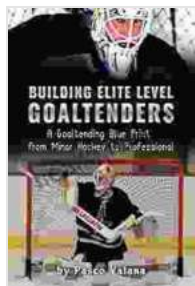


# Goaltending Blueprint: From Minor Hockey to Professional



## Building Elite Level Goaltenders: A Goaltending Blueprint from Minor Hockey to Professional by Pasco Valana

★★★★☆ 4.8 out of 5

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Playing goalie is one of the most challenging positions in all of sports. It requires a unique combination of athleticism, agility, and mental toughness. If you're a young goalie looking to improve your game, or a coach looking for tips on how to teach goaltending, then this article is for you.

## The Goaltender's Role

The goaltender's primary responsibility is to stop the puck from entering the net. This means being able to make saves with your glove, blocker, and stick. You also need to be able to control your rebounds, move quickly around the crease, and communicate with your defencemen.

In addition to their technical skills, goaltenders also need to be mentally tough. They need to be able to handle the pressure of being scored on and

the responsibility of keeping their team in the game.

## Goaltending Techniques

There are a number of goaltending techniques that you can use to improve your game. These techniques include:

- **Posture:** Your posture is the foundation of your goaltending. It affects your balance, reach, and ability to move around the crease. You should always stand up straight with your shoulders back and your head up.
- **Stance:** Your stance is the position you take when you are ready to make a save. There are a number of different stances, but the most common is the butterfly stance. In the butterfly stance, your feet are together and your knees are bent. Your arms should be out in front of you and your stick should be on the ice.
- **Movement:** Goaltenders need to be able to move quickly and efficiently around the crease. You should practice shuffling, sliding, and rotating your hips. You should also be able to explode laterally to make saves.
- **Saves:** There are a number of different saves that you can make as a goalie. The most common saves are glove saves, blocker saves, and stick saves. You should practice making saves from different angles and at different speeds.
- **Rebounds:** A rebound is a puck that bounces off the goalie and back into play. Rebounds are often dangerous, so it's important to be able to control them. You can control rebounds by using your stick, blocker, or body to deflect them away from the net.

## Goaltending Drills

Goaltending drills are a great way to improve your skills and technique. Here are a few drills that you can try:

- **Posture drill:** Stand up straight with your shoulders back and your head up. Hold your stick in front of you and practice moving your arms and legs while maintaining your posture.
- **Stance drill:** Get into the butterfly stance and practice moving around the crease. You can also practice making saves from different angles.
- **Movement drill:** Practice shuffling, sliding, and rotating your hips. You can also practice exploding laterally to make saves.
- **Save drill:** Practice making saves from different angles and at different speeds. You can use a partner to shoot pucks at you or you can use a puck-shooting machine.
- **Rebound drill:** Practice controlling rebounds by using your stick, blocker, or body to deflect them away from the net.

## Goaltending Strategies

In addition to your technical skills, you also need to develop a goaltending strategy. Your strategy will vary depending on the team you're playing against and the situation on the ice. However, there are some general strategies that you can always keep in mind:

- **Stay in your crease:** It's important to stay in your crease as much as possible. This will give you the best chance of making a save.
- **Control the rebounds:** Rebounds are often dangerous, so it's important to be able to control them. You can control rebounds by

using your stick, blocker, or body to deflect them away from the net.

- **Communicate with your defencemen:** Communication is key for a successful goaltending tandem. You need to be able to communicate with your defencemen about what you're seeing and what you need them to do.
- **Stay positive:** It's important to stay positive even when you're getting scored on. Goaltending is a tough position, but it's also very rewarding. If you stay positive, you'll be more likely to succeed.

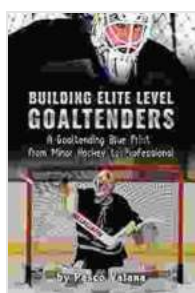
## Goaltending Equipment

The right goaltending equipment can help you improve your game. Here are a few things to consider when choosing goaltending equipment:

- **Helmet:** Your helmet is your most important piece of equipment. It protects your head from injury. Make sure your helmet fits snugly and that it has a visor that meets the safety standards of your league.
- **Chest protector:** Your chest protector protects your chest and abdomen from impacts. Make sure your chest protector fits snugly and that it provides adequate protection.
- **Leg pads:** Your leg pads protect your legs from impacts. Make sure your leg pads fit snugly and that they provide adequate protection.
- **Blocker:** Your blocker is used to block shots with your left hand. Make sure your blocker fits snugly and that it provides adequate protection.
- **Glove:** Your glove is used to catch shots with your right hand. Make sure your glove fits snugly and that it provides adequate protection.

- **Stick:** Your stick is used to make saves, control rebounds, and move around the crease. Make sure your stick is the right size and that it's in good condition.

Goaltending is a challenging but rewarding position. If you're willing to put in the time and effort, you can develop the skills and knowledge to become a successful goalie. Just remember to stay positive, work hard, and never give up.



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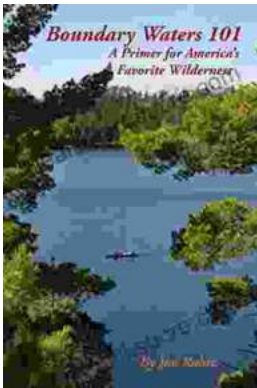
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