



1

The goalkeeper's three coaches

The goalkeeper

- Responsibility, own drive, own drills
- Routines and good habits, accuracy, play next position

The goaliecoach

- Competence, analysis, individual goalkeeper development
- Develop all parts in the goalkeepers game and see the whole human behind the mask
 - Technically, tactically, physicality and Psycho/ Social

Headcoach

- Need basic understanding for goalkeeping and commitment for the goalies development
- Understand the meaning of:
 - Quality, routines, good habits and to play the puck to the end.
 - To involve goalies in game exercises (off / def)

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The goalkeeper's three coaches

Goalkeeper training

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Own exercises

- Movements and changes of position
- Puckhandling (Stick- and skating technique)

All parts of goalkeeper training

- Gamesituations
- Repetition with variation, progression, feedback
- Special goalie-practise, Teampractises, Own drills

The team-practise

- Start with technique, eyes and feeling. Compete and try to stop every puck at any price in game-situations.

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Save Selection – Blocking or Reaction and Action

Blocking

- Solid - Compact
- Structure - System
- Probability - %
- Consistency
- No Pucks Through
- Patience
- TRACKING

Reaction & Action

- Extending Aggressively
- Feel - Instinct
- Saving At All Cost
- "Game Winning"
- No Pucks Past
- Desperation
- TRACKING

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Methods of practicing and learning

-Variation -> Repetition without repetition

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Methods of practicing and learning

-Variation -> New creative solutions

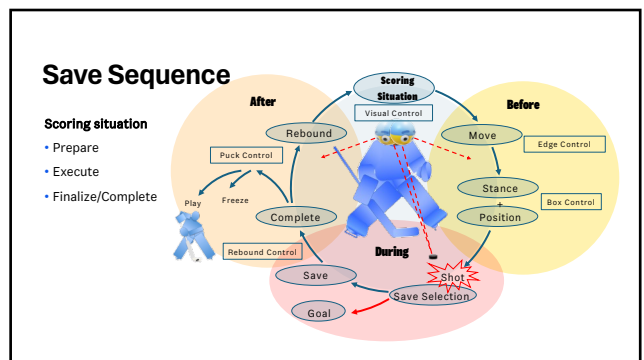
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Methods of practicing and learning

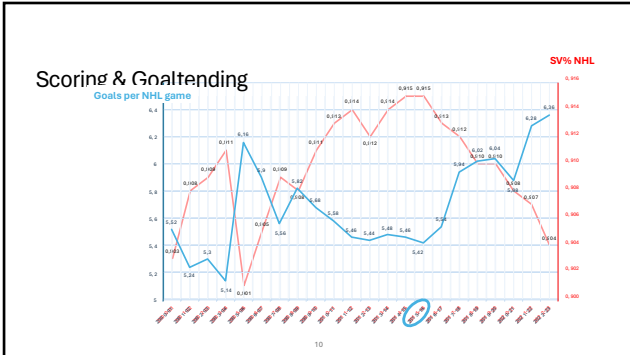
-Variation -> Repetition without repetition

Numbers of alternativ	Ordningstid
One alternativ = Konstant	AAAAAA
Two or more alternativ = Variabel	AABCCC = "Blocked"
	ABCABC = "Serial"
	BCCABCBA... = "Random"

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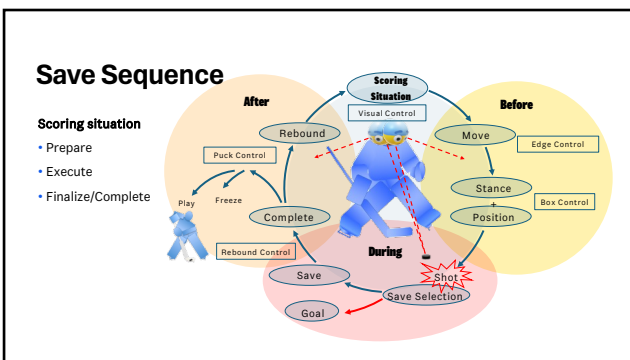
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Jeges edzés / Ice session 10:45-11:45

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Game plan

Combination of Blocking and Active Extending game

Move

- Optimal position and stance to make a save - **Box Control**
 - Lateral, Depth, Rotation
 - Speed, Balance, Control
 - Standing or Down on ice

Save

Optimal control, solid and consistent but not passive

Cover - Compact when possible

- 1. Cover and Block (Full Block)** - In position for a compact save
- 2. React and Block** - Compact save into shot lane
- 3. Reaction Action** - Control - Small movement, solid and consistent

Active extending - when necessary to make save

- ✓ Extended arms - Aggressive and with feel
- ✓ Active legs/stock = Rebound Control

Complete

- New or same stance/position toward puck after save - **Rebound Control**
 - ✓ Down or Stand-up - Blocking or Reaction/Action - Active or with Patience
 - ✓ Freeze or play puck

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The Evolving Position

Combination of Blocking and Reacting Game

Save Selection
Blocking or Reacting - 3 ways to make a save

Cover and Block

In position to cover and make compact blocking save - Full Block

React and Block

Solid body into puck lane

Reaction - Action

Aggressive and explosive extensions of limbs towards puck

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Keys for success

Structure to simplify a complex game

Test, practice and learn to determine performance

Find optimal technical and tactical solution for each situation

Develop individual style

Build on personal strengths

Understand and master fundamentals

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Control the Controllables

FOCUS ON WHAT YOU CAN CONTROL

Your Performance

- Preparation & Recovery
- Work Ethic
- Attention to detail
- Physical and Emotional presence

Your Mindset

- Doing your best
- Good habits
- Quality reps
- Compete

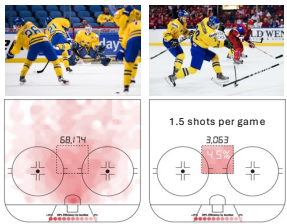
But you have no or very little control over;

- Result
- Stats
- Performance of opposition (or teammates)
- Refereeing
- Coaching
- Game management/Ice time

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Gamelike practice
Best environment to develop scoring AND goaltending

- Shooting under pressure
- Only 4,5% av shots unimpeded in optimal area
- Less than 1.5 shots/game, but most shots in practice
- Variation - Practice more alternatives




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Gamelike practice
Best environment to develop scoring AND goaltending

Traffic Management

- Screens
- Deflections
- Drive to the net
- Rebounds



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You are the Goaliecoach for this goalie
he want some feedback after the game

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What did you notice from the game?

Good things +

This can be better –

Important to talk about after the game

We can talk about this when we see the video together

Situations to bring to practice

Saves / moving to practice more

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Q & A

- From which age-group is it worth having goalkeeper training?
- How many goalkeeper training session per week is ideal, broken down by age group?
- Selection of goalkeepers
- Mental preparation
- Development of goalkeepers load capacity in relation to aerobic/ anaerobic load and average hart rate?

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