



# MIND THE NET GOALTENDING

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## Common Mechanics Issues with Backside Recoveries

Below are the most common errors that goaltenders have, with the use of their legs during backside recovery execution.

### 1. Low Butterfly (Dropping the Butt)

Many goaltenders that struggle with backside recoveries often start with a flawed butterfly where the torso and butt have dropped prematurely. By dropping the torso/collapsing and then trying to execute a backside recovery the goaltender does not have the required space that allows them to get the push/load leg into the proper position, plus the goaltender is off balance. Remember a proper butterfly means that there is a straight vertical wall from the knees, up the front of the torso and to the shoulders until a puck is hitting the torso region. A proper butterfly execution is similar to a strong basic stance as it is the foundation for down game mobility.

### 2. Load Leg Skate Angle

Another common error when attempting to do a backside recovery is incorrect use angle of the pushing/load leg skate blades. When a goaltender wants to move laterally their skate blade must be positioned perpendicular to the line/direction the goaltender wants to travel. Often goalies believe their skate blade is pointing at the correct angle based on their view of the front of the pads, but this is often an inaccurate way to know if a goaltender has the correct angle because most goalies have slack in their toe ties for proper execution of the butterfly. If a goalie finds that they are spinning when trying to do a backside recovery this is often a cause.

### 3. Angle of Load Leg Itself

When a goaltender tries to load the pushing leg they need to make sure the leg is positioned in a way that the back of the pad, of the load leg, is lined up with the same side of the goaltender's chest (in front of the same side nipple). The inside tip of the top of the thighrise of the push leg should be lined up with the goalie's sternum. The load leg should be at a 75-85 degree angle to ensure full contact of the skate blade for pushing (this is why overdrives are bad, because they allow goaltenders to use a minimal and less effective angle loading of the push leg). The goalie must bring their knee up so it is in front of the body, but the pushing skate lines up with the knee of the lead leg. If the goaltender brings their load leg skate too far forward of the lead leg knee then the goalie will not be able to move laterally. Again, an improper loading of the pushing leg can lead to a goaltender spinning on the spot.

### 4. Use of Skateblades

First, we teach our goalies to push with their entire skate blade as flush as possible while executing a backside recovery. Many goalies that have spinning troubles are pushing with the toe of the

skate because it is then easier to have improper skate angle. Basically what will be more effective, pushing a 150lbs-250lbs body with approximately 2-3 inches of blade or 8-11 inches of blade. We believe that the more blade stays in contact with the ice the more powerful the push can be. Why not get into the new position with one push rather than 2-3 little pushes? When the goaltender uses the full skate blade a constant pressure must be kept on the heel of the skate to ensure the goalie does not point their toes at the end of the extension, which comes naturally. Keep the toes pulled back towards the shin enough to keep full contact of the skate blades as much as possible(this is not an endorsement of the heel only approach to backside recoveries, this is just the mechanics required to keep the full blade in contact with the ice).