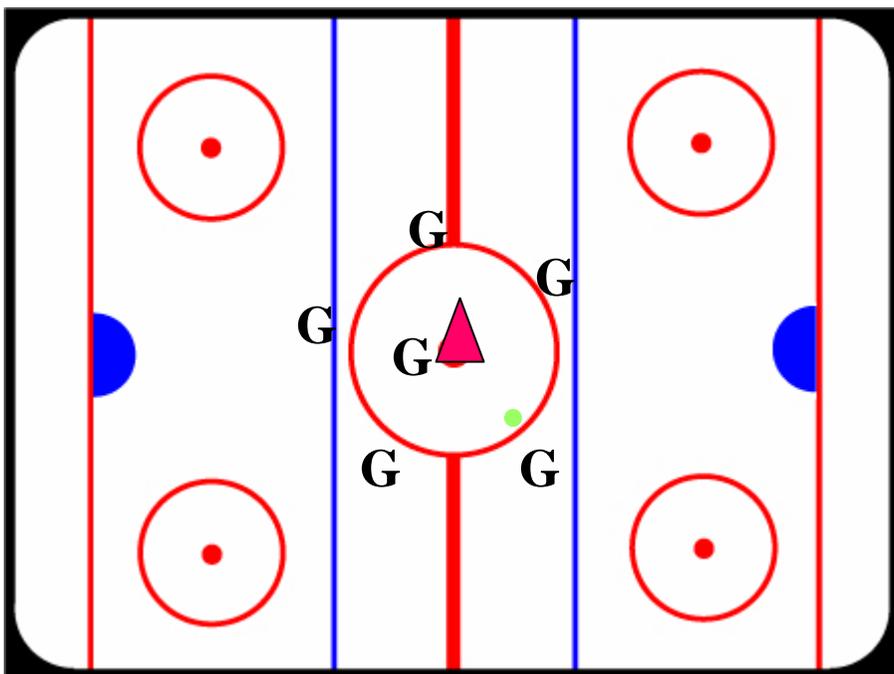
# Small Game: 2-on-2

**Cross ice game as shown. Two shooters vs. two. Change shooters and goalies every 30-40 seconds. Shooters should focus on taking lots of shots, not hot-dogging.**



# Goalie in the Middle

With a pylon positioned in the middle of a circle, goalie defends it from other goalies positioned around the circle who are throwing a tennis ball at the pylon. The goalie can't touch the pylon. Whoever hits the pylon with the ball, gets to be in the middle.





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