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Goaltending Quick Hit #3 – Eliminating Post Save Delay

Post-save delay refers to how much time a goaltender takes before they react to the consequence of a save. The longer the delay, the bigger problem. So, here are three things that can help goaltenders eliminate post-save delay:

The biggest key to eliminating post-save delay is to understand the importance vision habits play in tracking pucks off the stick, to or past the goalie's body and then tracking and following the consequence of the shot/save. Following the vision and save sequences as much as possible, every time a goaltender hits the ice, is the quickest and most effective way to shorten and eliminate, as much as possible, post-save delay. The vision sequence is reading the release of the puck off the stick, following the puck into or past the body and physically following/covering the rebound. A rebound, no matter how well controlled, is the consequence of the save and goalies need to deal with the consequences of their saves 90+ % of the time; thousands of times. The save sequence, which is similar to the vision sequence, involves preparing for the shot (using goaltender specific skating), making the save and then physically follow or cover a rebound. Once again, by forcing oneself to focus on both the vision and save sequence, especially the final stage of each sequence, the goaltender is developing the skills needed to begin to move as quickly and naturally to the consequence of each save made as possible. Good post-save tracking habits are the best ways to eliminate post-save delay. After completing the vision and save sequence thousands of times then the goaltender is ready for two mental tricks to help with eliminating post-save delay.

In order to cover a rebound the goaltender must be ready to react to the rebound within the first two feet of the body, within the distance between the tip of the blade of the stick to the top of the paddle. So, a very simple guideline for reacting quickly to the consequence of a save is to try to begin reacting to the rebound within the first two feet of the body. By focusing on reacting within the first two feet on rebounds that can be corraled and covered is to help to develop a goaltender's ability to collect rebounds. Developing puck collection habits is important for developing game management skills. If the rebound cannot be covered immediately the goaltender must then try to begin reacting to the rebound within the first two feet. In order to test the two foot rule goaltenders can record themselves on video to see if they are beginning to react within the first two feet of the consequence of each save. Again, learning to react within two feet must be preceded by diligent focus on the vision and save sequences.

One last practical visual/physical tool for eliminating post-save delay is to try to recover to the feet by the time a rebound hits the side/end boards or by the time the puck lands after a rebound has been elevated. Using the time it takes for a rebound to hit the boards or to land is a great way to eliminate post-save delay because there is a natural change of pace after the puck hits the goaltender and their equipment. Even though the speed of a rebound may not be dramatically different from the speed of the initial shot it is still delayed enough to allow

goalkeepers, especially young/new goalkeepers, the chance to regain their feet quickly by focusing on a specific recovery time. Although the puck-hitting-the-boards technique for eliminating post-save delay is simplistic it is very effective for new or veteran goalkeepers, alike.