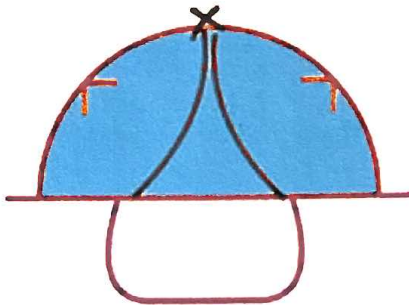


WORLD PRO GOALTENDING

Post and Out



- Goalie starts on glove post in set position.
- Goalie pushes through middle of the crease to top of the crease, stops and holds set position.
- Goalie rotates to push and recover to opposite post, holds set position.

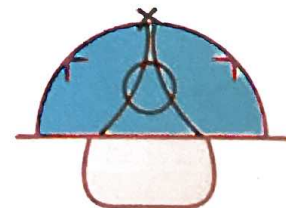
Technical Skills and Key Points

Goalie should maintain proper stance with knees bent at a 60 degree angle, stick in front of goalie's skates, elbows bent so gloves are facing out, feet are shoulder width apart, the back up and exposed.



Insure to maintain proper post positioning with skates inside the post, back foot off the goalline, stick as close to post skate as possible, post arm sealing the post and glove near glove hip when set on blocker post.

When moving through the crease identify the middle of the crease to ensure the middle of the net is taken away as quickly as possible. This also ensures the goaltender is set square to the target.



Legend

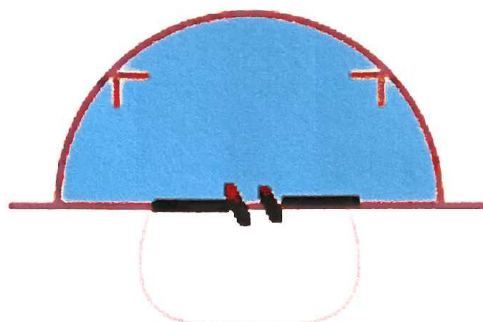
X - Stance

○ - Center of Crease

— - T Push

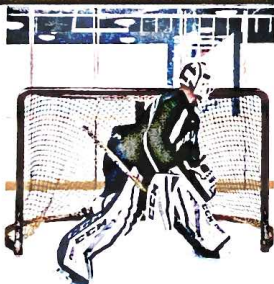
WORLD PRO GOALTENDING

Post to Post



- Goalie starts on glove post in set position.
- Goalie shuffles to middle of the crease keeping glove skate close to goalline and back foot off. Goalie then rotates to switch feet positioning and looks over blocker shoulder.
- Goalie pushes to blocker post and holds set position.

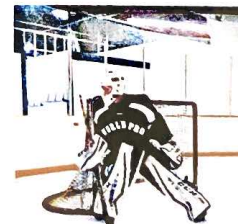
Technical Skills and Key Points



Goalie needs to keep head turned to look over appropriate shoulder. Head should be looking over same shoulder as skate that is on the goalline.



Insure to maintain proper post positioning with skates inside the post, back foot off the goalline, stick as close to post skate as possible, post arm sealing the post and glove near glove hip when set on blocker post.

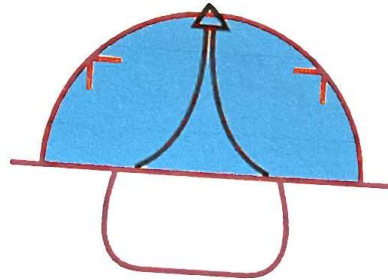


Legend

— \ / — - Push-Turn-Push Along Goalline (shuffles)

WORLD PRO GOALTENDING

Post and Out with Recovery



- Goalie starts on glove post in set position and pushes through middle of the crease to top, stops and holds set position.
- Goalie goes down into butterfly and holds for 2 seconds.
- Goalie rotates while in butterfly to recover and push to opposite post, holds set position.

Technical Skills and Key Points

When going down into butterfly, goalie must push hips and knees forward, not skates out. Back should be kept tall and gloves tight to the body with stick in front of the five hole. To recover goalie turns head, shoulders and chest square to target, rotates hips and lifts back foot as close to lead knee as possible.



Insure to maintain proper post positioning with skates inside the post, back foot off the goalline, stick as close to post skate as possible, post arm sealing the post and glove near glove hip when set on blocker post.

When moving through the crease identify the middle of the crease to ensure the middle of the net is taken away as quickly as possible. This also ensures the goaltender is set square to the target.



Legend

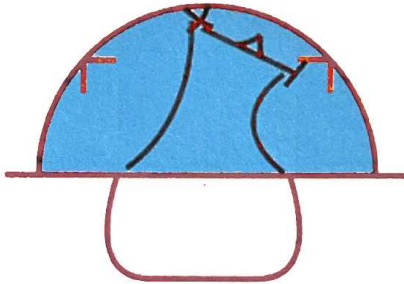
△ - Butterfly

— - T Push

○ - Center of Crease

WORLD PRO GOALTENDING

Post Out Slide and Up



- Goalie starts on glove post in set position.
- Goalie pushes through middle of the crease to top of the crease, stops and holds set position.
- Goalie rotates to open up to blocker face-off dot and slides.
- When goalie reaches square to face-off dot, goalie recovers to blocker post

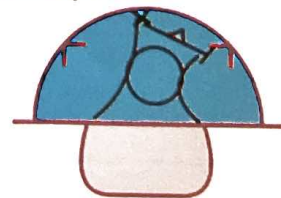
Technical Skills and Key Points

When sliding, goalie must open chest square to target (face-off dot) and slide by dropping lead leg, pushing with back leg and bringing knees together in slide to close 5-hole. When recovering in motion goalie should recover with lead leg.



Insure to maintain proper post positioning with skates inside the post, back foot off the goalline, stick as close to post skate as possible, post arm sealing the post and glove near glove hip when set on blocker post.

When moving through the crease identify the middle of the crease to ensure the middle of the net is taken away as quickly as possible. This also ensures the goaltender is set square to the target.



Legend

X - Stance

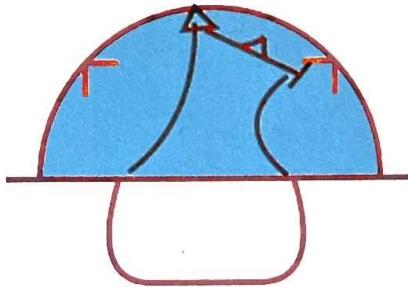
— - T Push

△ - Butterfly Slide

○ - Center of Crease

WORLD PRO GOALTENDING

Post Out, Inside Edge Push and Up

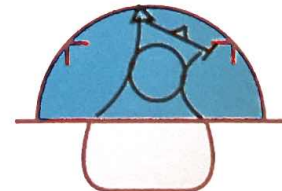


- Goalie starts on glove post in set position.
- Goalie pushes through middle of the crease to top of the crease, stops and holds set position.
- After holding stance for two seconds goaltender goes down into butterfly.
- Goalie opens up to blocker face-off dot and inside edge pushes to target. Goalie then recovers to near side post.

Technical Skills and Key Points



When goalie pushes with inside edge, goalie must first open up his/her target, raising back leg while keeping lead knee on the ice. When raising the back leg, keeping the back skate as close to the inside knee as possible to maximize power.



When moving through the crease identify the middle of the crease to ensure the middle of the net is taken away as quickly as possible. This also ensures the goaltender is set square to the target.

Legend



- Butterfly



- Middle of Crease



- Inside Edge Push



- T Push