

## Goalie Skills Checklist Continued

11. \_\_\_\_\_ **Leg Pad Save**  
"Cushion shot on the leg pad, Raise buttocks slightly, thus straightening the knees slightly, it is important that this occurs just when the puck hits pad"  
"Shot to One Side - Kick the puck with the leg pad, following through to direct it to the corner or side board"  
**Body Save - Body Trap**  
"Position Upper Body (Chest & Stomach) in front of Puck"  
**Stacking Pads & Recovery**  
"Bring both arms in to trap the puck against the body"  
**Stacking Pads & Recovery**  
"Desperation Save - Obtain as much height as possible with pads, stack one pad on top of the other and use the top arm to increase the height of the wall, bottom arm flush to ice"  
**Half "V"**  
"Drop the leg pad closest to the shot flat on the ice, upper body is upright & square to puck, stick blade on ice & moves to puck side covering the opening between the pads"  
**"V" Drop**  
"Drop to inside of knees & lower legs by fanning out the skates to the side, pads must be flush to ice"  
"The upper body must remain upright with the glove open above the pad"  
"Stick blade is flat on the ice, covering up the "S" hole between the pads"  
**Control Rebounds**  
"Cushion the puck with stick save or pad save"  
"Drop to knees & have stick out in front to protect puck from being knocked into goal"  
"Place catch glove over top of puck"  
**Playing the Angles**  
"Goalie is out of net when the puck is in front"  
"Goalie must be in middle of angle & centered on puck"  
"Maintain the basic stance & squared to puck"  
"Cut down shooter's vision of the net"  
"Never give the shooter the short side"  
"Play the puck, not the shooter's body"
  16. \_\_\_\_\_
  17. \_\_\_\_\_
- Helpful Tips About Goaltending**
- Goaltending is all about repetition.
  - Goalies should be among the best skaters on the team.
  - Goalies need to work on their puck-handling, passing & shooting.
  - Have 6-10 drills you can do on your own at practice when the team is working on other areas of the game.
  - Goalies need to "talk it up" - give instructions to teammates.
  - Watch the puck, always have your body "squared" up to puck.
  - Don't commit yourself too soon: try to make the shooter commit first.
  - Cut down the shooting angle.
  - Stay on your feet as long as possible, be in a good basic position.
  - Get some equipment blockage behind all shots.

## Goalie Specific Drills To Do Each Practice

by - Steve Carroll:  
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### Body Control

1. 10 Blocker Saves
2. 10 Catch Glove Saves
3. 10 Knees & Recover
4. 10 Skate Saves to Glove Side
5. 10 Skate Saves to Blocker Side
6. 10 Half "V" Saves to Glove Side
7. 10 Half "V" Saves to Blocker
8. 5 Stack Pads to Catch Glove
9. 5 Stack Pads to Blocker Side
10. 5 Falls to Back & Recover
11. 5 Falls to Front & Recover  
(All Drills done without a puck)

### Skating Drills

1. Skate Figure "8" pattern around end face-off circles - Goalie Position - using "C" Cuts - 5 times forward & backward.
2. Big Rectangle Box Movement - face side boards, standing on goal line - move from goal line to top of face-off circle, pivot across to top of other circle - pivot go to goal line - 2 times through with shuffle move  
2 times through with glide move  
2 times through with crossover slide move
3. Three Shuffle Step Zig-Zag - From side boards to side boards on goal line.
4. Half "V" Save Zig-Zag - From side boards to side boards on goal line - half "V" to right side & then half "V" to left side.
5. Stack Pad Zig-Zag - From side board to side board - stack pads right, then stack pads left zig-zagging.
6. Goalie In Crease Shuffle Steps - Shuffle step around top of crease - repeat 4 times each direction.
7. "Y" Drill - Start at hash marks between circle - skate backwards toward top of crease - pivot to pipe - do 4 times doing: Shuffle Steps, Half "V" and Stack Pads.
8. "X" Drill - Start against pipe - Shuffle across goal line - then skate out diagonally toward face-off dot - skate backwards to far post - stop, Shuffle Step over to other post - stop, skates out diagonally to other face-off dot - repeat 4 times each direction.

**Note: Takes about 10-15 minutes to complete the circuit**

**Remember the three "Rs" of goaltending:**

**Ready** for the shot  
**React** to the shot  
**Recover** from the shot

# Hockey Skills Challenge

for

## Squirt and 10 & Under

presented by



**HOCKEY EDUCATION PROGRAM**

HEP: developed collaboratively by Minnesota Hockey and Mayo Clinic Sports Medicine Center



PROUD PARTNER



INSURANCE



A guide to learning the  
FUNdamental hockey  
skills for goalies

"If you can't always be the best -  
You can always be better"

Name: \_\_\_\_\_

Season: \_\_\_\_\_

Classification: \_\_\_\_\_

(Times recorded in Hundredths of Seconds - Best of Two Runs)

### 1. Forward Figure 8 with "C" Cuts

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_

Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_

Late Season \_\_\_\_\_ Best \_\_\_\_\_

3. \_\_\_\_\_

### 2. Backward Figure 8 with "C" Cuts

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_

Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_

Late Season \_\_\_\_\_ Best \_\_\_\_\_

5. \_\_\_\_\_

### 3. Shuffle Step Around Rectangle Goal Crease

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_

Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_

Late Season \_\_\_\_\_ Best \_\_\_\_\_

6. \_\_\_\_\_

### 4. "X" Drill - Pipe to Pipe & Diagonally

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_

Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_

Late Season \_\_\_\_\_ Best \_\_\_\_\_

7. \_\_\_\_\_

### 5. Five Puck One Hand Backhand Clear

Minnesota

Early Season \_\_\_\_\_ Average \_\_\_\_\_

Mid Season \_\_\_\_\_ Top 10% \_\_\_\_\_

Late Season \_\_\_\_\_ Best \_\_\_\_\_

10. \_\_\_\_\_

## Movements, Saves & Puck Control

### MITES - 8 & Under

#### Basic Stance

- "Skates Shoulder Width Apart & Knees Bent"....
- "Hands Ahead of Body"....
- "Stick Blade Flat, Ahead of Skates"

#### Forward & Backward Movement - "C" Cuts

- "Shift the weight from inside edge of one skate to the other"
- "Stay low, glove up, stick down, eyes on puck"
- "Stopping - Slight snowplow stop with one skate"
- "Always keep Body Square to Puck"

#### Stick Save

- Directly at Goalie* - "Position Stick 4-6 inches in front of skate"
- "Stay standing & relax, let the puck come to the stick"
- "As the puck contacts stick CUSHION the shot, No Rebound"
- Shot Just To The Side* - "Move stick to one side & back up. The stick with skate turned".... "Stick arm works as a steering wheel & deflects shot to the side"

#### Catch Glove Save

- "Basic Position - Glove open, around knee high, ahead of body, filling open net"
- "Shift body weight towards shot, eyes follow puck into glove"

#### Blocker Glove Save

- "Basic Position - Stick Glove held at knee height, balanced with the catching glove on the other side"
- "Hard shots - Deflect shot to corner by turning the wrist to outside at the moment of contact"
- or
- "On Slower Shots - Bring Catch Glove across & trap shot against the stick glove"

### SQUIRTS - 10 & Under

#### Parallel Shuffle

- "Stay Compact & low".... "Lateral shuffle steps are short"....
- "Stick moves with lead leg, blade on ice, cover opening between the skates"

#### Lateral T-Glide

- "Point lead skate in direction wanting to go".... "push off with the other skate"....
- "The two skates form the letter 'T'"

- "Lead with the stick, keeping stick on ice"

#### Pivots to Post

- "Shooter goes to one side - Goalie pivots body to face shooter at a right angle"
- "Most of the time - Pivot & Parallel Shuffle to Post"

#### Telescoping

- "Challenging the Shooter - Movement forward toward the puck to reduce the body movement required to protect the goal"

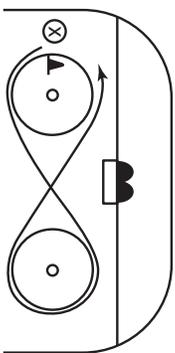
#### Skate Save

- "Shot Just to Side - Stand Up Skate/Stick Save - Make save with stick but back it up with skate save (rotate toe of skate to outside)"

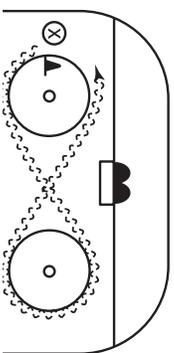
- "Shot Heading for Corner of Goal - Split Skate Save - Leg away from shot, drop knee going laterally to puck side, strongside skate arcs out laterally with entire blade staying on ice, stick backs up behind heel of skate making the save"

## Squirt and 10 & Under Movement & Puck Control Skills

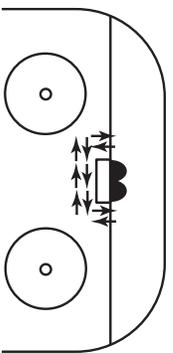
Drill #1 - Forward Figure 8 with "C" Cuts



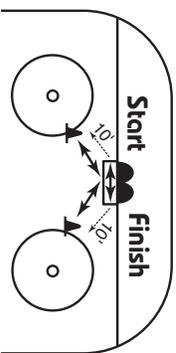
Drill #2 - Backward Figure 8 with "C" Cuts



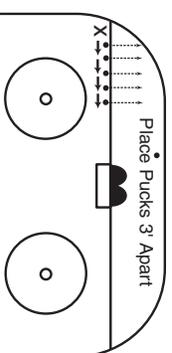
Drill #3 - Shuffle Steps Around Rectangle Goal Crease



Drill #4 - "X" Drill - Pipe to Pipe & Diagonally



Drill #5 - Five Puck One Hand Backhand Clear



"All things are difficult before they are easy"

"The right way, dedication, repetition, make it easy"

"If it is going to be - it is up to me"

Go to [www.MinnesotaHockey.org](http://www.MinnesotaHockey.org),  
Hockey Skills Challenge to view latest results  
and resources for improvement.