



***Goaltenders
Development
Plan***

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***Helping you get the most out of your
Goaltenders BFF
Pro-Angle***



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Goaltenders Development Plan

This plan is designed to aid a goaltender in their development by directing them in how to most effectively add the Goaltenders BFF Pro-Angle to their training.

A couple of notes:

- The process of a goaltender stopping a puck will be broken down into two components:
 - 1) The goaltenders acquisition of the optimal blocking position
 - 2) Stopping a puck from the optimal blocking position
- It is within the process of learning to acquire the optimal blocking position that the Goaltenders BFF Pro-Angle's many benefits shine.
- The Goaltenders Development Plan is presented in a sequenced checklist format starting with objectives for beginner goaltenders and proceeding to objectives for the highly seasoned goaltenders.

****HAVE FUN & GOOD GOALTENDING!****

BASIC SKILLS

GOAL#1 = The beginner goaltender will become a good and efficient skater.

OBJECTIVES:

The goaltender will be able to perform:

___ Forward Start

___ Backward Start

___ Forward Lateral Start (R & L)

___ Backward Lateral Start (R & L)

___ Forward Skate

___ Backward Skate

___ Outside Skate Stops (R & L)

___ Outside Skate Stops (R & L)

Forward Skating Crossovers:

Backward Skating Crossovers:

___ To the Left

___ To the Left

___ To the Right

___ To the Right

Skating Transitions:

Forward to Backward:

Backward to Forward:

___ Pivot to Left

___ Pivot to Right

___ Forward Skate, Stop with Left Foot to Front and
Return to Starting Point with Backward Skating

___ Forward Skate, Stop with Right Foot to Front and
Return to Starting Point with Backward Skating

___ Forward Skate, Stop with Snowplow and
Return to Starting Point with Backward Skating

GOAL #2 = The beginner goaltender will develop basic goaltender techniques.

OBJECTIVES:

The goaltender will be able to perform:

_____ The Basic Goaltender's Stance (keys = athletic posture, weight between the skate blades and slightly forward)

_____ The Basic Crouch Stance, Look Left & Right (key = never let your weight move off your inside edges)

_____ The Butterfly Stance

_____ Paddle Down Butterfly

_____ Move Out, Skating

_____ Move Out & In, C-Cuts

LEFT:

_____ T-Glide Left

_____ Shuffle Step Left

_____ ½ Butterfly Slide Left

_____ Butterfly Shuffle Left

_____ Left Post Coverage

_____ 1/2 Butterfly Slide Left
Stop; Reverse

RIGHT:

_____ T-Glide Right

_____ Shuffle Step Right

_____ ½ Butterfly Slide Right

_____ Butterfly Shuffle Right

_____ Right Post Coverage

_____ 1/2 Butterfly Slide Right
Stop; Reverse

GOAL #3 = The beginner goaltender will develop his/her hockey sense, including their ability to read plays and become aware of offensive and defensive positioning and tactics.

OBJECTIVES:

The beginner goaltenders will spend a significant percentage of their ice time playing and practicing out of the net.

It is now time to start using the Goaltenders BFF Pro-Angle

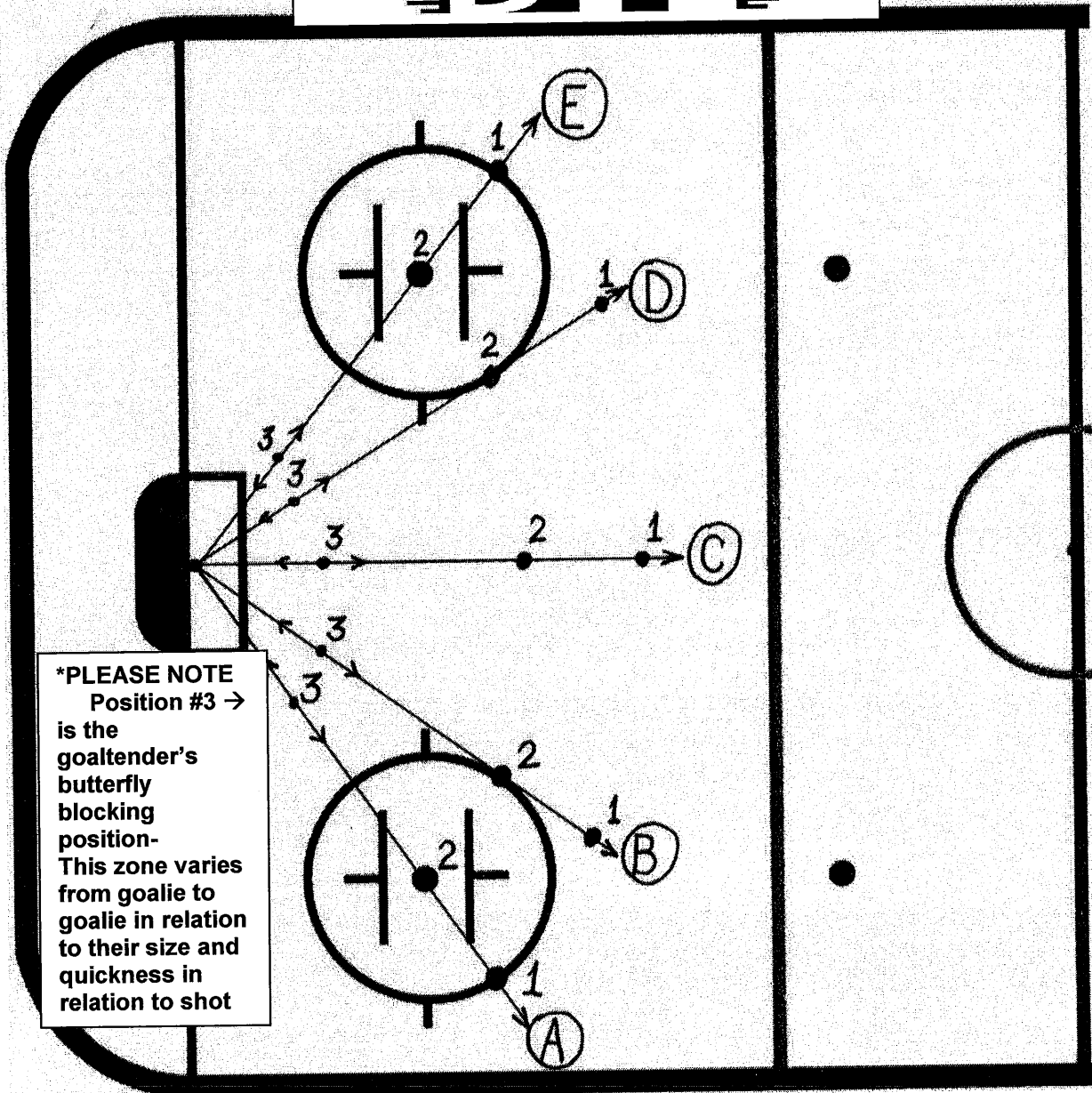
Remember that the Goaltenders BFF Pro-Angle helps you to determine and place yourself in the optimal blocking position for all shots. Use the Pro-Angle to practice obtaining this position and watch your goaltending soar to new levels!

PLEASE READ BEFORE USE

WARNINGS: MISUSE WILL CAUSE FAILURE!

- *Do not allow Pro-Angle to be struck by pucks –high impacts may cause damage
- *Attach lower lines 20 inches above ice – Do not allow lines to be skated on!
- *Never allow uncontrolled rewind of lines – internal damage may occur!
(Guide lines by hand to the Pro-Angle to rewind)
- *Do not over extend lines – Stop extension when black warning marks are exposed at 50 feet!
- *Never attempt to shoot or fake shoot the Pro-Angle
- *Make sure Velcro straps are secure
- *Always secure safety hooks to netting
- *When using the Pro-Angle in conjunction with live shooting, always move the magnetic clips to the backside of the post – a direct hit from a puck may cause damage
- *Not designed for use at temperatures below 10 degrees F.
- *Allow unit to dry – Leave the carrying case open indoors to evaporate moisture
- *Watch for worn lines – call for replacement lines if frayed

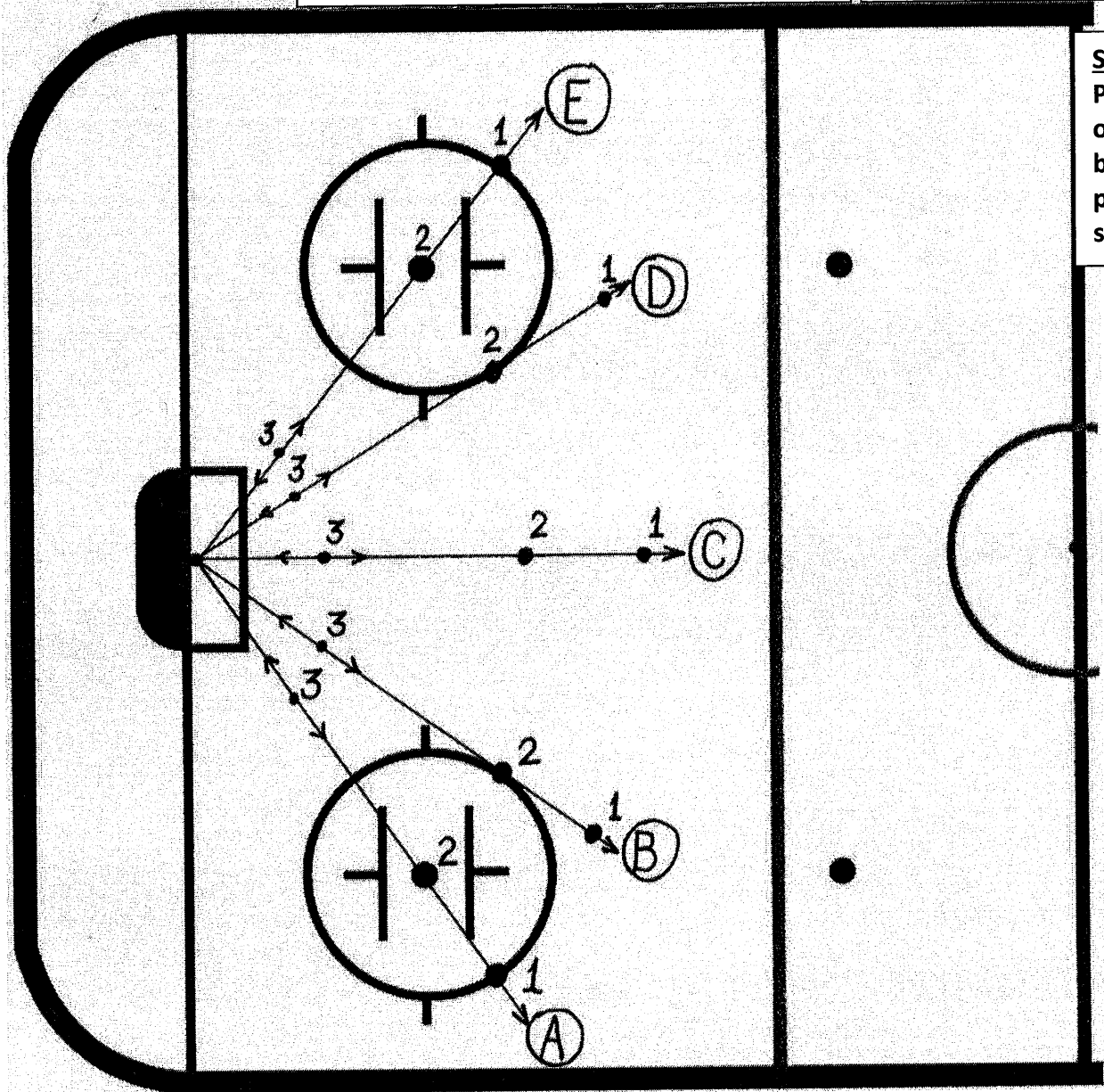
SKILLS:
Determine
optimal
blocking
position and
stance
*stationary
Pro-Angle-
Shooter only



***PLEASE NOTE**
Position #3 →
is the
goaltender's
butterfly
blocking
position-
This zone varies
from goalie to
goalie in relation
to their size and
quickness in
relation to shot

Start this practice drill with the four lines of the Pro-Angle attached to net and the camera recording. With goaltender deep in coverage, move Pro-Angle to position A-1. Goaltender is to move from deep coverage into optimal blocking position. After defining optimal blocking position for A-1, the goaltender returns to deep coverage while the Pro-Angle is repositioned at A-2. The same process of optimal blocking position determination continues through lineal path A-3. Continue this process with lineal paths B, C, D, & E.

****Continue to practice this most important positioning drill throughout your goaltending career.**

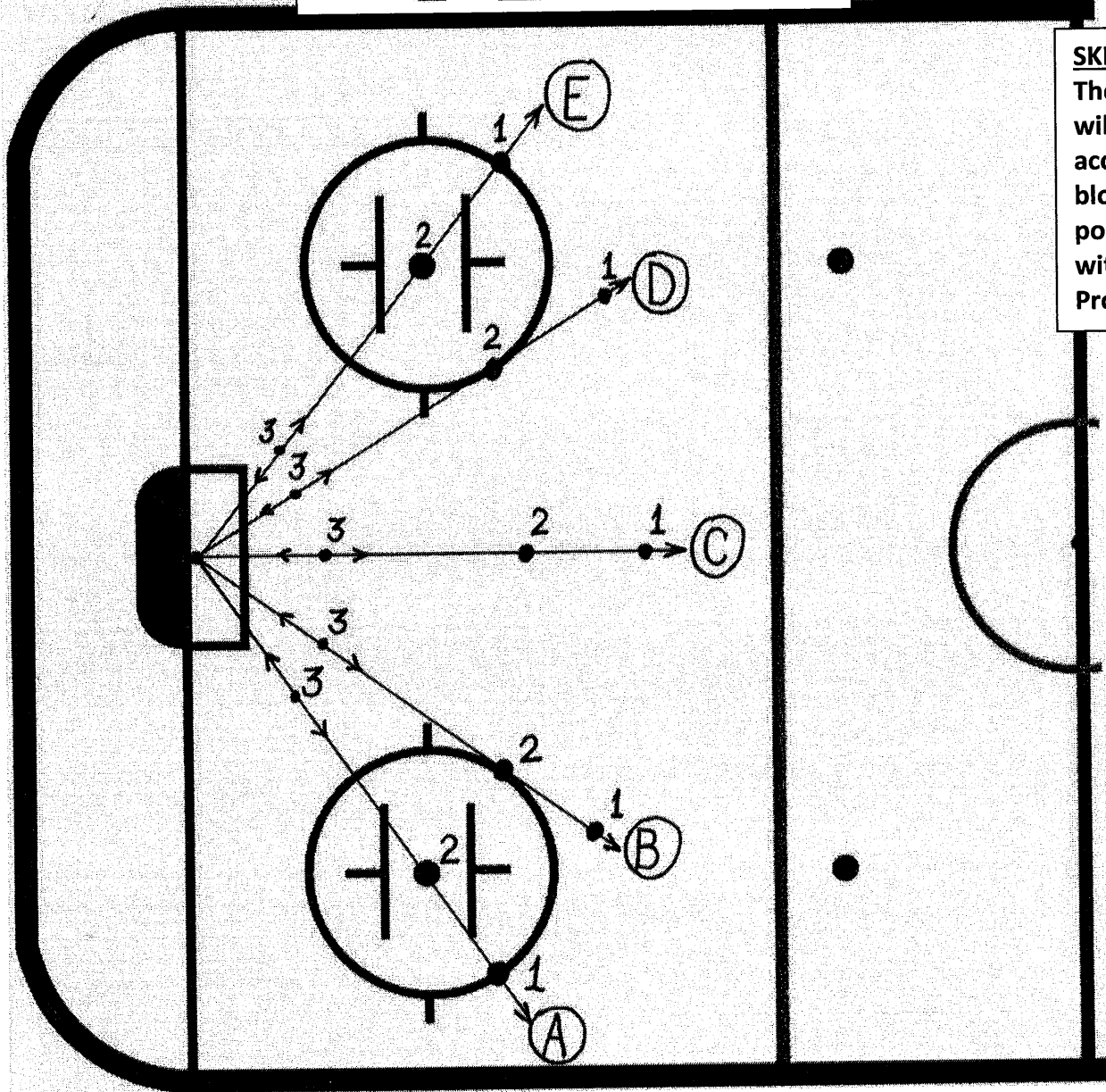


SKILLS:
Put into action
optimal
blocking
positioning &
stance

***WARNING* Configure Pro-Angle as follows:**

- a) Remove upper lines from net and retract
- b) Move lower line magnetic clips to the backside of the posts
- c) Position Pro-Angle and camera about 5 feet beyond A-1
- d) Have a shooter position a puck between the Pro-Angle's lines at A-1
- e) Shoot at goalie
- f) Repeat at all locations and on all lineal paths

shots, positioning and saves will be videotaped



SKILLS:
The goaltender will be able to acquire optimal blocking positions without the Pro-Angle

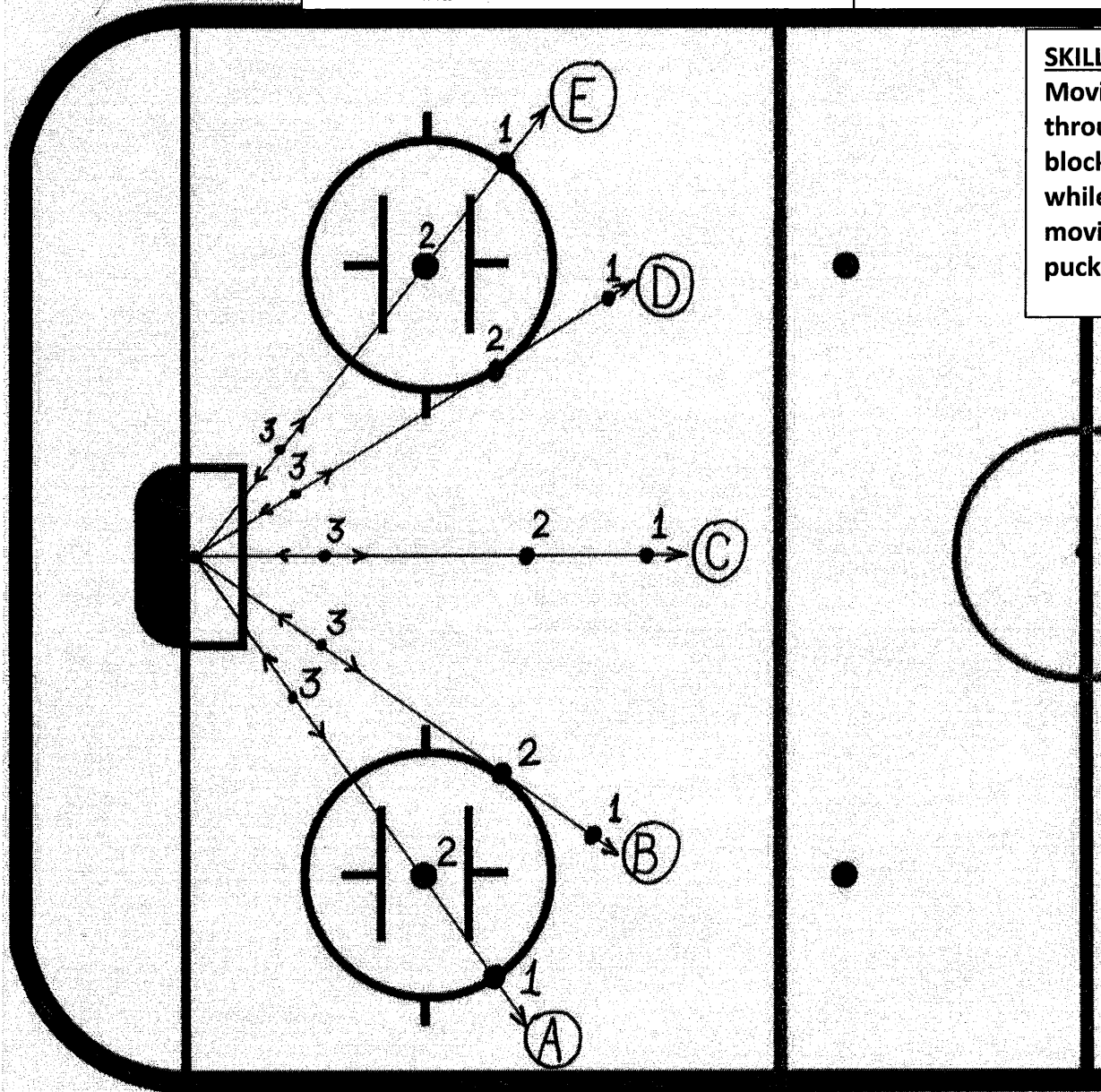
Position 1 shooter at each A-1, B-1, C-1, D-1, E-1

Goaltenders moves to receive shots.

Vary the shooting sequence.

Repeat from A-2, B-2, C-2, D-2, E-2 and A-3, B-3, C-3, D-3, E-3

Use the blank schematics on the following page to outline your own static lineal positioning drills.

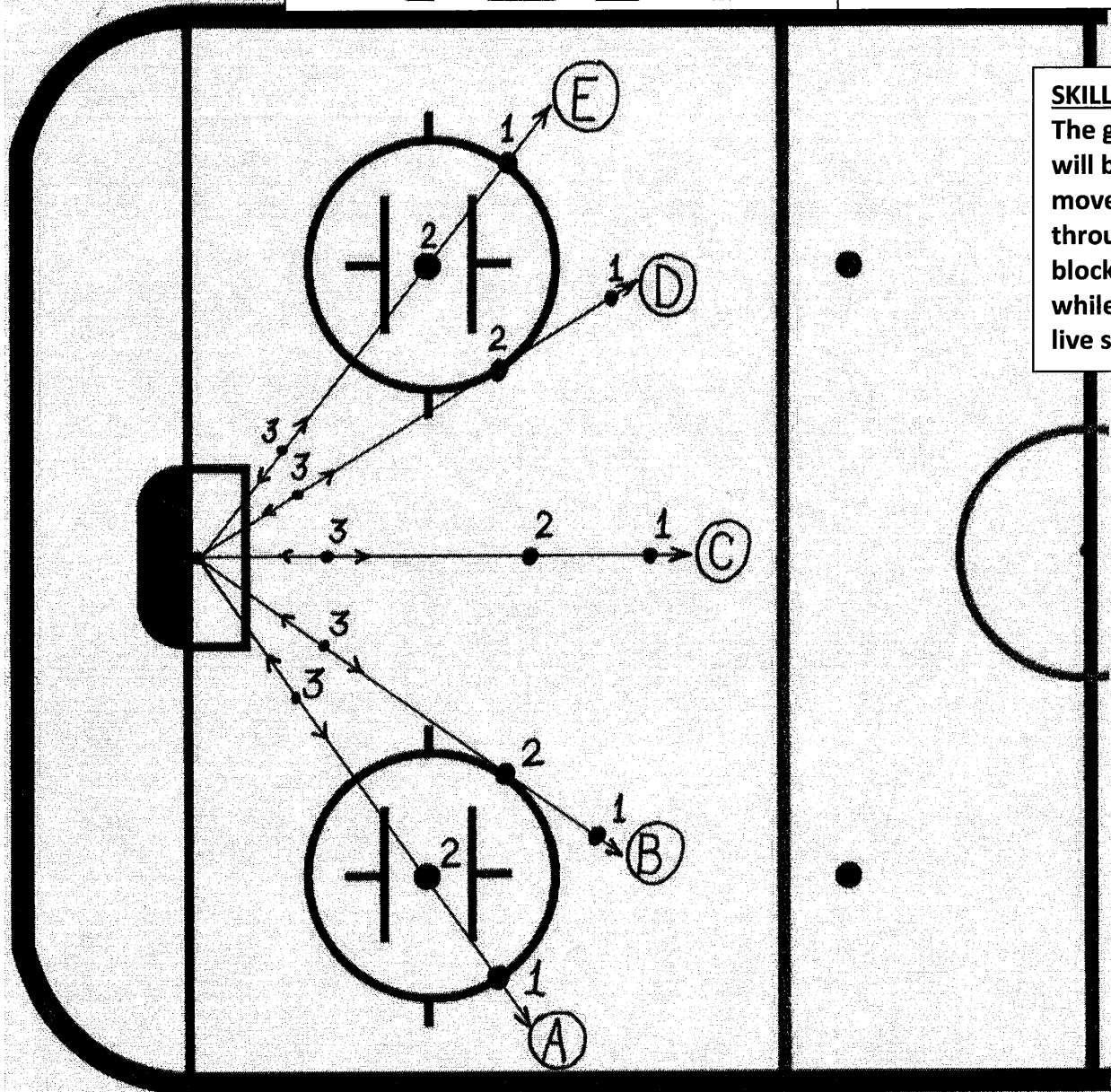


SKILLS:
Moving into and through optimal blocking positions while tracking a moving Pro-Angle/puck

Start this practice drill with the four lines of the Pro-Angle attached to the net and the camera recording.

With the goaltender in deep coverage, move the Pro-Angle to position A-1. Goaltender is to move from deep coverage into optimal blocking position. Move the Pro-Angle towards the net along lineal path A as the goaltender moves and maintains optimal blocking position through A-2 and A-3. Repeat along lineal paths A-E.

As goaltenders become more proficient, increase the travel speed of the Pro-Angle.



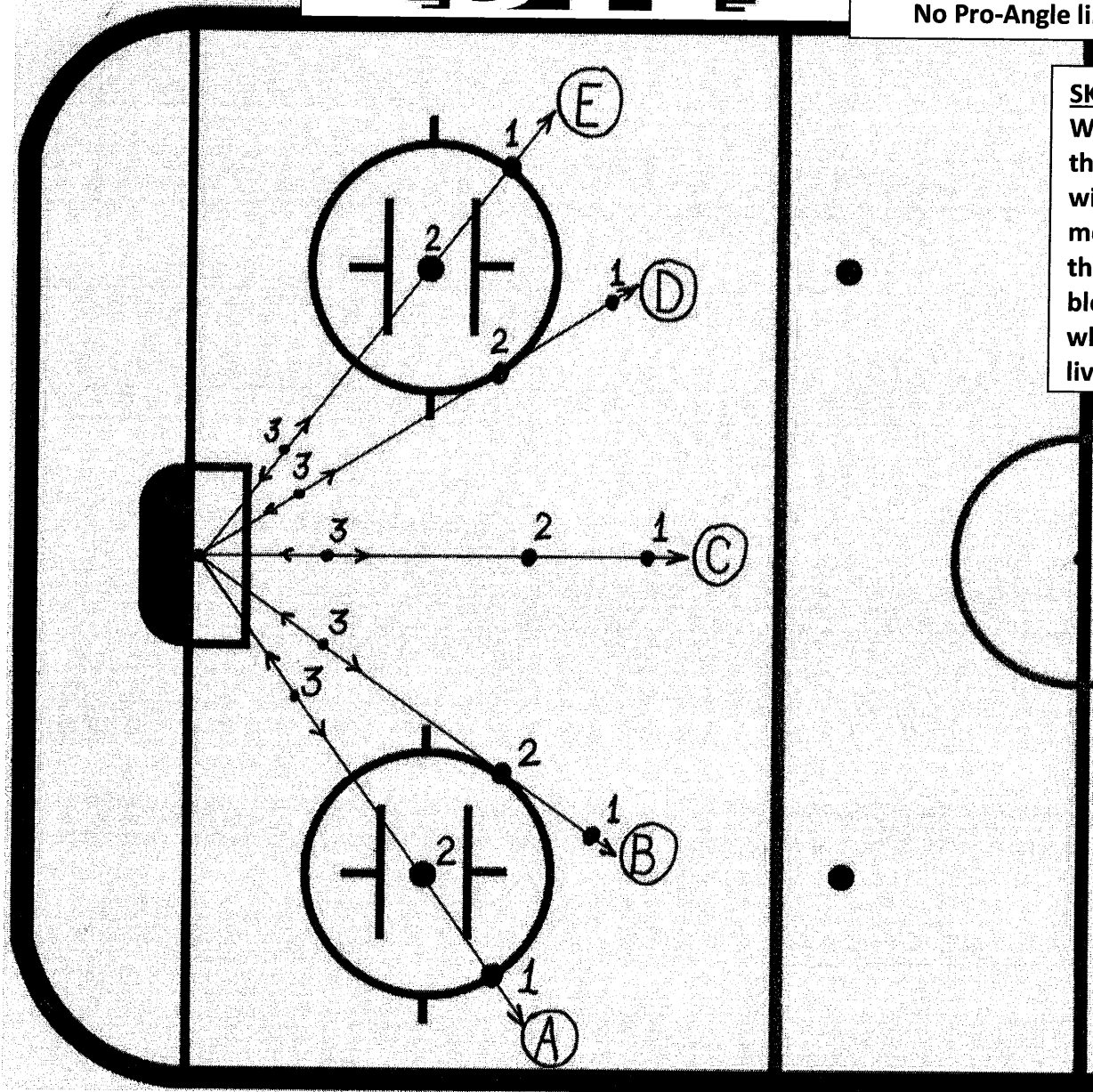
SKILLS:
The goaltender will be able to move into and through optimal blocking position while playing live shots

WARNING Configure Pro-Angle as follows:

- a) Disconnect upper two lines of Pro-Angle from net and reconnect them one inch above the lower lines.
- b) Move all magnetic clips to back of the posts.
- c) Position Pro-Angle and camera about 5 feet beyond A-1.
- d) Have a shooter position a puck between the Pro-Angle's lines at A-1.
- e) Shooter will move puck towards net along lineal path A shooting at varying distances.

Pro-Angle proceeds with shooter towards net, keeping the 5 feet spacing

- f) Repeat on lineal paths B – E.

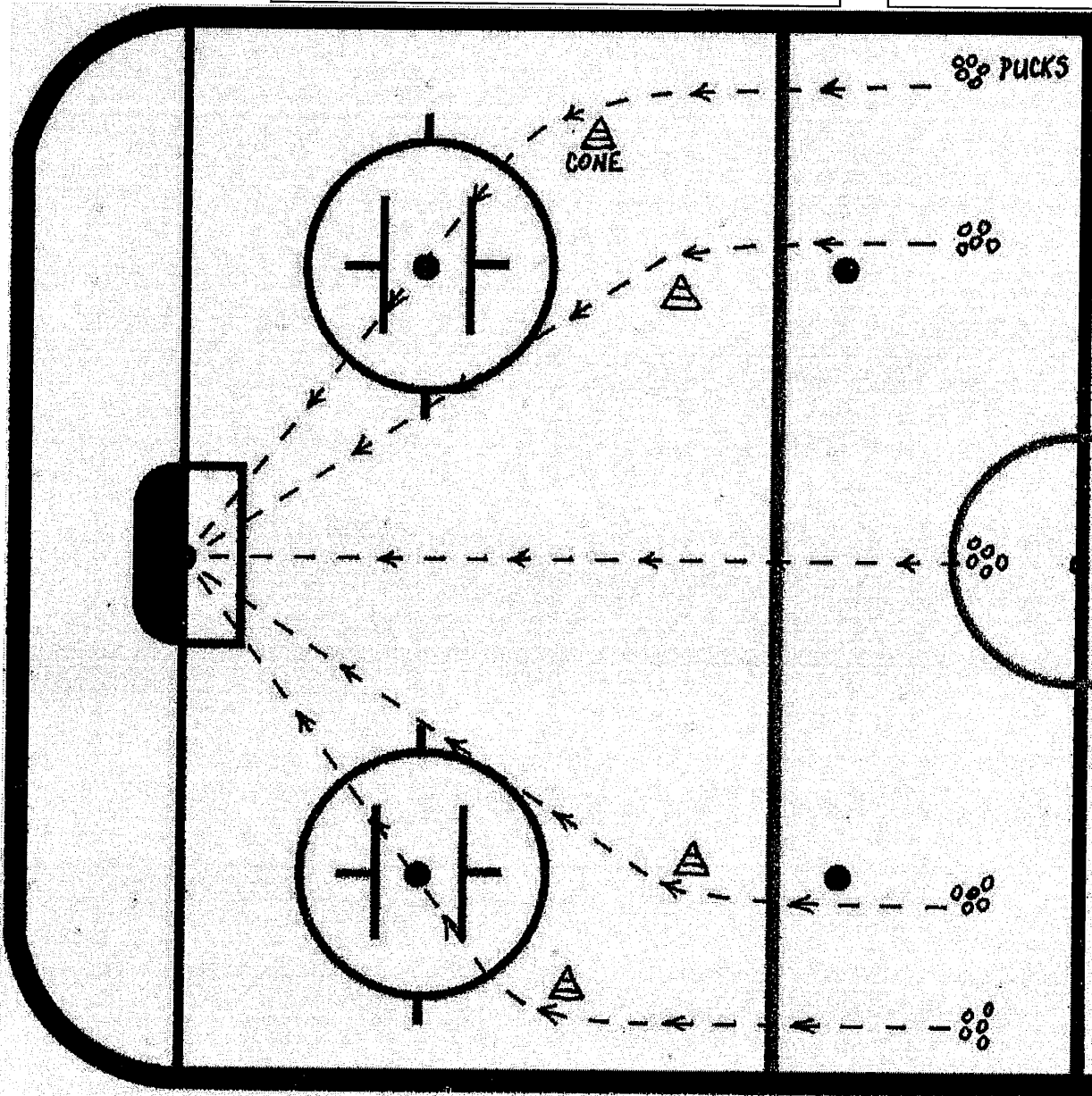


SKILLS:
Without aids,
the goaltender
will be able to
move into and
through optimal
blocking position
while tracking
live shots

WARNING Configure Pro-Angle as follows:

- a) Disconnect Pro-Angle from net and retract all lines.
- b) Position Pro-Angle and camera about 5 feet beyond A-1.
- c) Aim camera at net.
- d) Have a shooter position a puck at A-1.
- e) Shooter will move puck towards the net along lineal path A shooting at varying distances.
- f) Repeat on lineal paths B – E.

Shots, positioning and saves will be videotaped



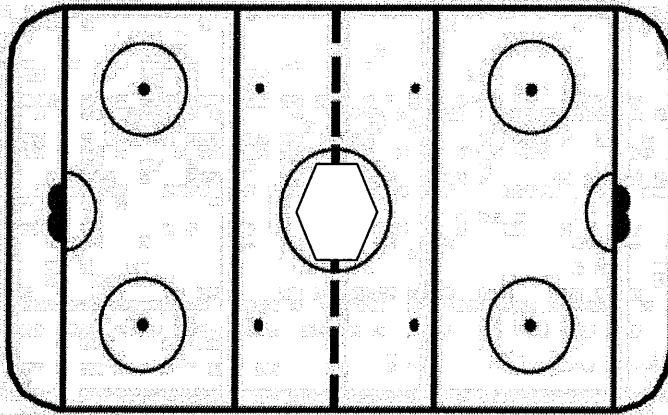
SKILLS:
Tracking moving
shooters along
lineal paths

Any combination of players passes... as long as offensive players move in on net on the lineal paths the goalie has been working on.

Good drill for every few days

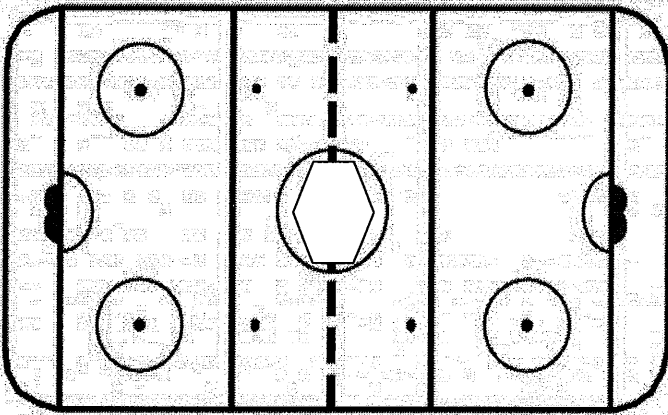
Any number of team drills can be developed. Above is an example where offensive players move in on the goaltender, shooting at will along lineal paths A – E.

Use the blank schematics on the following page to outline your own dynamic lineal positioning drills.



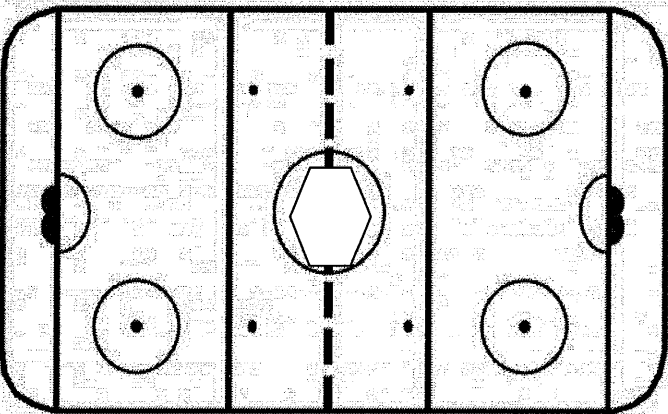
Description _____

Notes / Systems _____



Description _____

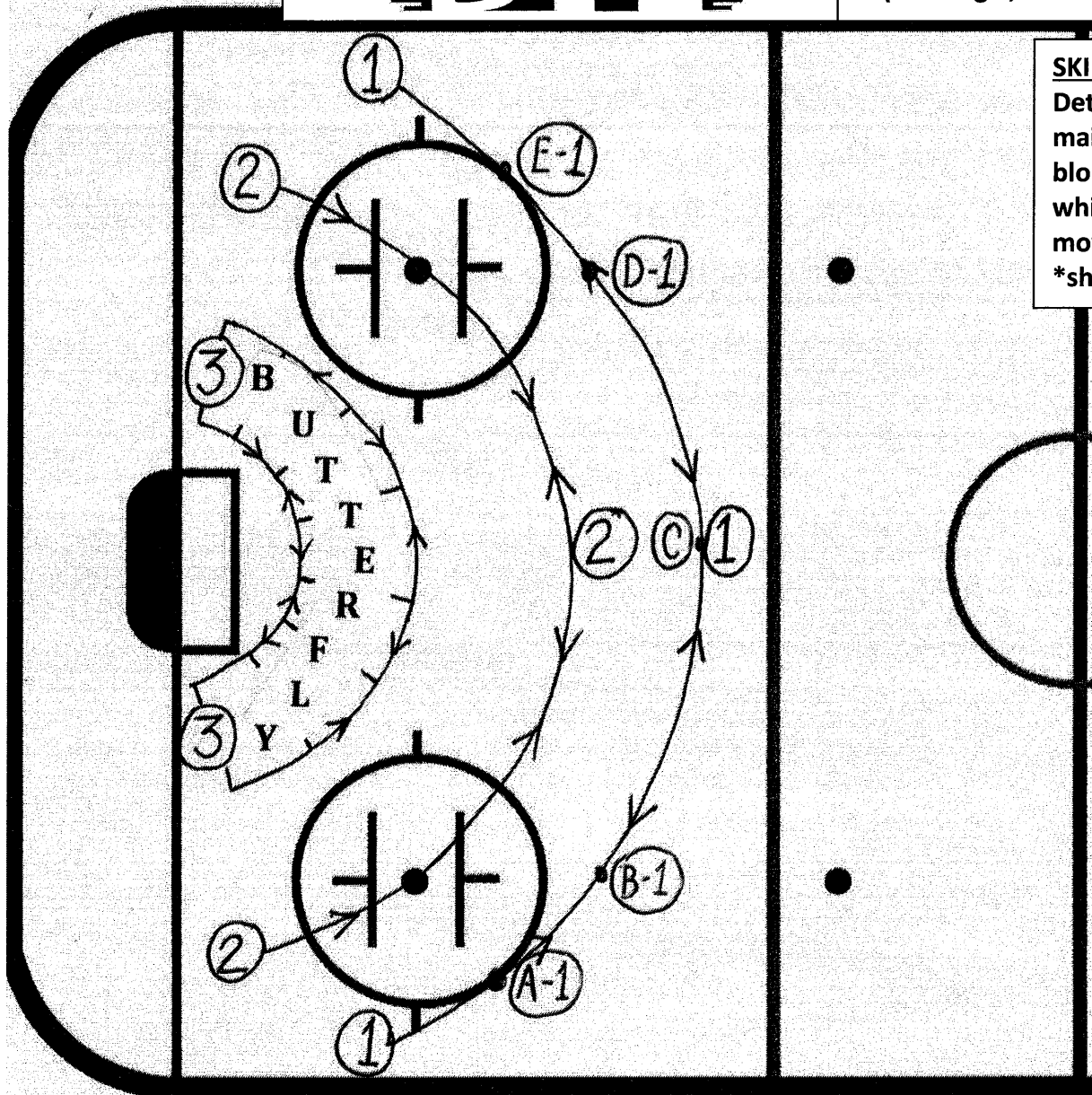
Notes / Systems _____



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Notes / Systems _____



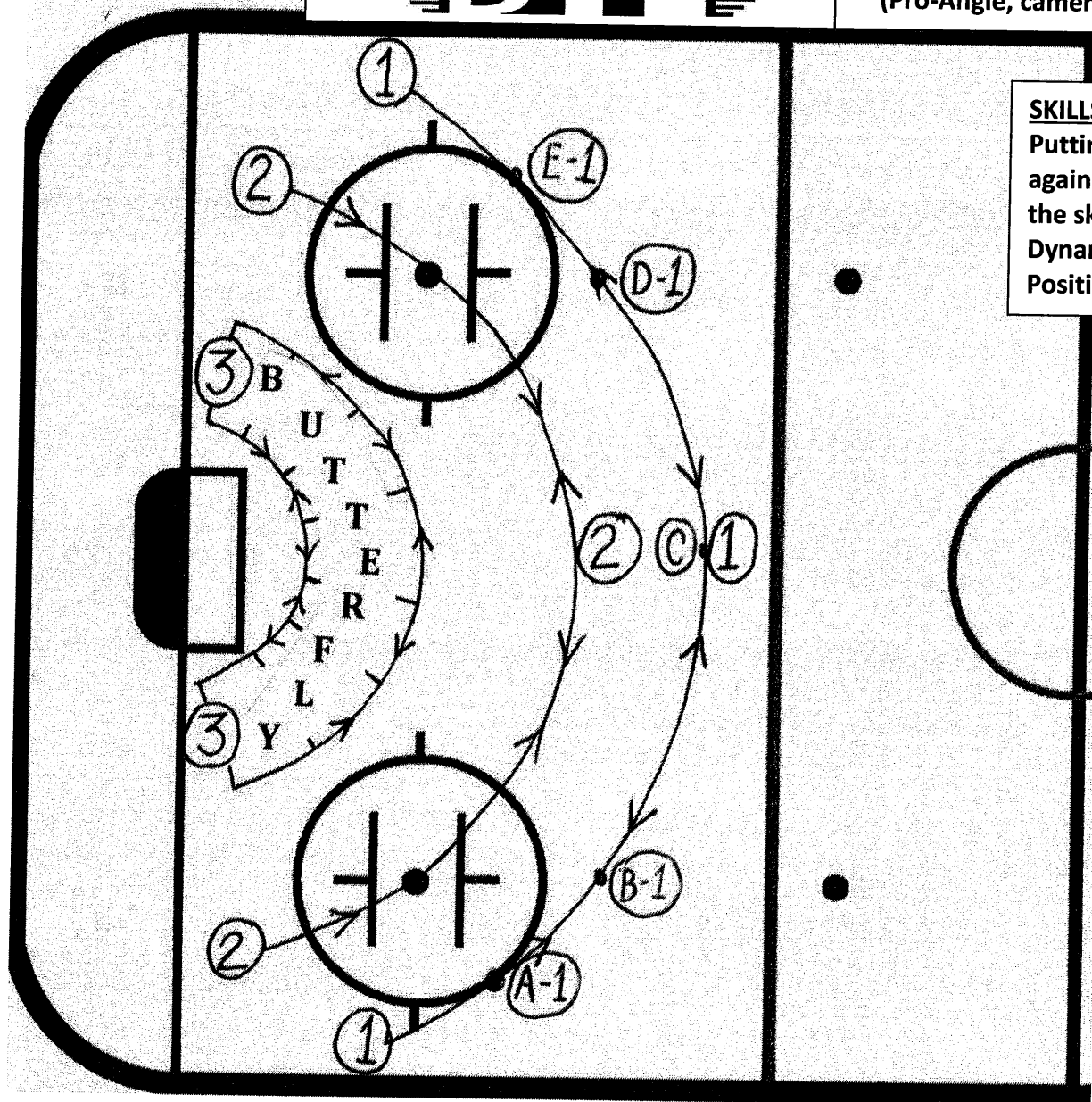


SKILLS:
Determine and maintain optimal blocking position while tracking a moving puck
shooter only

Start this practice drill with the four lines of the Pro-Angle attached to the net and the camera recording. With the goaltender deep in coverage, move the Pro-Angle to A-1. Goaltender is to move from deep coverage into optimal blocking position. With the goaltender in optimal blocking position, move Pro-Angle along lateral path 1 while goaltender tracks Pro-Angle and maintains optimal blocking position.

Continue this process in both directions for lateral paths 2, 3.

***Note:** As goaltender's skills increase, increase the speed of the Pro-Angle's travel.



SKILLS:
Putting into action,
against a shooter,
the skills from
Dynamic Lateral
Positioning

***WARNING* Configure Pro-Angle as follows:**

- a) Move upper lines downward on their respective posts and secure to netting one inch above lower lines.
- b) Move magnetic clips to back of the posts.
- c) Start drill with the goaltender deep in coverage.
- d) Move Pro-Angle to a location 5 feet beyond A-1.
- e) Have a shooter carry a puck from A-1 along lateral path 1 while Pro-Angle follows. **Keep puck between lines and shoot at will**
- f) Repeat in both directions at varying speeds along lateral paths 1, 2, 3.

Shots, positioning and saves will be videotaped

SKILLS:

Moving quickly and efficiently from one optimal blocking position into another
STANCE TO STANCE

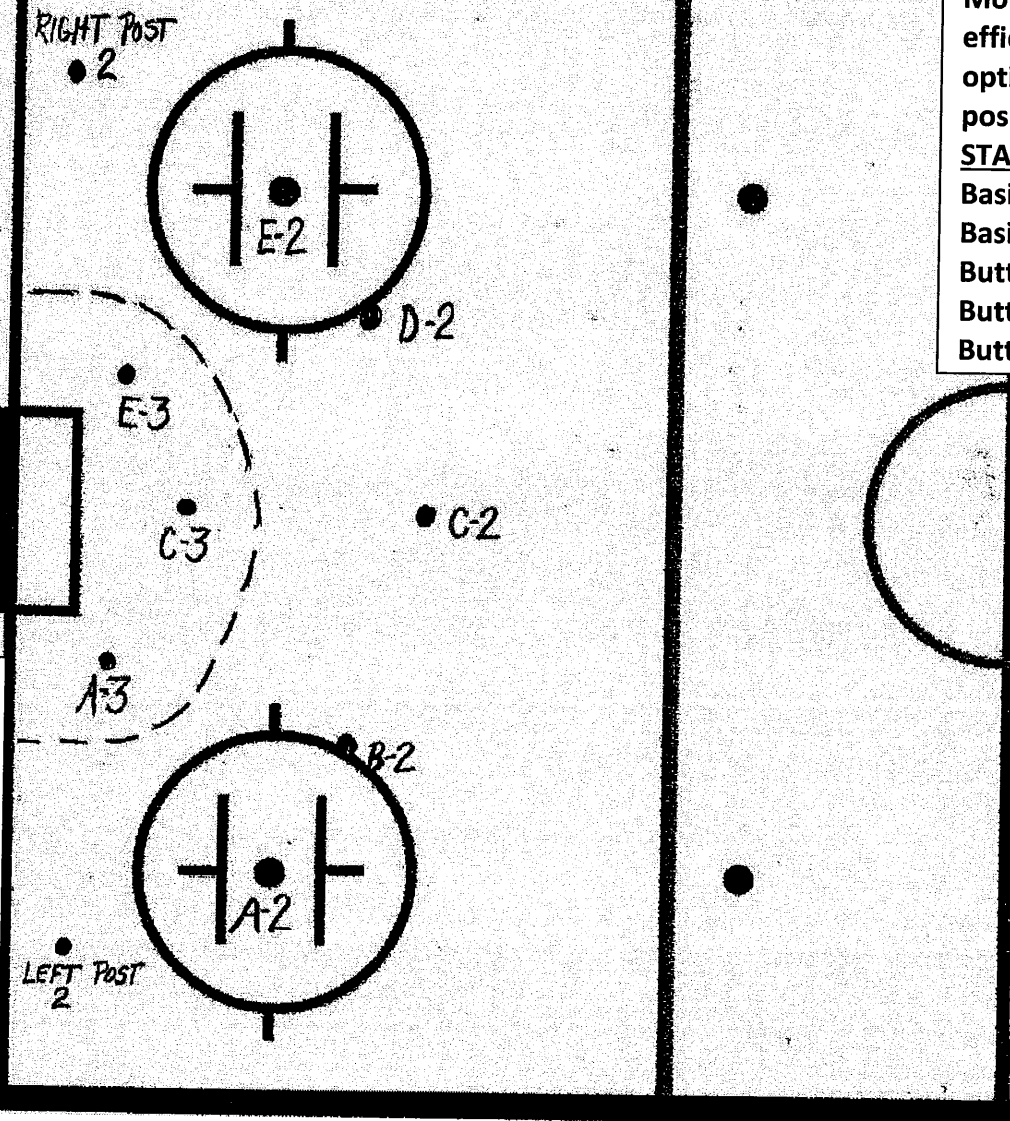
Basic → Basic

Basic → Butterfly

Butterfly → Butterfly

Butterfly → Basic

Butterfly shuffle →



Please note:
Position 3 →
is the
goaltenders
butterfly
blocking
position.
This zone
varies from
goalie to
goalie in
relation to
their size and
quickness in
relation to
shot

Start this practice drill with the four Pro-Angle lines attached to the net and the camera recording. With the goaltender in deep coverage, move the Pro-Angle to Left Post-2. Goaltender is to move into post coverage. Have goalie stay in post coverage as you reposition the Pro-Angle at A-2.

(Note: lines to left post will bend around goalie's right side). Upon your command, the goalie is to quickly move into the optimal blocking position for the Pro-Angle's new position at A-2. Have the goalie hold this position, and reposition the Pro-Angle back to Left Post-2. Upon your command, goalie is to quickly move from A-2 coverage to Left Post-2 coverage.

Repeat from Left Post-2 to B-2, then C-2.

Repeat from Right Post coverage and any other combination you see fit.

*Note: Vary the repositioning direction, distance, and distance from the net so that the goaltender gets repositioning work from and into all stance combinations.

SKILLS:

Moving quickly and efficiently from one optimal blocking position into another while fielding live shots

STANCE TO STANCE

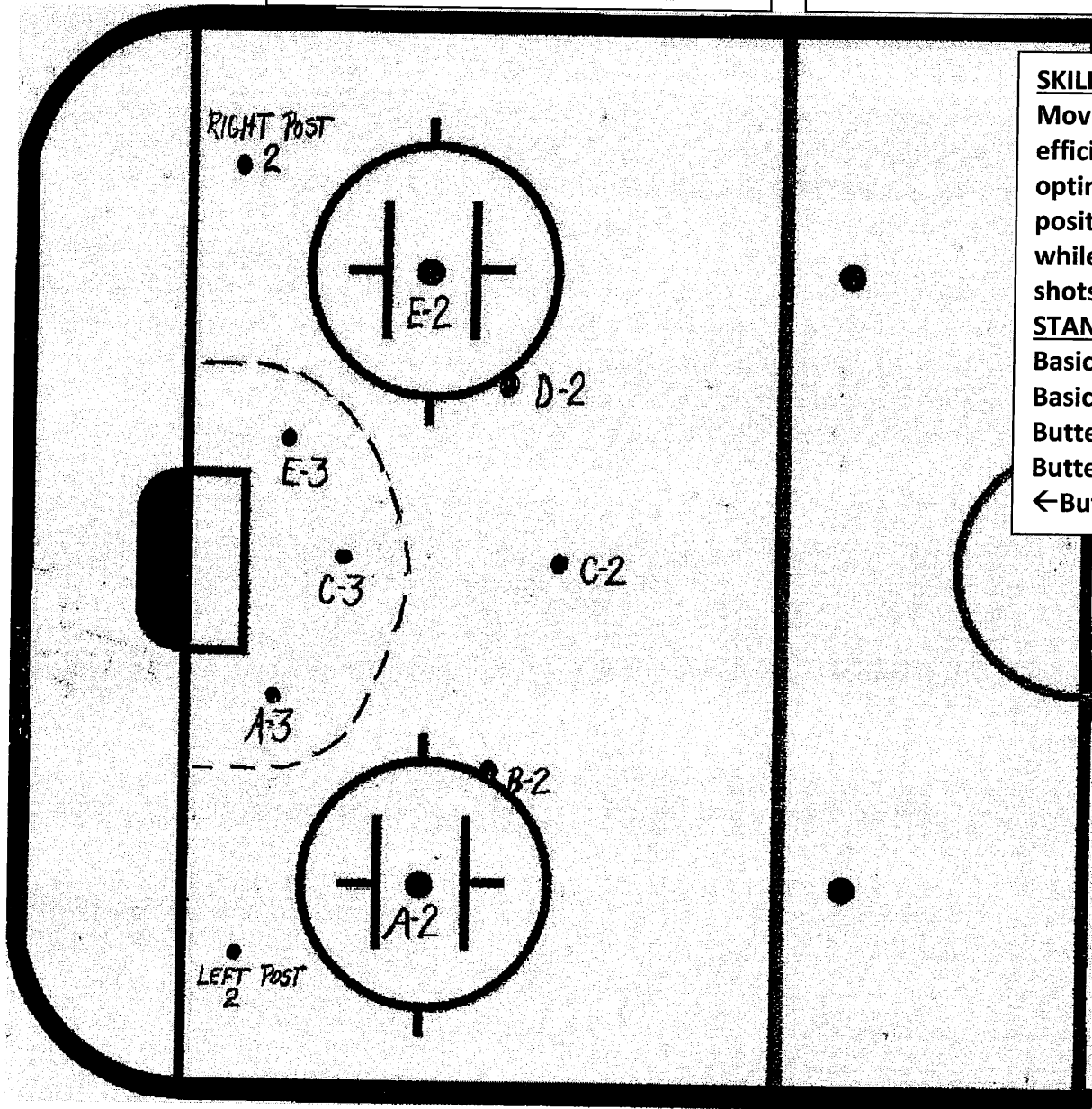
Basic → Basic

Basic → Butterfly

Butterfly → Butterfly

Butterfly → Basic

← Butterfly shuffle →

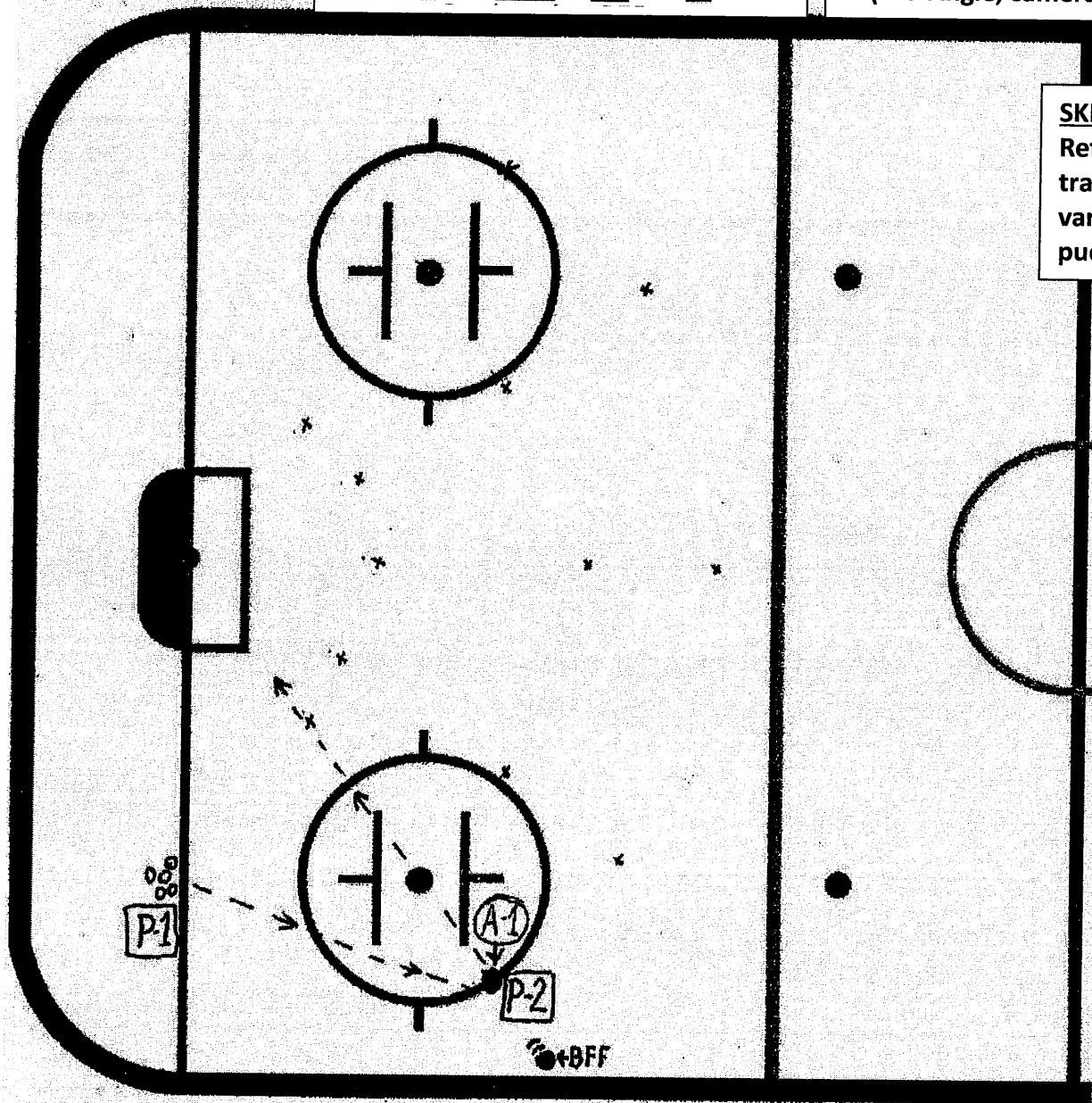


WARNING Configure Pro-Angle as follows:

- Disconnect and rewind the lines going to the side of the net where your passes will come from. To start, detach and rewind the lines from the left post.
- Lower the line going to the upper corner of right post and reattach next to the lower line. Move magnetic clips to the back of the post to keep them from being struck by a puck.
*If using a camera: Do not thread lines through the directional clips- this will keep the camera stable even if the lines are bumped.
- Position the Pro-Angle at C-2 and engage the ice brake and aim camera at goal. Position a passer at A-2 and a shooter at C-2 with stick over the lines and ready to receive a pass from A-2 and shoot on the goalie from just in front of the Pro-Angle.

*Note: Vary the repositioning direction, distance, and distance from the net so the goalie gets repositioning work from and into all stance combinations.

- Reconfigure lines with passes coming from the right side.



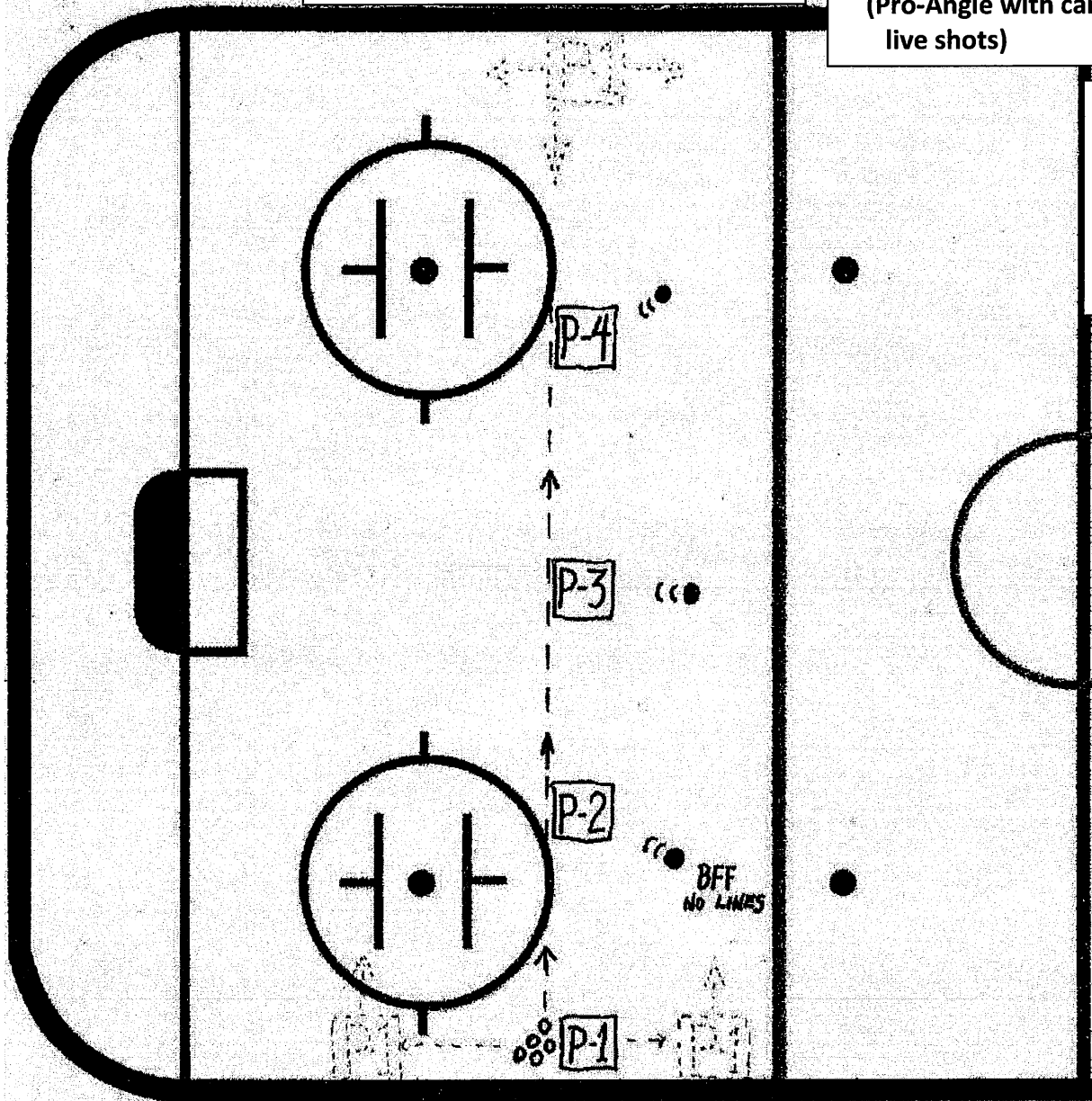
SKILLS:
Refining of lateral tracking to match varying speeds of puck travel

WARNING Configure Pro-Angle as follows:

- Retract and store upper lines
- Detach lower left hook and clip and reattach on right post 1" below the right line
- Move magnetic clips to backside of post
- Place pucks with Player #1 (P-1)
- Position Player #2 (P-2) at A-1 (best if P-2 shoots right-handed)
- Move Pro-Angle approximately 10 feet beyond A-1
- Start drill with goaltender set up in post coverage on P-1
- P-1 passes to P-2 who catches and shoots

*Goaltender tracks puck into optimal blocking position for A-1 & plays shot

*Repeat with passes going to P-2 at all locations A-1→E-1, A-2→E-2, A-3→E-3. Move lines to lower left post and repeat drills from right side.



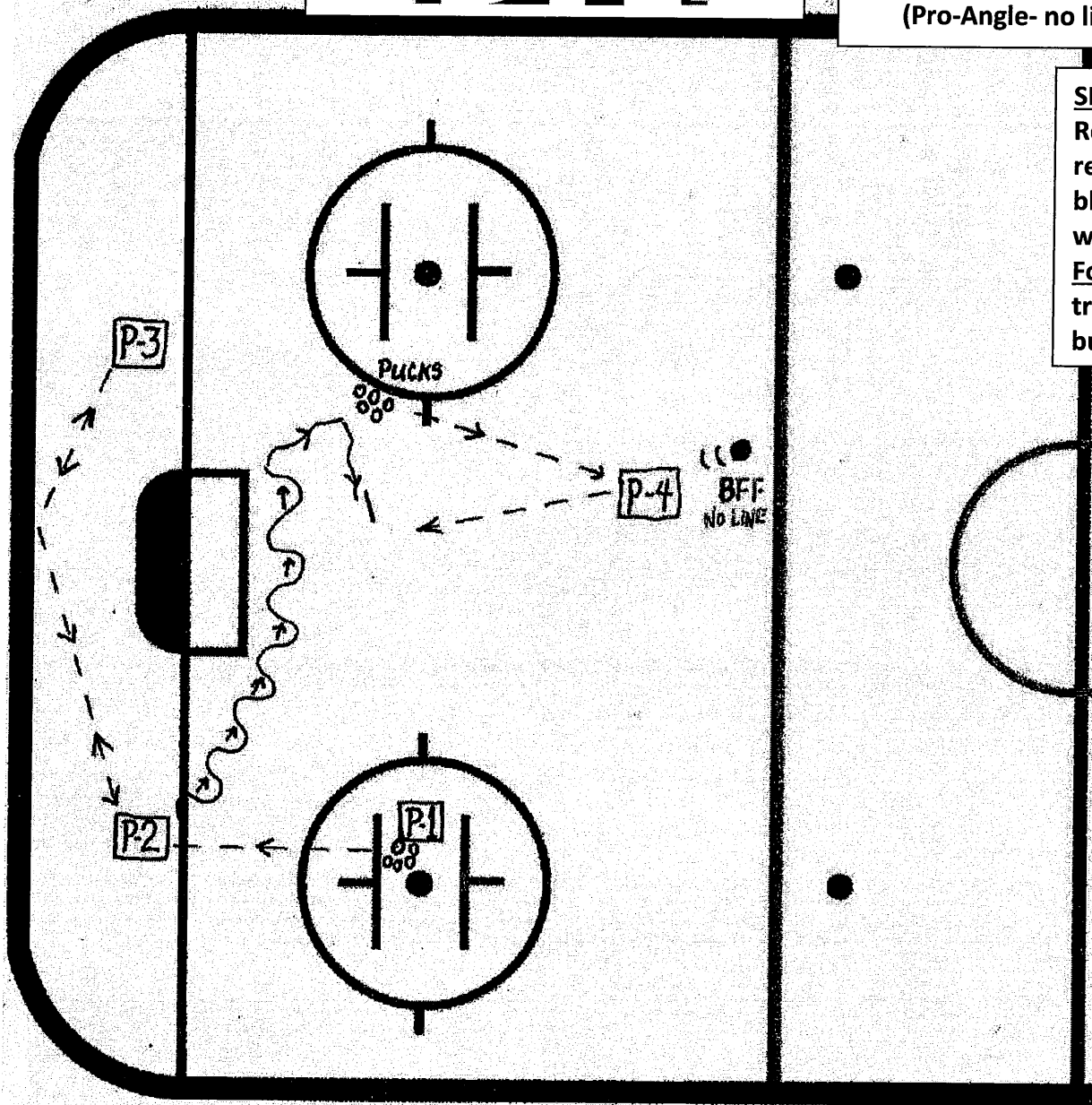
SKILLS:
Lateral puck tracking while retaining optimal blocking position

***WARNING* Configure Pro-Angle as follows:**

- a) Retract and store all lines
- b) Position Pro-Angle 5 – 8 feet beyond any player with camera facing the goal and recording
- c) Player 1 (P-1) is to slide a pass at P-2, P-3, P-4
- d) The goaltender will maintain the optimal blocking position as they track the pass
- e) P-2, P-3, and P-4 will at random let the pass move on or one time shoot on the net

***Vary the speed of the pass, depth of shooters, and reverse the drill**

Elite: add peripheral players-screens, and tips



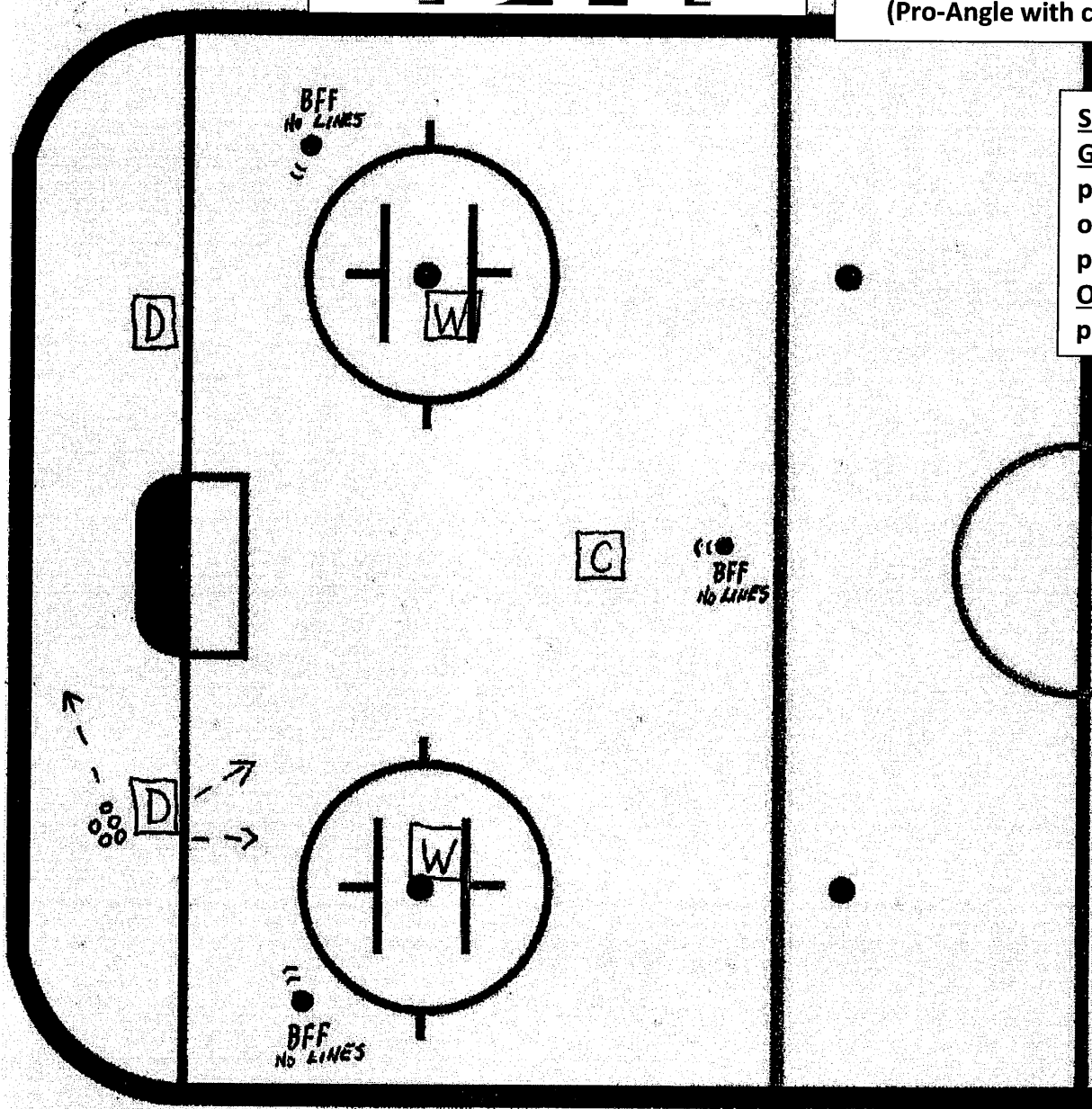
SKILLS:
Refinement of retaining optimal blocking position while on the move
Focus: Lateral tracking in butterfly zone

WARNING Configure Pro-Angle with no lines and keep from being struck by puck!

Player 1 (P-1) passes puck to P-2 while goaltender tracks puck. P-2 then passes to P-3. P-3 passes back to P-2 who catches the pass and carries the puck across the front of the goal, shooting at will.

After the shot, P-2 passes puck to P-4 and moves to screen the goaltender as P-4 shoots.

Rotate players P-1 → P-2... after each sequence.



SKILLS:
Goaltender:
puck tracking and
optimal blocking
position
Offense: passing,
puck movement

WARNING Configure Pro-Angle with no lines and keep from being struck by puck!

Start drill with line mates positioned as shown.

Move puck between players as the goaltender tracks the puck moving into and through optimal blocking position.

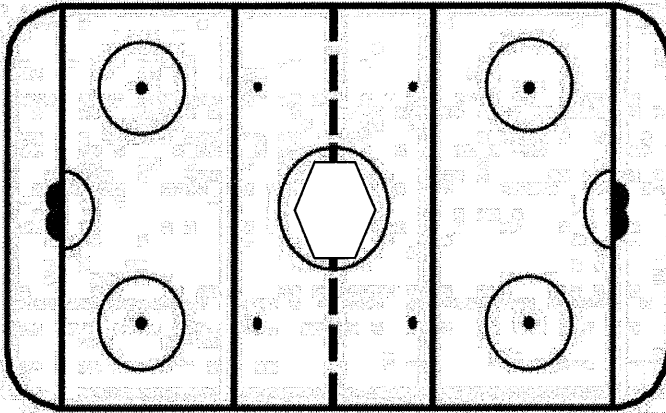
Players shoot at will.

Repeat varying the depth of player (zones 1, 2, 3).

Vary speed of passes.

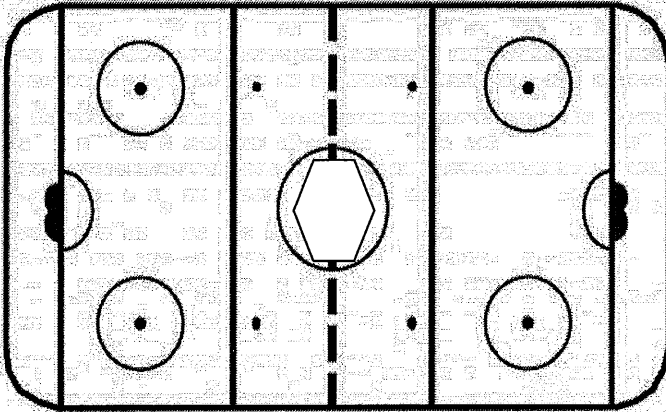
Video: evaluate post coverage, puck tracking, optimal blocking position and retention.

Use the blank schematics on the following page to outline your own dynamic lateral positioning drills.



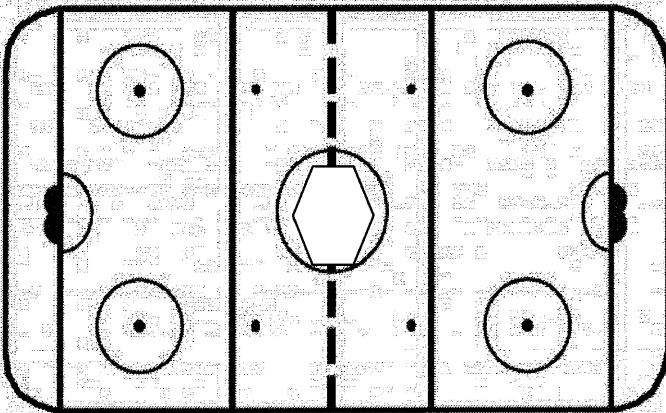
Description _____

Notes / Systems _____



Description _____

Notes / Systems _____



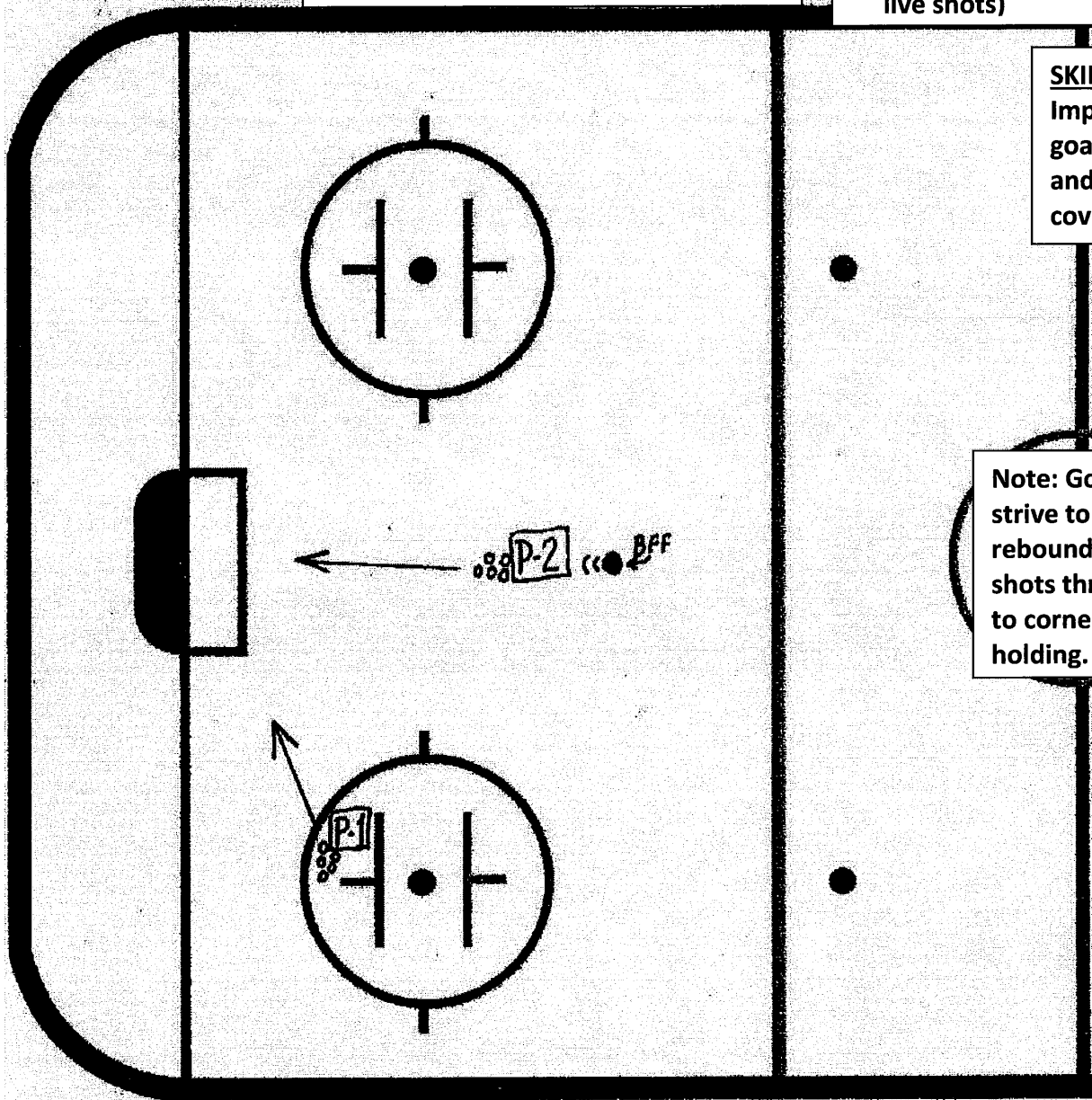
Description _____

Notes / Systems _____



SKILLS:
Improve
goaltenders speed
and efficiency of
covering rebounds

Note: Goaltenders must
strive to eliminate
rebounds by controlling
shots through deflecting
to corners and/or
holding.



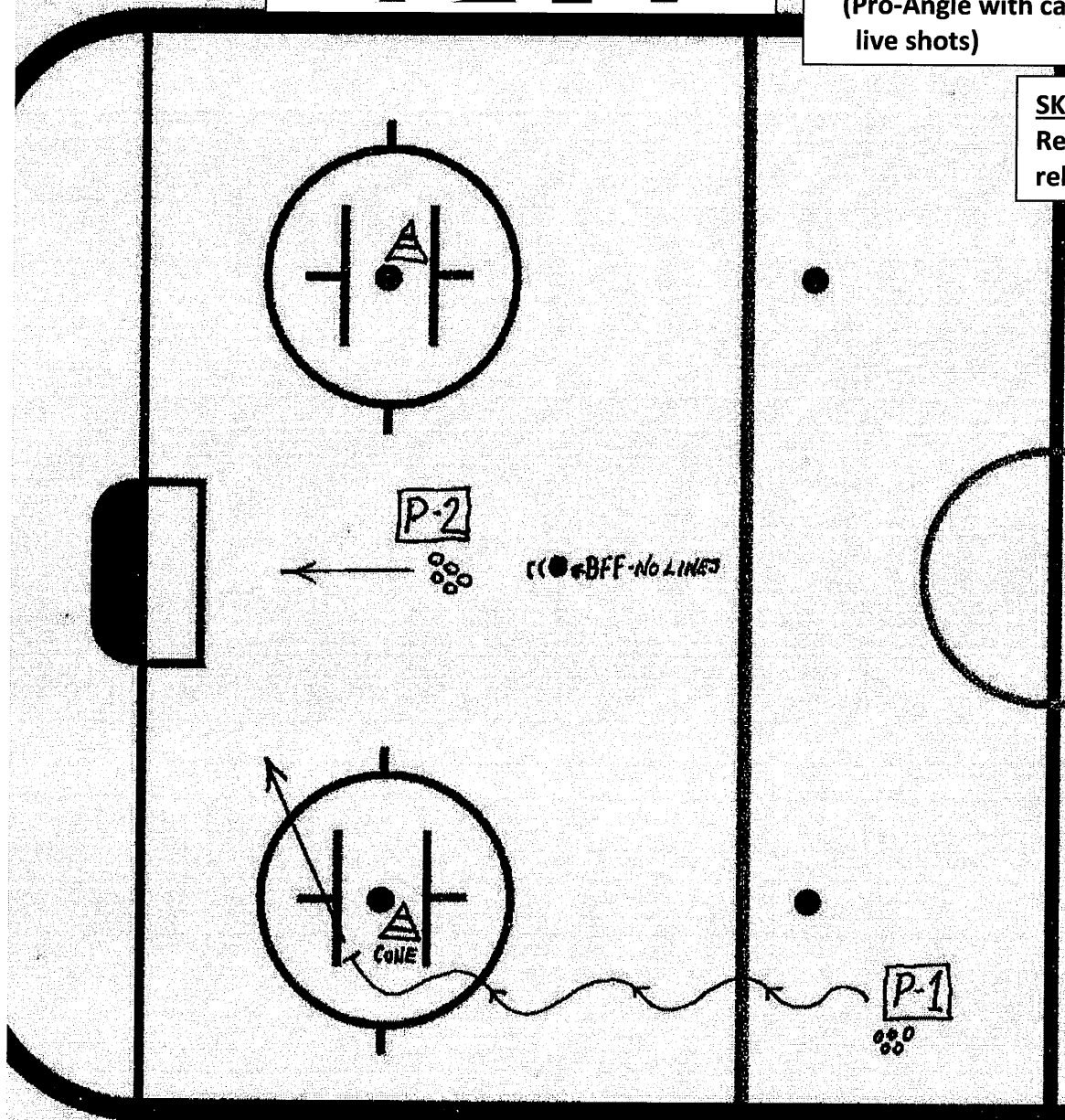
WARNING Configure Pro-Angle as follows:

- a) Attach both Pro-Angle lower lines to the lower right goalpost
- b) Move magnetic clips to the back of the post
- c) Position shooters at P-1 and P-2
- d) Move Pro-Angle to a location 5 – 8 feet beyond P-2
- e) P-1 shoots on net (many shots should be low at far post)
- f) Goaltender is to:
 1. Make the save (without a rebound)
 2. Respond as though a rebound has been given up at P-2's location and move toward optimal blocking position as P-2 shoots on net

Repeat from right corner- Move Pro-Angle lines to lower left corner.

*Practice deflecting low shots to far post from the goalie's glove side (very difficult)

SKILLS:
Refining of
rebound coverage



WARNING If using Pro-Angle: No lines;
Keep Pro-Angle from being struck by puck!

- Player 1 (P-1) carries puck around cone and shoots on goaltender (many shots should be low at far post)
- Goaltender to make save, deflect shot to corner and immediately move to cover P-2's shot as though a rebound has been given up
- P-2 shoots on net while goaltender is moving into optimal blocking position

Repeat from opposite side

*Pro-Angle with camera (no lines) may be set up behind P-2 to videotape drill

