

HOCKEY CANADA

Goaltending Development Program

“Developing the Canadian Goaltender”



2014.06.11

Hockey Canada Goalie Summit?

Hockey Canada quietly spent two years building a **national goaltending development model**, which will include the **country's first goalie-coach certification program**....and it is ready to launch thru each **Associations facilitator / spokesperson** – me – and you.

Why a National Development Model?

Sweden & Finland instituted a similar national plan **10 years ago** and its formation is credited for its rise up the international goaltending ranks – specifically the NHL.

Last year, 22 goalies from those two countries played in at least one game; 15 seasons ago it was one goalie. S & F hockey population – 160K combined. Canada over 500K.

Country	1998 - 99	2003 -04	2013 - 14
Canada	62	54	39
Unite States	12	13	18
Sweden	1	3	13
Finland	0	7	9



Hockey Canada's Reasoning

The problem is **NOT** a lack of quality goalie coaches - the concern is the **ACCESS** to that quality coaching. Much of the goaltending development in Finland and Sweden is carried out through their equivalent of minor-hockey programs.

In Canada, much of the goaltending **development** takes place **privately**.

Though some Canadian minor-hockey organizations hire private coaches to work with larger groups during the season, a lot of **position-specific development is limited to summer camps or with a hired private instructor**.

Ironically the summer is when Europeans focus their development into **athletes** with off ice specific training.

We do not need to drastically change what we are teaching our goalies --- we need to change WHEN (game like practices) we teach them & improve on HOW we help them teach (on ice and off ice) themselves.

- ❖ Goaltending is a critical aspect of team play and requires **direct & consistent** unique coaching skills. As forwards and defenders get specific coaching for their respective positions, **goalies require the same attention and guided skill development.**



Goaltending Advisory Group Outcomes

He is the identity of Canadian Goaltending?



Goaltending Advisory Group Outcomes

Canadian Goaltending Identity

vs.

Other Countries (**Finland – Sweden - USA - Russia**)

Physical

- **Flexibility**
- Power/Strength
- Balance/Stability
- Agility
- **Hand-eye Coord**
- Presentation
- Vision
- **Range of motion**
- Stamina / Fitness Level

Mental

- **Preparation**
- Managing pressures
(Early & late in games)
- Short term memory (Bad goal)
- Adversity (short & long term)
- Body Language
- Managing external distractions
- Stay in the moment

Hockey Sense

- Anticipation
- **Ability to Read Plays**
(Plays, Attacks, Game situations)
- **Read the release**
- Save selection (vs size)
- **Ice awareness**
- **Self awareness**
- **Communication**



Five Key Concepts to teach at LEVEL 1

PRE-SAVE / SAVE / POST-SAVE

- Skating
 - Stance (Athletic position, balance)
 - Moving Skills (T-Push, Shuffle & “C Cut)
 - Positioning (Angles, Square, Depth)
 - Save Selection (Basic Saves)
 - Basic Puck Control / Stick handling
1. **Find the Puck** - Eyes First
 2. **Movement** - Getting into position
 3. **Position** - Stance, angles - square to puck, depth
 4. **Save Selection** - Appropriate to the situation
 5. **Puck Control** - Rebounds and recovery

Basic Stance

(Athletic position allows goalie to move & react quickly)

- ❖ ***Stance should feel comfortable***
- ❖ ***Spine / shin angle should be the same***
- ❖ ***Gloves approximately same height***
- ❖ ***Catcher open & out in front***
- ❖ ***Blocker rotated outward slightly***
- ❖ ***Hold Stick Properly***



Butterfly Basics

- ❖ Usage depends on size of goalie & distance/ angle of puck from crease
- ❖ Head up but eyes low (zoom in on puck)
- ❖ Make yourself big & tall (upright torso)
- ❖ Pads loose to leg & falling on inner channel
- ❖ Stick on ice slightly angled (deflecting pucks)
- ❖ Glove out and open (Glove facing puck)
- ❖ Knees together – toes out
- ❖ Butt up - stay off heels
- ❖ Hands out in front – stick on ice
- ❖ Shoulders square – relaxed upper body
- ❖ Weight on knees stay forward



T Push Sequence

OPEN – PUSH – STOP



Incorporating Goalies Into Practice

Incorporate your goalies into practice in 10 minutes

- Have your assistant coaches take them aside to do **skating drills** at the start of practice while you are working with the team at the other end
- Make your **warm-up drill a goalie** specific drill
- First ten or last ten minutes of practice set aside for coach controlled goaltending drills (emphasize the words **coach controlled**)
- Have them coach each other through skating drills and mirror drills when they are idle in practice.

The Importance And Role Of A Goalie Coach

- Few head coaches have the extensive knowledge of the position that is needed to effectively facilitate goaltender development.
- Those that do have a goaltending background, **don't have the time** to focus solely on their goaltenders, and so the necessity for a **goalie specific coach** is apparent.
- It is important to know if your goalie coach is qualified and **current**. Also consider your own goaltending Professional Development.

The Role Of A Goalie Coach

Goalie coaches will be most effective when encouraged to do the following:

- Design and implement drills**

- Act as a liaison between the goaltenders and the head coach
- Help goaltenders with **mental preparation** and routine
- Assess **game and practice performance** to identify strengths and areas of development
- Use **video** as an effective coaching tool
- Help the goaltenders deal with pressure and poor performances

Practice Tips

Set aside 10 minutes (1 drill) for your goalies per practice:

Goalies should participate in all skating drills:

- It cannot be emphasized enough that your goaltenders should be doing all **skating drills**, the only difference being that if at all possible, get them to do the drills using their goaltending stance.

Goalies should participate in all passing drills:

- In this day and age you cannot be a complete goaltender if you cannot play the puck.

Space out your shooters:

- There is a strange belief out there that by giving your goalies shot after shot will somehow improve them. This could not be more wrong. When doing goaltending drills with your goaltender, you should ask yourself if this a **game like situation**. The more drills you can do with your goalie that are game like, the better they will become. Goaltending is about **patience and control**, not flopping and swimming.

Practice Tips

Sample everyday goalie practice plans:

60 Minute Practice:

0-10 min: skating warm-up or passing drills

10-20 min: goalie drill

20-60 min: team drills

0-10 min: Warm up

10-50 min: Team drills

50-60 min: Goalie drills

0-10 min: warm-up

10-30 min: team drills

30-40 min: goalie drill

40-60 min: team drills



Summary

The whole point being is that it doesn't matter where, or how difficult the drill is in practice. Designate ten minutes per practice with your goalies, and above all, teach them to outwait the shooter.

Warm Up Drills

- Goaltenders (particularly younger goaltenders) can do skating with the team as this will help with **balance, edge control and agility**.
- Effective warm-up drills for goaltenders are those that allow the goaltender to **track pucks** from the shooters stick into their body, and off of their body. The height and speed of the shot is irrelevant provided the shooter is from the proper distance away.

Goaltending Advisory Recommendations

Where do we go from here?



Level 1 – TECHNICAL SKILLS

- **Skating**
- **Stance** (Athletic position, balance)
- **Moving Skills** (T-Push, Shuffle & “C Cut)
- **Positioning** (Angles, Square, Depth)
- **Save Selection** (Basic Saves)
- **Basic Puck Control** (Basic rebound control)
- **Stickhandling**

FUN & ATHLETICISM



Level 2 – TACTICAL SKILLS

- **Skating (Enhanced skating)**
- **Save selection vs the 10 scoring situations**
 - Clear Shots
 - Entries off the Rush
 - Net Drives
 - East / West Passes (Lateral)
 - North / South Passes (High to Low, Low to High)
 - Screen Shots
 - Tips and Deflections
 - Walk Outs / Wraparounds
 - Rebounds and Loose Pucks
 - Breakaways
- **Save Techniques**
- **Rebound Control and Puck handling skills**
- **Recoveries (Preparation for next save)**

***Learn to Read
the Play***

IDENTIFY SKILL



What we all should look for?

SKATING	Balance & control; both linear & angled post to post efficiency.
TECHNICAL	Fluid crease movement on feet and knees. Butterfly slides, Post seals, behind the net play.
HOCKEY SENSE	Ability to read the play. Reading D-one coverage. Know where dangerous zones are and who top end players are.
AGILITY / SPEED	Getting to lateral plays and quick post to post movements.
TRAFFIC PLAY	Finding puck through a screen, how he handles players driving to the net.
SAVE SELECTION	Recognize play & possible threats. Shot prep, save selection, shot impact & post save response -track puck. Catch vs. Block. Blocker use. Body cradling.
REBOUND CONTROL	Proper save selection & control & steer to less dangerous areas.
COMPETE LEVEL	Competitiveness & battle level. Desperation in the crease to make saves.
MENTAL TRAITS	Ability to shake off a bad goal. Poised, nervous or confident?
PUCK PLAY	Ability to handle pucks, make passes or get to dump in's.

Level 3 – TEAM PLAY SKILLS

Minor Midget – Midget & all Junior Levels

- **Incorporation Into Team Defence**
 - D-Zone Coverage
 - PK Situations
 - Odd Man situations (2 on 1, 3 on 2)
- **Incorporation Into Team Offence**
 - Breakouts
 - Rims
- **Hockey Sense**
 - Communication
 - Developing the Goaltenders' individual Game Plan

Enhance the Identified Skill



Where do we go from here?

- Canada's certification program is designed to ensure **more qualified coaching is available to more goalies “outside of the private industry”**.
- **The Swedes and Finns gather annually for goaltending conferences, sharing ideas to constantly improve and evolve their development models. Consensus among top coaches is shared with regional coaches, who take those messages back to their hometowns to teach it to grass-roots coaches, ensuring a consistent message is preached from the pro team right down to novices learning the position.**
- That's easier to implement in a smaller country, but **Canada's plans are similar, and we WILL act on our plan and change the face of the game at the elite level (NHL) – starting with at the Grass Roots.**

Where do you come in ?

Instructional Stream

Through the transition of the **NCMP Specialty Clinic** program **into the NCCP Instructional Stream** there are 5 areas of focus in Phase 1 of this initiative:

- Skating Skills
- Puck Handling Skills
- Developing Defencemen
 - Checking Skills
- **Basic Goaltending Skills**

Instructional Stream

This **Goalie Instructional Stream Program** allows **Hockey Canada & you the Branches to identify and develop** people within your Branch at the various levels within each Stream Level 1 – 2 & eventually 3 to:

- 1) Train the Trainers on how to teach the Coaches
- 2) Teach the Coaches how to teach their Goalies
- 3) Develop a system in which qualified instructors / programs can eventually gain a **status as Official Hockey Canada licensed Skill Developers.**

Instructional Stream 1 & 2– Goalie Coach

Instructor Stream 1 & 2 Status - Facilitators

- Completion of a **Level 1 & 2 Goaltender Stream Clinic** (each are typically 90 minute Class Room & 90 minute On-Ice)
- Coaching Association of Canada – accredited NCCP Facilitator recognition

The above status enables an individual (private instructor or Branch connected) to teach **Level 1 & 2** of the Hockey Canada Goaltending Stream

Instructional Stream 3 – Goalie Coach

Instructor Stream 3 - Advanced Status – Licensees

- Completion of certified status
- Meet and show advanced evidences of ability in skill performance, teaching and facilitation
- This status would be required in order to get a license as a Hockey Canada Skill Development Coach
- What does this mean for you and YOUR Goalie Coaches – they too carry the **ADVANCED Instructional Stream** status – and once trained and approved by HC at Level 3 they can become **CERTIFIED by Hockey Canada** - liability insurance (private Goalie instructors), HC logo, certification status / credentials etc

HC's Goaltending Advisory Groups

Ultimate Goal

Turn another Carey Price "like" kid



HC's Goaltending Advisory Groups

Ultimate Goal

..... into the “next face” of Canadian Goaltending

