



MIND THE NET GOALTENDING
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Goalies, Be Aware of Your Tics

Despite all of the things goalies have been called over the years, things like flaky, flighty, weird, strange, etc., we have made a lot of progress, in regards to goaltender discrimination, over the last 10 years or so. Goalies have done a lot to help eliminate the stigma that has come with playing the most challenging position in sports. A lot of the weirdness has been eliminated because goalies have been less obsessive compulsive about their routines and mannerisms, but we still see goalies that have some very strange mannerisms or other "tics".

Now, we understand the importance of routines for goaltenders. Some routines include game-day, pre-game, during game, pre-faceoff, after goal and post-game routines which are very helpful in helping goaltenders to be more consistent. Unfortunately some goalies are not aware of their "tics" or mannerisms or how those "tics" can or have negatively effected their game.

There is nothing essentially wrong with the goalie that likes to play the posts (like Ron Hextall), tap the glove with the stick (like Bill Ranford or Manny Fernandez), constant opening and closing of the trapper while the play is going on (like a couple of MTN Alumni prior to finding a cure), or someone who is constantly adjusting equipment while setting up for a shot and any other cliché goaltender mannerism that has been around for a long time. The biggest problem is when the goaltender mannerism is happening while the play is going on, especially in the defensive zone (on the goaltender's side of the red line). Goalies with uncontrolled or obsessive mannerisms will give up goals due to a lack of readiness, yes we are on that topic again, as they are spending valuable time and energy on something that is superfluous to their game. If a goalie really wants to keep the twitches and "tics" in their game they must learn that the time to do so is when the puck is at the far end of the rink, before a period begins or even in the time between faceoffs as long as the goalie stops before play begins. Again, getting fully and completely ready as the puck crosses the red line is paramount, and anything that hinders a goalie from being ready early must be eliminated from their game.

If you or a goalie you know seems to have a mannerism that is constantly being practiced, that might negatively effect the goalie, they need to record a few games in order to identify the situation. If the goalie has improperly timed mannerisms it will not take long to find times where the "tic" has negatively impacted their performance.

So, goalies it is time you became aware of your "tics" and honestly evaluated whether those mannerisms are helping or hindering because if they are not helping then obviously the solution is quite simple...