

Coaching Goalies, U12 & younger

General

Coaching goalies requires additional consideration. For female athletes, the social connection and integration is very important.

Goalies need to feel they are part of the team. Goalies miss out on the bench chatter during games and can feel excluded from practices. Ensure goalies feel social acceptance, positive feedback and support.

During practices, ensure goalies are part of the practice: description of drills, plays, strategies, etc.

After your practice plan is developed, ask yourself, “Are goalies included in every drill?” If no, rework the practice plan to include them.

Try to have a consistent goalie coach. This allows one coach to fully understand the position and consistently and effectively hit the key teaching points. This ‘Goalie Coach’ can attend SCRA Goalie Clinics to pick up pointers, drills and advice.

Games

During games, ensure goalies are special and part of the team. Ensure goalies are first on the ice, lead team cheers, first off the ice, carry the mascot, etc. Find things that everyone wants to do, and include it in the goalie role. At half time, have the goalie say something. Don’t put them on the spot, but give them a voice.

Ensure the players talk to the goalie when possible during stoppages in play and especially after goals or before defensive free rings.

Pregame Warm up

Reinforce to players that the goalie warm up is to warm up the goalie positioning, stick, confidence and get the feel of the ring. Any shots over the net, wide, or goalie dekes, are not helpful as a warm up.

Equipment

Ensure goalie equipment is on properly. If butterfly goalie pads are used, the strap through the skates should be snug; however all other straps should be loose. The reason they are loose is so the pads can move during a butterfly without putting pressure on the knee. If a chest protector should come down to the wrists. Further information is located in the SCRA Goalie Equipment document.

Skills Development

Since all players will play goal, it is important to develop goalie skills for your entire team during the entire season. Every practice should incorporate goalie skating skills for all players (T push, shuffle, and telescope). This will ensure each player will have the confidence to move in the crease when it is their turn.

When a player practices as a goalie, instead of working on basic movements, you can work with the goalie with angles/positioning, stick position, goalie rings, and shots. The practicing player should only receive team shots near the end of a practice after their confidence has been built up.

Practice drills for all players

Telescope: Forward & backwards. Skate width or length of ice. You can also have the girls balance a ring on their head. Tell girls that once ring falls off their head to leave ring and continue with the drill.

Shuffle: Ensure trailing leg snaps back vs. dragging. This can be done in a straight line, or you can use half free ring circles. A variation can be to have player shuffle to left twice, and once back. This will help with balance and changing directions. Direction could also be on a whistle.

T Push (no ring): have players do T push drills. Ensure crisp push and stops. Reinforce keeping stick straight and between feet. This makes more sense for goalie, but practice for ringette sticks too.

Crossovers: Goalie cannot do crossovers, so have the team do C cuts around circles.

Goalie Specific Plan with Goalie Coach

Since practice normally is shared ice, try to include both teams' goalies together as that will add a social, goalie competition and mentoring.

Key Focus

1. Focus on skating, balance and movement
2. Basic Stance: toilet position, catcher hand up, stick on the ice 6-12 inches (due to athlete size) from toes and between both feet.
3. Work on positioning and angles. Use ropes and shots to help.
4. Mental awareness & staying focused. When the ring enters the defensive zone, get into your basic stance.

Allow goalie the time to move and position before the next shot. Add pylons and use fewer players. If shots come too quick, goalie development goes backwards as they will give up.

Movements in the crease: reinforce basic stance

Goalie should start by centering herself in the net, touch each post with stretched arms.

1. From Center, telescope to top of crease, then telescope back. Telescope to right free ring position, and back, telescope to the left free ring, and back. Reinforce returning to center on the goal line as this will help the goalie feel center in net.
2. From center, push to right post, telescope to right free ring position, shuffle push across crease until at left free ring position, telescope to left post. Repeat both directions.
3. Start centered, push to right post, T push to opposite side, T push to opposite side, and back to center.

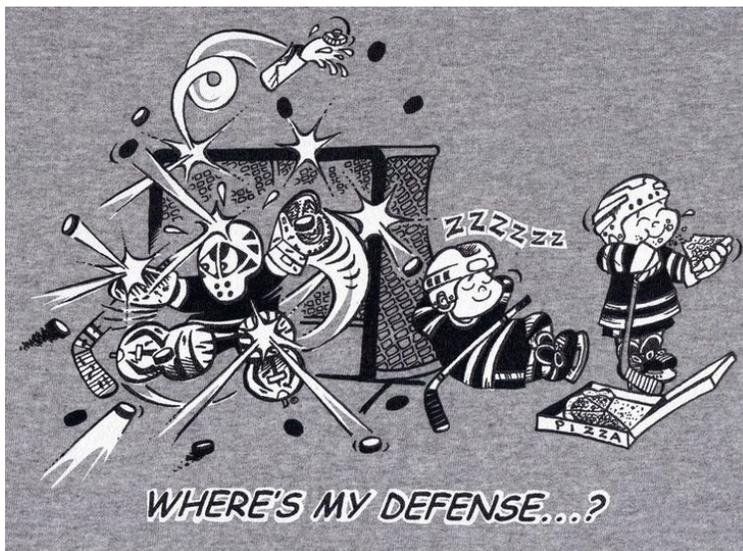
Positioning

From drill 2 above, the coach can add a ring skating in front of the crease, 6-10 feet. Get goalie to cut the angle and follow the shooter. Add ropes as a visual to reinforce positioning. Have goalie play tight to the goal line, then on the goalie crease to demonstrate cutting off the angle. Reverse position with coach so they can see the net and understand and see what taking away the angle means.

Shooting Drill

Final drills should be shooting drills. Ensure the goalie has time to reset between shots. Do shooting drills near the end of the practice once the player has confidence. You can also have the goalie pick end of practice game as another way to involve the goalie.

Goalies are your last defender



Ringette Goalie YouTube video

<https://www.youtube.com/watch?v=lbTFUfIZRBQ>

<https://www.youtube.com/watch?v=tPKmtoOHhxg>

YouTube Videos, focused on Hockey, but concepts are the same

Skating

<https://www.youtube.com/watch?v=t8TGEVg1hsM>

Stance

<https://www.youtube.com/watch?v=dYhZqYnMQCg>

T Push

<https://www.youtube.com/watch?v=sNZow9jgrgQ>