



MIND THE NET GOALTENDING

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Two Sequences Every Goalie Must Focus On

In goaltending there are always a number of different factors that contribute to a goaltender being successful. Despite the fact there are many factors contributing to success there are two sequences that every goalie must focus on in every situation and with every shot:

1. **The Vision Sequence**
2. **The Save Sequence**

By focusing on these two sequences it is almost a guarantee that the goaltender that is diligent with each of these sequences will find a dramatic improvement in instinctual responses leading to overall improvement.

The Vision Sequence

Everything a goaltender does in a game, every reaction, starts with good vision and good vision habits. The Vision Sequence is most important when a shot has been taken. Keep in mind that a shot on net is an ideal element in offensive situations. If a goalie does have a shot directed at the net there are three things the goalie must see in order to be successful.

Step #1 – Read the release

- The goalie must be able to read the release of the puck coming off the blade of the stick.
- By reading the release the goalie must determine if the shot is: low/medium/high, left/centre/right and how fast the puck is moving.
- By reading the release the goalie will be able to react with the right save.



Step #2 – Watch the puck into the body

- After reading the release of the shot the goalie must track(watch) the puck come towards/into the body.
- The goalie must turn the eyes AND head as they follow the puck into the body.

- If possible it is usually best if a goaltender either moves into a save (i.e. using a centre shift) or at least leans into the save.



Step #3 – Watch and follow the rebound

- Goalies must develop the skill of being able to follow the rebound (the consequence of the save) as it moves off of the body.
- By following the puck the goalie tracks the puck visually while moving the body into the next position.
- Even if the puck misses the net the goaltender must keep their eyes and attention on the puck and follow it as it hits the end boards and the rebound off the boards.



Despite many goalies being strong with the first two parts of the Vision Sequence many goaltenders struggle with the last part of the sequence (watch and follow the rebound). If a goaltender struggles with rebounds it is usually a sign of a goaltender that is not watching and following the rebound. Most of the time a goaltender that is weak with Step #3 has developed

bad habits due to a lack of proper understanding at the hands of coaches. Goaltenders are often not given the proper amount of time to complete the third step leading to weaker goaltending. Goalies, no matter how your coaches conduct their practices one should always try to complete all three steps on as many shots as possible.

The Save Sequence

Although the Save Sequence is very similar to the Vision Sequence the first step in the Save Sequence accounts for situations that lead up to shots. This is very important as goalies face situations, not just shots (from Mitch Korn). Again, precise attention to the details of both sequences will be extremely beneficial to the goaltender.

Step #1 – Prepare for the shot

- For every possible save situation the goaltender must use goalie specific movement to get into the best possible position (finding the Fundamental Save Position).
- Goaltenders must try to get into position before or just as a new player receives the puck. By doing this the goaltender is better able to make a controlled first save or be able to change directions quickly.
- Varied and purposeful footwork is very important. It is key that goaltenders stay on angle with the puck and not set until the release of the puck is imminent.



Step #2 – Make the save

- Goaltender's need to try to make as many saves as possible in a simple, controlled manner.
- Goaltenders should try to get as much body in front of the puck as possible.
- There must be strict attention paid to making saves that are appropriate to the release and trajectory of the puck.



Step #3 – Follow the rebound

- Whenever the goaltender has made a save that is not trapped on the body or caught the goalie must be prepared to get into position for a second save.
- If a goaltender has a chance to aggressively control the rebound at the body (cover, trap or catch) they must be sure to do so. Goaltenders do not want to get into the habit of just sweeping rebounds aside as these habits can be exposed in a game.
- Rebounds are the cause of most goals scored on elite goalies so they must have automatic reactions to following rebounds.



If a goaltender pays close attention to the proper vision/save sequences they will develop “puck sense/awareness”. Puck sense is the ability to know almost automatically what a puck will do after it hits the body based on the feel. If a goaltender is diligent with the vision and save sequence they will have seen the puck hit various parts of the body so many times that their brain automatically connects the sight of the save to the feeling in the body making rebound recoveries instinctual. Goaltenders that develop puck awareness are more likely to react to rebounds on shots through screens where they have had little to no ability to track the puck off the release and see the puck’s trajectory.

When looking at a goaltender who is playing well they seem to know where the puck is at all times, even knowing exactly how a goal went in or where a missed shot has gone. By

knowing where the puck exactly is as much as possible comes from diligent focus on both the Vision and Save Sequences.