

## **Pre-Game Warm Up for Goalies**

When you plan your pregame warm up for your team, you focus on the basics: 40% skating, 40% passing/receiving, and 20% shooting. When you warm your goalie up, you will need to focus on different keys: crease preparation, stance, and positioning, mental toughness.

### **First Minute**

Since freshly flooded ice can be very slick and slippery, have the goalie rough up ice in their crease (just like all hockey or ringette goalies). A little snow in the crease will give traction for butterfly save or playing from your knees. Also have the goalie practice hour glass and M patterns and finish with cross crease T pushes.

### **Shots on goalie**

This is to warm up the goalie and not warm up your teams shot. Ensure shots come from three different areas: center, left side and right side. You want this time to have the goalie fine tune their positioning on shots and ensure their stance is correct. Their stance should be bent knees, glove up and playing near the top of the crease.

Have players start with hard shots on the ice, and gradually move up. Reinforce to your team that dekes should be used on your opponents goalie, not your own. No one keeps track of goals scored in a warm-up.

If you notice that your team is missing the net (high or outside), reinforce that shots that complete miss the net, do not warm up our goalie.

After the warm up, but before the game starts, remind the goalie anything that you noticed during the warm up such as not flexing knees or stick positioning. After this, remind the goalie to only worry about stopping the next shot, not the last goal, and most importantly, have fun.

### **Slow starts for Goalies**

If your goalie/s lets in a shot in the first 2 minutes of a game, examine your pregame goalie warm up and make adjustments before the next game. By making small adjustments to the warm-up, the goalie will have a chance to check their stance (bent knees), angles, and most importantly, stick on the ice.

### **Should goalies stretch on the ice before a game?**

Remember, you only have a 3 minute warm up before the game. Your goalie and team should be properly warmed up and stretched before they step onto the ice. The warm up should be on movements on the ice, stance and positioning.