

Practice Time (coaching tips)

1. To simplify a goaltender's game, we can divide it into 3 parts. During practice we can isolate one particular part and spend time practicing the area that may need work:
 - a. Positioning (preparation, movement)
 - b. Save selection (execution of a save movement)
 - c. Post-save response (retention or repositioning to loose pucks)
2. One or more of these elements may be targeted during each drill carried out by a team during practice.
3. Positioning is one of the most important parts of the goalie's game. Allowing the goalie to read each play and set themselves up accordingly will build good habits come game time.
4. To allow the goaltender to set up properly, drills must be spaced with enough time in between shots to allow the goaltender to make a save and then reposition themselves for the next attack. If recovery is a focus then enough time must be given to let the goalie follow each puck and set up for the next shot.
5. Once the drills are set up so that the goalie can practice a particular piece of their game, it is up to the goaltender to continue the self-development process. The goaltender must develop strict self-discipline and a strong work ethic if improvement is to be expected.