



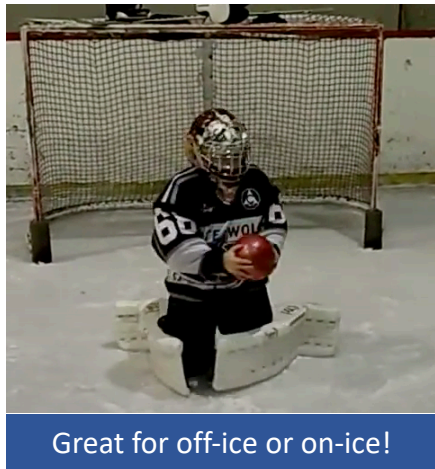
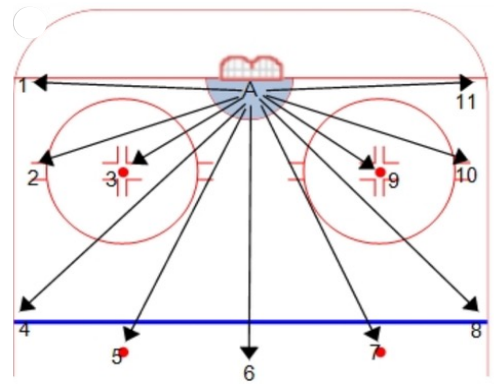
Goalie Development Off-ice Winter Break

With a longer-than-usual break, it can be challenging to keep your players engaged. This is challenge is doubly difficult for most of us who aren't specialized goalie coaches or who don't have experience between the pipes. Here are a few resources you can share with your goalies that they can do off-ice over the holidays.

ProjectHockey Online Goalie Clinic Saturday, December 19

<https://www.instagram.com/p/Cl5qpJvAPff/?igshid=65qz4gvt58zj>

A foundational skill of goaltending is knowing your angles without having to look back at the posts to figure out where you are. This is a guide to help with the 11 visual references your goalie will need to learn.



Great for off-ice or on-ice!

I chatted with one of the more experienced goalie coaches I know. He recommended a couple progressions that can be done at home:

- With the pads on, hold a basketball in 2 hands at chest height. Drop into butterfly and hop back up while keeping the ball up at chest height. This will help build the habit of keeping the hands up when your goalie drops to the butterfly and help build their ability to operate their hands and legs independently;
- After that habit is built, add a pool noodle to the mix. Same drill as above, now hold the pool noodle under their arms (and the basketball in their hands at the same time). This will help him keep the arms a bit away from the body and break the habit of compressing the arms into the body when dropping to the butterfly.

If you are looking for stocking-stuffers or gifts for your favourite goalie, try a reaction ball! You can easily get them at local hockey retailers or online.