

Goalies good habits

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Good habits

- Passive positioning, aggressive moving
- Keep it simple! Not too much options
- Reading the game → what, where, how, threats, own players...
- Right choices – using the RVH
- Penalty kills (positioning, seeking the puck, team tactics...)
- High stance → shot release
- Cooperation with D
- Continuum → to the puck line, to the posts...