

September GDS Newsletter

Dear Organization and Coaches,

Each month GDS will be sending out educational newsletters, with content of what each goalie has been working on in private training at GDS. With these newsletters GDS will help educating coaches on the goalie position, give goalie-oriented drills geared to a team practice, and to further develop goalies of all ages and skill level. The content provided will be the basic level of knowledge, but is the core foundation of each goalie and their development. With the information provided, GDS is not expecting coaches to break down each goalie's game and show new techniques, instead GDS will provide a couple of key focus points to work on and provide extra practice other than GDS private training. Coaches, the most important aspect of playing goalie and more so playing hockey is to HAVE FUN, lets never lose sight of the main goal!



Stance, Skating, Positioning.

For the month of September, our main focus and time spent in goalie training is: Stance, Skating, and Positioning.

Stance, where everything starts, just like any athlete, each goalie has to make sure that they have bent knees, hands up/ ready, and on their toes. **Coaches**, a good key to look for with a stance is making sure that toes/knees/shoulders are in a straight line (see image below). This will be a well-balanced stance, allowing goalies to skate fluently and be able to butterfly quickly.



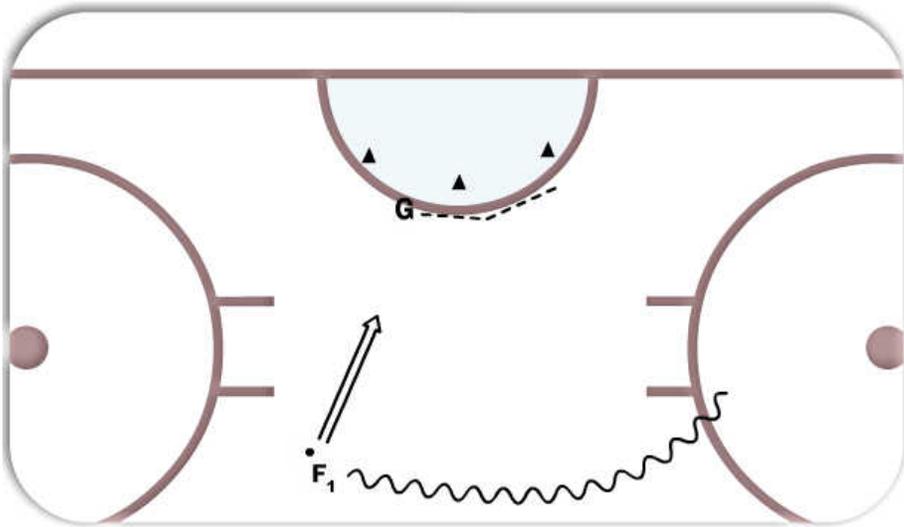
Skating, we will break down skating more as we go. Skating is the most important part of being a goalie. You do not have to be fast, you have to be efficient by using the correct skating at the correct time. Shorter movement, when a player is skating with the puck goalies should use a “shuffle” (shuffle is a small push where both feet are always facing the puck), longer movements, more for when players pass the puck, goalies should be using a “C-step” (C-step, is when a goalie is moving to their right they will open up their right side of their body so their right toes are away from the puck and push to a hard stop with their right foot). Using the correct skating with a balanced stance will help each goalie get into the correct position.

Positioning, is what separates GDS. GDS has a positional system that helps break down where each goalie should be when the puck goes to each location. This month our main focus was using BASE depth. Base depth is the primary depth a goaltender will play under most situations for pucks located anywhere between the dots and extending to the blue lines. A goaltenders base depth must be established at a young age. Most goals that are direct shots can be attributed to poor positioning or dropping early. Although we mostly hear of a goalie going down too often, poor depth is mainly the culprit. The way the system works provides the goalie with good depth and spot on angle management.

Drills:

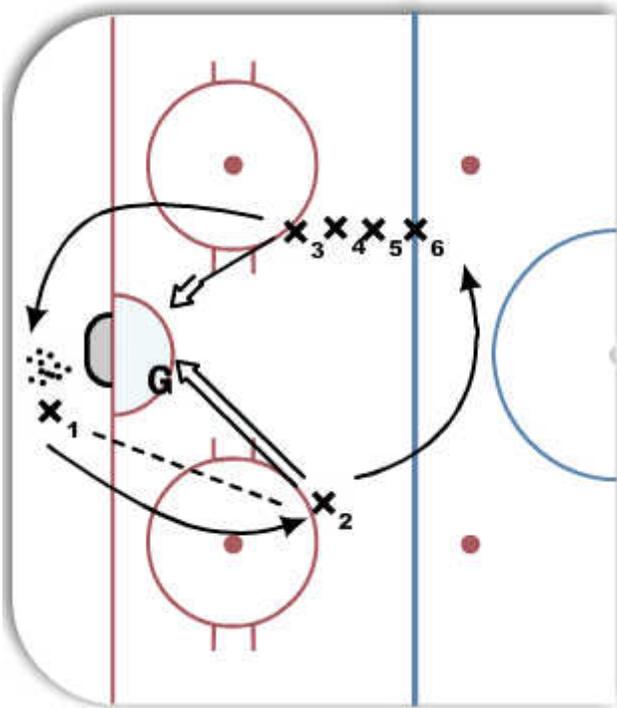
Drill #1- Base Depth Drill (all ages)

This can be done on most shooting drills for shots face above the tops of the face off dots. Simply place cones or a stick approximately one foot inside the crease. Doing so will be a constant reminder of the goalies depth as he/she will bump into the cones as the goalie shuffles across the crease.



Drill #2 POP Competition Drill (all ages)

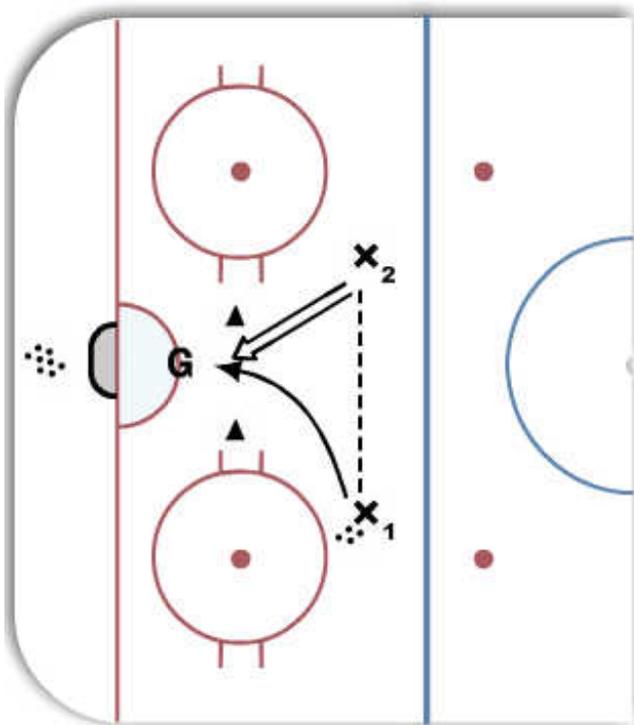
This is a fun competition drill for whole team and can be run out of both ends or with two nets on the same end. With pucks placed behind the net you will have a player starting behind the net (X1) and passing to X2 who will attempt a shot low, far-side to create a pass off the pads. X3 comes in to bury the rebound continuing his momentum behind the net as X1 skates up to X2's spot and X2 goes in line. All three cycle into the next position until a certain score is reached.



Drill #3-High Tip/Pass out (PW, Bant, Mid)

X1 passes across high slot to X2. X1 then center lane drives through the cones for a high tip (part 1). G should be at his/her base depth. X1 then continues behind the net and picks up a puck, passing it out to X2 who attacks the net front from either side of the cones for a pass and shot. X2 has the option of which cone to choose, both players play the rebound out. When X1 is skating to behind the net, G should scan the net front to determine which direction the pass out threat is coming in from.

Part 1.



Part 2.

