

Ringette and Butterfly Saves

In hockey, goalies butterfly often or will drop one pad and blocker to the ice and spend a lot of time on their knees. Is this effective for ringette?

Not really.

The hockey goalies you see in the NHL are over 6' tall. Ben Bishop is 6'7". When they go down, they still cover the top of the net. Female ringette goalies are shorter, so they give up the top of the net on a butterfly.

Also, most U16 ringette players can hit the top corners every time and the cross ice play is very common. By going down, you are giving away the top of the net and your mobility.

Blocker on the ice

In hockey, pucks are shoved, jammed, slapped, or crashed into the net. In ringette, the goalie crease is sacred ground. No one or no stick is allowed so a blocker on the ice is not effective.

Should you ever butterfly?

Yes.

When there is a screenplay or if the goalie cannot see the ring, goalies should widen their stance and get low to search out and find the ring. If there is a shot from a scrum, it will probably be low, so with a wide stance, you can quickly react with a butterfly and cover the bottom of the net. A high shot (top of the net) in a scrum will be tough with all the bodies in the way.

Another time is when you see or anticipate a low shot, a butterfly can be used. A stand up stick save can also be used.

Some goalies will butterfly slide across the net to play the cross crease pass. This technique can be used; however it is slower than a T-push. You may also give away the top of the net.

A butterfly save should probably only be used 10-15% of the time. If you are butterflying on every save, you are giving away your mobility and the top of the net. You will also be exhausted by the end of the game. That is a lot of up and down.