



MIND THE NET GOALTENDING

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Goaltending Quick Hit #10 – What type of goalie skater are you?

After doing a lot of serious goalie writing, lately, it is time for something light...Mind The Net Goaltending Co-director Ian Robertson believes there are three types of developing/elite goalie skaters: 1. the ALL Power group 2. the Hovering/Levitating Group and 3. The Hover-Power Group. After many years of observations he seems to be right. What type of goalie skater are you?

Goaltending skating style is dependent on many factors, but there is a group of goalies that are built like a brick sh**house and they seem to move in a way that matches their body types. These goalies have skating styles we call the “ALL Power” group. The ALL Power group are the type of goalies that carve chunks out of the ice in almost everything they do. These goalies, when doing skating drills in an empty rink, can cause seismic disruptions by the power of their cuts, starts and stops. ALL Power goalies are usually able to get into position with one push, rather than 2-3 and are able to be an intimidating presence for opposing shooters because they always seem to be in position before a pass is received. Being an “ALL Power” goalie does not mean movements are choppy and rigid, but they maintain an element of powerful smoothness. Some NHL examples would be J.S. Giguere, Tim Thomas, Pekka Rinne and Roberto Luongo; to name a few.



On the opposite side of the goalie skating spectrum are the goalies that we call the “Hovering/Levitating” group. Hovering/Levitating goalies are the ones that are smooth and flawless in their movements in that they look like they are hovering over the ice rather than cutting and carving. Levitating goalies move in ways that make very little sound and do not seem to even pile up snow in their crease. Despite the seemingly effortless movement of the

Hovering/Levitating goalie they still move with power and are often the first into position, but they move in ways where they almost look slow and uninterested, but they are as competitive as any other type of goaltender. In the Hovering/Levitating group you would find Jaro Halak, Brian Elliott, Nik Backstrom, Tuuka Rask and Jose Theodore; among others.



Although cliché, the third group is the mix of the two previous groups; the “Hover-Power” type of goaltender skaters. Hover-Power goalies are able to move powerfully when needed, but can also move very smoothly and efficiently when necessary as well. The difference is that Hover-Power goalies are smooth and effortless when tracking the puck on a player’s stick or on short passes, but move with power and precision on long lateral plays. This group can seem effortless at times, but have an element of power that adds some intimidation to their movement and positioning. Some examples of Hover-Power goalies are Corey Schneider, Ryan Miller, Jonathan Quick, Miikka Kiprusoff and Carey Price.



Now, what type of goalie skater are you?