



## MIND THE NET GOALTENDING

[www.mtnagoaltending.com](http://www.mtnagoaltending.com)

### Goaltending Quick Hit #11 – Do you protect your net like a chain link fence?

A chain link fence seems like something that is weird to associate as an example of how to play goal:

Three types of links must be used when building our fence around our net. These links are woven in a zigzag pattern into our fence when we play. The size of these links must create a transparency to the net that will create the shooters illusion of net space while still providing net coverage from the pucks perspective.

**1: Visual Links:** These create messages to the brain in such ways as to dictate the following;

- What we do.
- How we do it.
- Where we do it.

Strong puck tracking and readiness are some examples that will help us in our visual game.

**2: Mental Links:** Understanding tactics, tendencies of players both ours and theirs, rules etc. help us to decode the visual inputs that we receive and help us to decide physically what to do.

**3: Physical Links:** Strong goaltender specific movement skills, strong skating skills, strong stick skills and strong conditioning are some of the physical musts.

Lack of a specific skill in one of these links can create a weakened link and therefore weaken our fence.

Remember, a chain link fence can only be as strong as its' weakest link.

**Be a strong fence! Have strong links and keep out those nasty rubber intruders!**