



# MIND THE NET GOALTENDING

[www.mtn-goaltending.com](http://www.mtn-goaltending.com)

## Net and Crease Awareness

Many times a person can go to a hockey camp and see nets moved to different stations on the ice. A goalie is then seen moving and facing shots in a net that is stationed along the side boards and in the neutral zone. The movement is crisp and they seem to always be in position and square to the shot or target that they are moving to. Then, when getting into a game, the goalie that looked so good at a goalie school, where most of the drills were done away from the crease/net area, looks lost and uncomfortable leading to poor/inconsistent play.

MTN must ask a couple of questions about these types of drills. Is this beneficial to the goaltender overall? When a goalie moves in a game what are some things that are required to make sure that the goalie will be in position for the easiest save possible.

### **1. Net Awareness:**

The goaltender must always know where they are in relationship to the center of the net. A laser from the puck through the goaltender's centre of the body (belly button) and the center of the goalline.

### **2. Crease Awareness:**

Regularly goalies are seen unknowingly and unnecessarily giving up or gaining depth. Movement almost always involves some sort of depth adjustment. However, this movement must still be in relationship to the crease and to the scenario at hand. A goaltender who does not always work in and around the crease may find that they lose their positional crease awareness during games.

### **3. The Goaltender's Overall View of the Ice:**

The goaltender almost always uses their eyes to dictate movement. Central and peripheral vision is key in understanding what scenario a goaltender may be facing. During a game the nets are only located at the goal lines in the defensive zones. The goaltender that limits their time doing movement drills and facing shots at this net positioning also limits their overall improvement. By working mostly at this position the goaltender will use all of their visual senses to help perfect overall net and crease awareness.

Goaltending takes place in and around the crease/net area in a game. It is important to ensure that movement drills and practice drills, in general, are done from the perspective of where goaltending takes place. If a goaltender spends the majority of their time in practice or at a camp working on positioning outside the proximity of the crease/net area, in other areas of the rink, they are setting themselves up to be uncomfortable in game situations.

**DO NOT limit your development, be a stickler for detail! Details like practicing where you play are as important as practicing how you want to play!**