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Contents

Stance..... 2

Butterfly 4

T-push, Parrallel shuffle & C-cut 6

T-push 7

Parrallel Shuffle..... 8

C-cut..... 9

Full Recovery..... 10

On-Ice Recovery 11

“Stance

Purpose: To maximize net coverage and ability to move while maintaining balance.

Body Position: Feet – Little more than shoulder’s width apart, slight ankle bend with weight slightly on inside edges of the balls of feet.

Skates – Parallel to each other.

Knees – Push knees forward creating a slight bend which applies pressure to the balls of the feet.

Similar to a golf stance or batting stance.

Chest – Up so shooter can see the logo of the jersey.

Allows balance to be slightly forward.

Increases net coverage.

Helps tracking high shots.

Shoulders - Parallel to each other and level to maintain proper chest positioning.

Gloves should be out in front of the body creating good balance. They should also be placed just outside the width of the goaltender’s chest with elbows slightly outside of the body creating no double coverage (See specific glove sheet).

Stick – 8 to 12 inches in front of skates resting on a slight angle allowing for proper cushion on shots at stick and coverage of five hole.

Never hold stick perpendicular to the ice.

Benefits of a Proper Stance:

Allows goaltender to be balanced and under control.

Proper balance limits excessive and/or wasted movement.

Leads to more efficient movement and save selection.

Tendencies:

Goaltenders have feet too wide. This limits movement and save selection.

Goaltenders have feet too narrow. This limits power in movement, lessens lower net coverage, and decreases balance.

Poor glove positioning leads to wasted movement and poor puck control (See specific glove sheet).

Chest bent over creates poor balance and trouble tracking high shots.

Butterfly

Purpose: To eliminate the lower portion of the net while maintaining balance and recovering ability.

Body Position:

Chest – Up so shooters can see the logo of the jersey.

Improves balance and net coverage.

Shoulders - Parallel to each other and level to maintain proper chest positioning.

Pads – Extended to the sides with inside of pads flush on the ice and knees together.

When dropping into a butterfly the goaltender should quickly drive knees onto the ice.

Butt Up – Helps with the following:

Keep chest up and maintain balance.

Improves net coverage and keeps knees on the ice.

Maintains positioning for proper and quick on ice or full recoveries.

Gloves should be out in front of the body creating good balance. Gloves should also be placed just outside the width of the goaltender's chest with elbows slightly outside of the body creating no double coverage (See specific glove sheet).

On shots in tight a goaltender should bring elbows in and to the side of the body eliminating any holes and forming a wall.

On shots from 1 foot away a goaltender can extend arm and angle glove above the puck.

Stick – 8 to 12 inches in front of skates resting on a slight angle allowing for proper cushion on shots at stick and coverage of five hole.

Never hold stick perpendicular to the ice.

Benefits of a Proper Butterfly:

Allows goaltender to be balanced and under control.

Proper balance limits excessive and/or wasted movement.

Leads to more efficient movement and recoveries.

Tendencies: Goaltenders sink butt back to the heels of skates.

This causes:

Poor recovery and balance.

- o Limits net coverage.
- o Separates knees opening a hole between the legs.

Stick is extended too far out in front of the goaltender's knees. This creates a ramp for pucks to go over goaltender's shoulders.

Sinking chest and shoulders limits net coverage.

T-push, Parrallel shuffle & C-cut

Purpose: To get the goaltender in position to read play and choose proper save selection while maintaining stance, balance and net coverage.

T - Push:

Side to side explosive movement.

Used to quickly cover big and small areas of the crease. This movement allows the goaltender to set feet in position ahead of the play in order to read play and choose proper save selection.

Parallel Shuffle:

Side to side short distance movement.

Used to stay square and on angle to the puck.

Minimizes holes in stance while moving with puck carrier.

C – Cut:

Forward and backward skating.

Keeps goaltender square to shooter while moving forwards and backwards.

Allows goaltender to take ice and set feet while not opening holes in stance.

T-push

Purpose: Side to side explosive movement used to cover big and small areas of the crease. This movement allows the goaltender to set feet in position ahead of the play in order to read play and choose proper save selection.

Terminology:

“Drive” Leg

The opposite leg of the intended direction.

“Drive” leg used to initiate side to side movement

“Lead” Leg

The leg of the intended direction.

“Lead” leg is used to carry the momentum and weight in side to side movement.

“Small” T - push

Same terminology as above. Effective to quickly gain net and ice in small areas.

Proper Use:

Used to quickly gain ice in the crease and set feet while following the play.

Movement should be quick and explosive.

Technique:

Turn head / eyes towards the intended direction and lead with stick and gloves.

Heel of “lead” leg is brought slightly back towards “drive” leg then pivots in desired direction.

Weight is placed on the inside edge of the balls of the “drive” leg skate.

Lift “drive” leg skate slightly off the ice after initial push.

To stop turn inside edge of the lead leg skate and resist momentum.

Set feet in stance square to potential shot angle.

Parrallel Shuffle

Purpose: Side to side short distance movement. Helps goaltender stay square to the puck while minimizing holes in stance when moving.

Terminology:

“Drive” Leg

The opposite leg of the intended direction.

“Drive” leg used to initiate side to side movement

“Lead” Leg

The leg of the intended direction.

“Lead” leg is used to balance and stabilize side to side movement.

“Lead” leg offers some resistance to control side to side movement.

Proper Use:

Used to stay square to the puck when shooter is carrying the puck in tight or across the slot.

Technique:

In stance goaltender is square to the puck.

Weight is on the inside edges of the balls of the feet.

To start shuffle transfer weight to the ball of the foot on the inside edge of the “drive” leg.

Bring “drive” leg back to regular stance position.

“Lead” leg maintains stance position and stabilizes momentum.

To stop, place weight on inside edge of the lead skate and resist momentum.

C-cut

Purpose: Forward and backward skating that keeps the goaltender square to the shooter and allows goaltender to take ice without opening holes in stance.

Proper Use:

Used to take ice in the crease in order to stay square to shooter, maintain net coverage, and be in position for proper save selection.

Off post helps goaltender stay square to angle and gain net coverage.

On breakaways 1 C - cut helps goaltender gain momentum moving backwards.

To maintain stance position while moving forwards and backwards.

Technique:

C – Cut Forwards:

Weight placed firmly on the heel of the inside edge.

Toe of skate is under body.

With the heel cut the letter C into the ice while maintaining weight on the heel of the inside edge.

Weight goes out then in while forming a “C.”

C – Cut Backwards:

Weight placed firmly on the toe of the inside edge.

Toe of skate is under body.

With the toe cut the letter C into the ice.

Maintain weight on the toe of the inside edge.

Weight goes out then in while forming a “C.”

Full Recovery

Purpose: To efficiently recover onto feet after dropping into butterfly or half butterfly position to make save.

Terminology:

“Drive” Leg

The opposite leg of the intended direction.

“Lead” Leg

The leg of the intended direction.

Proper Use:

Used when the play and puck go to the outside after goaltender drops to ice to make save.

Technique:

“Drive” leg is always the first leg up onto the ice.

When recovering to the right the left leg is the “drive” leg.

When recovering to the left the right leg is the “drive” leg.

Rotate waist and bring “drive” leg in front of “lead” leg knee. This will rotate goaltender on angle.

Lift “drive” leg skate onto ice and place weight on the inside edge of the “drive” leg skate.

Quickly rotate and keep “lead” leg extended when moving in order to fill space.

On-Ice Recovery

Purpose: To efficiently recover across the ice after dropping into butterfly or half butterfly position to make save.

To minimize body movements.

Terminology:

“Drive” Leg

The opposite leg of the intended direction.

“Lead” Leg

The leg of the intended direction.

Proper Use:

Used when the puck/rebound is in tight after goaltender drops to ice to make save.

Technique:

“Drive” leg is always the first leg up onto the ice.

When recovering to the right the left leg is the “drive” leg.

When recovering to the left the right leg is the “drive” leg.

Rotate waist and bring “drive” leg in front of “lead” leg knee. This will rotate goaltender on angle.

Lift “drive” leg skate onto ice and place weight on the inside edge of the “drive” leg skate.

Quickly rotate and keep “lead” leg extended and flush on the ice in order to fill space.

After pushing off bring “drive” leg flush onto the ice and together with “lead” leg.”

Sources Sited:

USA Hockey. “USA Hockey.” 2001-2009 USA Hockey, Inc.

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