

Welcome Tavistock Coaches and  
Parents



# Stigma in Goaltending Today

- “I don’t know much about goaltending so I stay away, I don’t want to mess up my goalies”
- “My cousin was a goalie and showed me a few techniques”
- “I was a goalie 27 years ago”
- “Goaltending is Voodoo Magic”



I'm not afraid of anything - except  
bear. But bear in the forest.

— *Ilya Bryzgalov* —

AZ QUOTES

You Don't Have to be Crazy to be a goalie  
But it helps.

"I saw this video on youtube"



There's a better way.

BALANCE+POSITION=  
SAVE

If a goalie can get balanced, square and centre (no depth)  
He/She will make the save.

# Balance

- Balance is a perfect stance
- Think bio-mechanics of a squat
- Resting positions
- Every Goalie leans to blocker side
- Ongoing changes/adjustments
- Goalies to work on stance with personal coaches





# Position

Proper movements will lead to optimal position

- T-Pushes, Shuffles- 2 ways to move laterally standing
- Butterfly Slides, Power Slides-2 Ways to move laterally on knees (puck is in tight)
- Scopes, C-cuts- 2 ways to move forward and backward
- Goalies understand these movements, same at every level
- Repetition will lead to perfection (with a little help from vision goaltending)

# Maximizing Goalie Development in Practice

- Hold goalies accountable
- Talk to your goalies about their goals
- Review practice plans with goalies
- “What are you working on today and how many reps are you trying to get in.”
- Add purpose to shooting drills/offensive zone
- Timing

Taking time  
To run movement drills.



# Adding Patterns









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# Adjustments/Progressions to Existing Drills

- Be creative, use pylons and designated spots on the ice.
- Adding a screen in front adds significant workload and purpose for shooters.
- Think “lateral movement”
- Allow for rest.









# Thought Process, The Mental Game

- Exploitative vs Balanced strategies Thinking
- Muscle memory aids in the “pursuit of position” (repetition repetition repetition)
- Exploitative thinking leads to sub optimal balance and position, ultimately leading to PANIC.

# Teaching a Balanced Strategy/Thought Process

- Recovery in front of a shot
- Reversals
- Fake Shots
- Scramble drills

- Balance- Allows for use of goalie's mobility and physical ability
- Allows for max speed in pushes (as oppose to delayed B-fly)
- Reaction becomes more efficient

# Thank You

Contact:

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# Welcome Tavistock Goalie Parents

Thanks for Coming



# Intro

- Who am I as a coach?
- I'm here for you and your daughters as a resource
- My approach will vary slightly depending on her goals
- Same level of attention/instruction, different expectations depending on her commitment

# Personal Goals

- Understand your goals and map out your plan
- Talk to your coaches, be on the same page
- Prepare
- Execute (Discipline)
- Handouts

# Communication with Coaches (Bridging the gap)

- Goalies make great diplomats (communication)
- Coaches are usually there for you
- Hold yourself accountable
- Plan for Practice

# Goaltending Systems

- There's more than one way to stop a puck
- A lot of great coaches in the area
- COMMUNICATION IS KEY
- Understand/learn pros and cons to what you're doing as opposed to memorizing

# Planning for Practice

Part 1

Secret to goaltending.....

# GETTING TO POSITION!!!

BALANCED AND SQUARE  
(see videos)

# Planning for Practice

## Part 2

- Plan according to your goals
- Work backward, plan for the season, month, week, day.
- Show up a little early, review practice drills, plan your patterns/reps.
- Execute and adjust
- See Practice Plans (2nd Handout)