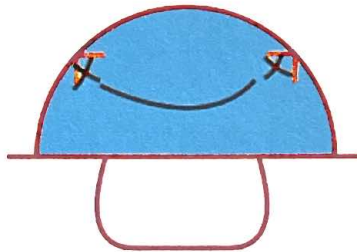


# WORLD PRO GOALTENDING

## Face-Off Dot to Face-Off Dot



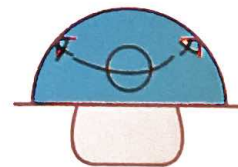
- Goalie starts square to glove face-off dot in stance.
- Goalie rotates to open head and chest to opposite face-off dot.
- Goalie pushes through middle of the crease to blocker face-off dot.

## 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.

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

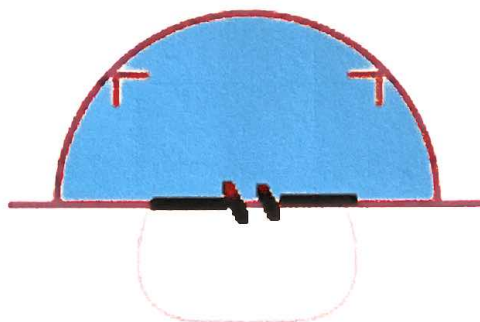
X -Stance

○ -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.

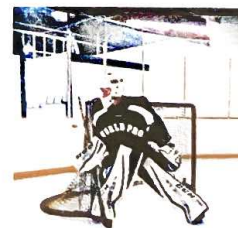
## Technical Skills and Key Points



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.



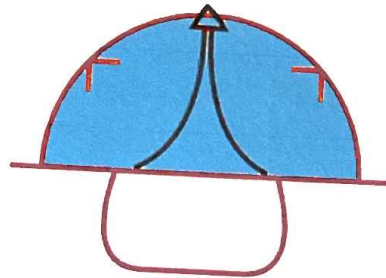
## Legend

— \ / — - 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

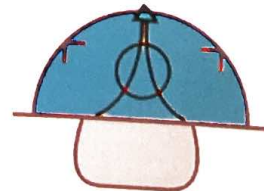
When going down into butterfly, goalie must push hips and knees forward, not skates out. Back should be kept tall and gloves tight to the body with stick in front of the five hole. To recover goalie turns head, shoulders and chest square to target, rotates hips and lifts back foot as close to lead knee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

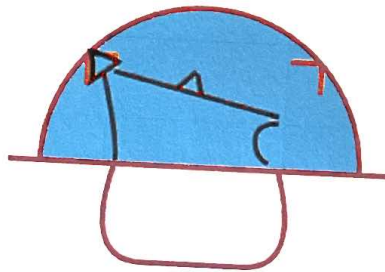
△ - Butterfly

— - T Push

○ - Center of Crease

# WORLD PRO GOALTENDING

Post, Face-Off Dot, Inside Edge Push



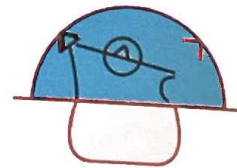
- Goalie starts on glove post in set position.
- Goalie pushes from post to near side face-off dot and holds stance for two seconds before going down into a butterfly.
- Goalie opens up to blocker face-off dot and inside edge pushes to target. Goalie then recovers to near side post.

## Technical Skills and Key Points



When goalie pushes with the inside edge, goalie must first open up to 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

— - T Push

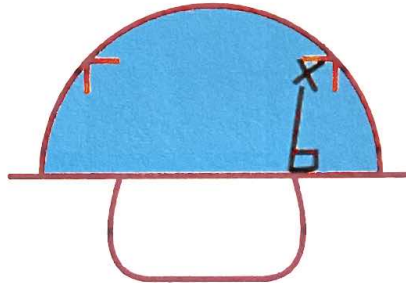
○ - Center of Crease

↗ - Inside Edge Push



# WORLD PRO GOALTENDING

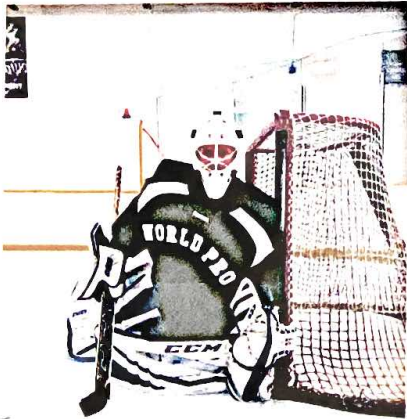
Face-Off Dot, Post, Knee Drop or RVH



- Goalie starts at face-off dot and pushes to near side post.
- Once set at post, goalie executes a knee drop or RVH
- Goalie holds position, then recovers and pushes to near side face-off dot to repeat drill.

## Technical Skills and Key Points

RVH: When transitioning down, the goalie must maintain body position at the post, sealing things tightly along the post.



Knee drop: When transitioning down, the goalie must bring his/her body in front of the post, creating a tight seal. Once down, the goalie must be facing the area where the shot would come from and have body position above the goal line.

## Legend



- Stance



- Knee Drop or RVH



-T Push