



MIND THE NET GOALTENDING

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Goaltender Evaluation and Checklist

In order to become, and improve as, a high level goaltender, the goaltender, coach and evaluator must have the ability to identify strengths and weakness in the goaltender's game.

Before any evaluation can begin one must ask what is expected of the goaltender, and by the goaltender, and from their coaches and teammates as well. How the goaltender performs their individual skills and can the goaltender assimilate those skills into the team systems that the coach is trying to implement is always something that must be addressed.

This evaluation and checklist is designed to help the goaltender, coach, and evaluator think about the daily requirements needed in order for the goaltender and team to experience success.

NOTE: Mind The Net Goaltending would like to remind goaltenders that Section #1 of this evaluation is based on information that can be observed by outside observers (i.e. coaches, scouts/evaluators) and the goaltender alike. Section 2 is based on information that only the goaltender themselves can evaluate.

When ranking oneself it is not critical to worry about whether you score yourself high or not, what you must look for is where your ranking is significantly different from the average. For example if your average ranking is 10 or 11 look for areas that have a score of 7 or 8 as an area that needs immediate improvement.

Rating System

Reflect and answer honestly

POOR GOOD EXCELLENT
1 2 3 4 5 6 7 8 9 10 11 12

Section #1: Goaltender and Evaluator

POSITIONING

A strong positional approach can lead to shots missing the net or shots not being taken at all because the shooter has nothing to see.

Basic Stance

1 2 3 4 5 6 7 8 9 10 11 12

Maintains fundamentals of stance when moving**1 2 3 4 5 6 7 8 9 10 11 12**

Forward, backward, side to side, up, and down.

Puck Stopping/Save Movements**1 2 3 4 5 6 7 8 9 10 11 12**

Not just stopping the puck, but being in a position of control while making the save that would enable the goaltender to make a second save if necessary. There must be strong stick presence at all times.

Active Stick Skills**1 2 3 4 5 6 7 8 9 10 11 12**

Controlling pucks in or moving through the crease.

BODY POSITION

The overarching idea behind body positioning is being aware of the puck's perspective and understanding which angles, vertically and horizontally, the puck needs to enter the net.

Square to the Puck/Blocking Skills/Simplicity of Save Selection

Does the puck find the goaltender or do they have to move to make a save? The goaltender should never make the first move, but he should always be the first in position.

1 2 3 4 5 6 7 8 9 10 11 12**Understanding Depth****1 2 3 4 5 6 7 8 9 10 11 12**

Know how far the goaltender needs to come out to take away the net while maintaining situational awareness.

Can the Goaltender dictate the flow of the game?**1 2 3 4 5 6 7 8 9 10 11 12**

Knowing when to put the puck into play and when to slow the game down and freeze it.

Save Compactness**1 2 3 4 5 6 7 8 9 10 11 12**

The puck should not go through or under the goaltender. Compactness preserves the goaltender's ability to extend. Since the body is coiled and flexed the ability to quickly reposition is maintained with proper body basics intact. The goaltender should seek to build width through proper chest positioning, arm positioning and centre shifting skills.

Rebound Control**1 2 3 4 5 6 7 8 9 10 11 12**

Priority of rebounds a) Control at body b) Put puck over glass c) Put puck in corner d) Put puck back to shooter e) Put puck away from shooter. Can the goaltender control the tempo of the game through rebound control?

MOVEMENT AND MOBILITY

The goaltender must be a strong skater with both regular skating and goaltender specific skating skills.

Skating without the puck**1 2 3 4 5 6 7 8 9 10 11 12**

Skating with the puck

1 2 3 4 5 6 7 8 9 10 11 12

Edge Control

1 2 3 4 5 6 7 8 9 10 11 12

Position specific movements; Sculls, glides, shuffles and stops. The feet are quiet at the point of release. Upperbody, hands and stick all remain steady during all movements.

Edge Control with POWER

1 2 3 4 5 6 7 8 9 10 11 12

Power is more important than foot speed. If a goaltender can get into position with one powerful, controlled push that goaltender will be better prepared for any situation.

Recovery Skills

1 2 3 4 5 6 7 8 9 10 11 12

DIRECTIONAL MOBILITY/ADJUSTMENTS

The goaltender must maintain square positioning when making adjustments. Edge control, foot speed, coordination, waiting for the shot release are all done simultaneously. Lateral adjustments for staggered feeds has four phases: 1) Awareness of weak side 2) Initial mobility and body rotation 3) Coverage of lateral distance 4) Save positioning. The goaltender builds coverage on lateral feeds using the following: low net, middle net, built from a low middle coverage point.

Lateral while up

1 2 3 4 5 6 7 8 9 10 11 12

Lateral while down

1 2 3 4 5 6 7 8 9 10 11 12

Forward adjustment while up

1 2 3 4 5 6 7 8 9 10 11 12

Forward adjustment while down

1 2 3 4 5 6 7 8 9 10 11 12

Backwards adjustments

1 2 3 4 5 6 7 8 9 10 11 12

NOTE: Goaltenders must be able to move as well on their knees as they can on their feet.

TRANSITIONAL/TEAM SKILLS

To excel fully in the transitional game the goaltender must understand all facets of the game. They must understand their own team's breakout systems and also be able to recognize opponent's fore-checking systems.

The goaltender should be mobile with the puck, to avoid pressure while regaining net protection and creating more passing options. In today's game the goaltender plays two dominant roles: 1) Puck stopping 2) Goaltender transition. By handling the puck the goaltender takes pressure off the defence, increasing the energy level of teammates over the course of the game.

Remember to have patience, one has more time than first thought as the fore checker cannot hit the goalie and must either stop or skate by. Use fakes, screen the fore checker after a pass and delay them if a swing occurs.

Stick Handling 1 2 3 4 5 6 7 8 9 10 11 12

Passing Forehand 1 2 3 4 5 6 7 8 9 10 11 12

Passing Backhand 1 2 3 4 5 6 7 8 9 10 11 12

Shooting Forehand 1 2 3 4 5 6 7 8 9 10 11 12

Shooting Backhand 1 2 3 4 5 6 7 8 9 10 11 12

Blocker hand only – Forehand 1 2 3 4 5 6 7 8 9 10 11 12

Blocker hand only – Backhand 1 2 3 4 5 6 7 8 9 10 11 12

Sets and Dump-in Control 1 2 3 4 5 6 7 8 9 10 11 12

The goaltender must be able to consistently control and settle down any dumps within 15' of the net; including behind the net. The goaltender must place the puck in a position that makes for easy and safe pickup by the defender.

Understanding of breakouts, penalty killing and power play formations

Goaltenders must understand the all-around game tactics of not only the opposition, but their own team as well.

1 2 3 4 5 6 7 8 9 10 11 12

Recognizing opponents fore-checking systems 1 2 3 4 5 6 7 8 9 10 11 12

Short Transition Skills 1 2 3 4 5 6 7 8 9 10 11 12

Goaltenders need to be aware of the short plays that can be made, in zone, to aid in the transition out of the zone.

Long Transition Skills 1 2 3 4 5 6 7 8 9 10 11 12

Is the goaltender aware of the opportunities, due to the no center line rule, to move the puck out of zone in a manner that leads to a quicker attack?

COMMUNICATION

Phases of communication can include warnings about pressure, notification of time and space, information on pressure and support, body and verbal support for team systems. Taking charge and being a leader on and off the ice creates an atmosphere of confidence in the goaltender. There are three keys to effective communication: a) Volume b)Short Phrases c)Timing.

Verbal 1 2 3 4 5 6 7 8 9 10 11 12

Physical (Body Language) 1 2 3 4 5 6 7 8 9 10 11 12

Understanding the rules of the game 1 2 3 4 5 6 7 8 9 10 11 12

VISUAL HABITS

Due to the wide perspective of the ice the goaltender has the best view as the attack develops. The ability to recognize and communicate this vision to the rest of the team can provide meaningful input into the game.

Ice Awareness 1 2 3 4 5 6 7 8 9 10 11 12

Understanding not only teammates' responsibilities but also those of the opponents will be beneficial to enhancing the goaltender's "on ice awareness".

Puck Tracking 1 2 3 4 5 6 7 8 9 10 11 12

Puck tracking has two key components: a) The goaltender should be able to move with the puck in all directions, maintain depth and still remain on angle.

2) The goaltender appears to have sight of the puck 95+% of the time.

Visual Battle Skills 1 2 3 4 5 6 7 8 9 10 11 12

Does the goaltender fight to see the puck no matter what the situation is in front of them? Do they do everything possible to continue to see the puck in traffic? Does the goaltender use their "head on a swivel"?

PHYSICAL

When making a save the goaltender must react right away to prepare for a second shot. A proper recovery includes strength, flexibility, agility and balance. They are critical elements in technique execution and fulfillment of the selected tactic. Explosive quickness and controlled agility will allow a proper response to be executed and executed in time.

Strength 1 2 3 4 5 6 7 8 9 10 11 12

Flexibility 1 2 3 4 5 6 7 8 9 10 11 12

Agility 1 2 3 4 5 6 7 8 9 10 11 12

Balance (core) 1 2 3 4 5 6 7 8 9 10 11 12

MENTAL GAME

Mental Toughness

1 2 3 4 5 6 7 8 9 10 11 12

Reactions to goals allowed

1 2 3 4 5 6 7 8 9 10 11 12

Tenacity

1 2 3 4 5 6 7 8 9 10 11 12

The goalie fights to make the save no matter how bad things seem.

PRACTICE HABITS

What is the goaltender's attitude towards being scored on in practice?

Is the goaltender calm after setbacks or do they fly off the handle whenever obstacles arise?

1 2 3 4 5 6 7 8 9 10 11 12

How is your focus during practice?

1 2 3 4 5 6 7 8 9 10 11 12

Do you spend your free time wisely?

1 2 3 4 5 6 7 8 9 10 11 12

Work ethic and drive for improvement

1 2 3 4 5 6 7 8 9 10 11 12

Does the goaltender practice with purpose, precision, power and patience. Basically, do they display passion on a daily basis? The goalie works hard and smart. It is clear the goalie is trying to improve not just going through the motions.

SECTION #2: Goaltender Self-evaluation

VISION

Every aspect of being a goaltender is based, at first, on visual habits and inputs. Make sure all aspects of your vision is healthy and functional.

Good Eye Sight

1 2 3 4 5 6 7 8 9 10 11 12

Either with contacts or without.

Peripheral Vision

1 2 3 4 5 6 7 8 9 10 11 12

GOAL SETTING

Short term: period to game

1 2 3 4 5 6 7 8 9 10 11 12

Medium Term: Game to week

1 2 3 4 5 6 7 8 9 10 11 12

Long Term: Month to year

1 2 3 4 5 6 7 8 9 10 11 12

Game and Practice readiness

1 2 3 4 5 6 7 8 9 10 11 12

MENTAL GAME

How do you react to obstacles such as being cut, weak games, etc.?

1 2 3 4 5 6 7 8 9 10 11 12

How do you react to conflicts between you and the coach?

1 2 3 4 5 6 7 8 9 10 11 12

How do you react to conflicts between you and a teammate?

1 2 3 4 5 6 7 8 9 10 11 12

Do you give your team a chance to win on a consistent basis?

1 2 3 4 5 6 7 8 9 10 11 12

Visualization

1 2 3 4 5 6 7 8 9 10 11 12

Do you use mental visualization to help prepare you for daily improvement and success?

PRE GAME PREPARATION

Eating Habits

1 2 3 4 5 6 7 8 9 10 11 12

When and what you eat.

Rest

1 2 3 4 5 6 7 8 9 10 11 12

Mind Set

1 2 3 4 5 6 7 8 9 10 11 12

What and how do you think prior, during and after a game?

Physical

1 2 3 4 5 6 7 8 9 10 11 12

What do you do to get your muscles warm, blood flowing and brain ready?

Hand/Eye

1 2 3 4 5 6 7 8 9 10 11 12

Do you prepare your hand/eye prior for competition?

Road Game Preparation

1 2 3 4 5 6 7 8 9 10 11 12

How do you handle the differences from a home game?

Thought process and focus between periods

1 2 3 4 5 6 7 8 9 10 11 12

PRACTICE HABITS

The Four P's of Practice

1 2 3 4 5 6 7 8 9 10 11 12

Does goaltender practice with purpose, precision, power and patience. Basically, do you display passion on a daily basis?

Do your practice goals change, for the positive, as you get closer to games?

1 2 3 4 5 6 7 8 9 10 11 12