

Goaltender Lesson Plan, U11-U12:

Week 1-2 Focus:

Stance, Balance, Goalie-Specific Skating

Stance:

- Feet shoulder width apart
- Knees bent
- Back straight, upper body leans slightly forward
- Full stick blade on the ice, between and in front of feet
- Hands in front of body, at equal height
- Gloves should be open to the puck
- Weight balanced equally on both skates, weight on balls of feet

Drills:

- Goalies stand facing coach. Get in proper stance. Coach adjusts each goalie's stance, explains why.
- Have goalies stand normally. Coach slaps stick on ice, goalies get in stance. Start slow, then demand more speed. 'First goalie in proper stance gets 1 point!' Repeat, but goalies begin by sitting on the ice, lying on the ice, etc. Discipline! Correct errors.
- Goalies get in stance. Coach pushes or pulls on various parts of goalies' bodies, making sure that goalies have weight distributed evenly. Have them stand with straight legs, and demonstrate how balance is more difficult without bent knees.
- Goalies get in stance. Coach slaps stick on ice, goalies must jump and land in stance. Can add: 2 slaps, goalies drop to knees and stand up; coach says 'spin', goalies turn 360 degrees in stance, etc.

Skating/Balance:

- Goalies start at side boards, skate to far boards performing various skating movements: skate forward in stance, backwards in stance, T-push, shuffle, C-cuts, jumps, 360 spins, inside, outside edges, etc. Key points: proper stance whenever possible. Quiet hands. Stick on ice, head up.

Crease Movement:

- Start on post. T-push to top of crease. Shot. Recover. Shuffle to other post. Repeat. 6-8 shots per goalie. Begin with shots to gloves. Key Points: explosive, clean movement. Hard stops. Recover with power leg.
- Start on post. 2 shooters, 5-6 meters away, on opposite sides of slot. Goalie T-pushes diagonally across crease, stops, makes save. Shooter passes 2nd puck across slot. Goalie T-pushes across crease, stops. 2nd shooter shoots. (Cover/follow 2nd rebound). Repeat from other side.
- Shuffle with Y movement. Coach stands in slot with pucks. 2 shooters on either side of crease, approximately 3m from goal. Goalie telescopes out of crease, telescopes back to top of crease. Coach makes slow pass to either shooter. Goalie SHUFFLES to be square to shooter. Shot, save. Repeat. 6 shots per goalie.