



MIND THE NET GOALTENDING

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Finding the Fundamental Save Position(FSP)

Focusing on protecting the lower part of the net, while important, means nothing if the goalie is off angle. There are three things the goalie must accomplish, **at the same time**, to truly be on angle.

Goalies Must:

- 1. Be on the Centre of the Net**
- 2. Be Square to the Puck**
- 3. Find Proper Depth for the Situation**

- 1. CENTRE OF THE NET** is the most important aspect a goalie needs to begin to play a simple, more effective game. Again, centre of the net is from the puck's point of view. The goalie who plays a "centre of the net" approach will face less shots. First, by being in a position to reduce the number of second shots and/or being in a position of control to stop any rebound. Second, taking away more net delays the shooter in their shot selection or forcing the shot high/wide.

Definition: Draw a line from the middle of the goal line, between the posts, to wherever the puck is being shot from. The goalie stands over that line so that it intersects the body and they have found the **CENTRE OF THE NET**.

- 2. SQUARE TO THE PUCK** means that the goalie's shoulders, gloves, knees, and toes, are all facing the puck when the shot is taken. Being square to the puck translates into covering as much net as possible with the body.
- 3. DEPTH** is how far you move off the goal line to take available space away from the puck. The closer to the puck the less the puck sees. However, the more a goalie moves out the further the goalie will have to move laterally if a pass is made. The depth played relies on game situations.

A well positioned goalie will create more missed shots. The less the puck sees the more accurate the shot must be. The more a goalie can find middle of the net and stay square the more a shooter is forced to hit a small target.



*Goalie has found FSP on puck located between hash marks.
From a straight on standing position and the puck's view.*

If a goalie can incorporate the previous three elements into save selection they will have reached the FSP