

THE PRO STOCK HOCKEY **GOALIE E-BOOK**

Electronic book featuring tips, guides, articles, and blogs from former goalies and current coaches to help enhance the game of a goaltender.

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HOCKEY GOALIE E-BOOK: INTRODUCTION

There's a crowd in the crease, just inches away. You feel pulsating pressure, the harsh heat mounting despite the expanse of ice all around. Suddenly, a puck rockets through the tangle of bodies in front of you. Its target: the back of the net. You slow it down in your mind. Freeze it. Throw your glove up. Squeeze it. And then you get ready to do it all over again.

Only those who have worn a goalie's mask and pads and anchored themselves between the pipes of a hockey net can relate to all of the intricacies and nuances that come with being a goaltender. It is with these experiences in mind that we have assembled this hockey goalie e-book.

Among the following pages, you will find tips, advice, philosophies, personal stories, history lessons and more — all shared by some of the sharpest goaltending minds in the game. This collection is designed to help you enhance your game; to educate, inform and entertain you until it's time to take the ice again and make your next save.

A Treasure Trove of Tips and Insight

We reached out to some of hockey's top authorities on goaltending: current and former professional players, renowned NHL and college coaches, instructors from goaltending schools, and even a certified exercise physiologist whose nickname is "the goalie whisperer."

Nearly two dozen have contributed to this collection, providing wisdom on everything from advanced goaltending techniques (such as how to defend against wraparounds) to tips for beginners from an Olympics medal winner. Here's just some of what you'll find in this e-book:

- An essay on the history and evolution of the butterfly style of goaltending, and tips for perfecting it.
- A deep dive into visual focus by a longtime NHL goaltending coach who has been called "one of the top 10 geniuses in hockey."
- The five traits of great goaltending coaches, as listed by a coach who mentored at least seven goalies who reached the NHL.
- The aforementioned "goalie whisperer" runs down the five definitive exercises that every hockey goalie should incorporate into his or her training routine.
- Tips on game management from a former Boston Bruins and Team USA goaltending coach.
- An ex-Tampa Bay Lightning goaltender writes about staying healthy.
- The owner of a goalie school, a professional goaltender who once took part in training camp with the Blackhawks, recounts experiences that taught him a goalie's mindset is more important than his or her skills set, and that failure can be used as motivation.
- The founder of Goalrobber Hockey Schools shares "Principles for the Elite Goaltender," including that mental strength is the most crucial attribute.

We'll also introduce you to each contributor with a brief biography, and provide links to their websites and social media pages so you can continue to benefit from these experts' goaltending experiences. We hope you use this hockey goalie e-book as a resource to make your next great save.

DRINK UP! STAY HEALTHY

by Brian Eklund

Goaltending is a unique and unusual position in the game of hockey. Not only do we stand by ourselves, and are the last line of defense, but we also wear a lot of heavy padding. These protective layers of Kevlar, plastics, foams, and nylons protect us from vulcanized rubber being shot at us in excess of 90 MPH. With all of its great protective elements, there is also a large pitfall that comes with it... heat retention. Due to large amounts of body heat being trapped under this equipment, goaltenders are susceptible to excessive water loss more than any other position in the game of hockey; which can possibly lead to dehydration, and heat stroke.



It is hard to believe that we could be talking about dehydration with a winter sport that is played in an air conditioned building on ice, but it is a very real problem. USA hockey acknowledges that fluid loss is a real problem in our sport and has established guidelines to proper hydration. The problem is that if you were to look at many of the guidelines you would notice that they talk almost exclusively about players, and ignore goaltenders. We are a different position in this game due to the fact that we never leave the ice. We are the only “players” that are actually active the entire game. On top of this, we also wear the heaviest gear. You put these two things together and you have a real problem.

IT’S REALLY COOL TO SWEAT...LITERALLY.

Sweating is the body’s way of cooling itself down; because when sweat evaporates from the skin, body heat is reduced. Since goaltenders wear more equipment than other “players”, our body temperature rises higher than most other positions in hockey, thus we sweat more. The question now is how do we conquer this problem? There really isn’t one answer though; every goaltender is different. Every one will have differing amounts of water loss during the course of a game. The one constant though is that proper hydration for a game, or practice does not start when you hit the ice; it starts at home. The USOC recommends that hockey



players should consume a balanced diet and drink adequate fluids during the 24-hour period before exercise, and drink about 500 ml (about 16 ounces) of fluid about two hours before exercise. Lastly, before leaving for the arena you should also weigh yourself and write it down (you will understand why later).

GAME TIME...

Upon reaching the rink, the drinking should continue in small amounts, right up until you hit the ice. This allows the body to slowly keep absorbing the water, rather than dumping a ton into your stomach at once. When you over drink you get a bloated, heavy feeling in your stomach that could upset your stomach; you are better to take it slow and drink in small increments. Now game time is approaching, and it's time to play. When I played I would drink at every stoppage in play. I would drink a small amount of water every time; just as a habit. It is better to drink before you get thirsty, because the sensation of being thirsty is actually the body's way of alerting you to being slightly dehydrated. If you can drink before this happens, you will be able to prevent anything serious from happening later on in the game.

NOW GET THAT WEIGHT BACK ON...

After the game has been completed you should always weigh yourself again; remember I told you to weigh yourself before

leaving for the game? Here we find out how much fluid the body has lost over the course of the game. If you are lighter than when you started, then you are going to have to drink plenty of fluids in order to make up for the loss in body mass. A good rule of thumb is to drink about 16 fl oz for every 1 pound lost. If you are able to get that water loss back into your body before the next day you are ahead of the curve, and should be good to go for another day of exercise. When it gets hard is when you can not get that water loss back into you; whether it is from being sick, or for other reasons.

I myself had a very tough time with dehydration; which is why I felt that I should talk to you about this. I battled with this from the first game in college, through my last pro game. It is nothing to laugh about. Dehydration is a very serious problem; something I have been hospitalized from, and a few years back a football player from the Minnesota Vikings, Kory Stringer, died from dehydration. In today's game parents, players, coaches, and even equipment manufacturers are taking notice of this issue and are making changes in the right direction. Yes, even specialized equipment is being made by companies like, Under Armour and Farrell Sports (farrellsports.com), with advanced technology that takes heat dispersion into consideration in hopes to alleviate the problem. Hopefully in the future we will be able to play our game without worrying about serious dehydration, but like I said in the beginning, our game is fast paced and unlike any other game out there. So drink up! And stay healthy. ■



ABOUT THE AUTHOR



Brian Eklund brings a plethora of playing experience and coaching expertise to Massachusetts Crease. He is a local coach, who grew up in Braintree and attended Brown University. Upon completing his college career, he went on to pro hockey. Brian played at every level of the minors before making it to the NHL playing with the Tampa Bay Lightning.

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THE 5 DEFINITIVE EXERCISES FOR EVERY HOCKEY GOALIE

by Maria Mountain

Hey! How's your off-season goalie training going so far?



And I know for a fact some of you just said “good” to yourself even though you have either:

- A) Not started at all or....
- B) You are pretty much going to the gym a couple times per week and doing what you feel like on that day – then you hit that embarrassing groin machine that you sit on and viola you just did a goalie-specific workout.

You should now either be smiling or blushing, because you know it is true.

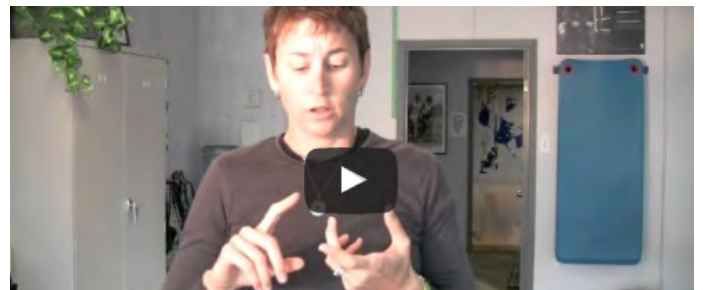
I WON'T DO IT...

exercises for hockey goalies This is the time of year when I typically scold you for not being on top of your goalie training. I tell you that you better start TODAY, because soon it will be too late for you to get the training you need finished before you start skating with your team, etc....

But I am not going to do that today, because I know that you already know that. You already feel that. Today, I am giving you the benefit of the doubt that you actually thought doing some leg press, knee extensions, hamstring curls – yes EVEN the embarrassing groin machine was going to help you when you hit the ice.

WHATEVER YOU DO INCLUDE THESE 5 EXERCISES...

Even if you still don't follow an actual goalie specific training program (HINT: you won't find leg press, knee extensions, hamstring curls or that groin machine in one), at LEAST add these five to your current workout.



If you cannot see the video above, just click the link below...
<https://youtu.be/QK1HLrFnoQw>

PS – if you are sincere and serious about being a better goalie this season than you were last AND if you are ready to actually make that happen, it is super simple if you just take action, then you might want to check out the step-by-step goalie specific Shutout Academy. ■

ABOUT THE AUTHOR



Exercise physiologist **Maria Mountain**, has become known as the Goalie Whisperer for her expertise helping goalies from AA to the NHL win more games with fewer injuries using her goalie specific off-ice training programs. She is the founder of HockeyTrainingPro.com and the owner of Revolution Sport Conditioning in London, ON.

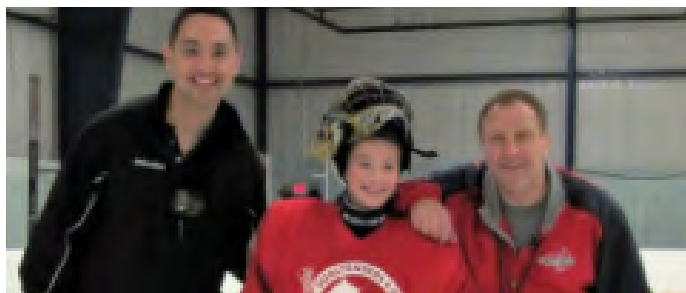
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VISUAL FOCUS...

TRACKING THE PUCK IS KEY TO SUCCESS

by Mitch Korn

It may seem simple, it may be logical, but focus on the puck throughout the puck's path is not consistently accomplished by most goaltenders, even those in the pros. It seems that many goalies do some, but not all components regularly. Let's break it down.



READING THE PUCK OFF THE STICK

Reading the puck off the stick gives the goalie a great “jump” on the shot or pass. Without it, things will happen too fast.

This should provide the goalie with his/her first decisions... shot or pass. Let's follow the decision options:

SHOT

- Quickly decide left, right, middle -quickly decide high or low... high requires the goalie to stand up, low allows the goalie to prepare to “leave his feet”

***Consider that a shot from 60 feet away from the goalie (the blue line) shot at 75 miles an hour, gives the goalie less than 1 second to react. Reading the puck off the stick provides a fantastic advantage to the goaltender*

PASS

- patience is required so as not to “leave your feet” early, assuming a shot...then track the puck

Good players are deceptive by moving the puck, hiding the pass or shot, and trying to surprise the goalie. The best I ever worked with at reading pucks off the stick was Hasek (that's obvious) with former Nashville goalie Mike Dunham a close second. When Steve Shields turned pro with Buffalo's organization, he found this very difficult... he always picked the puck up late but he really improved with practice and concentration.

TRACKING THE PUCK... FOLLOW THE DOTS

This is the process of following the puck after it leaves the stick. A lot of goalies read the puck off the stick, then “look past the puck” and they do not track it to their body. Pucks not “tracked” often go through the goalie.

SHOT

- Decide on save selection, now that the goalie can pin-point where high or low and where left, right or middle the puck is headed -assess the situation and decide what to do with the puck after the save (trap on body, cushion puck, deflect away from opponents, etc.)

PASS

- Watch and move with the puck as it travels to the opponent and attempt to arrive before the puck
- Decide on the save selection

CONNECT THE DOTS

This is the completion of the process.

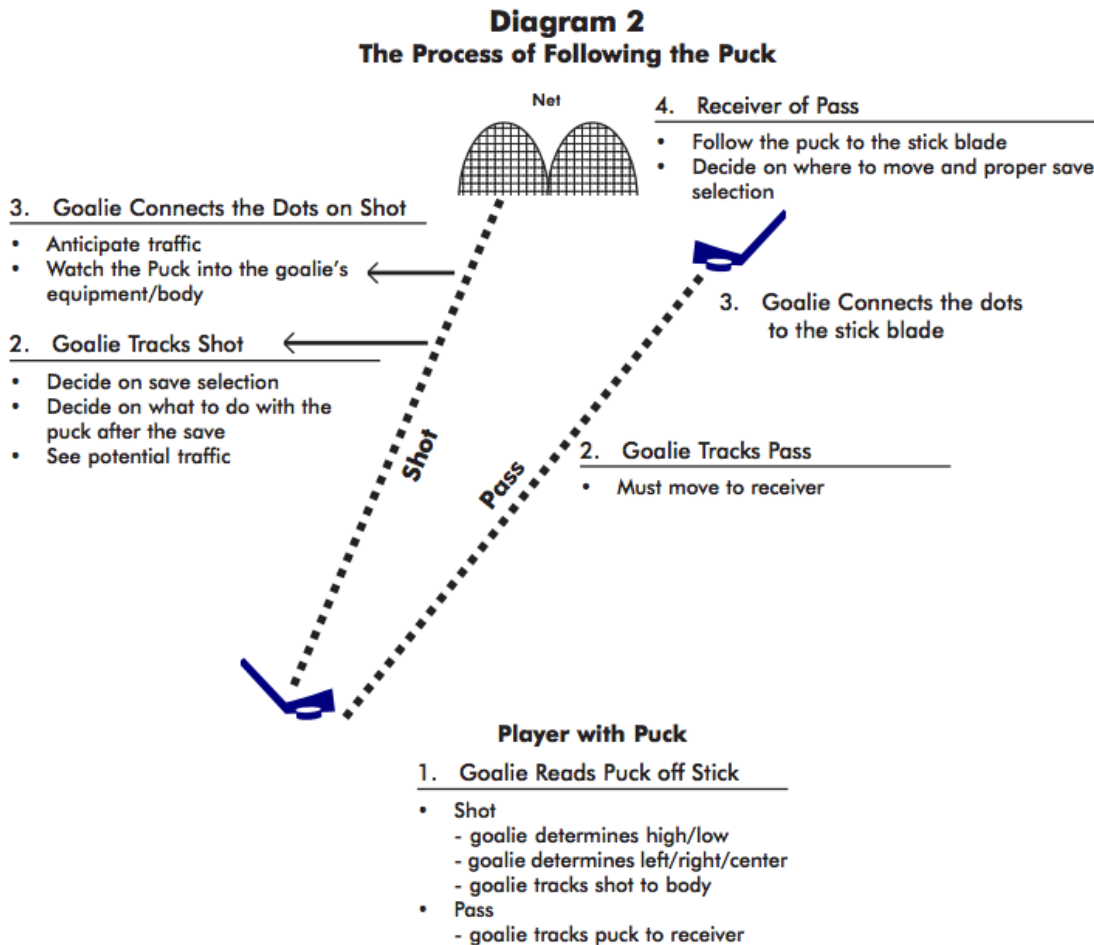
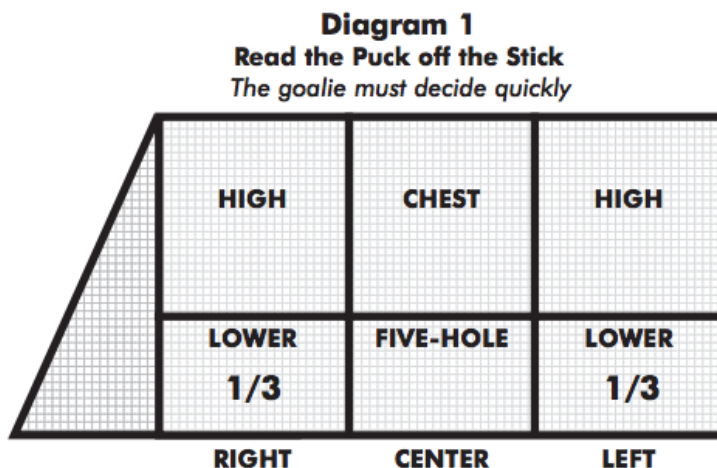
SHOT

- Anticipate possible deflections by watching the puck and the sticks and bodies which come within the puck's path
- Watch the puck into the goaltender's equipment for the save... control or follow rebound

PASS

- Connect the stick blades (the dots) so the goalie reads the puck off the receiver's stick (again). Too often on quick plays around the net, the goalie just slides, but does not connect the dots (stick to stick) and is often not square .
- By connecting the dots, the goalie knows where the stick blade is (inside-toward the slot or outside-toward the far post, etc.) allowing better body position, being more square, and seeing the puck better off the stick.

Unfortunately, there are times where this process breaks down, and the goalie has less of a chance to make the save. Due to traffic around the net and screens, the goalie, through anticipation and experience, must “connect the dots” as if there was clear vision. ■



ABOUT THE AUTHOR



Mitch Korn is in his 3rd year with the Washington Capitals after 16 seasons with the Nashville Predators and previously seven seasons with the Buffalo Sabres. Mitch is celebrating his 26th year in the NHL. His hard work, superb communication skills, ability to “dissect” a goalie’s game, and great sense of humor have gained him the respect and friendship of those he has coached and worked with at all levels. In 2010, “The Hockey News” chose Mitch as “one of the top 10 Genius’ in hockey”. With Braden Holtby’s nomination and winning of the 2016 Vezina Trophy, it marked the 7th Korn coached goalie nomination and 5th awarded Vezina.

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CHOOSING THE BEST POST POSITION

“Toe On Post (TOP) vs Bump And Cover” (BAC)

by Ron Veit

I have always believed that one of the most important skills that a goaltender can learn to master is that of Proper Post Positioning. A Good Post Position should always allow a goaltender to maintain a tight cover on the post that prevents successful scoring opportunities ranging from wrap around attempts to hard drives to the net. A successful post position should give a goaltender the ability to transition their bodies to the other side of the net with one quick and fluid push with no loss of balance or unnecessary injury.

The two most commonly used Post Positioning techniques that are used in today's game are what I refer to as “Toe On Post” (TOP) and the “Bump And Cover” (BAC) method. The TOP technique has the goaltender position them self with the toe of their skate and the bottom underside of their pad firmly planted against the bottom edge of the post. The goaltender then must ensure there are no gaps or holes between their arm and the post, their mid-section and the post, as well as the top of their shoulder and the post. The goaltender then from this position must also be able to push off the post with enough strength to fully transition themselves over to the other side of the net quickly and with enough stability to be ahead of the play. I have seen very few goaltenders that have the ability to successfully perform the TOP method without losing their balance while on their knees or without making themselves extremely vulnerable to broad short handed goals, or shots that may deflect into the net off a shoulder or back. However that being said, Jonathan Quick of the Los Angeles Kings uses the TOP method and I don't think many would disagree that he has been able to find a great deal of success with this method!

Personally, I prefer the “Bump And Cover” (BAC) technique. I find the BAC technique allows me to have my pad inside the post usually half way down my leg to about my shin. From this position I am able to ensure that I can tightly cover the post with no gaps or open areas from top to bottom. When



I use the BAC method I find I also have much more power to bump myself over to the other side of the net. The natural momentum I gain simply from the extra strength that comes from the position of my leg, I feel it increases my efficiency in the net and maximizes my overall performance

At the end of the day it really isn't about what technique is best, it's which technique is best for you and your game. Each individual goaltender has to decide through their own practices and experiences what type of methods and techniques will work best, and what is already working for them. You will know the right choice for yourself when you notice that when you go to stop a puck you instinctively use a particular technique without thinking about it. That means you are familiar and comfortable with a particular technique, and you have confidence in your ability to perform that particular technique and most importantly it begins to prove successful when you play. ■

ABOUT THE AUTHOR



Ron Veit has been involved with goaltending for over 25 years and has trained goaltenders at every level of hockey. While working with the WHL, Ron has coached and has helped to develop talents like Carey Price and Chet Pickard, both being first round draft picks. While coaching with the Jr.A team Burnaby Express (BCHL), Ron won the Championship of Canada. Through the years Ron has trained many NHL goaltenders including talents such as Olaf Kolzig, Felix Potvin, Dan Cloutier, Damian Rhodes and Peter Scoudra to name a few.

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COMMON ERRORS MADE BY GOALIES

by Darren Hersh

The Goalie Academy staff works with hundreds of goalies each year. And each year, we see many of the same mistakes that are hampering development and increasing goals against averages.

Here we will discuss the most common errors and then we provide tips to help goalies correct the problem:

- Staying Square
- Catching Glove
- Overly Aggressive
- Stick On Ice
- Save Selection
- Recovery

The first problem that the author has seen even at the collegiate level is goalies not **STAYING SQUARE** to the puck when moving laterally. It is amazing how many goalies, when moving laterally, skate backward into position with the outside of the pads and the long portion of the skate blade facing the puck. This is a big problem for many reasons:

- Feet are not in a good position to react to a shot on goal
- Goalie isn't covering as much net as possible
- Goalie can't react quickly enough to a shot because he/she must pivot and get toes facing the puck before moving toward a shot, which could take too much time

Staying square takes a little extra work on the goalie's part, since it requires the goalie to shuffle (when a player is carrying the puck) and to T-push (when the puck is passed). It's harder to move laterally and in these technically appropriate ways, but it will ensure that you cover the most cage and that you are set for a shot, especially an unexpected shot. This problem occurs most often when an opponent skates down the far wing. This occurs because many goalies dangerously combine two moves into one, moving laterally and backing into the net. When the shooter comes down the wing, it is important the goalie continue to stay square with the shooter and follow with the shuffle. If the shooter then approaches closer to the goal, the goalie must back straight in. It is incredibly important that goalies realize that they must only back up straight into the net to adjust their angle on breakaways and/or oncoming rushes. If a skater is moving laterally, then the goalie must shuffle in order to remain square to the shooter. Be very careful not to back up and move laterally (back

laterally) at the same time, because doing both will have you backing laterally, which is not staying square. Goalies need to recognize that they first must shuffle into position and center themselves on the puck, THEN they must back straight in to properly position themselves for close in plays, passes to the slot or an opponent skating behind the goal. Goalies, remember these simple rules to ensure that you are square and moving properly:

- When a player carries the puck, **SHUFFLE**.
- When the puck is passed, **T-PUSH**.
- **ONLY** skate backward, if you are moving **STRAIGHT BACK**. NEVER skate backward with C cuts when moving laterally!

A second common problem among goalies young and older alike is that the **CATCHING GLOVE IS NOT OPEN**. Many goalie don't take advantage of the huge gloves they have on their hand. When the glove is held out and open so that the forward can see the palm of your hand, you are A. covering more cage behind you and B. you may be dissuading a shooter to shoot on you, especially on the glove side. By not showing a shooter any net and therefore making him/her make the decision not to shoot, you stop a scoring chance.

It's a statistic that cannot be recorded, but you can have the satisfaction of knowing that someone didn't even attempt to score because you were in such good position and appeared to be invincible! Keep reminding yourself throughout practices and games to show the shooter the palm of your glove.

Remember to keep the glove:

- out
- open
- in proper position

A third familiar problem we see in goalies is that they often **COME OUT TOO FAR ON BREAKAWAYS, AND WHILE ACTION IS DOWN AT THE FAR END**. How many times have you seen a goalie stand as far out as the top of the face-off circles or at least past the hash marks in the slot? I see it way too often.

This strategy does not make rational sense for a couple of reasons:

- There is no need to come out far only to have to race back into proper position and MAYBE get back in time to stop a breakaway or shot on goal. You can remain closer to the goal, move less and adequately cut down the angle.
- Moving less creates less holes and it will also ensure that you do not lose your position in the net.
- You can cut down the angle too much. At a certain point, say 6 feet from the goal line, for every foot the goalie moves out, he/she is only taking away another inch from the shooter's view of the net. This is not efficiency. Remember that you are the goaltender and must guard the net. That means that you need to stay relatively close to it in order to do your job.

So remember to come out and cut down the angle, but don't stray more than 6.5 feet or so away from the goal line. On breakaways when you need to dissuade a player from shooting, you can come out a bit farther, but hash marks are way too far out, especially for novice skaters. Be aggressive, but also stay at home! A fourth frequent fault of goalies is that the STICK IS NOT ON THE ICE WHEN MOVING. This problem is easily solved by realizing that you are doing it and then focusing on leading all movements with your stick on the ice. A little repetition wouldn't hurt either. Perhaps I see this problem occur when goalies move from post to post, especially when moving to the stick side. Some goalies swing their stick in the opposite direction in which they are moving. Common sense will tell you that this motion slows you down, and more importantly perhaps, leaves your stick in a very improper technical position. Again, to stop this problem, realize that you are doing it and constantly work on doing your crease movements while leading with your stick on the ice. A fifth flaw among goalies in general is inappropriate SAVE SELECTION. This issue is a bit in depth and really needs an entire article dedicated solely to the various components (which we will do in the near future). However, the basis of this problem is as straight forward as goalies making the wrong technical move in certain situations.

Such as:

- Performing a two-pad stack when a player is too far out.
- Performing an "extended butterfly" save on tips and screens.
- Going down in a butterfly when they could have stayed on their feet.

Again, these issues are articles in themselves, but we wanted to at least address them as common errors. It is difficult to do the right thing all the time when you are dealing with split second decisions, but that is why working on doing the right thing in practice trains your mind to do the right thing when the moment arises.

Lastly another normal issue among goalie is RECOVERY. For goalies that have developed a capacity to recover quickly and with solid technical ability, there is one very common mistake that is made: some goalies do not understand that in many situations, they have more time to recover to their feet than they think.

Try as much as possible to get to your feet after a save, especially on saves where the rebound has not gone into the corner, but remains in front of the goal line. It is these situations where you often see goalies sprawling and "swimming" to get into position for the rebound save attempt, because they do not get to their skate blade.

In order to move into any effective position on the ice, the goalie must be on the skate blade. Often in the situations where the net is left wide open, the goalie, if they work hard in practice and makes themselves quick at recovery, has enough time to get to their feet and push into a better position for the rebound save, even if the goalie doesn't fully recover.

For some goalies, not recovering isn't as much a mistake as it is an inability to recover to the feet in split seconds. If a goalie has trouble recovering due to a lack of skill, the best way to overcome this deficiency is to get proper instruction on how to recover work on conditioning, so recovering from an initial save isn't such a chore work on recovery EVERY day so it becomes easier (conditioning) and you get better at it (develop skill)!

Hope this helps goalies realize some of the common errors that are out there. If you are doing any of these things, take our tips to try to improve and stop as many pucks as you can!

As always, if you have any questions, contact us at darren@goalieacademy.com. ■

ABOUT THE AUTHOR



Darren Hersh co-founded The Goalie Academy in 1996 after a successful hockey playing career that included an ECAC Championship and Playoff MVP Award with Bowdoin College in 1993 and a Central Hockey League Championship with Wichita Thunder in 1994. Hersh was the Goalie Coach for the Reading Royals, 2013 ECHL Kelly Cup Champions, from 2010-2014. In the time Hersh was with the Royals, the team was affiliated with Toronto Maple Leafs, Boston Bruins, & Washington Capitals.

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DONT EVER BE AFRAID OF A LITTLE HARD WORK

by Wyatt Waselenchuk

I have been going back and forth, contemplating what I should write as my first topic for our new blog, and I kept coming back to my philosophy as a coach and what we work on, day in and day out. Here is a brief look into my beliefs on working with these young minds:



Wyatt Waselenchuk playing for team U.S.A. at the 2013 Winter World University Games, in Trentino, Italy

My approach every single day as a young coach is simple: Be a good mentor and role model for the athletes, instill good habits, constantly refine the fundamentals and most of all, stress the importance of HARD WORK. This concept seems simple, yet, is incredibly hard to consistently achieve out of young athletes.

Let me back up a few steps and give you a run down on how I got my start:

After setting out on my own a mere two short seasons ago, having just finished my playing career, I had a coach believe

in me enough to let me work with his team's two goaltenders. Since that time, I have now grown to see 50+ goaltenders every single week, through camps, mini clinics, 1 on 1 private training sessions or attending team practices. There is no skill level or age requirement for whom I work with. An 8 year old in his or her first year will get the same qualities, respect and treatment as an 18 year old junior hockey player. Things have moved quickly, and the growth I have seen has been incredible to watch unfold. I attribute this to two things: My passion for coaching and HARD WORK.

Growing up, I played 'AAA' hockey once up until midget. I then hit just about every rung on the 'hockey ladder' coming up... I moved on to the BC Major Midget League, followed by a year of Junior 'B' in the Pacific Junior Hockey League, before graduating on to Jr 'A' hockey in both the British Columbia Junior Hockey League, and a short stint in the Saskatchewan Junior hockey League. I then found myself playing collegiately at Minot State University, in Minot, North Dakota.

Believe me when I say; I was never highly touted. I was neither fast nor flexible. I was never big or strong. Heck my first year of junior hockey, I was barely 130 pounds. All I did, and all I knew, was HARD WORK.

I have one agenda in working with the students I am lucky enough to see every day, and that is to better them not only on the ice, but to better them as people away from it. I strive to preach doing things the proper way and not taking any short cuts. I teach the importance of truly working hard, not just when a coach, or mom and dad are watching, but to truly give it your all every time you set foot on that ice.

Battle hard for every single puck. Never show weakness. Never accept mediocrity. It is the process that is just as important as the outcome, and the journey to get to where you want to be is so much sweeter when you know you have truly put in the work.



The margin of players that make it to the highest level is a fraction of a fraction. Not every player can make it to the National Hockey League...we all know that. What is just as important to me, as playing at the highest level, is knowing that I helped a young athlete go on to have strong character and a relentless work ethic. Being able to carry this on through various avenues, whether it's school, a job or career, or even another sport, is so crucial and one that these young athletes will carry with them for the rest of their lives.

I have a theory that I find interesting as I have seen more and more goalies. The personality that you see out of a young goaltender off the ice is usually very much the same personality that they portray on the ice. If he or she has a calm demeanor, and is relatively shy, they tend to be a bit more controlled, and tentative in their approach. A goalie that is outgoing, with a more upbeat and outward personality seemingly takes more risks, is more aggressive and can be less in control. This is what makes what I do so enjoyable. Taking a kid that's shy and introverted, and completely helping to build up their confidence and play with more

intensity while pushing beyond their comfort zone is an example of something that a good coach can do.

I have heard some coaches say "you can't teach hard work". This is false, and what that really means is "I don't want to put in the time or effort". You can teach hard work, with the right approach and if you can connect with your student. Working with each and every different personality is both challenging, and incredibly rewarding, especially when you see progress being made, and that is why I love what I do.

Life has a funny way of working out when you know you have done things the right way. When you know you have put your all into something. When you know that you have prepared to the best of your abilities, no matter what you are striving for. So don't ever be afraid of a little hard work, you may just be surprised by how far it could take you.

Wyatt Waselenchuk is a goaltender development coach based out of Coquitlam, BC and is the owner of Accel Goaltending. ■

ABOUT THE AUTHOR



Wyatt is a recent graduate of the game, having completed his playing career at the end of the 2014 season. Competing in the BC major midget league, the BC junior hockey league and the Saskatchewan junior hockey league opened doors for Wyatt to compete at the collegiate level with Minot State University, in Minot, North Dakota. At Minot, he excelled over 4 years, winning a national championship as well as being named the acha player of the year in 2012-2013. In Wyatt's following season, the two-time all american was selected to compete at the world winter university games with team U.S.A. in Trentino, Italy.

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THE BEST PART OF BEING A GOALIE: THE TEAM NEEDS YOU

DON'T BE AN INDIVIDUAL, EMBRACE YOUR TEAM INSTEAD

by Jeff Hall

Goalies can get lonely back there. We tend to feel isolated from our team at times. The hockey team is a culture that doesn't quite understand the stresses of goaltending, so we are in danger of turning inward to deal with the pressure.

We put ourselves on an island. We fight our own battles. While every goalie needs the fortitude to stand alone at times, we will never thrive if we don't play for the good of the team. A goalie who is in it for their personal success cannot deal with their inevitable failures and shortcomings in a healthy way.

As a goaltending instructor of all ages, I often ask my students, "What is the best part of being goalie?" Yesterday I heard one of the best answers yet. A young girl just beginning her career responded, "When my teammates all come to me at the end of the game." Great answer! This can put it all into perspective for us. Why do they do that? Win or lose every team will gather around the goalie and offer up their support. But why?

It's an unspoken acknowledgment that the goalie has the hardest job on the team. While every other player gets to be on the attack at points during the game, the goalie's only job is to be under attack. And when they're resting, skaters are on the bench with their fellow attackers while the goalie stands utterly alone. Silent. Waiting. Like a night watchman at wartime waiting for the next attack, and hoping to step in front of the proverbial bullet when everything else the attackers have tried has failed. Goalies truly are the last line of defense. The goalie is the one who can save the rest of the team from their own mistakes. When the skaters gather around the goalie after a game, it's a symbol that they really do know who is the heart and soul of the team.

And make mistakes the team most certainly will. Hockey is a game of constant mistakes. A goalie's attitude about these mistakes is crucial. We must decide whether we will loathe our teammates for their mistakes or forgive them.

While under attack and alone, every goalie must conquer their own weakness. The weakness inside us all wants to blame the individual that made the mistake. We want to blame our teammates for not playing better defense or blame them for not scoring more. We have a great view of the game from

the crease and it's easy for us to see the mistakes sometimes even before they happen. So we wonder, 'How could they screw up so bad? How did they not tie up that player's stick? Why would they make that bad pass?'

Our parents in the stands see it too. Naturally, they want to protect us and stand up for us, so they put the blame on our teammates too. This attitude, while natural, is poison that eats away at the entire team. It destroys a goalie's focus and confidence. It becomes our individual pride that takes the weakness within us and places it where the heart and soul of the team should be. When a goalie gives in to this natural line of thinking the entire team will suffer the consequences.

Instead, a goalie needs to accept mistakes as a vital part of the game. After all, the goalie wouldn't have a job if the skaters never goofed up. The job that every goalie signed up for is to be there to save the team, not to blame the team. Goalies, we cannot do both. Goalies must forgive and indeed forget about each and every mistake our teammates make, so that we can keep a clear and focused head during the emergencies that occur each game. We are the emergency responders of hockey. Think of the attitude of firefighters, police officers, soldiers, EMT's, and the like. They don't show up at an emergency and look to find who is to blame. They are simply there to save people. To bring safety where there is danger. Their ability to perform under pressure is something to be admired. How do they remember their training, stay calm and confident, and handle all that stress in those dangerous, volatile, and horrible situations?

Of course they need to be extraordinarily prepared, but I believe the real answer is in their character. Why did they choose such a profession in the first place? Who would want to put themselves in those situations day after day? Not a selfish person. Not a weak person. But a person who truly wants to help people and is willing to sacrifice their safety and comfort for the good of others. Instead of choosing a more peaceful

existence have chosen to put themselves into the line of fire for the good of others. They feel it's their duty to do the job that most people are not capable of doing. It's this attitude of selflessness that leads a firefighter into a burning building, that drives the ambulance to the crash site, that leads a soldier into enemy territory. Selflessness and sacrifice, not glory.

I know the feeling of playing goal in search of personal glory, like I was trying to win games by myself and trying to be the hero that gets all the accolades. I was that goalie at times, and I know that I rarely performed to the best of my ability with that attitude. I had a harder time keeping my cool after a goal. I would focus more on my stats and less on keeping the game close enough for my teammates to help us win. Focusing on my stats just set myself up for more failure. I would be harsher on myself and my teammates for our mistakes. It leads to a constant dwelling on the past instead of living in the moment. I became unable to forgive and forget. I was unable to perform with clear head, playing in fear of failure. For better or worse, the goalie is the heart and soul of every team. Don't let the poison eat away at you. Don't put yourself on an island. Don't turn your teammates into your enemies. The worse your team plays, the better you need be at forgiving them. Then you can be proud to be the heart and soul and true team player.

Parents, here's a reality check. Most goalie parents will never be able to achieve this attitude. I've had hundreds of conversations where they'll start telling me how bad the team is. I'll gently try to get them to stop the blame game and they will come back with, "No, they really are that bad. Little Johnny faced 50 shots the other night." Personally, I'm glad to be a goalie, not a goalie parent. It has to be hard. But parents, isn't that what your kid signed up for? Would you rather he faced just 5 shots? Do you want them to grow up to face difficult situations with selfishness or grace?

Of course, this is heavy stuff for a youngster to grasp consciously. Subconsciously however, they may begin to develop the attitude of selflessness and leadership through forgiveness at the tender age of 10 or so. The fact that your child chose to play goal shows an incredible amount of courage. They have a capacity for mental toughness far beyond the average kid. Not many kids develop that kind of maturity playing other sports or other positions. So parents,

let's not ruin that great opportunity by teaching our kids how to blame others. Encourage a team-first attitude and teach your young goalies how to respect and constantly forgive teammates by never-ever discussing the mistakes they make. It simply does not help.

Goalies, you may not have wanted the responsibility of being the heart and soul of your team when you first put the pads on, but if you're reading this, I think by now you've accepted that responsibility. You are a competitor. You love to win. You know that although you hate losing, you cannot fear failure. Ask yourself, do you want the heart and soul of your team to be team play or individual play? Selfishness or sacrifice? Strength of character or weakness? If you accidentally set your house on fire, would you want the firefighter to show up and yell at you or just start putting out the fire and never ask questions?



If you want to be a leader, want to be the best teammate you can be, and you really love being a goalie, then you must already have some selflessness inside you. Start practicing that attitude in your whole life. Put others first. Help your siblings and parents around the house. Help out your classmates and teachers at school. Take the blame when it might not be totally your fault. Only then can you really be ready to help your teammates when they need you most. When they make a mistake. In doing so you will take the nature of a servant and humble yourself. You will sacrifice your own glory. Do all of this because the best part of being a goalie is being able to help your team in ways that no one else can. Then at the end of the game, your teammates can be there to lift you up. ■

Phillippians 2:5-11

ABOUT THE AUTHOR



Jeff Hall began coaching at the Stauber/Ostby Goalie camps in 1998. He began working full time for the Goalcrease when it opened in 2002. In 2005 he became the Goalcrease Coaching Director. Jeff's duties include curriculum development for all Goalcrease training programs, overseeing all Goalcrease instructors, and training new coaches. He has overseen the training of many high caliber goalies including a handful of NHL draft picks.

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A GOALIE'S JOB

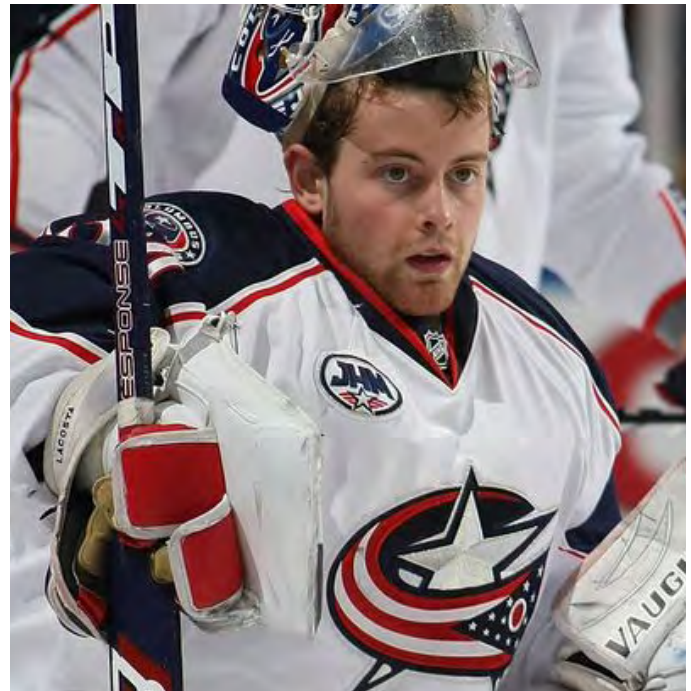
by Dan LaCosta

It was this summer while having a coffee with Todd Bengert of Upper Echelon Goaltending, that he asked 'What's a goalie's job?' My initial reaction, like most hockey people, was to say that a goalie's job is simply to stop enough pucks to give their team a chance to win, in other words be a good puck-stopper.

Before I could answer, Todd chimed in saying that he felt a goalie's job is more than simply being a 'puck-stopper', it is more so being a 'puck-controller' & 'goal-preventer'. Having an extensive background in goaltending, his explanation immediately made sense to me, however I could see how it would be slightly confusing to those not as experienced in the position. I personally feel that for a goalie to be an elite 'puck-controller', they must be proficient in three areas:

1. Rebound control
2. Puck handling
3. Crease management

Having been to a few NHL training camps, you notice a major difference in NHL starters to the recent draft picks even in practice. The young draft picks are typically very hard workers and possess close to the same physical talent as their veteran colleagues, but generally lack the composure and refined techniques. My junior goalie coach, Piero Greco, would always tell me that elite level goalies make the game look easy. From my experience as both a player and a coach, you can certainly appreciate the work of an elite level goaltender as they rarely create any needless work for themselves. They not only stop the majority of shots that they are supposed to, but typically control their rebounds very well. As a goaltender, the best save you could ever make is the one you don't have to. Long time goalie coach Jim Park puts it well in saying, "High level goaltending is like professional billiards. It is not what you take away from the table that matters, but what you leave behind." If you can eliminate unnecessary second chances with excellent rebound control, it will pay huge dividends over the course of the season for both you and your team. The level of goaltending has improved so much that goalies are now expected to both stop and control the majority of shots they face. When a goalie is composed with handling shots fired their way, it creates a calming effect on the team and sends the message that the goalie is confident and dialed in.



The second part to elite 'goal-preventing' is being a strong puck handler. When a goalie is proficient with handling the puck, it not only helps their team defensively, but it can also help their team create offense in transition. Legendary puck handlers like Martin Brodeur and Marty Turco were such an asset to their teams because they were like having another defenseman on the ice. Over the course of the season, their elite puck skills would save their defenseman so much unnecessary wear and tear. Many young goaltenders feel that the most important thing in puck handling is simply to be able to rip the puck high and hard on their forehands around the glass, however there is more to it than that. Most of the time efficient puck handling is as simple as getting out to stop a rim and leave it for your defenseman, or to control a dump in on net and setting the puck to the side of the net for your



teammate to easily retrieve. Rarely does a goalie have to use a lot of strength and power in playing the puck, it usually only requires a quick/short pass to a teammate, or leaving the puck in an easy spot for your teammate to pick it up and skate with it. Much of this comes down to strong communication with your teammates on and off the ice. A goaltender is similar to a quarterback in football in that they have the whole ice surface in front of them. Having a quick scan of the ice before making a decision with the puck and listening for your teammates makes everything much easier. Like I stated previously, the level of goaltending has increased immensely and having strong puck handling skills is now expected from all high level goalies.

The third and final part of high-level 'goal-preventing' is effective crease management. By this I mean taking control of the blue paint and having an active stick. Just like any player on the ice, having a quick and effective stick is a huge asset for goaltenders. If you can stay a step ahead of the players and cut off any pucks that cross through the blue paint, you will make life much easier for yourself. This is not only effective

on passes, but on any sort of breakaway and net drive as well. Too many times players get a free pass through the blue paint and goalies rely on stretching to make a desperation save, while many times this could be prevented by a higher level of awareness and using an active stick. Anytime a pass goes through the blue paint to beat a goalie back door, it is as much the goalies fault as the player who missed their assignment on the play.

Also, when a player knows that a goaltender is aggressive and knows their passes or net plays could get picked off by the goalie they second guess themselves. This forces players to make poor plays around the net or to simply shoot the puck from a bad angle. You walk a fine line on these plays, and you must prevent hurling your stick all over the place unnecessarily. Having a good stick is all about being composed, alert, and anticipating the play. For more tips and advice on all things goaltending, feel free to contact me at danlacostagoaltending@gmail.com, or check out danlacostagoaltending.com. ■

ABOUT THE AUTHOR



Dan LaCosta is the owner and head coach of Dan LaCosta's Varsity Goaltending, and brings 10+ years of elite level coaching and playing experience. After a 4 year stint in the OHL with the Owen Sound Attack and Barrie Colts, Dan was signed by the NHL's Columbus Blue Jackets. After his time in the OHL, Dan went on to spend the next 4 seasons as a member of the Blue Jackets organization, playing games for their ECHL/AHL/NHL clubs. During his goaltending career, Dan was extremely fortunate to work under the well respected goalie coaches Piero Greco, Rick Wamsley and Clint Malarchuk..

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THE GAME

by Jeffrey Dotson

Hockey Goalie Coaching and Training Tip.

It's important to understand the mentality of "game" players if you are practicing to beat them. Understand that these players are "on edge." They are like sharks smelling blood in the water. When the attack comes, it can come out of the blue and with vengeance . . .

Do not take them for granted or it will cost you goals. At times, you will need to match their aggression in order to gain the upper hand and beat them. Train with this in mind. Don't become comfortable always letting your teammates "take the puck to the net."

Yes, it's important as a goaltender that you are able to quickly change directions and perform a splits-out back door save. . . But it's equally important that you are practicing "taking" saves through aggressive tactics.

"When the attack comes, it can come out of the blue and with vengeance."

Work on your pokes checks, your passing lane stick checks, and your aggressive positioning to the point that you feel comfortable executing these explosive tactics in the face of adversity. . . In the face of the moment. ■



ABOUT THE AUTHOR



Jeffrey Dotson played in four leagues over the course of his career. Trained by Vladislav Tretiak for 15+ Years, he would see himself inducted into the UW-Stout Hall of Fame in 2014. With over 15 years of coaching experience, Jeff continues to coach as the current goalie coach of the Milwaukee Jr. Admirals AAA Hockey Club.

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USING FAILURE AS A WEAPON

by Eric Levine

As I embark on my 12th year of “competitive hockey,” comprising four years of Juniors, four years of NCAA Division 1 college, and four years Professional, I reflect back to a moment long ago when I knew stopping a puck was my true calling in life and a lesson that I think is important for every goalie to understand.

Before I open up, I recently reread one of my favorite books, Gerry Mack’s *Mind Gym*, and this quote jumped out to me and is worth sharing as part of my story.

“There are two greats in the world, Britain and Me.”

In short, believe in your abilities more than life itself because when all is said and done, the magic-or secret sauce-that great goalies possess is a **mindset** not a skill-set. There I was, Wheeling, IL, propped up in my bed, furiously writing in my black spiral journal, listening to Pink Floyd’s *Wish you were Here* album. Writing and cutting, gluing and writing some more to the point my hand was turning red and sweating from gripping the pen so tight. As I assaulted my notebook I had the eyes of Dominick Hasek, Patrick Roy, Curtis Joseph, Marc Andre Fleury, and Carey Price looking down upon me, probably smirking inside their helmets. Before the days of Instagram and YouTube, goalies couldn’t so easily access stats, watch slow motion save analyses, read and look at equipment specs or hear from other great goalie coaches. Before sites like InGoalMagazine, there was a magazine called *Goalie’s World* which I religiously read every other month when the new issues shipped to my house.

It was a pretty neat concept and well put together, even looking back at it now. The magazine would feature a different goalie every issue and do, among other things, a frame by frame analysis section of a variety of their saves from a particular game the staff photographer attended. The seven or eight pictures with the expert breakdowns were separated by seconds, sometimes tenths of seconds, to show the development of the play, what small movements were made, what angle the goalie played, proximity in the crease and my favorite part, just how fast they went from stance to butterfly. I would cut these out, highlight the important stuff and tape them to my bedroom wall next to each goalie’s special double page featured found in the middle of each volume.

My other favorite part of the magazine was the *featured stats* section in the very back where they not only ranked NHL goalies based on a multitude of statistics, but they also featured basic stats for all major levels of hockey- AHL, ECHL, NCAA, OHL, and even NAHL, & CJHL (where I played for 2 seasons). I thought it was the coolest thing to have your name printed in *Goalie’s World*, for any other reason than you knew thousands of other goalies would look and see your name, sort of like you were famous.

I poured over ever issue, reading it cover to cover (after my dad looked it over and highlighted a few keys he wanted me to see) and soon enough my walls became a shrine to the best goalie’s in the world. Did that mean I had an obsession and thought about hockey all the time, immersing myself in the game? Yes of course it did, and that’s my introductory message on belief to all goalies; whatever level of hockey you’re playing, whatever your record or save percentage is, however good or bad you are right now, if goaltending consumes you, then you my friend are capable of very special things because of one clear fact; the game matters to you. I also remember a quote that roughly goes like this, *the harder you work for something the harder it becomes to give it up*.

This time however, the writing and cutting had nothing to do with *Goalie’s World*, it was something much deeper. Growing up I played both ice and roller hockey, *inline* as it was called, which was becoming very popular. So popular in fact that USA hockey started to put together a national team every year to play in something comparable to the World Cup of Hockey. Since there was no real professional system to select players from, they held try outs and eventually a final training camp to pick their roster. About three quarters of the training camp were hand picked by the coaches while the remaining few spots came from two rounds of open camps. The first open camp was pretty easy to make it out of; just be one of the two best goalies at one of the four regional try outs (west, east,

midwest, or south) and when they said “open camp” they meant it. After two goalies and 10 players were selected by the USA coaching staff, the 48 of us were flown in (all expenses paid) to participate in the second round of camp which was about 3 days of practices and scrimmages. Then they selected one goalie and about half a dozen players to attend main camp. Despite the caliber of talented players in the game that grew by the day (most of whom played both inline and ice, such as TJ Oshie, Billy Sweatt, Pat Cannone, Lee Sweatt), there weren’t a whole lot of quality goalies out there, so as a 14 year old I actually had a legitimate chance to be the back up on the national team. I had played tournaments against some of the top inline players in the country and done well, so I knew I could handle the level, and for three straight years I made it past the regional qualifying camp and onto the second leg. In my final attempt, the final open camp was held in Colorado Springs, and boy did I have the camp of my life. I stopped everything, stood on my head at times and made a number of spectacular saves, winning each scrimmage game and just felt in the zone. I knew the coaches watching, the same ones who had seen me the past two summers, had taken notice of my growth and maturity as a goalie. I flew home and had a great feeling about the call that was coming.

I got the call alright, but the news devastated me. Not only did I not make the training camp, but one of my biggest rivals, the other Chicago goalie whom I competed against so many times the last few years in tournaments and beaten quite often, was the goalie they took to camp. Not only did they take him to camp, but eventually MADE THE TEAM as a 14 year old kid and saw action in the tournament and played very well. I was furious jealous, upset, angry, and just plain felt defeated. My goal was to shock the inline world and be that young kid playing with men representing team USA but instead, my biggest competitor was picked over me, somebody my own freaking age (we later became great friends as most goalies do, but at the time I hated him).

Months later I was reading another magazine I subscribed to, *USA Hockey* and wouldn’t ya know it, they featured the Inline National Team and their stellar performance over seas in a multi page spread and guess who was front and center, in a nice and clean Team USA Jersey and sweet Bauer Vapor pads (which were the coolest back then)...Yup. For some reason, seeing that picture evoked this feeling inside of me that I had

never really felt before but one that I think was a catalyst to my success throughout my 12 year career. *Sickness* in the pit of my stomach. I felt sick, physically, from seeing another goalie that I knew I was better than living my dream and getting the national attention I wanted, a clear sign that I had been beaten, overlooked, and told I wasn’t good enough, that I had failed. The longer I stared at his picture the more I felt that pain throughout my bones, my muscles, even my eyelashes. I walked to Walgreen’s, got a spiral notebook, came home and cut his picture out with perfect precision, glued it in the first page of my notebook and began writing. I wrote about how hard I was going to work over the years to prove everybody wrong, about how I’d go on to have a better career than him, about what type of goalie I wanted to be and about how one day I would play in the NHL and he would be reading about me in *Goalie’s World* feeling the same thing I was. I filled probably 40 pages with this stuff just going on a rant (think Tom Cruise in *Jerry Maguire*), and I sealed the notebook and wrote on the inside front flap that I would never re open this until I reached my dream of playing in the NHL or when my career was over as a personal challenge to myself. I put pen to paper as hard evidence that no matter how big the obstacle or how many times I felt that sickness of complete failure like the USA Hockey try out, I would find a way to push through and in the end triumph. I had no way of knowing that all these years later I’d still be grinding and trying to push my way to the top, working to finally get the chance to open my notebook yet again. After three years of professional hockey I was cut from 11 different teams, given every reason to point fingers or make excuses or give it up, but I never for one second felt my ambition exceeded my abilities, and on the 12th team I earned my first AHL contract where I’m currently playing in Indianapolis for the Rockford Ice Hogs affiliate, and even attended the Chicago Blackhawks training camp this summer.

My final point about belief is this, if failure resonates with you to the point that it makes you work harder, not complain or whine or blame somebody else, but if it actually pisses you off so much so that you work and work and work to get better from within, then you have the **mindset** needed to succeed as a goalie. The game of hockey is tough, but being a goalie is tougher, as my goalie coach says, we play a different sport all together. You will fail, and you will find opportunity to quit, more so as you climb, but the goalies who are successful use failure as a weapon. ■

ABOUT THE AUTHOR



Eric Levine Eric enters his 8th year working with Midwest Goalie School and first as owner. He was a longtime student of the camp as a young kid and grew up playing hockey locally for the Glenview Stars and Skokie Flyers organizations. Eric is entering his 3rd professional season, seeing action with 9 different teams in 4 leagues; Toledo Walleye (ECHL), Peoria Rivermen (SPHL), Allen Americans (CHL), Quad City Mallards (CHL), Syracuse Crunch (AHL), Fort Wayne Komets (ECHL), Indy Fuel (ECHL), Alaska Aces (ECHL), and Utah Grizzlies (ECHL).

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CAN ‘FIFTEEN SECOND REP’ MAKE GOALIES FASTER?

by Evan Kurylo

Originally published by InGoal Magazine

This article was inspired by one simple question: *when a goaltender is performing a continuous skating drill at full speed, how long should the drill last?* This article will be a basic look at the specific physical demands of the position and ways to target these demands in training.

Power-skating should be a crucial aspect of any goaltenders training regimen. The term “power-skating” implies two things: *Power*, which is synonymous with other terms like explosive movement, agility, weight transfer, quickness, and foot-speed, and *Skating* which as we all know is a crucial backbone to the success of any goaltender with their ability to get around in control.

In kinesiology, power generally refers to generating maximum force as quickly as possible. Goaltenders have a very small area and short time-frame to reach a maximum speed. We are not gathering speed through the neutral zone or driving wide around a defense-man, we are moving from the top of the crease back to the post sometimes with minimal initial momentum. The ability to accelerate in control is a huge part of the game for goaltenders.

ACCELERATION

Acceleration is not the same thing as speed. Speed (or velocity) is a constant term that describes the rate at which something changes position in a set period of time, while acceleration is a *derivative* of velocity, meaning it describes the rate at which the velocity *changes*. The time in which this change in velocity occurs is the most important variable for goaltenders. Shortening the amount of time to reach a certain velocity means an increase in the rate of acceleration. A quick acceleration means an explosive push or change in direction, which can be the difference between a save or a goal, a win or a loss.

If you want to move explosively like top NHL goalies like Braden Holtby, consider how you train in practice. Is the 15-second rep right for you?

Let’s now move to the ice at practice with 10 or 15 minutes to work on some skating, with the focus on increasing foot-speed. Here are a few things to keep in mind:

- SAID Principle
- Energy Systems
- Drill duration & Recovery time

SAID PRINCIPLE

If you want to be fast, train fast. This is essentially the underlying concept of the SAID Principle (Specific Adaptations to Imposed Demands). When working with goaltenders on their foot-speed, the idea is to move the goaltenders outside of their comfort zone, which calls for a neuromuscular adaptation to this new demand. What this means is that if a goaltender wants to stay the same speed, they should train at a speed that is already comfortable. If a goaltender wants to improve and get faster, they have to train at a higher speed and make their body adapt to working at those higher speeds and higher force outputs, quicker weight transfers and direction changes.

Just as drills can target something technical or tactical, there is also a component for state-specific physical fitness when moving with the resistance of all of the equipment that cannot be done off the ice in the gym. It is during these physical fitness drills designed to increase foot-speed, quickness, agility, etc. that the proper energy systems should be a major focus. Some energy systems are responsible for sustaining movements for long periods of time, and others are responsible for short duration, high-speed, high-intensity movements. So what is an “energy system” and how can we target them?

ENERGY SYSTEMS

For us to do any kind of movement, we have to call on one of our body’s energy systems. Our muscles use a molecule called Adenosine Triphosphate (ATP) as the immediate source of fuel to power our muscles. ATP is held together with high-energy

Goaltenders will use all the energy systems at some point in the game. Much of the game is spent relying on either the Oxidative or Glycolytic systems, but it is important to recognize the type of movement that relies on these.

bonds, and the energy released when these bonds are broken is essentially what drives our muscles.

But we don't have an unlimited supply of ATP, and it takes some time to re-fill our ATP stores as our muscles are working. If muscle contraction is to continue, our bodies must continuously rebuild the ATP molecule, and replenish the ATP stores. The metabolic processes for producing ATP can be broken down in to two main categories: Aerobic, and Anaerobic.

Within these metabolic processes are the three major energy systems:

- **Oxidative system** – The aerobic system. This is the system used when the demand of the exercise is low enough that there is enough oxygen present to allow the required ATP to be produced before used up by the muscles and completely depleted. Think low-intensity, long-duration movements like walking, or in the case of goaltenders doing a light warm-up skate at 50% speed.
- **Glycolytic system** – An anaerobic system that uses glucose as the primary fuel. This anaerobic glycolysis is able to rapidly produce ATP to help meet energy requirements during more intense exercise, when oxygen demand is greater than the body's ability to transport and supply oxygen. However, this high rate of ATP production cannot be sustained for very long, only about 60 to 90 seconds.
- **Phosphagen system** – The rocket fuel system of our bodies. As the name implies, the phosphagen system makes use of the phosphate bonded to the ATP molecule. The third phosphate is held to the ATP molecule by a very strong, high-energy bond. The third phosphate is released, ATP turns to ADP (Adenosine Di-Phosphate), and the energy from the bond is used to power the muscles. Our bodies have a limited amount of ATP available for use in high-intensity exercise, and must be replenished. ATP is stored right in the muscle fibers, providing an immediate supply of energy. **The phosphagen system dominates for high-intensity, short duration exercise.**

The takeaway message is that the ATP fuel stores are depleted much faster than they can be replenished during intense exercise, where low-intensity exercise produces a near-continual source of fuel that allows us to sustain the exercise for much longer. Some movement calls for a lot of

power very quickly (exploding back to the post to get a pad on a rebound/ deflection/ bounce off the boards), in which case the phosphagen system would be used. Other types of movement call for a smaller amount of power over a long period of time, so the oxidative system would be used.

DRILL DURATION & RECOVERY TIME

We can design any number of movement drills to target the foot-speed element, but we have to be aware of the capacity of our energy systems when executing the drills. Skating drills that call for "game-speed" movement at 100% output designed



Crease movement drills are an important part of all goalies' training.

to increase power should be designed to actually increase power! **Because this type of movement is almost exclusively reliant on the anaerobic phosphagen energy system, we must be aware of the fact that goaltenders are depleting their ATP stores in about 10 to 15 seconds when working at a maximum output.** If a drill like this is timed for 60 seconds, the goaltender physically cannot maintain the high rate of speed they start at for that amount of time, **and only the first 25% of the drill is done at the desired speed. This means the majority of the drill (~75%) is done at a slower speed than the goaltender is trying to perform at!** Just because the goaltender is sweating and breathing hard, it doesn't mean they are actually getting faster. They might be improving the capacity of another energy system like their Oxidative system (which is by no means a bad thing, unless it is the phosphagen system that

is the focus), but this will have little if any impact on their explosive foot-speed.

Train fast, be fast. Train slow, stay slow. Performing a 15 second drill at 100% speed will be far more beneficial than performing a 60 second drill at 70% speed if the intent is to increase foot-speed.

Goaltenders will use all the energy systems at some point in a game. Much of the game is spent relying on either the Oxidative or Glycolytic systems, but it is important to recognize the type of movement that relies on these. Goaltenders should



Train properly and you can be a more explosive goaltender regardless of age.

train in all three energy systems and have a good aerobic base and muscular endurance, but we have to know that when training a specific component like explosive speed, it is trained differently than the other energy systems.

The research suggests that an extremely high intensity event that relies exclusively on the phosphagen system will deplete ATP in 0-6 seconds. It would be difficult to find a movement that would deplete a goaltender's ATP in 6 seconds, as this type of event would be something similar to an Olympic lift that requires the athlete to move a constant, heavy load with full-body involvement. Goaltenders moving at full-speed probably don't deal with enough resistance to deplete the ATP in 6 seconds, which is why the movement can be sustained at peak

output for a bit longer, around 10 to 15 seconds.

15 seconds is likely more realistic as there will be a brief time in between the actual explosive pushes that a goaltender has to regain balance and shift the centre of mass appropriately to allow a maximal exertion in another direction. But another benefit of training fast is these weight-transfers will be forced to happen quicker and more efficiently, causing a neuromuscular adaptation so essentially these faster shifts become more comfortable over time.

The research suggests a work to rest ratio of between 1:5 and 1:20. The Olympic lift would probably require the longer rest interval, so for an activity that lasts 6 seconds the rest interval would be about 2 minutes.

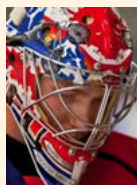
For goaltenders midget and older, a good place to start is likely around 15 seconds on and 2 minutes of rest if the intention is to increase explosive foot-speed. Some judgment is involved when determining the skating ability of the goaltender and if they are able to shift their balance quick enough to explode in another direction and deplete their ATP in that amount of time. Younger goaltenders who still need to think about the mechanical nuances of their movement won't be able to reach this peak output the same way they would if they were sprinting up a set of stairs, as the movement is not yet automatic enough to perform without thinking.

As for the number of sets, 3 or 4 is a good place to start but there are other factors at play. One factor is limited time, so with a 2-3 minute rest the goaltender might run out of time allocated to them during a team practice or ice-time. Also the goaltender will start to fatigue after a few sets and the top speed at the onset will slowly start to decrease.

I hope this article was informative and useful in some way, and didn't bring back any bad memories from high-school science classes. For further discussion, contact me at ek.coretexgoaltending@gmail.com. ■

Most of the information on ATP and energy systems is from Anthony Leyland, M.Sc., kinesiology Professor at Simon Fraser University. Bio at <http://www.sfu.ca/~leyland/>. Literature and references are available upon request.

ABOUT THE AUTHOR



Originally from Edson, Alberta, **Evan Kurylo** has switched his focus from playing the game he loves to coaching goaltenders of all ages. After earning his Bachelors Degree in Psychology from Simon Fraser University, he relocated back to Edmonton, where he established Coretex Goaltending. Evan has been fortunate to work with several elite coaches all across Western Canada, including Brent Bradford of Bradford's Goal Academy in Edmonton, Sean Murray and Rob Fuchs of PFGS in Vancouver, Perry Pearn with the Vancouver Canucks, and John Stevenson of Zone Performance sport psychology in Edmonton. He is a lead instructor for Hockey Canada, teaching the Goaltender Development 1 clinic. Evan is also a contributing writer to In Goal Magazine. Articles can be viewed at ingoalmag.com or under the Articles tab above.

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PUCK TRACKING – WHAT IS IT?

by Mike Lane

In our Goalie Tips section we'll break down specific physical aspects of goaltending in order to help your overall performance. If you're having trouble in certain areas of your game, you should check back here periodically to find tips on how you might be able to make some corrections.

Puck Tracking is simply that - tracking, or seeing, the puck from Point A to Point B. From the shooter's stick blade all the way into your body (or glove, or pad, or blocker). Or, seeing the puck from Point A (the passer's stick blade), to Point B (the shooter's stick blade), to Point C (your equipment), to Point D (where the rebound goes).



Jake Lane

Puck Tracking is staying “visually attached” to the puck through all its various movements. Visual attachment requires maintaining primary vision on the puck at critical times, while using your more broad peripheral awareness to read the play, keeping track of where the attacking players are, where their stick blades are, and where your support, your teammates, are.

Puck Tracking is critical to puck stopping. It's hard to stop what you don't see. Why else would attacking teams want to put a player in front to screen the Goalie?

Puck Tracking, or visual attachment to the puck, must be maintained all the way into your equipment and, if there is a rebound, all the way to the puck's next location. How will you know where to move if you don't know where the puck is once you've made the save.

Puck Tracking requires an active head. If the puck is shot low, your head should drop. If the puck is shot to your right, your head should turn to the right, and so forth, in order to keep your primary vision on the puck.

If you find yourself performing at a lower level than you are accustomed to, or are having trouble catching or trapping pucks, or having difficulty finding rebounds or loose pucks, simply go back to good puck tracking habits. ■

ABOUT THE AUTHOR



Coach Mike Lane has 25+ years of experience coaching goalies at all levels. Mike currently serves as a Master Instructor and Wisconsin Regional Director for Elite Goalies. He is also the goalie coach for the Marian University Men's and St. Norbert College Women's NCAA D-III hockey teams. In addition, Mike coaches goalies for the Milwaukee Jr. Admirals Tier I program, and is a goalie coach and consultant for USA Hockey. He is the founder and owner/operator of SGI Hockey, providing private and group lessons, and video analysis services.

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GOALIE GLOVE POSITION - A LESSON FOR GOALIES AND SHOOTERS ALIKE

by Rick Parisi

So many goalies hold their glove up high. Why is that? For many it may come from baseball. After all, a goalie's glove is a lot like a first basemen's glove, and so many of us played baseball as a kid.

So it seems like the right thing to do...except goalies are not trying to catch a ball coming across the diamond from shoulder height as first basemen do. Rather, they are trying to catch a puck that is coming from ice level. So big deal. What's the difference you may ask? Well consider the angle. This makes all the difference in the world.

In the picture below, Pekka Rinne has his glove up high. If the puck is being shot from the blue line or the top of the circles, he is likely protecting the top corner of the net. But if the shot is coming from in closer, say the dots or bottom of the circles, then he is more likely protecting the guy in the 18th row of the stands. In other words, if the puck is coming from in close, the angle is steeper. The puck is rising, so any puck shot from in close that goes into his glove held that high was likely going over the net anyway.



Pekka-Rinne - Glove High



Carey Price - Glove Low

In the picture below, Carey Price has his glove down low and in tight. It looks like he is giving away a lot of room in the top corner of the net, but when you consider the angle the puck is coming from, there is probably just a tiny window of space. How many guys in your beer league can hit a small window top cheddar? Not too many, and if they can, good for them. They deserve the goal. Goalies, by keeping your glove down low and in tighter to your body, you are covering more of the net, and making it very difficult for shooters to beat you on the glove side. Plus if they do shoot high, there is nothing cooler than catching the puck in that upward, highlight-reel worthy, classic "flashing the leather" move.

SHOOTERS TAKE NOTICE

So if you're a shooter, think about this. And don't wait until you have the puck and are ready to shoot. When you are on the bench, take notice of how the goalie holds his glove. If he keeps it low and tight like in the Carey Price photo, I would look for another place to shoot the puck. But if he holds it way up high, you've got a lot of room to shoot above the pad and below the arm/glove. Take that shot!

If you would like to learn more about playing goalie or scoring on goalies, then get yourself to one of our great camp locations this spring or summer! ■

ABOUT THE AUTHOR



Rick Parisi is the Founder and Chief Executive Warrior of Weekend Warriors Adult Hockey Academy. Rick is not a coach, and was never a professional hockey player. Rather, he is an adult recreational player, just like those that attend the Weekend Warriors camps. However, Rick has been working with some of the best coaches from the collegiate and professional ranks for the past 15 years, training adult goalies and skaters to improve their skills and knowledge, so that they can get more enjoyment from our beloved sport. Weekend Warriors is an adult hockey camp that features outstanding coaching, great fun, camaraderie, and individual attention for the adult recreational hockey player. For more information visit weekendwarriorshockey.com, or call 814-673-2000.

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ON THE MATTER OF “GAME MANAGEMENT”

by Joe Bertagna

It is Sunday afternoon. You are watching your favorite NFL team go down the field in the closing seconds of regulation. The commentator is praising the quarterback and his ability to “manage the clock.”

Everyone knows he has a great arm and a strong supporting cast. But what is this “management” thing? Well, he works the sidelines. He understands how to use the “two-minute warning.” He spikes the ball to stop the clock. And if all of this goes according to plan, he scores with little time left on the clock so that his opponent can’t respond.



Joe Bertagna addresses goalies and shooters at Burbank Arena in Reading, MA, on Sunday, November 20. Assisting Joe was former NHL and University of Maine goalie Mike Morrison and Bertagna Senior Staff coach Andrew Huntoon.

Hockey goalies also have responsibilities under “game management,” some of which involve the clock and “time.” Certainly the most important skill for a goalie is his or her ability to stop the puck. But what about some of the other skills that do not directly involve making saves? If teammates take shifts that are too long, they get tired and bad things happen. In such a situation like this, the last thing you need is a goalie who passes on a chance to tie up a puck and get a whistle but instead, keeps the puck in play. Goalies need

to know when a whistle is needed and if not able to secure it on their own, they need to get their teammates to ice the puck or otherwise help.

Conversely, I had a goalie unnecessarily tie up a puck with 3.5 seconds left in a game in which his team led 2-1. He could easily have steered the puck to a teammate or killed more time off the clock himself but instead, mindlessly took the face-off. The other team won the draw and hit the post as time expired. That was an unnecessary risk. Other aspects of managing a game are not as dramatic. Simply being vocal and letting teammates know when you are screened or when they have time retreating behind the net or when there is an open man in the slot: these are examples where a goalie can manage a situation.

Prior to a face-off in the defensive zone, why not ask, “Who has the guy in the slot?” Or perhaps remind defensemen, “Let me see the puck.” Handling pucks around the net provide other opportunities for a goalie to manage a situation. Leave the puck in a consistent place for a retreating defenseman. Get out and stop pucks dumped in and communicate appropriately.

When a penalty is about to expire, bang your stick in a consistent beat so that teammates know how many seconds remain before the teams are at full strength. At the end of a period, remind teammates how much time remains. Do you have the right awareness in situations to help manage it for the team? ■

ABOUT THE AUTHOR



Widely considered one of the most influential goalie coaches in North America, **Joe Bertagna** celebrates 43 years of coaching in 2016. Joe began directing summer goalie schools in 1974 and continues this summer at seven different rinks. He is also active in-season with small-group instruction, holiday clinics, and providing services for various youth programs in New England. His writings and DVDs have helped thousands of goalies and their families. The Boston Bruins’ goalie coach for seven seasons, Joe also served in that capacity with Team USA in the 1991 Canada Cup and 1994 Olympic Games in Norway.

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THE BUTTERFLY STYLE

by JF Martel

During the last 15 years no other position in any sport has evolved more than that of goaltending in hockey.

Until the mid 1980s most goaltenders would stop the majority of shots standing up as it was believed that going down on your knees to make a save considerably reduced your chances for success. In the late 1980's, Francois Allaire, (Patrick Roy's goalie coach with the Montreal Canadiens), realized that more than 90% of the shots taken during a hockey game were directed toward the middle and lower parts of the net, thus, the introduction of the butterfly technique. Allaire realized that having the goaltender go down on his knees in a blocking position with his legs flared would be a far more productive method for stopping pucks.

During the mid-1990's, butterfly goaltenders were concentrated mainly in the province of Quebec, but by the early 2000s the butterfly style had become the way of playing goal throughout the world. At the turn of the century, the butterfly style evolved. Shooters began focusing more on the upper part of the net and it became a problem for goalies that would drop to their knees in a blocking mode. Goalies had to be more patient before dropping down and were also becoming more active with their gloves.

WHEN TO USE THE BUTTERFLY

The butterfly should be utilized in most situations. It can be used to stop a straight shot from the slot, or the blue line or to react against a situation from close range.

REACTIVE VS. BLOCKING BUTTERFLY

When facing shots from far out, the goalie should use a reactive butterfly. When facing situations from close range the goalie should use a blocking butterfly. The timing of the goalie's descent and the positioning of the hands will depend on the situation. Against a play from close range (less than the length of a stick) the goalie can afford to go down slightly before the shot

is taken. In addition the goalie brings his hands in tight along his body in order to create a big "wall." This kind of butterfly is referred to as a "block." In all other situations the goalie needs to be more patient. For example, when facing a shot from the slot, the goalie does not want to drop down into a blocking mode before the shot. Too much net would be exposed to the shooter. Instead the goalie needs to identify where the puck is going before he does down. He reacts to the shot. In addition the goaltender needs to keep his hands high and be ready to react in case the puck is directed toward the upper corners.

In both cases there are 3 steps the goalie should always follow in order to achieve a successful butterfly.

1. Drive your knees towards the ice. It is important that the goalie recognizes that there is a difference between dropping the knees on the ice, and driving them down. When you drive your knees down you actually give them momentum towards the ice, which is much faster.
2. Push your hips forward. This is important for 2 reasons. By pushing the hips forward the goalie actually uses his core strength which creates more speed. The second reason is that it allows the goalie to be tall in his butterfly. When down on the ice the goalie should be in a position whereby the knees, hips and shoulders form a straight line.
3. Elbows into ribs with forearms close to the goalies thighs. Although this may not be as important to the execution of going into the butterfly, having elbows in tight helps eliminate holes under the arms. If the goaltender has his arms up in the butterfly there are more decisions for the goalie to make a save. The fewer the options the easier the save for the goalie. ■

ABOUT THE AUTHOR



JF Martel joined the World Pro Goaltending staff in 2005 and has been a mainstay in the training centre as well as our Summer Camp Head Instructor. JF is considered one of Western Canada's best goaltending coaches and stresses a game of simplicity, hard work and attention to detail. With this approach, Along with his role as Senior Head Instructor, JF is also the Goaltending Consultant with the Medicine Hat Tigers (WHL) as well as Head Goaltending Instructor for the Calgary Royals Athletic Association. Over the past few years, JF has also been invited to coach with the Hockey Alberta U-16, U-17 and Hockey Canada U-17 and U-20 camps.

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“GROWTH MINDSET” IN GOALTENDING

by Nate Speidel

Mental strength is the most crucial attribute of elite goaltenders – the spotlight often finds them, games depend upon their performance, and media stands poised to capture brilliant moments only a goalie can provide.



There's just something **awe-inspiring** about a goalie and his task. Unrealized by many, however, are innumerable hours of hard work backing the highlight reel. The position takes consistent courage, **discipline**, and laser-sharp focus. Success in goaltending calls for a remarkably dedicated and **resilient** breed of athlete - because imperfection is inevitable.

Yet according to spectators - and, by association, many goaltenders - success or failure in our position is easily measured: If a goalie makes a save, he has **succeeded**. If the opponent scores a goal, he has **failed**. Such mentality carries over into practice and produces a kind of “short-term” developmental mindset. As a result, goalies can easily overestimate value in the immediate rather than remaining “**big picture**” and whole-person oriented. A patient, long-term approach to development, however, requires a **belief in one's very potential to grow**. Enter growth mindset.

“**Growth mindset**” is a term coined by Dr. Carol Dweck of Stanford University and an idea to which I was first exposed

in graduate school. Dweck defines “Growth Mindset” as a belief that one's most basic abilities can be **developed through dedication and hard work** - talent is just a starting point, and value in the **learning process** supersedes the outcome. Her extensive research shows that such a view creates a **love of learning** and a resilience essential for great accomplishment.

This idea is intuitive to most great teachers and coaches. Though to many, it's not. Putting such theory into practice takes **intentionality** on both instructor and goaltender's parts. Namely, coaches ought to focus on and **reward only qualities that goaltenders can control** - effort, perseverance, character, revision, risk-taking, and creativity. These, in truth, are the attributes underlying all **great and time-tested goaltenders** and their achievements. As a result, both what we ask of our goalies and the way in which we give them feedback makes all the difference. The message should be “**take care of the process** and of the controllable, and the rest will follow in time.”



As a response to this newfound understanding, Goalrobber Hockey Schools has compiled a set of **“Principles for the Elite Goaltender.”** The list is not exhaustive, but we hope it helps to **empower** and **instill a growth mindset** in our coaches and students. These ideas encourage goalies to focus upon aspects they can control. And we, as their coaches and mentors, ought to do our best to **acknowledge when they do**. In turn, goaltenders will likely feel intrinsically motivated and learn to be **self-starters**, better goalies, and overall better people:

1. **“We expect good things to happen to us and those around us”**

This principle lays the foundation for a long-term developmental model. If embraced well, goaltenders, even in difficult seasons, can know that becoming effective at their position takes time. If we continue to be process-oriented, good things will follow. In addition, positive visualization and mental repetition better ensures our successful execution of desirable technique and tactic.

2. **“Anything worth wanting is worth working HARD for”**

Work ethic has one of the most direct associations with growth mindset. The aforementioned statement establishes that hard work is the prerequisite for achievement. Laying this type of foundation chases out erroneous beliefs that athletes can simply ride on the coattails of their talent. Goalies should expect and warmly invite challenges, meet them head on with hard work, and eventually the effort will pay off. This process is the bread and butter of long-term success as an elite goaltender.

3. **“Our value is determined by how much more we give in service than we receive in payment”**

- from the *“Go Giver”* by Bob Burg & John David Mann

“Value” may not be an expected topic in the world of elite athletics. However, we’ve come to believe that this idea may be one of the greatest truths coaches can teach. If our value is determined by how much more we give than we receive as an athlete, we are forced to find ways to contribute to team, coaches, and position. Service can come in many forms. Yet, it always necessitates effort, and some sort of development ensues. These are the types of people who are “coaches’ players” and who will be successful both on the ice and in life.

4. **“We are life-long students of the game”**

Learning life-long promotes a sense of curiosity and vibrancy that permeates all areas of living and athletics. As coaches, we would do well to encourage a culture of continual learning, growth, and development - not only for our goalies but for ourselves. The position is ever-evolving and infinitely deep. Humility and studentship is an appropriate response. And modeling these qualities is contagious to our athletes. Goaltenders respect mentors who learn alongside them. Athletes and coaches alike must be students of the game in order to remain relevant and effective in the position.

We at Goalrobber **invite** you to join in believing these principles to be true and to live, acknowledge, and promote a growth mindset in our athletes. The key to fostering optimal development is focusing upon that which goaltenders can control and to embrace the learning process even more than the outcome - to cultivate a **“growth mindset.”** Learn more about growth mindset by visiting <http://mindsetonline.com/whatisit/about/> or reading “Mindset” by Dr. Carol Dweck.

To find out more about Goalrobber Hockey Schools and our **“Goalie Love”** project, visit www.goalrobber.com, follow us @goalrobber.hockey, #goalielove. Thanks for reading and for spreading the love! ■

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ABOUT THE AUTHOR



Nate Speidel grew up playing hockey in rural Hazen, ND. During his 3-year high school career he posted a school record high 93.6% save average, achieved All-Region and All-State honors, and established himself as one of the top goaltenders in North Dakota. During his post high school career, Nate played for the NAHL Junior “A” Bismarck Bobcats and continued on to the collegiate level to study and play in the MIAC league as a part of the Saint John’s University hockey program. As a student of the game, Nate has been involved with coaching at many different levels, and this passion continues to fuel his love for goaltending. He is currently in his 14th season as the founder and head coordinator of Goalrobber Goalie Schools, 12th season as the Bismarck Hockey Boosters goalie coordinator, and 11th season as an assistant coach for the Bismarck Century High School Patriots. Nate is also a high school math teacher at Shiloh Christian School who is currently working on a Ph.D. in Educational Research at the University of North Dakota.

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2 TIPS FOR GOALTENDERS NEW TO THE POSITION

by Noora Rätty

Quick Tips For New Goalies



1. EQUIPMENT

Becoming a goaltender requires commitment not only from the athlete itself, but also from parents. For parents, it's a major financial commitment. Goalie equipment is expensive, but safety and proper fit should be first concerns when it comes to the equipment.

Nowadays, some associations provide goalie equipment for free, but it isn't necessarily always the best option. I would say that if the equipment the association is offering is more than 5 years old and/or doesn't fit properly, look for used equipment from your local sports store.

Too often we see young goalies new to the position wearing equipment that isn't allowing them to enjoy goaltending because it is either a. too big and bulky or b. too small and worn out. Equipment that is too big

and bulky does not allow a goalie to be mobile and move efficiently. On the other hand, equipment that is too small and/or worn out is a safety risk and may result with an injury. Goalies might also get scared of the puck and start ducking, which is a very bad habit and hard to change.

I always recommend goalies to talk to a goalie coach before purchasing any equipment to make sure they get gear that will allow them to be as effective as possible. There are also many videos and articles online about how to properly size equipment. For example, I highly recommend checking out our blog post "Sizing Is The Most Important Feature When Buying A Goal Pad" by clicking [here](#) to get some insight on the equipment sizing and how to properly fit and size equipment.



However, one of the most common equipment mistakes I keep seeing is the stick's paddle length. During my four years of coaching goalies, I have seen way too many goalies with paddles 2-3 inches too short or 2-3 inches too long.

The stick is important to the overall effectiveness because it's a critical part of a goalie's balance and posture. Thus, if the paddle length is not right from the beginning, goalies may develop poor movement, stance (blocker too high or low), and balance habits that are hard to change. So what should you be paying attention to when choosing a goalie stick? Check out this article and a video from Total Goalie by clicking https://goalie.totalhockey.com/support.aspx?pg_id=145

In short, always ensure that the fit of the equipment is appropriate for a goalie's size. Don't try to save money by buying equipment that is too big thinking that you or your goalie will be able to wear it for an extra year before growing out of it. Also, don't try to save money by wearing or letting your kid to wear equipment that is too small and worn out as it's a safety risk and a visit to a doctor's office can be more expensive than any equipment in stores.

2. GOALIES SHOULD BE THE BEST SKATERS ON THE ICE

The foundation of goaltending is based on two things: Edges and balance. The better footwork work you have, the better goalie you are. I have never seen a great goalie who has a weak footwork. Simple as that.

Goalies should work on their edges at the start of every practice: Shuffles, T-pushes and slides make a great start for every ice session. When moving on your feet, use shuffles for smaller movements to adjust angle and T-pushes for longer movements through the crease. Use sliding whenever you can't get to the puck on your feet.

Too many times I see young goalies standing alone in the corner doing nothing while players are working on their edges so here's an advice for youth hockey coaches: if you don't have a goalie coach on the ice, make goalies do the same skating drills as your players are doing. For young goalies, it doesn't matter how they work on their edges as long as they are working on them and improving their balance and posture on skates.

When I was younger and getting started as a goalie, I didn't always have a goalie coach on the ice so I just did the same skating drills as players. As I have a very competitive nature, I've always wanted to be best at everything I do. Thus, whenever I did skating drills with players, my goal was to do them better than any player on the ice. Wearing goalie equipment has never been an excuse for me for not doing cross overs or stop and starts, for example.

In fact, when I was younger, my coach would make me skate out at least once a week so that I would become a better skater and learn the sport from a different perspective. I absolutely hated it back then as the crease is where I feel the most at home. However, now I thank him for making me do this as it allowed me to develop a strong foundation for goaltending: solid balance and footwork. ■

ABOUT THE AUTHOR



After graduating high school, Rätty went on to play college hockey with the University of Minnesota Golden Gophers. During her four seasons playing for the Gophers, she won two National Championships, was a three-time All-American, a three-time Patty Kazmaier Award Finalist (presented annually to the top player in NCAA Division I women's ice hockey), Capital One Academic All-American, a two-time Frozen Four MVP. She also holds NCAA records for career wins (114), career shutouts (43), career save percentage (94.9%), wins in a single season (38), shutouts in a single season (17), and winning percentage in a single season (1.000). Rätty graduated from the University of Minnesota in the August of 2013 with a Bachelor's of Art degree in Journalism and Mass Communications and a minor in Sport Management. Rätty has also been a member of the Finnish National since she was only 15 years old, and has over 120 games in international play. She has participated in two Olympics (2006 and 2010), winning a bronze medal in 2010. She has also played seven times in the IIHF World Women's Championships, winning three bronze medals in 2008, 2009, and 2011. She was named the tournament's best goalie in 2007 and 2008 as well as earned the most valuable player award in 2008. Rätty is currently preparing for her third Olympics under Justin Johnson's and Andy Kent's coaching.

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INTRODUCING OVERLAP REVERSE POST-INTEGRATION TECHNIQUE

by Charlie McTavish, Paul Schonfelder and Eli Rassi

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At every level of the hockey, goalies are using some sort of strategy on extreme angle plays or around the goal line close to the net area that involves positioning on their post, most often referred to now as “post-integration techniques.

NHL goaltenders like Johnathan Quick, Tuukka Rask, Carey Price, and countless others have made noticeable improvements in this area by working on or adding new techniques to their post-integration technique.

You have already read about the Vertical Horizontal (VH) or One-Knee Down techniques; the Dead-Arm One-Knee Down, which was introduced by [former Montreal Canadiens goaltending coach Pierre Groulx in an InGoal Magazine article featuring Carey Price](#); the Reverse, or Reverse VH, which was broken down [by Dallas Stars goalie coach Mike Valley in the same issue](#); and the Overlap Technique, which was most recently [outlined here at InGoalMag.com by Kory Cooper and Tomas Hertz](#).

What we have come to learn as coaches is that each technique or tool has its advantages and disadvantages. Additionally, we have learned some goalies feel more comfortable and confident using a particular technique or combination of techniques over any other.

That’s part of the job as a goalie coach that can be the most rewarding: Working with an athlete to find a way to improve their game that is personal to them.

What we have come to learn as coaches is that each technique or tool has its advantages and disadvantages.

With this in mind, a relatively new concept was borne out of a Complete Development Goaltending (CGD) student looking for a more comfortable post-integration technique that would fit into their overall game strategy. During a

summer training session, a BCHL-bound goaltender was working on post-integration drills, specifically during situations where he ended up past or outside the post in a butterfly slide on a backdoor pass.

At that point, the goaltender had to catch himself with his lead leg, push back so that his foot cleared the near post, catch himself again with his back skate, push and land the toe-bridge of his pad to the inside of the post, and lean his body over to cover the upper portion of the net on the short side.



Where some goalies will go to special off-ice training or seek measures to change their body, it's not something that everyone has the means to do.

This type of recovery movement is typically seen when goalies are getting in position to use the Reverse VH technique.

However, this goalie did not feel comfortable or confident that he was sealing the short-side of the net if there was a quick rebound shot.

This wasn't the typical feeling of being uncomfortable when trying something new. The truth is, he was able to perform Reverse VH with his toe-bridge or the boot-area of his pad inside the post, but he just didn't feel comfortable.

Physically, he felt a lot of discomfort at his hip and knee-area. Simply put, this particular goaltender has a certain amount of flexibility and range of motion. Where some goalies will go to special off-ice training or seek measures to change their body, it's not something that everyone has the means to do.

So an opportunity presented itself: How could a goalie integrate a post-play strategy that sealed the ice once they slid slightly past the post on the short side of the net, but enable them to recover to the far side, to their feet, or butterfly slide – all at the same time? The answer is a combination of what Cooper and Hertz wrote about in their article about the Overlap Technique and the Reverse Vertical Horizontal – the Overlap Reverse technique.

Before getting too far along with the Overlap Reverse, it's important to keep in mind the following:

1. Goaltenders who find certain post-integration techniques uncomfortable might find the Overlap Reverse a more suitable option for their game.
2. It's designed as a tool to help goaltenders quickly recover and seal the short-side of the net when they push past, or outside, the post.
3. This technique enables goaltenders to regain control quickly and add a post-integration strategy to their game, sealing the short-side of the net and prepared for any immediate shot or pass threat.
4. Hands should remain non-reactive, tight to the body, and positioned outside of the post.
5. This technique is not something that should be considered for plays generating from behind the goal line.



The goalie on the left slid into the post, while the goalie on the right slid slightly past, or outside the post.



Now let's take a look at each of these points. On the lower left, you can see the difference in body positioning when a goaltender slides into the post compared to slightly past the post. There are some goaltenders who are comfortable sliding so that their skate makes contact with the post and their body follows through with a shoulder lean to cover the short side. Some goalie coaches prefer teaching this way, but again, it might not be for everyone.

The photo on the right is where you would begin to perform the Overlap Reverse post-integration technique. Rather than push back so that the foot clears the near post and into any variation of Reverse Vertical Horizontal (skate blade on post, toe bridge against post, skate boot inside post, or shin area of pad on the inside of the post), goaltenders can catch themselves with the blade of their lead foot, and then whip their leg back so that their heel is positioned slightly outside the post:



The Overlap Reverse Technique, goaltender is positioned with the heel of his skate slightly outside the post, hands tight to his body and non-reactive (block butterfly), and elbows against the post. On the glove side, goaltender is showing two options for stick positioning

Our objective with the Overlap Reverse technique is to introduce it as a tool that may help goalies looking for a more comfortable post-integration technique that puts less strain on the knees, hips and ankles.



A key component of this technique is how the goaltender positions their body against the post.

If the goaltender's pad is positioned horizontal or turned towards the middle of the ice, their rebound will most likely end up towards the middle of the ice. However, if the goaltender's pad is slightly turned towards the back boards and their body is leaned outside and around the post, a quick rebound will end up behind the goal line, thus resulting in a less threatening position.

As you can see, Mason uses the Overlap technique in both situations and was able to recover to make a wrap-around save and a rebound save off the initial shot. He's executing it in the fastest league in the world. Our objective with the

Overlap Reverse technique is to introduce it as a tool that may help goalies looking for a more comfortable post-integration technique that puts less strain on the knees, hips and ankles. It is not meant to replace or take away from what has been discussed or achieved before. Rather, it should be considered another tool in the goalie toolbox, one that might not be for everyone, but may very well appeal to many. ■



ABOUT THE AUTHORS



Coach Paul has 15 years of coaching experience that has taken him all over the world including Japan and Finland. Coach Paul is a currently the goaltending coach of the Ottawa 67's in the Ontario Hockey League (OHL) and consultant with Hockey Canada. A true student of the game, Coach Paul's direct approach to teaching makes advancing under his tutelage fast and efficient.



Coach Chuck has a detailed eye for basic and advanced technical execution. He has worked directly with the Ottawa Senators Development Camp, Ottawa University, Smiths Falls Bears and Pembroke Lumber Kings of the Central Canada Hockey League (CCHL). He is also the lead goaltending skills coach for Peak Centre Academy. Coach Chuck has been consulting with teams and associations in the Ottawa area for 14 years.



Coach Eli is an innovative coach always on the cutting edge of the position. Along with coaches Chuck and Paul, Eli's expertise is featured in InGoal Magazine, the world's leading magazine for goalies and parents. He is currently the goaltending coach for the Carleton Place Jr. "A" Canadians of the Central Canada Hockey League (CCHL). Coach Eli brings over 10 years of coaching experience and creativity to the CGD team.

FIVE TRAITS OF GREAT GOALTENDING COACHES

by Eli Wilson

These days, there are talented goaltending coaches in nearly every town and city. When you've returned home from your time working with Eli Wilson, how do you choose a great local goaltending coach to work with?



Here are five traits of great goaltending coaches:

1. A great goaltending coach is progressive, building upon the skills the goaltender has already mastered. Far too many goalie coaches teach on their schedule, not the goaltender's schedule. A great coach doesn't just teach what's new in goaltending, jumping ahead before the foundation is sound. For example working on inside edge work before being able to recover or skate properly. Coaches must be able to create drills that reinforce core skills, then gradually introduce new drills that build on those core skills.
2. Great coaches teach the goaltender to use their senses. What does a clean blocker save sound and feel like? Too many goalie coaches focus on one-on-one training, repeating the same drills over and over again, usually the goaltending coach is the only shooter and is stationary. This work becomes very simulated and unrealistic. Although there is a time and a place for this kind of work, this can lead to very robotic and nonathletic goaltenders that don't develop any real hockey sense. Engaging the goaltenders mind is a must. Live shooters should be used 90% of the time. A great coach create drills that have grey areas, forcing game-like reactions and reads.
3. A great goaltending coach understands visual attachment. It is very important that the goaltenders head is involved in training, reps can't be set up simply as exercise. The trajectory of the puck, and the trajectory of the goaltender's

eyes, head, and body, are vital when it comes to making saves. Having strong visual attachment to the puck, along with consistent soft focus on where the puck could go next, is key. A great coach will force their goaltending students to keep their eyes engaged at all times.

4. A great goaltending coach teaches the abstract parts of the position... the stuff you don't see. Drills should be used to develop detail skills, for example covering pucks, relocating



pucks, knuckle shots, screens and passes. The use of abstract drills to develop detailed skills. This can be a fine line over use in this area can lead to a goaltender that are more into having fun than being competitive. These drill can be very creative and even include props, such as



screen bags, weighted and white pucks etc. The coach must be cautious though not over use drills in this area which may lead to the goaltenders having fun rather than being competitive.

5. And finally a great coach must get to know the goaltenders, not only must a coach teach the skills, he must also be able to coach and mold the person. Understanding and always hitting on the mental side of the game. You are not an instructor you are a coach and mentor. Having knowledge of the game is a small part, bring the whole thing together is what matters. Creating environment, teaching and getting the best out of goaltenders are some of the keys. They know that a significant part of the game is won and lost not on the ice, but in the mind of the goaltender. A great modern goalie coach will focus on the mental side of the game, making sure that their goaltenders are in the right frame of mind to stop pucks, battle hard, and win games. It's also important that your coach take in some of your games either live or on video.

Look for these traits in your goaltending coach, and you'll be able to train locally during the breaks when you can't be working with Eli Wilson. Eli is offering in-season training in Edmonton, Kelowna, and Vancouver, as well as off-season camps in Portland, Detroit, Denver, Toronto, Saskatoon, Calgary, Kelowna and Minneapolis. ■



ABOUT THE AUTHOR



Having elevated the games of current National Hockey League goaltenders Carey Price, Ray Emery, Tim Thomas, Tuukka Rask, Brian Elliott, Jason LaBarbera, and Devan Dubnyk. Eli Wilson has established himself as one of the premier goaltending coaches in the world. His relentless work ethic, vivacious personality, knowledge of the goaltending position and tenacious approach to the game has afforded Eli the ability to build an impressive track record. Wilson had unprecedented success for four seasons with the Western Hockey League's Medicine Hat Tigers. While there, Wilson's goaltenders set new franchise records only to break them again two years later. During Eli's tenure, the Tigers won two Championships and in both of those runs, the Medicine Hat goalies were named playoff MVP's.

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SAY WHAT YOU SEE

by Ray Jean

I have many parents and coaches asking me what their goalies should be saying to their defensemen.

The first and most simple rule I tell all goalies is “say what you see, and keep it short”.

In a conversation I had with Mike Richter he said the best player he ever played with was Brian Leetch because Brian always said whatever he was seeing. Brian always said what he was looking at and what he was doing. Even if you couldn't see him you knew exactly what was happening around him.

Another benefit to saying whatever you see is it keeps you in the moment. If your eyes and mouth are working together it is easier to keep your mind and body in unison as well.

Once a goalie starts talking there are a few basic guidelines.

Call out the rush. As a play moves through the neutral zone the goalie should always call out the numbers of the rush. 3 on 2, 2 on 1, 2 on 2, etc.

Identify open players. If a player is open say it and where on the ice. “Open far post”, “Open high slot”.

Screens. If you can't see let people know.

Forechecking pressure. One hard. Two hard. Time. Are all common phrases.

More complicated verbal commands should be discussed between coaches, players, and the goalies. This usually pertains to how to handle the puck in breakout situations.



Some common phrases are:

Wheel: When a dman has pressure and uses the net to cut off the forechecker.

Hard around: Dman rims the puck hard.

Reverse: Dman reverses the puck behind the net usually when under pressure.

D to D: D to D pass

Stretch or far blue: Refers to a stretch play when trying to catch a team in a line change.

To conclude what a goalie or any player really needs to do is act as a second set of eyes and you do that by saying whatever you are seeing. ■

ABOUT THE AUTHOR



Reaching as high the AHL Ray Jean learned at a very young age that if you want to be competitive at this position you need to be a student of the game. This is a philosophy that all of his instructors share and something we strive to pass on to our students.

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GOALIE TRAINING TIPS: WRAP AROUNDS

by Rick Besharah

Over the past few years, we've had a lot of conversations surrounding which technical application is best for students to apply when faced with a wrap around. During our goalie training sessions, we preach finding what works for each individual student, but is there a right or wrong way to stop a wrap around?

TIMING

I always found that the most difficult part of facing a wrap around was timing. Timing of when to drop down to the ice, timing my arrival to the post when tracking the puck below the goal line, timing of when to cut off passes or be more aggressive with my stick, etc. Timing is not only relative to what is going on with the puck below the goal line, but it is also directly linked to what is occurring above the goal line. Therefore, there's a lot to consider for goaltenders. But how does timing affect our overall ability to stop and control the flow of the game?

CONTROL

Ensuring that our students are capable of controlling the flow of the game is essential so that they are keeping up with the speed of the puck even when it's below the goal line. Neutralizing passing zones which cause goaltenders to move cross-crease help in this area so that they are limiting the amount of movement and lower the risk of falling behind in their positioning. This is why we actively emphasize the need to challenge passes from below the goal line with the stick (passes along the ice) and glove (saucer passes or flicks into front-of-the-net traffic) during our goalie training programs. But some things are more difficult to control than others, such as rebounds in a wrap around situation.

REBOUNDS

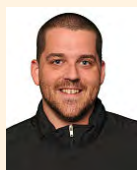
Technical applications determine rebound paths. But every technical application has its faults (see our article on VH vs RVH which explains the techniques in much more detail). Therefore, we teach our students who attend our goalie

training sessions to try multiple efficient techniques for wrap arounds in order to determine what works for them. Through this process, they may understand the reaction caused by every action they've applied, better preparing them for the next step of their movement when faced with these situations in a game. But how does a goaltender control their rebounds when timing and control at the post position is more difficult? One word: Engagement

BEING ENGAGED

Many goaltenders become too relaxed when the puck is below the goal line and in the corner, and unfortunately, this relaxed attitude results in poor timing due to a lack of engagement on the goaltender's part. The goaltender's poor timing then results in a lack of control of their rebounds when faced with a wrap around. During our goalie training sessions we emphasize the need to consistently be engaged even with the puck located below the goal line. Although there is no scoring threat from below the goal line, goaltenders need to understand that their ability to remain engaged when faced with these situations results in whether they are able to control the first shot, while timing their ability to keep up with tracking rebounds. During our goalie training sessions, we preach that patience is essential to our students in order for them to use their momentum, as well as their weight distribution to their advantage. However, when faced with a close-proximity wrap around, there is no harm in being aggressive by going after the puck with the stick as long as it doesn't cause the goaltender's weight distribution to suffer. ■

ABOUT THE AUTHOR



Rick Besharah's highest level of achievement was within the Chicago Blackhawks farm system at the ECHL minor professional level. Prior to professional hockey, Besharah played both in the Montreal, QC and Ottawa, ON regions at AA, AAA, Junior B, and Junior A levels & attended Major Junior camps within the Victoriaville Tigres (QMJHL), Hull Olympiques (QMJHL), and the Kelowna Rockets (WHL) organizations.

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