



MIND THE NET GOALTENDING

www.mtngoaltending.com

What is Technique?

It always frustrates MTN when people criticize goaltenders like Hasek and Thomas for having no technique. MTN believes these two goaltenders have an abundance of it.

Do not short change your own evaluation skills by having a lack of understanding what makes up Goaltending Technical skills

So let's ask a couple of questions:

1: What is the definition of technique?

The manner and ability with which someone employs the technical skills of a particular art or field of endeavor.

2: What is the definition of a technical skill?

The ability to apply procedures or methods so as to affect a desired result.

Seeing the proper definitions one can hopefully start to understand that these two goalies do have both the technique and technical skill sets to be an elite goaltender.

Brett Hull and Luc Robitaille were not the greatest skaters, yet they had other skill sets that aided in their success as Hall of fame players. It is the same with Hasek and Thomas!

What are some of the Technical skill sets needed to be an elite goaltender.

Below you will find some of the things that MTN looks for in technique and technical skills in an elite goaltender:

1: Competitiveness/Battle Skills

Basically, no matter how fundamentally strong or weak a goaltender may be they must compete to the end of every play, minute to minute, game to game. A goaltender that constantly competes is a goalie that teammates will support and play hard for.

2: Game Management Skills

Elite goaltenders have strong game management skills **that should make the goaltenders' and teammates' game easier**. Goalies with elite game management skills have a strong understanding and feel for pace and tempo management at various points through the many different scenarios found within each game.

Game management skills involve:

- Strong rebound control.

- Proper stick use.
- Strong communication (both verbal and physical)
- Understanding team and opposition tactics.
- Transition/Puckhandling skills.

3: Fundamental skills

There are many fundamental skills that contribute to competitiveness and game management skills. Mind The Net is specifically looking for:

- Vision fundamentals.
- Strong positioning (angles and depth)
- Efficient mobility in all directions, lengths of travel.
- Proper Save Selection
- Compactness
- Rebound Control
- Body Fundamentals (stamina, strength, flexibility, agility and balance)

4: Mental Skills/Personality

Although not all mental skills can be outwardly evaluated there are a number of mental aspects that can be evaluated by observing emotional control, readiness, body language (on and off the ice), work ethic, dealing with pressure, reactions to teammates and reactions to game situations.

Let's further explore these four aspects that MTN feel should be the basis for the technical evaluation of elite level goaltenders skill sets.

Competitiveness/Battle Skills:

1. Does the goalie gain and maintain proper positioning in all situations?
2. Is the goaltender using many different ways to see pucks at all times?
3. Does the goaltender battle to cover or stop rebounds around the net?
4. The goalie competes until the whistle at all times?
5. The goalie has **battled to the whistle on ALL goals against?**

Game Management Skills:

1. Does the goalie control the puck at the body (trap, catch, cover) whenever possible?
2. Is the goaltender able to slow down the game when needed?
3. Is the goaltender directing rebounds, not controlled at the body, into safe areas?
4. Are passes through or across the crease controlled/deflected away from danger?
5. Does the goalie communicate loudly and clearly during the game?
6. Does the goaltender use physical communication during the game?
7. Is the goaltender able to stop and set up dump-ins/rims?
8. Is the goaltender involved in puck handling over the course of the game?
9. Does the goaltender make the game easier on themselves?
10. Does the goaltender make the game easier for teammates?

Fundamental Skills:

1. Are all pieces of the goaltender's equipment facing the puck when in basic stance?
2. Does the goaltender maintain the basic stance while moving?

3. The goaltender appears to be on angle with the puck and NOT the shooter as much as possible?
4. Is the goalie square to the puck whenever the puck is above the goal line?
5. Does the goalie make most saves at or just above the top of the crease (80+%)?
6. Does the goalie gain position on their feet most of the time?
7. Does the goalie have the ability to move efficiently when moving while down?
8. Is the goalie in position before the shot is taken?
9. Is the goalie capable of recovering to their feet quickly if the rebound goes farther than a stick length away?
10. If the rebound is within a stick length can the goalie quickly slide or shimmy into the new position?
11. Is the goalie able to move post to post on their feet?
12. Is the goaltender able to make several types of saves when called upon?
13. Are the first shots stopped and controlled consistently?
14. Is the goaltender able to react to bad rebounds in a controlled manner?
15. Does the goalie stop shots from going through them or under them?

Mental Game Skills:

- 1: Is the goaltender consistently ready as the puck crosses the redline?
- 2: Is the goaltender consistently staying ready as the puck leaves the D zone?
- 3: Does the goaltender present a confident body language at all times?
- 4: Is the goaltender situationally aware at all times? Do they anticipate well?
- 5: Does the goaltender stay calm after goals?
- 6: Does the goalie take responsibility for goals against?
- 7: Does the goaltender play better or continue playing well after goals against?
- 8: Is the goaltender's on-ice communication positive/productive?
- 9: Does the goaltender appear to have a strong work ethic and attitude?
- 10: Would you want this goaltender on your team?

In order to achieve success there are an endless number of Visual, Mental, Oral and Physical skills that are required at an elite level of any field, sports related or not.

In the case of Hasek and Thomas they could not have enjoyed the success that they have had with out strong technical skills. What one lacks in one area they can more than compensate for in another.

There are no absolutes!