

A black silhouette of a ringette goalie in a ready stance, holding a stick, centered on a light blue background with a subtle ice texture.

BOW VIEW RINGETTE

GOALTENDER EVALUATION AND TRAINING GUIDE


A coach's guide to understanding the basics of goaltending



This training is intended to be a starting point to understanding some of the basic fundamentals of goaltending and to provide coaches some tips and tools to help their goaltenders enjoy the position and progress their skills.

Coaches:

- Below the drill headings a recommendation (R) is listed for the age category the drill is most appropriate for.
- Drills listed as essential skills (ES), should be practiced routinely and incorporated as often as possible into every warm-up for practices and games.
- Progression of ES drills should always be technique first, then muscle memory, then speed.

Bonus: Look for this  and follow the links to see selected drills in action or go to YouTube and search: “Bow View Goaltending”.



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First things first...

Always allow your goalie to warm-up to minimize the potential of an injury.

- **Off-ice warm-ups** are recommended with some light dynamic stretching including walking lunges, trunk, arm, neck and joint rotations and some light plyometrics like skipping, high knees, and jumping jacks. Include some hand-eye coordination like juggling or bouncing a small ball off of a wall and catching it. Stationary static stretching should not be done until the body is warmed up.
- **On-ice warm-ups** should include some movement and skating prior to any shots being taken and a quick stretch of the larger muscle groups (legs and groin). Goalies should have a simple and consistent crease movement drill that they can complete at the start of every warm-up. It should incorporate a mix of foot movement, angles, post control and depth variation.
- Players should be directed to initially shoot at the goalie in game warm-ups and at least the first segment of drills in practice. They can progress to aiming for corners after the goalie has had a chance to get dialed in.



"Motivation is what gets you going, but habit is what gets you there."

~Anonymous



Fundamentals

Stance:

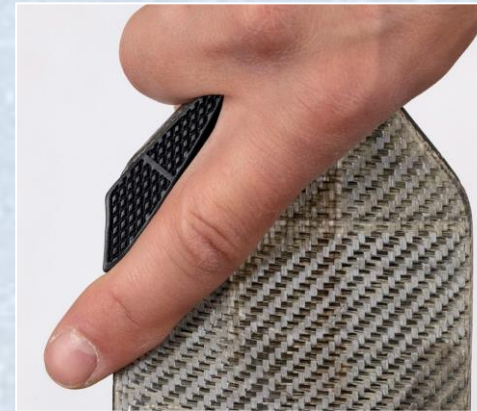
- Knees bent similar to sitting on the edge of a chair
- Head up, chest up – eyes on threat
- Weight positioned evenly on the balls of the feet
- Feet should typically be a little wider than shoulder width
- Gloves and stick positioned slightly in front of the body
 - Improves rebound control and sight lines for tracking the ring throughout the complete save motion

Variations:

- Goalies may take a wider stance when challenging a scrum or expected low shot scenario.
 - Wider stance = faster low net coverage, weaker lateral mobility

Note: Stick Grip

- Ideal position of index finger is extended down the shaft of the stick for control over ‘flapping’ of stick for hard shots.
- Remaining fingers and thumb wrap around stick (shake hands)



https://youtu.be/cJlY_ek1Osg



Fundamentals

Shuffle: The shuffle is used when trying to stay square to a potential attacker where a shot may come at any time, or a direction change may occur.

From their stance, the goalie transfers their weight to the push leg and pushes towards their lead leg (the way they want to travel) using the inside edge of their push blade. Their body should remain square to the threat with both feet pointing forwards towards the shooter. The head and upper body should remain calm and no “bobbing” should occur. Bobbing results from stiff legs, fatigue, and upward extension instead of sideways extension. The stick must stay on the ice and centered between the feet (five hole) throughout the entire movement. Goalie should return to a balanced stance on the balls of the feet with a deep knee bend prepared to move back the opposite direction if needed. Head should be up throughout the movement.





Fundamentals

T-push: The T-push is used when goalies are trying to cover ground quickly with no likelihood of a direction change or shot attempt. Cross ice passes and recovery to post coverage following a save movement are the most likely scenarios.

Similar to the shuffle, the goalie begins in their stance. *If travelling to the right*, the goalie would open the R hip pointing the lead foot to where they want to go. Note – it's important that the goaltenders eyes identify the target prior to making the movement. If they are looking down at their feet they will likely miss their intended location. After opening the hip, the L leg pushes using the inside edge, and goaltender stops at target using a hard c-cut. Stick and glove position should stay calm.





Fundamentals

Save Movements – simplified description

Butterfly Saves

1. Eyes tracking ring
2. Chin in front of knees
3. Knees together (pads on outside edges and flared outward covering the bottom of net)
4. Elbows tight to body
5. Hands in front of body
6. Stick is on ice blocking any gap between pads and controlling rebound
7. Ensure the goalie does not sit back on their pads. Keep the thighs up to increase net coverage, rebound control and efficiency of recovery.



Glove and Blocker Saves

1. Turn head to allow eyes to fully track ring
2. Gloves positioned slightly in front of the body
3. Arm moves in straight line to the ring, not an arced path (no windmills)
4. Track ring with eyes all the way to the glove or blocking hand to improve control
5. If rebound is not controlled, eyes immediately track ring away from the body



Chest Saves

1. Eyes tracking ring
2. Shift body toward the ring
3. Allow the ring to hit the chest without the gloves in the way
4. Trap the ring by cradling it into the chest with gloves





Fundamentals



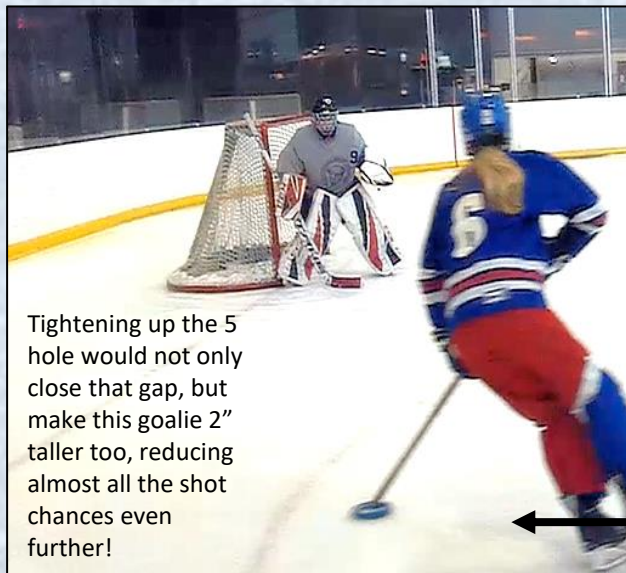
<https://youtu.be/ks70x-5Zb00>

Angles and Telescoping (Challenging the Shooter):

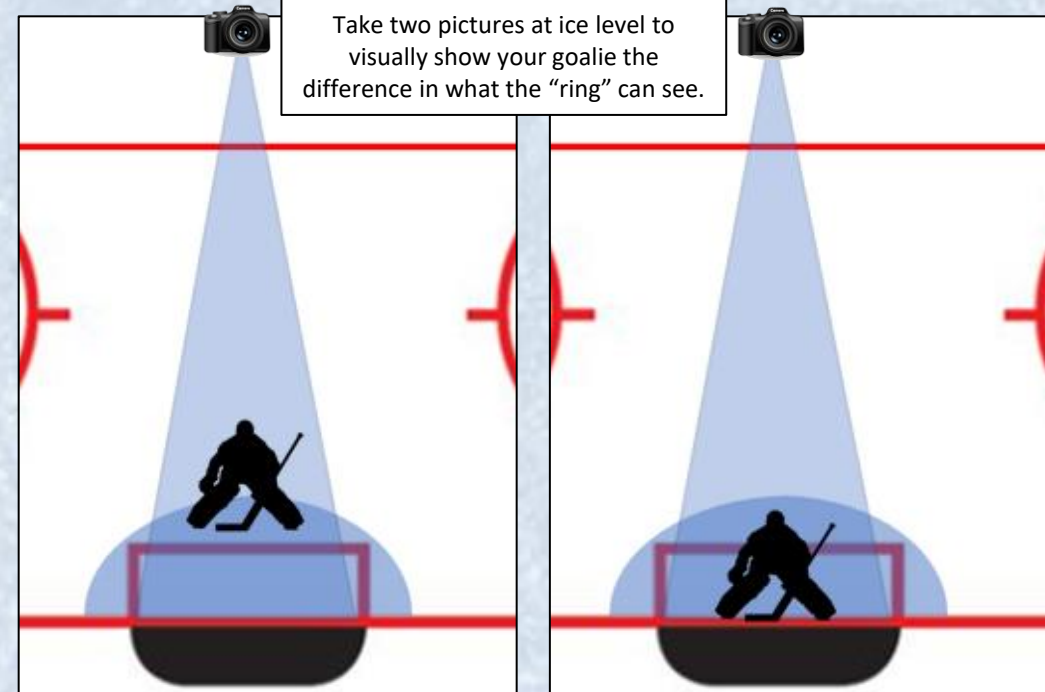
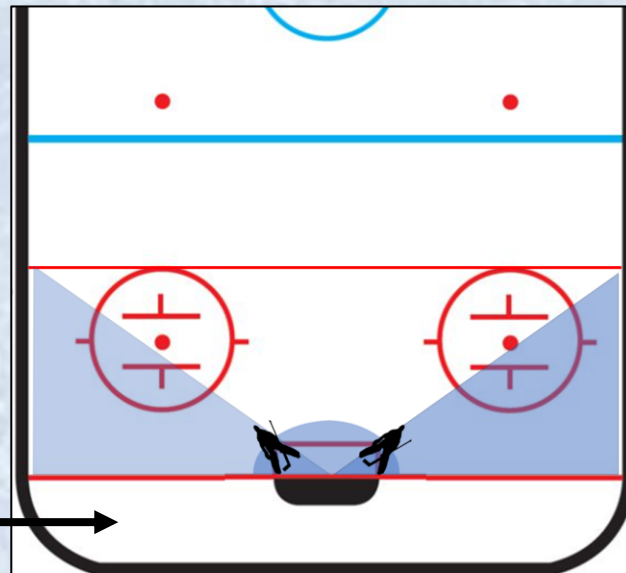
- Goalies need a clear understanding of their angles and how small adjustments in and out or side to side can affect the shooter's decisions and likelihood of finding a target.
- A fun exercise for new goalies is attaching a rope with carabiners at both posts and as the coach moves the tip of the triangle the angle to the net changes. Goalies can visually see the difference that inches can make.
- **Angles in Action:** A well-positioned goalie with post coverage can feel confident in making a standing save without using a butterfly and minimal movement anytime the shooter is below the offensive zone dots.



If you look closely at this picture you can see the goalie is a foot into their crease. A small adjustment to the top of the blue would greatly reduce the shooter's opportunities.



Tightening up the 5 hole would not only close that gap, but make this goalie 2" taller too, reducing almost all the shot chances even further!





Fundamentals

Tracking Shots, Recovery and Rebounds:

Tracking In – Goaltender must:

- Have constant visual of the ring – fight for this it is important
- Watch the ring into the save while moving toward the save
- Maintain visual contact with the ring during the save.

Tracking In and Back Out – Goaltender must:

- Have visual contact with the ring.
- Watch the ring into the save while moving toward the save and maintaining visual contact with the ring during the save.
- Be able to follow the rebound and LOCATE – ROTATE – RESET
 - Find the ring, rotate your head and body to the new trajectory and reset for next save



Coaches: Whenever possible encourage goalies to play out the entire process of tracking, save, and rebound control to its completion before the next shot comes.



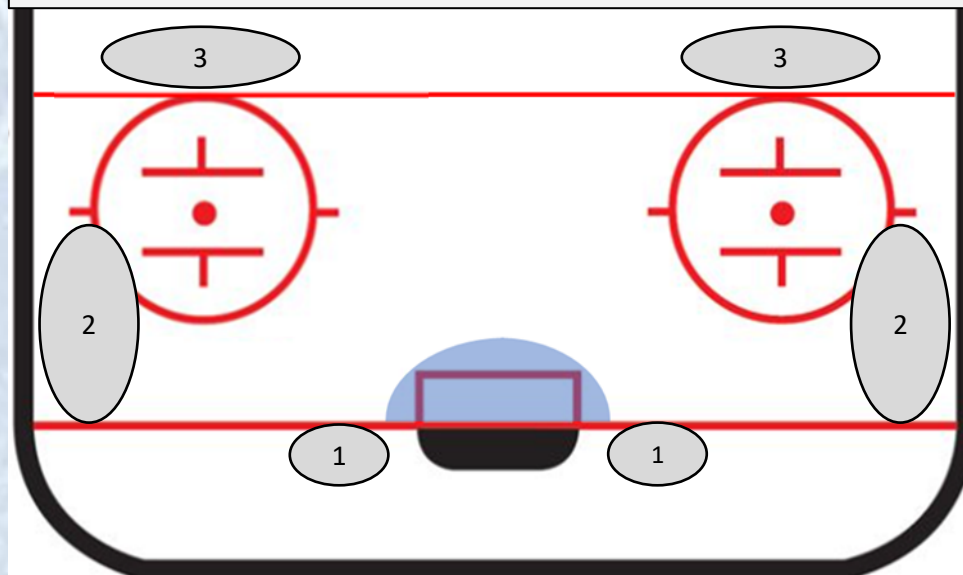
Fundamentals

Ring Toss and Distribution:

1. Goalie tracks the ring all the way in and controls the rebound
 2. If using a hybrid glove – from standing the goalie bends the knee on the same side of the body and uses that hand to pick up the ring.
 - A. If using a traditional catcher, most goalies prefer to tuck their stick under their catching arm and pick up the ring using their blocker hand. This technique will take longer but reduces the likelihood of the ring being caught up in the glove/catcher when trying to distribute.
 3. Head up to assess pass options (NOTE: Goalies should know their team's preferred breakout plan.)
 4. Communicate with intended pass receiver by calling loudly and making eye contact if possible.
 5. Focus eyes on a projected landing point for the pass (Tip: Pick a small point. A small target area means smaller misses if things go wrong!)
 6. Shift body weight to front leg leaning towards the target, then while doing that...
 7. Snap the ring down and flat like a frisbee so it slides smoothly to the intended area for an easy pick up.
- Avoid high arcing throws. They take longer, giving checkers more opportunity to defend.
 - More advanced goalies should incorporate a fake to one direction to disrupt defenders then play the ring the opposite way. Communication with your own team is key to ensure this goes smoothly.

Safe ring distribution options:

1. Crease side behind goal line – allows D to break middle with multiple options, and if intercepted opponent is behind the net with no shot.
 - Left catch goalies typically would distribute to the left side as option 1 and vice versa for right catchers.
2. Sides of the ice close to the boards. This is an easy pick up for either the defense or the center as they are skating their breakout pattern. It is also far from the slot, in case of an interception.
3. Option 3 is near the ringette line. This is more difficult to hit and can be picked off more easily. Goalies need to be strong to start this fast break option.



Hybrid Glove "Keely"



Traditional Catcher



Control the ring



Eyes up to find target



Transfer weight to front leg and toss low and flat

IMPORTANT: Consistent placement matters. Breakouts are smoother if the defense can count on the ring being in the same place every time. If your goalie is sloppy when placing beside the crease your D need to slow down more and will miss the stab more often.



GOALIE DRILLS



Coaches:

- Your goaltenders will improve doing team drills, but goalie specific drills are critically important for their development.
- Have your goalie coach or assistant coaches work individually with the goalie while the rest of the team is working on their own skills or plays. Don't be afraid to split your ice into segments and give the goalie some of their own space to work. Even 10-15 minutes of goalie specific training will make an exponential difference.
- ALWAYS include a goalie warm-up drill and make it clear to all the players that it is for the goalie and not for them to pick corners.
- Reminder:
 - Below the drill headings a recommendation (R) is listed for the age category the drill is most appropriate for.
 - Drills listed as essential skills (ES), should be practiced routinely and incorporated as often as possible into every warm-up for practices and games.
 - Progression of ES drills should always be technique first, then muscle memory, then speed.



Movement



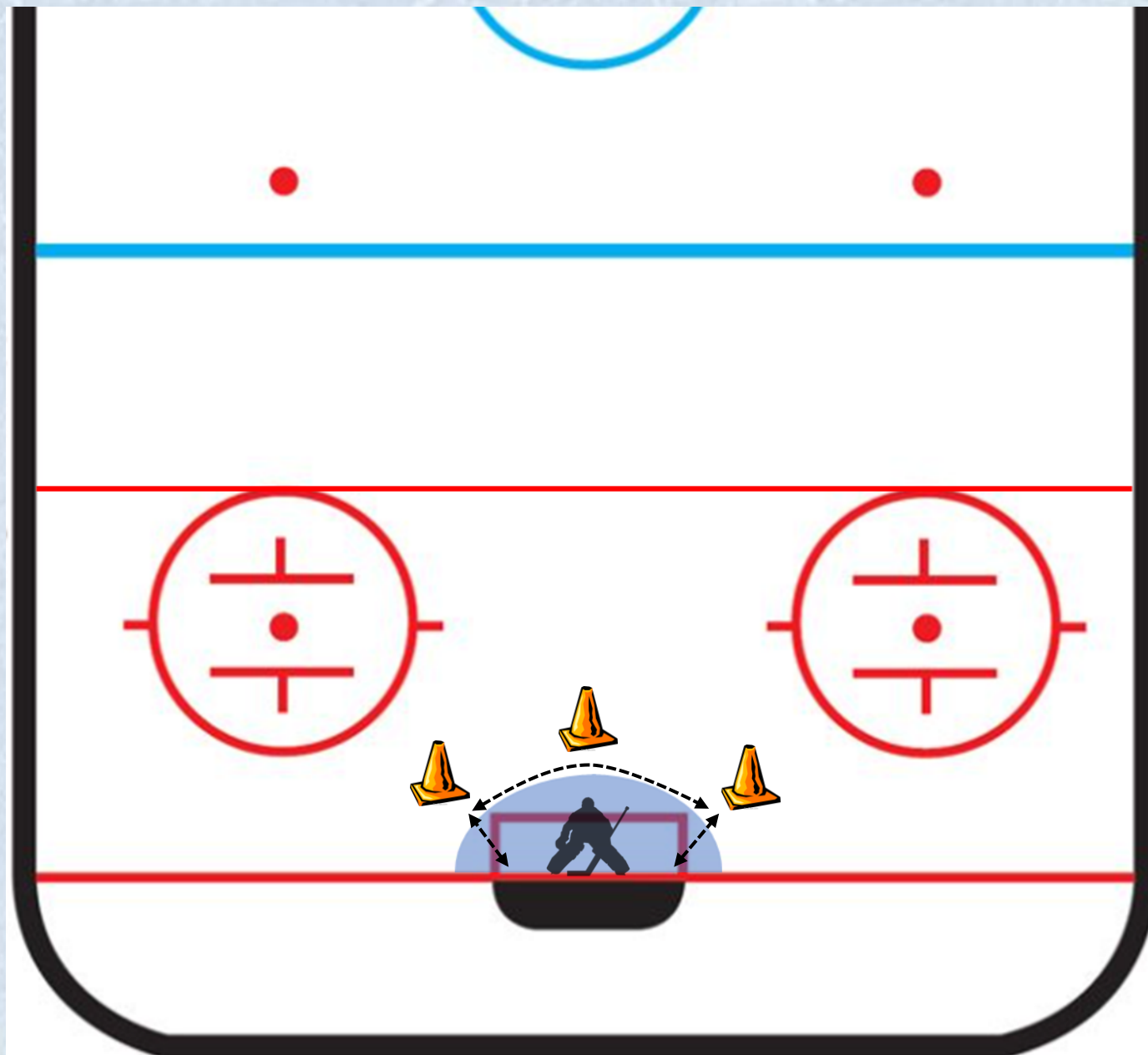


Drill #1 Crease movement—Shuffle, T-push

(R: U10 – U19 ES)

Drill starts with the goalie on the right post. The goalie will push forward to the right pylon and shuffle to the left pylon then retreat to the left post. The goalie then pushes forward to the left pylon and shuffles to the right pylon and retreats to the right post. Drill is performed twice in each direction. The goalie will then perform the drill using t-pushes in place of shuffles. The goalie pushes forward from the right post to the right pylon, pivots and t-pushes to the center pylon, then pivots and t-pushes to the left pylon and retreats to the left post. The goalie then pushes forward to the left pylon, pivots and t-pushes to the center pylon, then pivots and t-pushes to the right pylon and retreats to the right post. Drill is performed twice in each direction. High skill variation may include pad slide to recovery and or inside edge pushes.

Note: Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing). Goalies should also use this time to note their angles and pick out spots on the ice they can use as reference points to avoid losing their positioning during game play.



<https://youtu.be/P-IXVtdmmTI>



Drill #2 – U Drill - Movement

(R: U10 – U19 ES – Adding Progression with Shot and Butterfly)

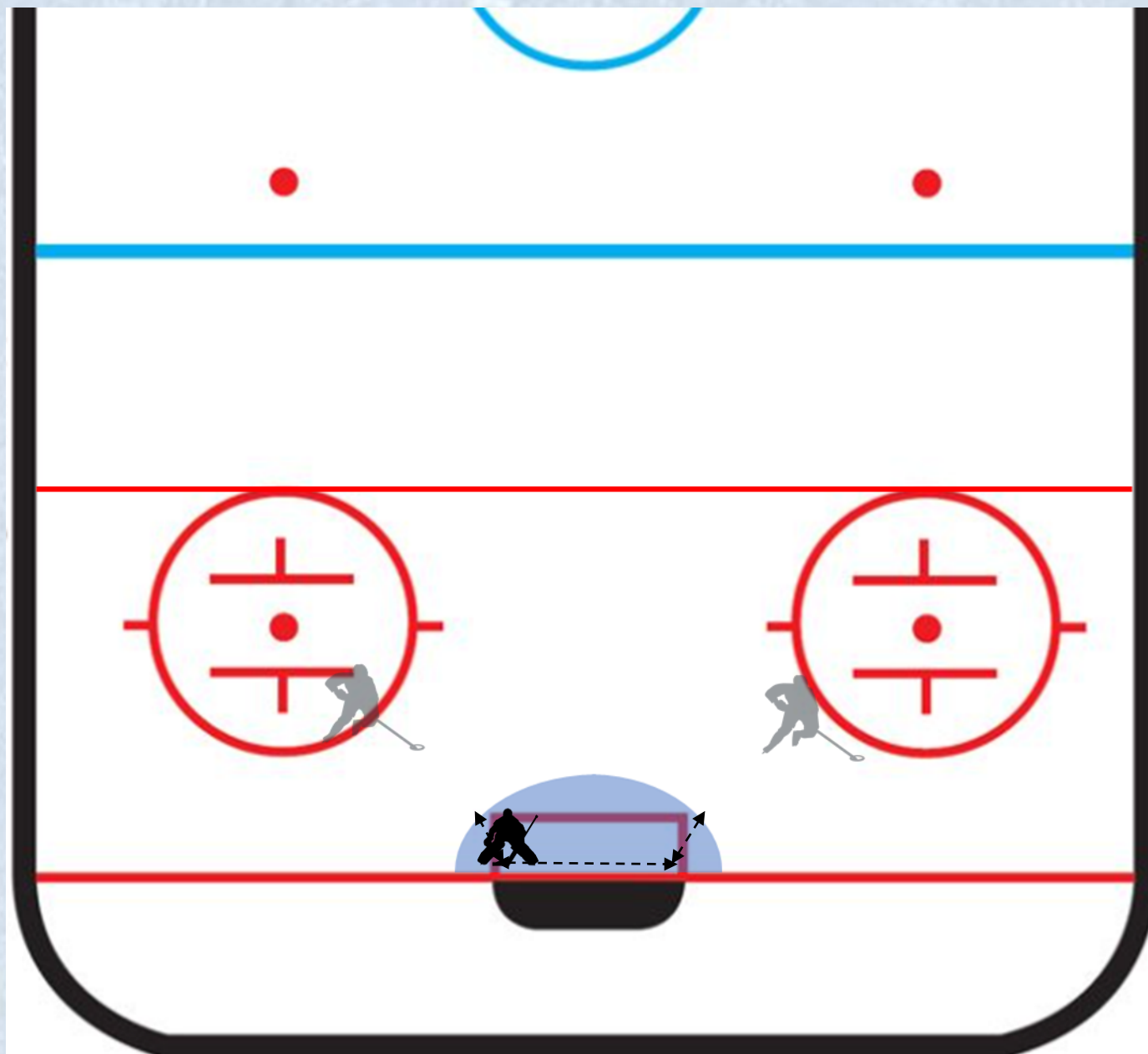
Drill starts with Goalie on left post in proper stance, telescopes to crease line on the left side, then telescope back to left post. Shuffles from left post to right post (U14-19 one shuffle). At right post telescope out to crease line on the right side. Repeat going the opposite way.

Variations for more experienced goalies:

- Add a butterfly and recovery at the edge of crease
- Shoot a ring when goalie arrives at crease line, goalie must make save decision based on high shot (stay standing), or low shot (ok to go down)

Note:

- Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing).





Drill #3 – W Drill - Movement

(R: U10 – U19 ES – Adding Progression with Shot and Butterfly)

Drill starts with Goalie at left post in proper stance, telescopes to crease line on left side, then telescopes back to the left post. Shuffles across to middle of cross bar and telescopes out to the center crease line. Then telescopes back to the cross bar and shuffles to right post and telescopes out to crease line on right side.

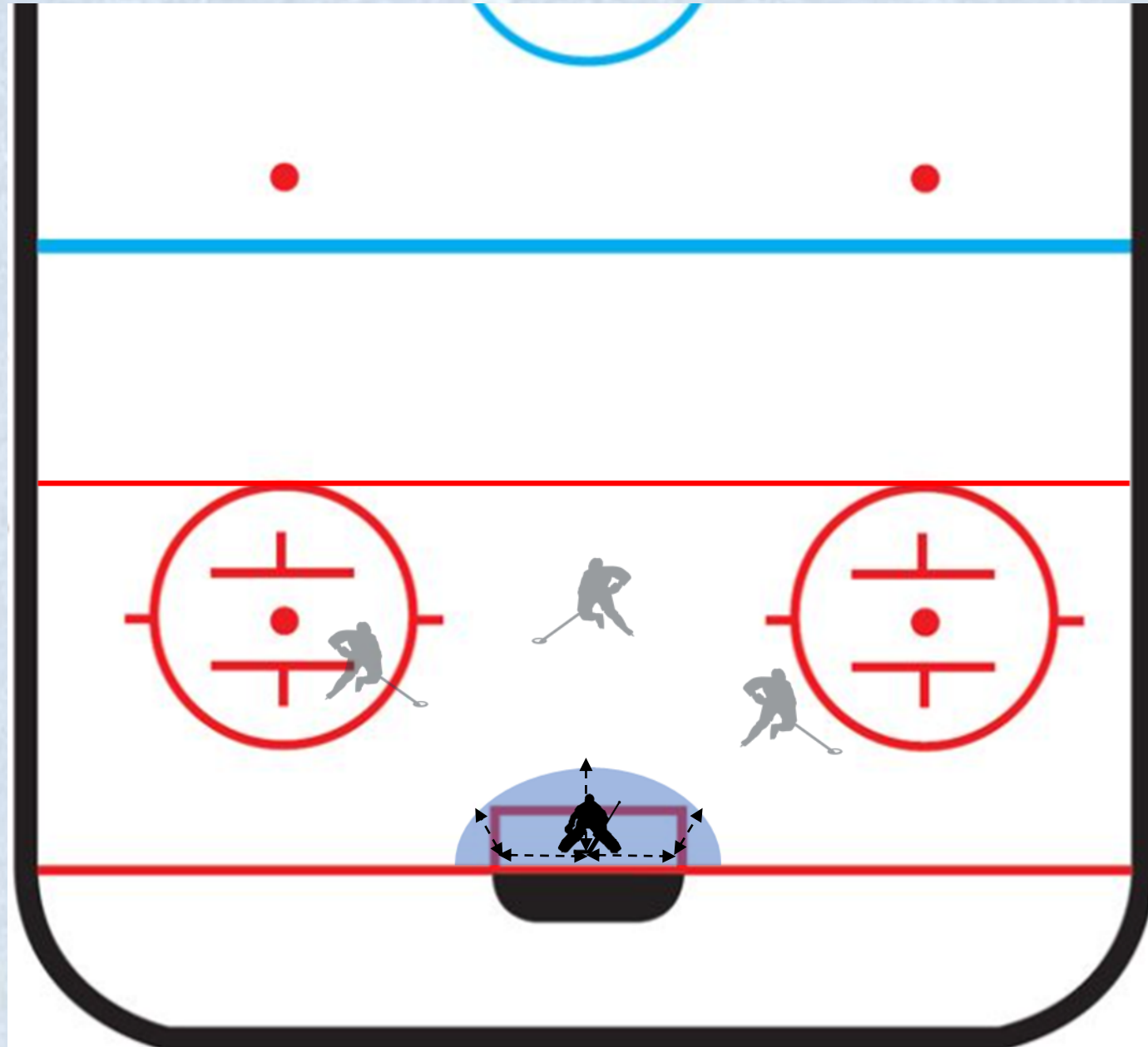
Repeat going the opposite way.

Variations for more experienced goalies:

- Add a butterfly and recovery at the edge of crease
- Shoot a ring when goalie arrives at crease line, goalie must make save decision based on high shot (stay standing), or low shot (ok to go down)

Note:

- Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing).





Drill #4 – V Drill - Movement

(R: U10 – U19 ES – Adding Progression with Shot and Butterfly)

Drill starts with Goalie at left post in proper stance, T-Push to center crease line, then T-Push to right.

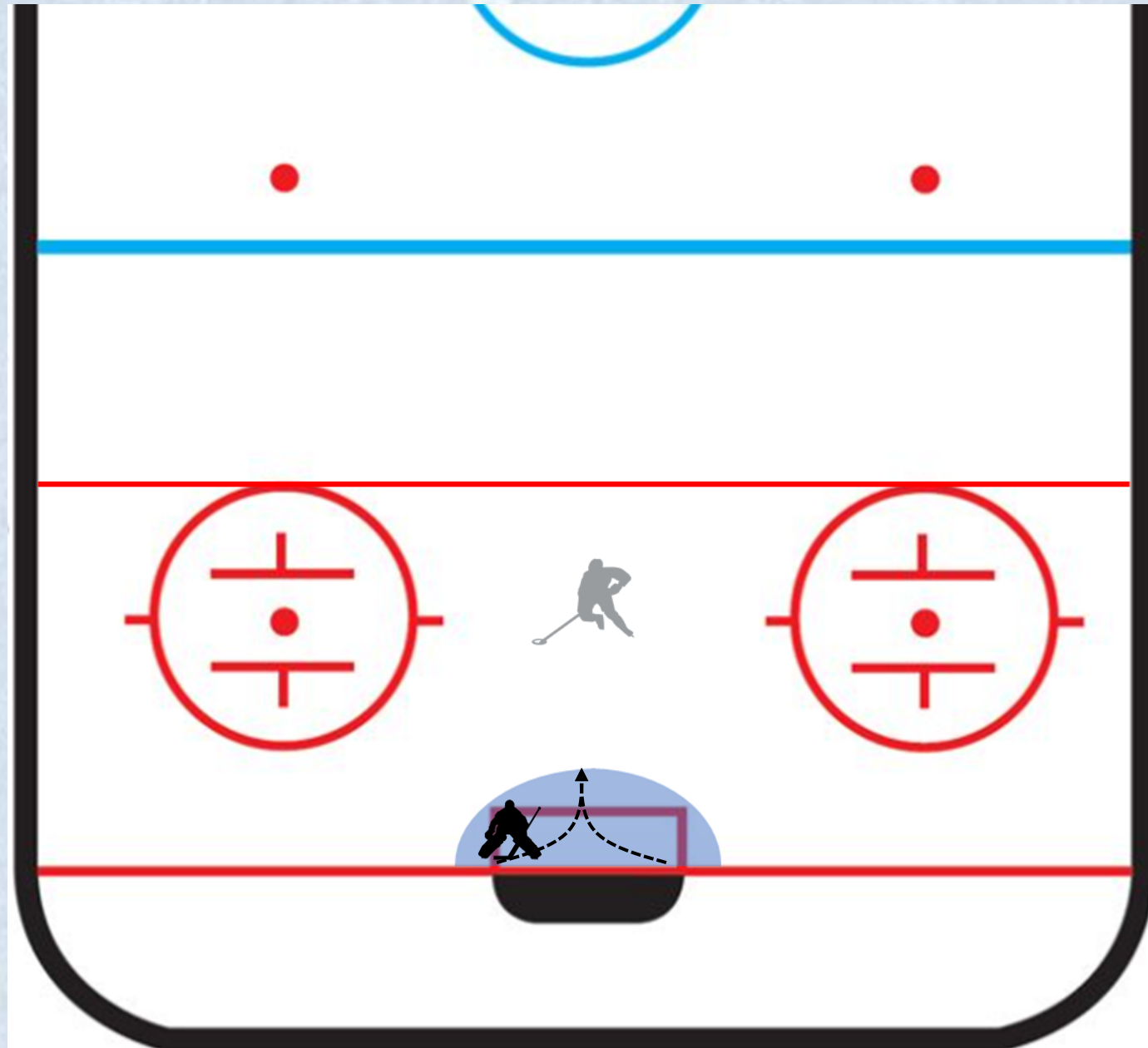
Repeat going the opposite way.

Variations for more experienced goalies:

- Add a butterfly and recovery at the edge of crease
- Shoot a ring when goalie arrives at crease line, goalie must make save decision based on high shot (stay standing), or low shot (ok to go down)

Note:

- Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing).





Drill #5 – X Drill - Movement

(R: U12 – U19 ES – Adding Progression with Shot and Butterfly)

Drill starts with Goalie at left post in proper stance. T-Push across the crease to opposite crease line. T-Push or Shuffle across the top of crease line to other side. T-Push across the crease to right post.

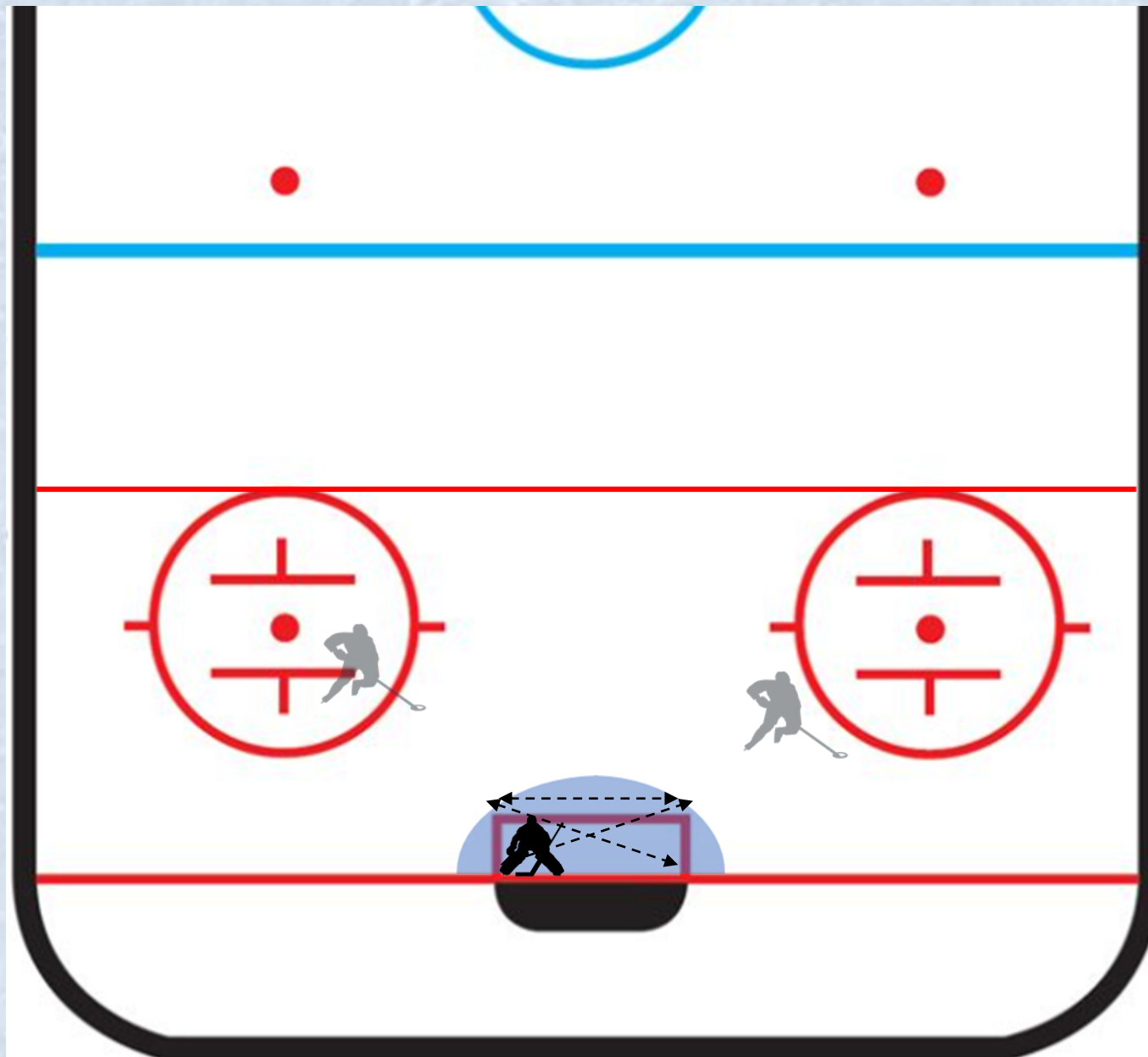
Repeat going the opposite way.

Variations for more experienced goalies:

- Adding a butterfly at the edge of crease
- Butterfly slide instead of T-Push
- Shoot a ring at crease line

Note:

- Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing).



<https://youtu.be/ZliveA92ty4>



Drill #6 – Z Drill - Movement

(R: U12 – U19 ES – Adding Progression with Shot and Butterfly)

Drill starts with Goalie at left post in proper stance, Shuffle to right post (U14-U19 One Shuffle). T-Push across the crease to opposite crease line. T-Push or Shuffle across the top of crease line to other side.

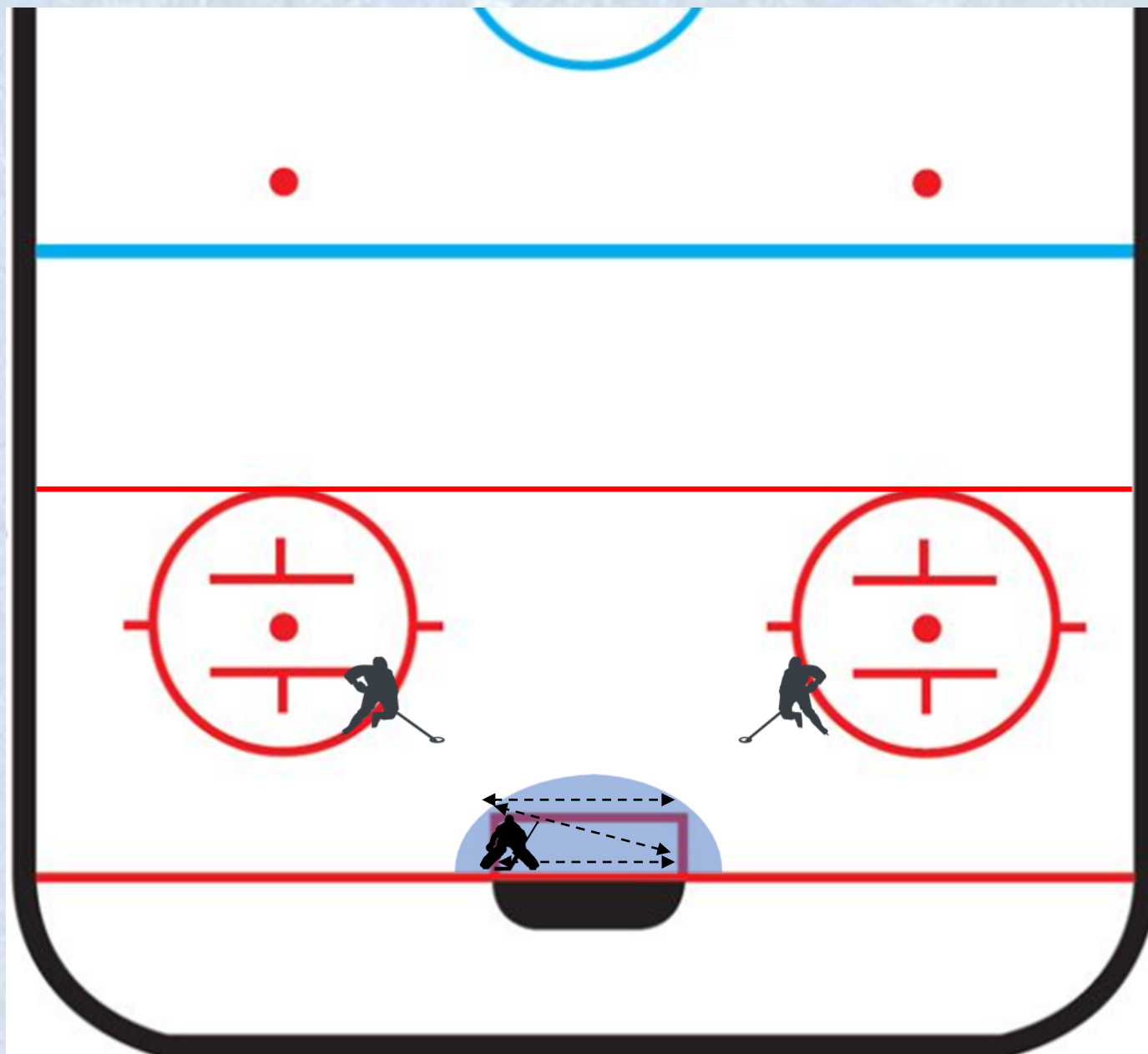
Repeat going the opposite way.

Variations for more experienced goalies:

- Adding a butterfly at the edge of crease
- Butterfly slide instead of T-Push
- Shoot a ring when goalie is square to shooter

Note:

- Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing).



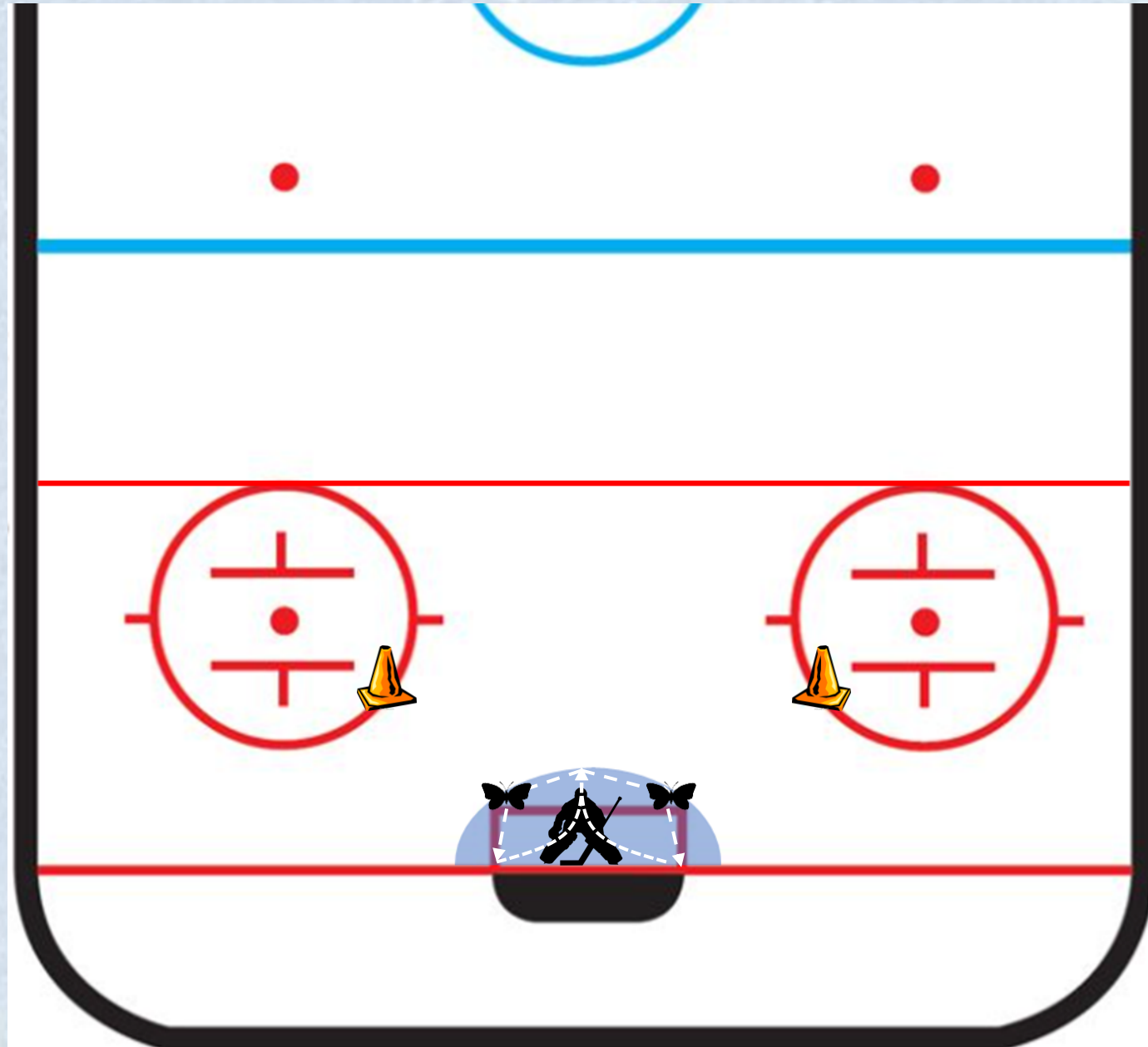


Drill #7 - The Butterfly and Recovery

(R: U12 – U19 ES)

Drill starts with the goalie on glove post in set position and pushes through middle of crease to top, stops and holds set position. Goalie rotates to open up blocker face-off dot and completes a butterfly save movement and holds for 2 seconds. Goalie rotates while in Butterfly to recover and push to blocker side post, holds set position. Goalie then repeats in the opposite direction.

Note: Goalies should get up with the left leg to move to the right and right leg to move to the left. Goalie should be square to the face-off dot while in the butterfly position.



<https://youtu.be/wRH1tPRdQhI>



Drill #8 – Iron Cross

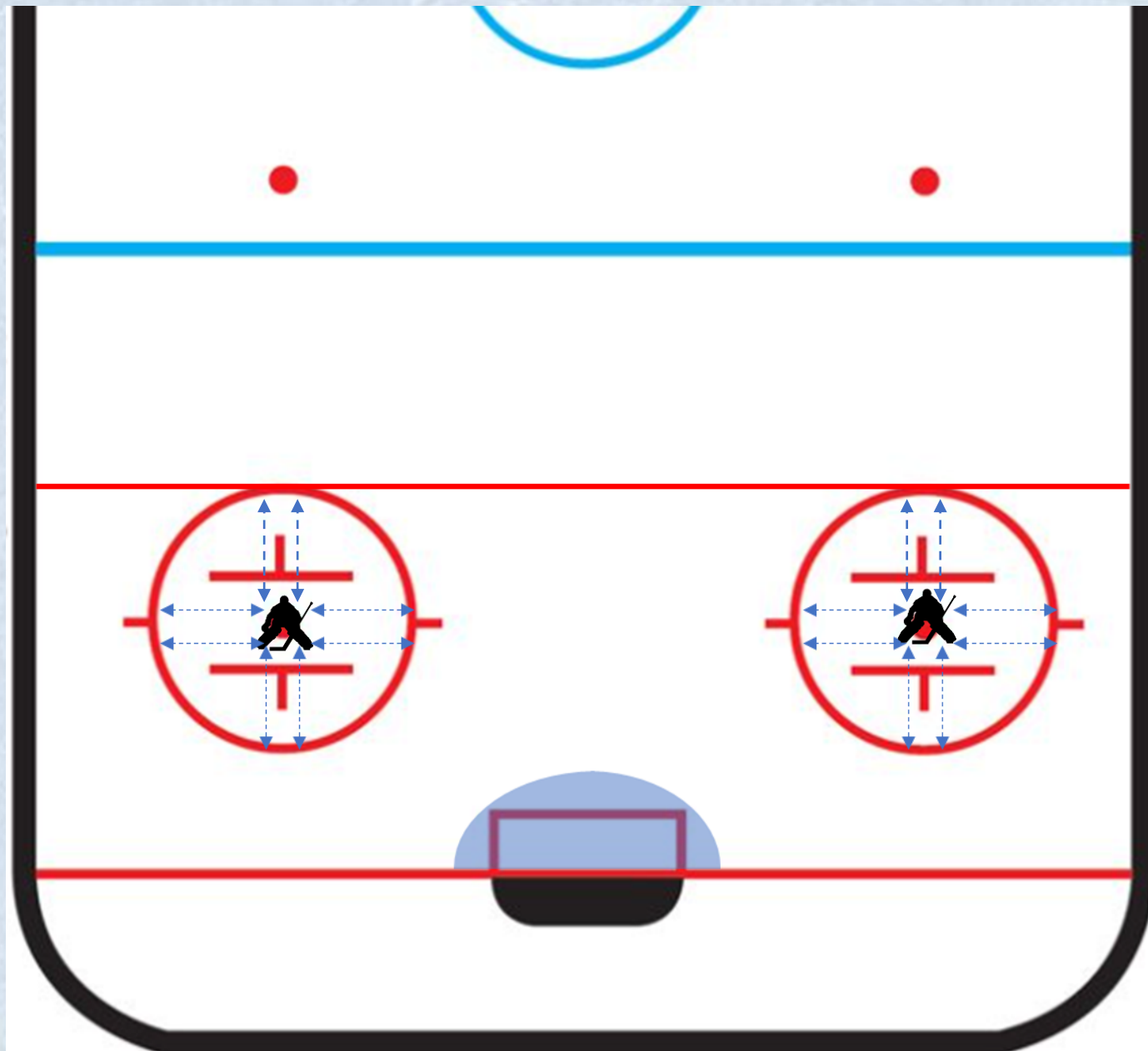
(R: U14 – U19 ES)

Drill starts with goalie on the dot. In their stance, the goalie c-cuts forward to edge of circle then retreats to the dot, then moves to the right using shuffles to the circle edge, followed by shuffles all the way across to the left, eventually coming back to the center. Goalie then c-cuts backwards to the edge of circle and returns to center dot.

Variations may include:

- T- Pushes side to side
- Butterfly slides with recovery
- Inside Edge Pushes (in Butterfly position)

Note: Goalies should always stay in their stance throughout the duration of the drill. When performing butterflies, goalies must recover to stance prior to next movement. Watch for bobbing, and lazy stick control as fatigue sets in.



https://youtu.be/UZJUsvZs_QE



Drill #9 – Slalom

(R: U14 – 19 ES)

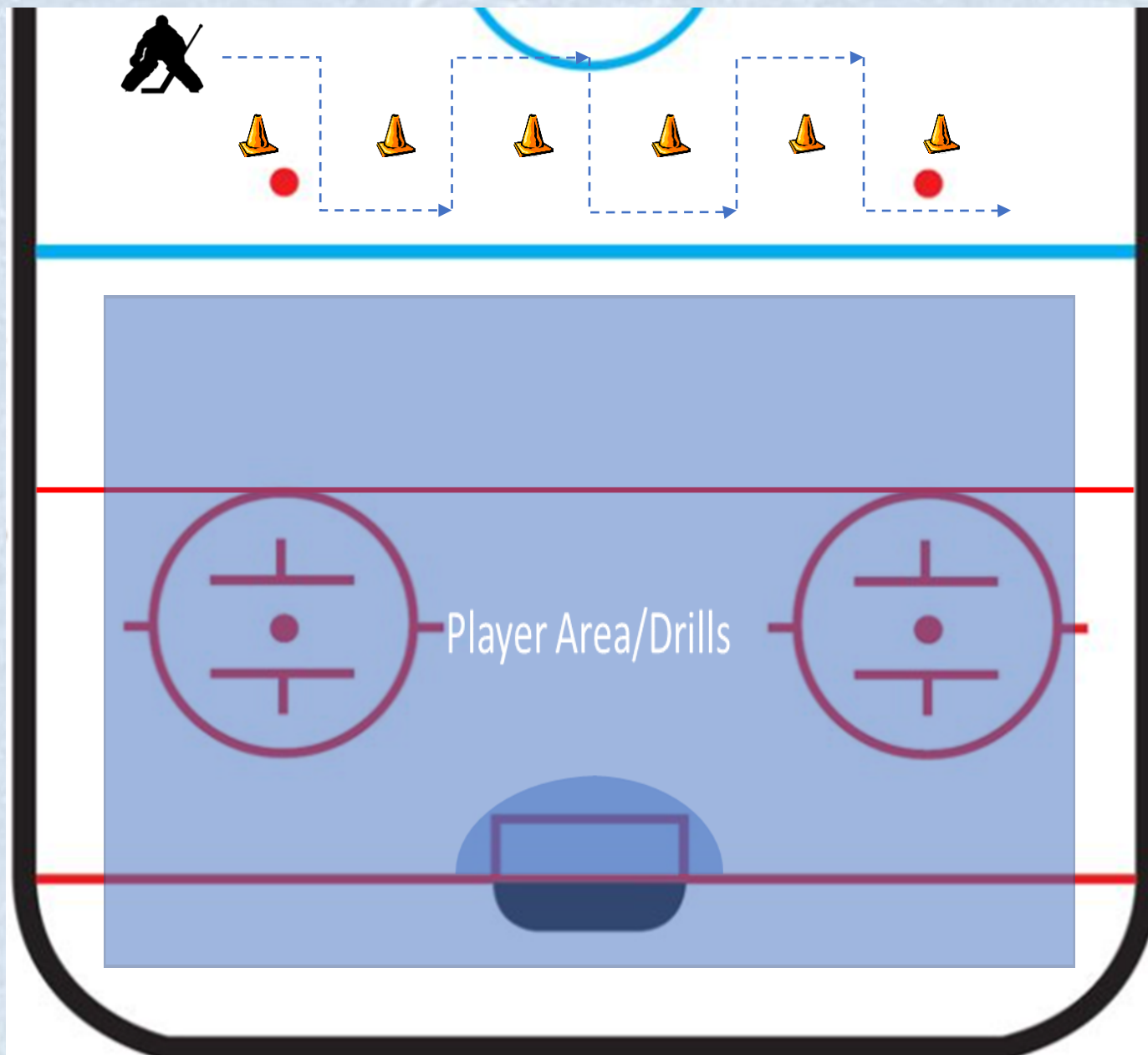
Drill starts with goalie positioned on one side of the pylons and slightly behind them. In their stance, the goalie shuffles sideways until they are in between two pylons, goalie c-cuts forward passing between them then stops hard, shuffles to next gap then c-cuts backwards to a hard stop. Goalie repeats the process for the full length of the course. Course should be completed in both directions to ensure equal skill/strength development.

Variations may include:

- T- Pushes side to side
- Butterfly slides with recovery
- Inside Edge Pushes (in Butterfly position)
- Shuffle on back side, T-push on the front side
- Experienced goaltenders can have pylons added, tighter spaces, and be required to complete the course there and back prior to stopping.

Note:

- Goalies should always stay in their stance throughout the duration of the drill.
- When performing butterflies, goalies must recover to stance prior to next movement.
- Watch for bobbing, and lazy stick control as fatigue sets in.
- Goalies should keep their heads up and not stare at their own feet.
- Controlled movement is key. Goalies should build up their speed and endurance but not to the detriment of the technique.



<https://youtu.be/dZI3NQnWYxU>



Drill #10 – Slalom 2.0 (R U14 – 19 ES)

Drill starts with goalie positioned facing away from the pylons. Goalie pivots and finds target with eyes. Goalie then t-pushes to target. Once there, goalie pivots and t-pushes to pylon on the opposite side. Goalie repeats the process for the full length of the course. Course should be completed in both directions to ensure equal skill/strength development.

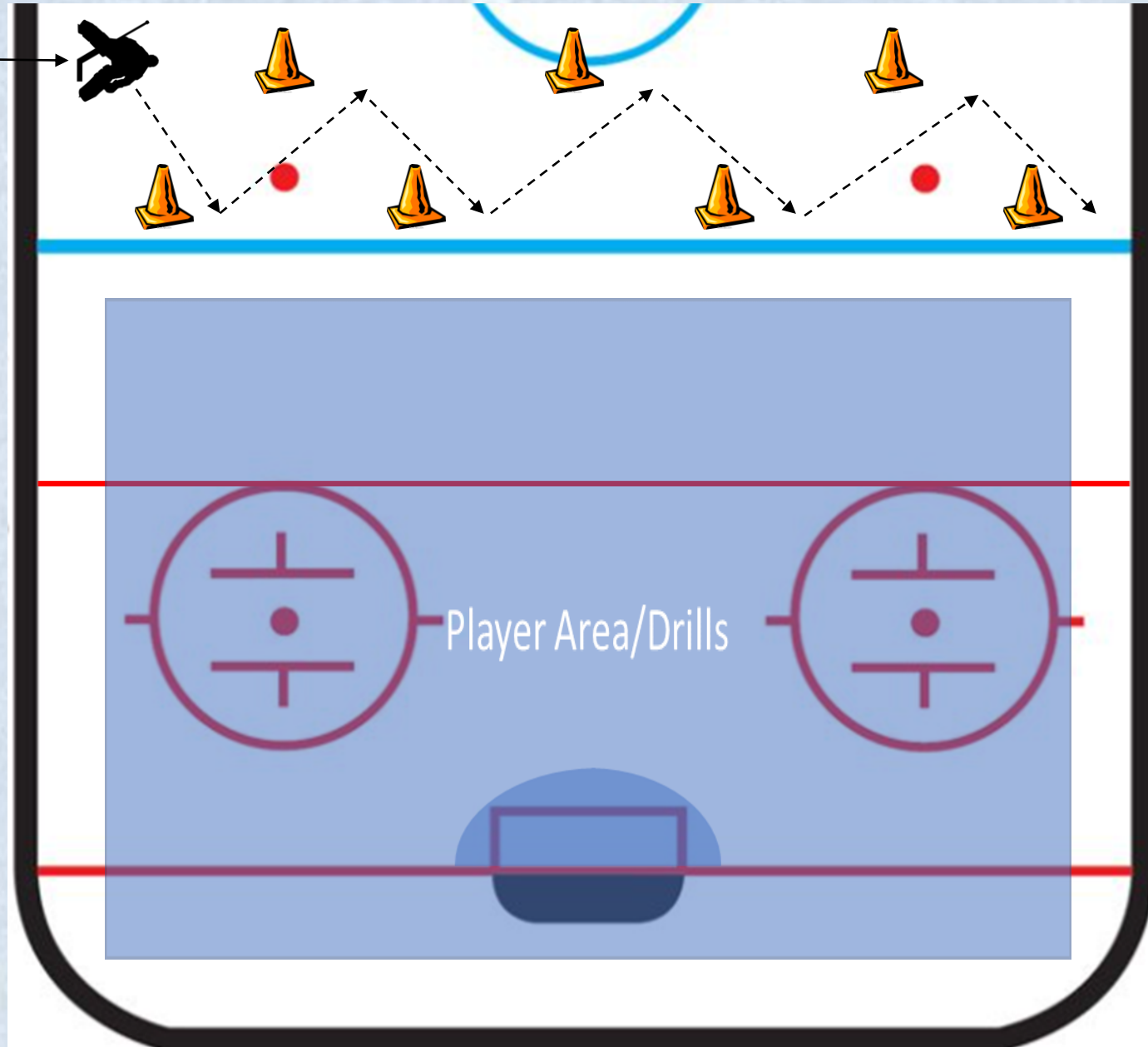
Variations may include:

- Complete a butterfly save at each pylon, pivot on knees to find next target, recover with push leg up first, then t-push to next location
- Butterfly slides with recovery
- Inside Edge Pushes (in Butterfly position)
- Experienced goaltenders can have pylons added, tighter spaces, and be required to complete the course there and back prior to stopping.

Note:

- Goalies should always stay in their stance throughout the duration of the drill.
- When performing butterflies, goalies must recover to stance prior to next movement.
- Watch for bobbing, and lazy stick control as fatigue sets in.
- Goalies should keep their heads up and not stare at their own feet.
- Controlled movement is key. Goalies should build up their speed and endurance but not to the detriment of the technique.

Note: Goalie has their back to the cones when beginning the drill





Shots





Drill #11 Save Selection - Read & React Challenge

(Stop your goalie from relying on the butterfly save for every shot!)

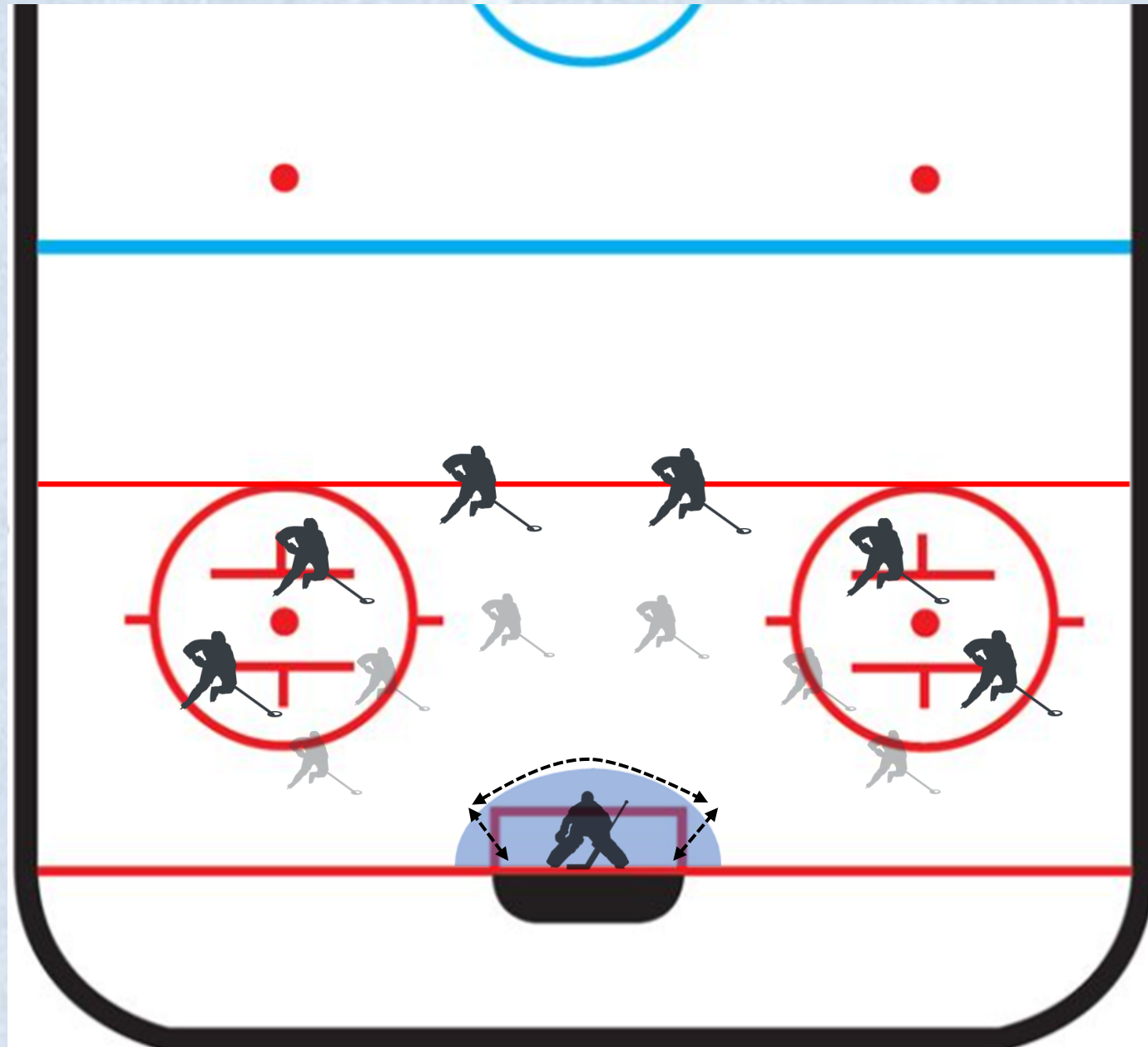
(R: U10 – U14)

Drill starts with the goalie on the post of their choosing and players in a simple dome formation. The goalie will push forward to the first shooter and face one shot per shooter as they move across the crease.

Goalies are challenged to read the shooters body language to tell if it will be a low or high shot. If the goalie makes a high save without going down, they score a point. If the goalie makes a low save while going down to try and control the rebound, they score a point. However, if they make a bad read and go down when making a high save, or let a shot in, they lose a point.

First to 10 points wins.

Note: Players can be shifted closer or further away depending on the goalie's skill level.





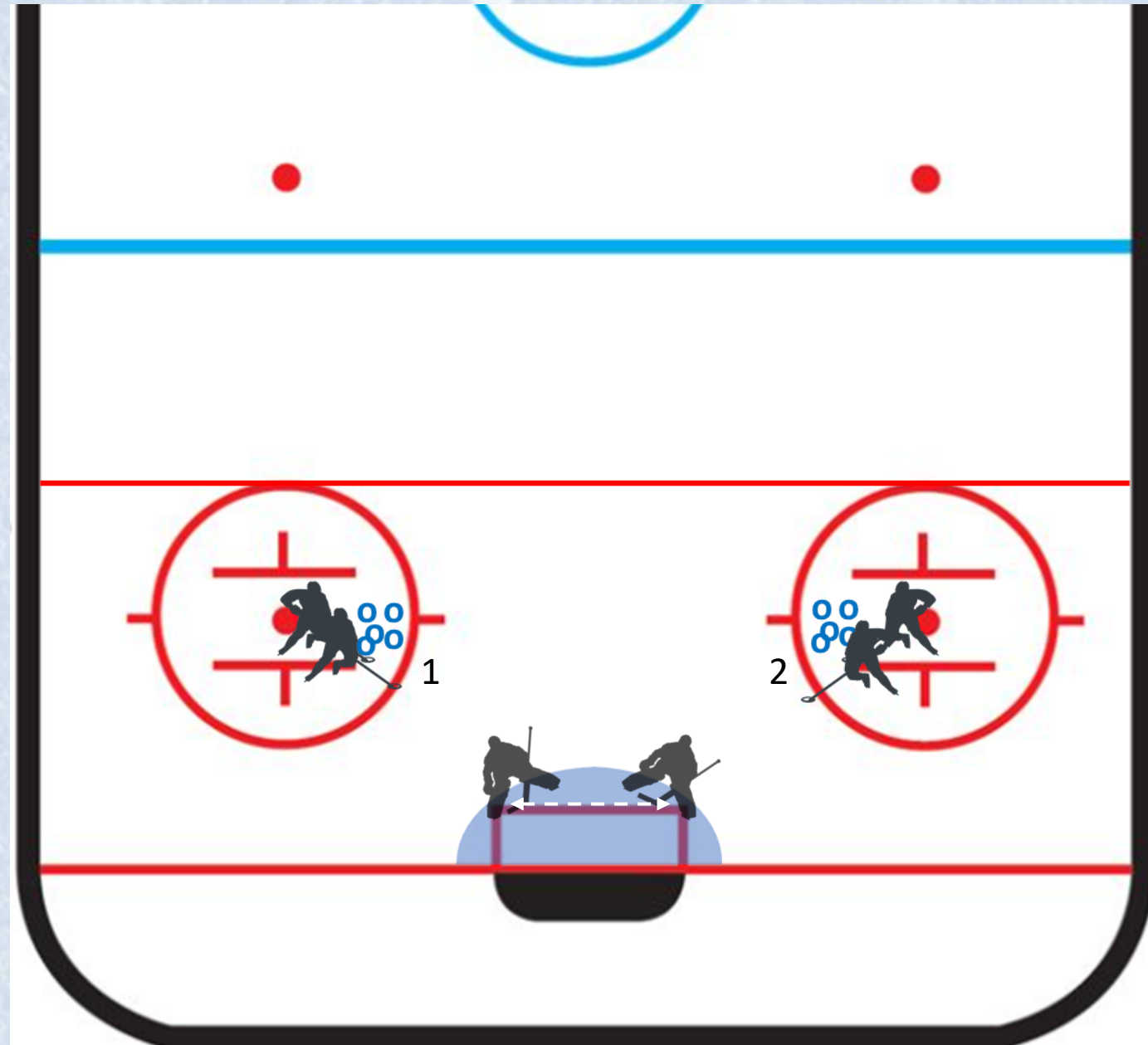
Drill #12 – Shooting station

(R U10 – U12)

Drill starts with goalie square to shooting line 1, goalie makes save then t-pushes to line 2 and makes save.

Coaches should control the speed of the shots by only allowing shots on the whistle. Ensure that your goalie has time to move and get set before the next shot comes. Going too fast will create sloppy play and deteriorate the details of the movement.

Note: Goalies should keep their stick on the ice and not carry it when moving to the next shooter. Listen for hard cuts in the ice when stopping. At the beginning of the year, start with the two lines closer together and spread them further apart as the goalie becomes stronger and can cover more distance with their push.



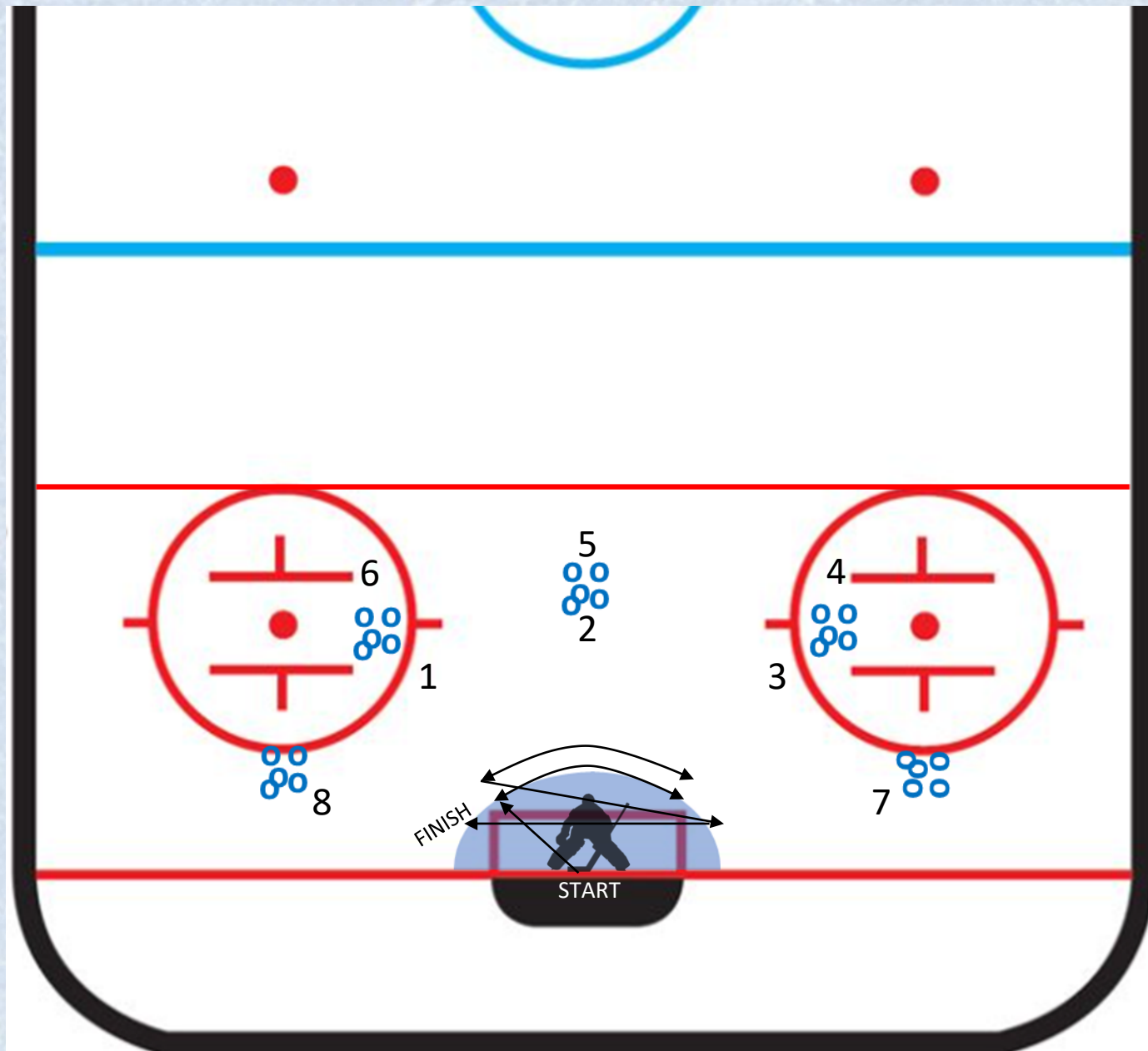


Drill #13 – Movement Selection and Agility

(R: U14 – U19)

Drill starts with coach/shooters placing rings in the 5 designated areas. Goalies start on the crossbar, push out and set up prior to the first shot from position 1. Goalies will take shots from positions 1,2,3 while moving left to right then shots from positions 4,5,6 while moving right to left followed by shots from positions 7 and 8. Goalies should move quickly and set up in their ready position in front of the next shooter.

Note: Goalies should keep their stick on the ice and not carry it when moving to the next shooter. Shuffles should be used for the first six shots and T-pushes for the last two.



<https://youtu.be/BXveqvJr6XY>



Drill #14 – 5 Point (R U10 – U19)

Show the goalie 5 points around the crease.

1. 1/5-at the post
2. 2/4-lined up for the shot from the free pass circle
3. 3-top of the crease

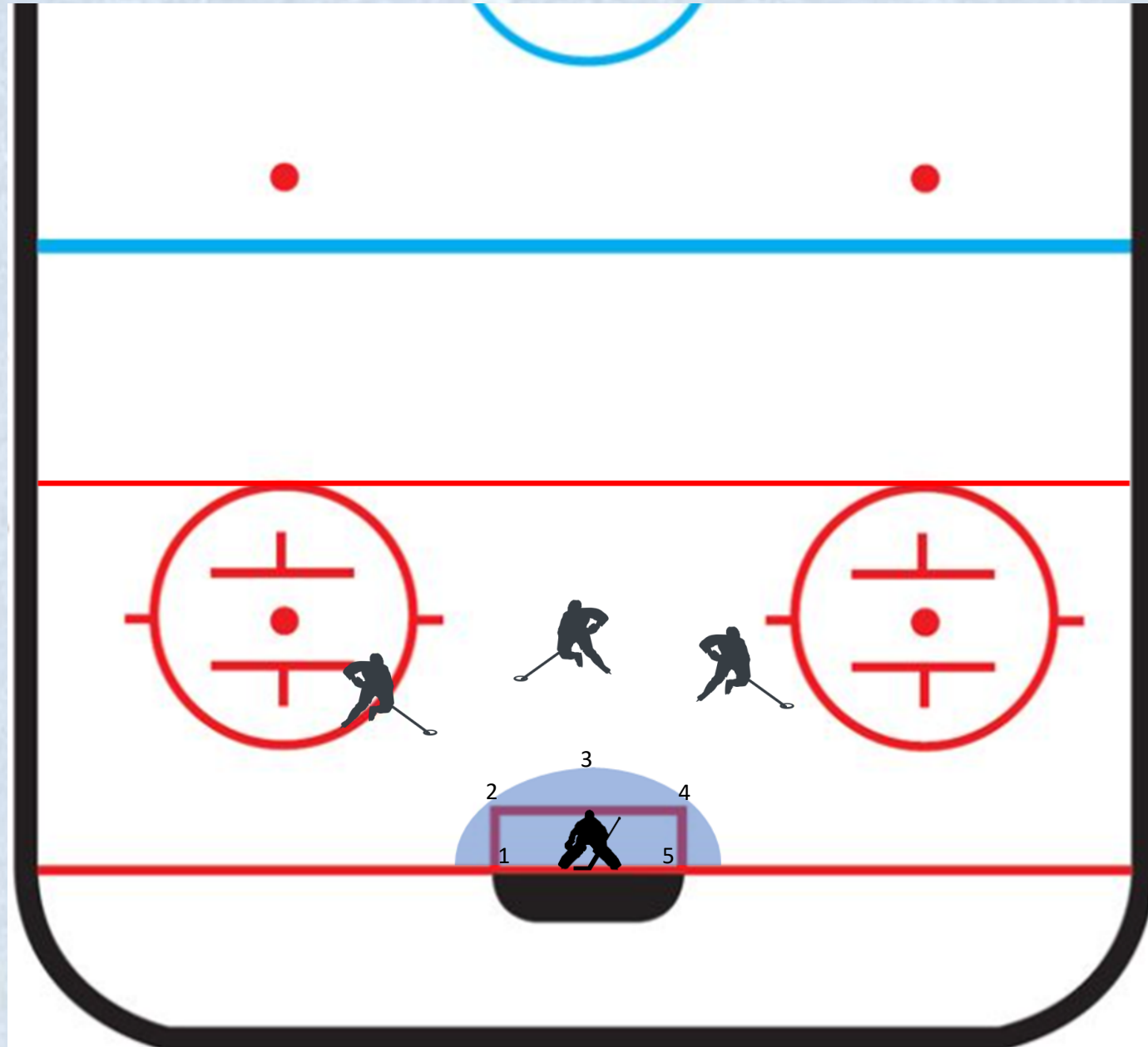
Drill starts with Goalie in middle of crease at cross bar. Coach calls out numbers and Goalie moves between the numbers using the proper movement: shuffles or T-Push.

Variations for more experienced goalies:

- Add a shot at the end of a movement (ie 1-3 shot added)
- Butterfly slide instead of T-Push (ie from 1-4 or 2-5 or 2-4)

Note:

- It is important to make sure the goalie is facing out of the crease and staying low in goalie stance.





Drill #15 – Cross Crease Pass

(R U12 – U19)

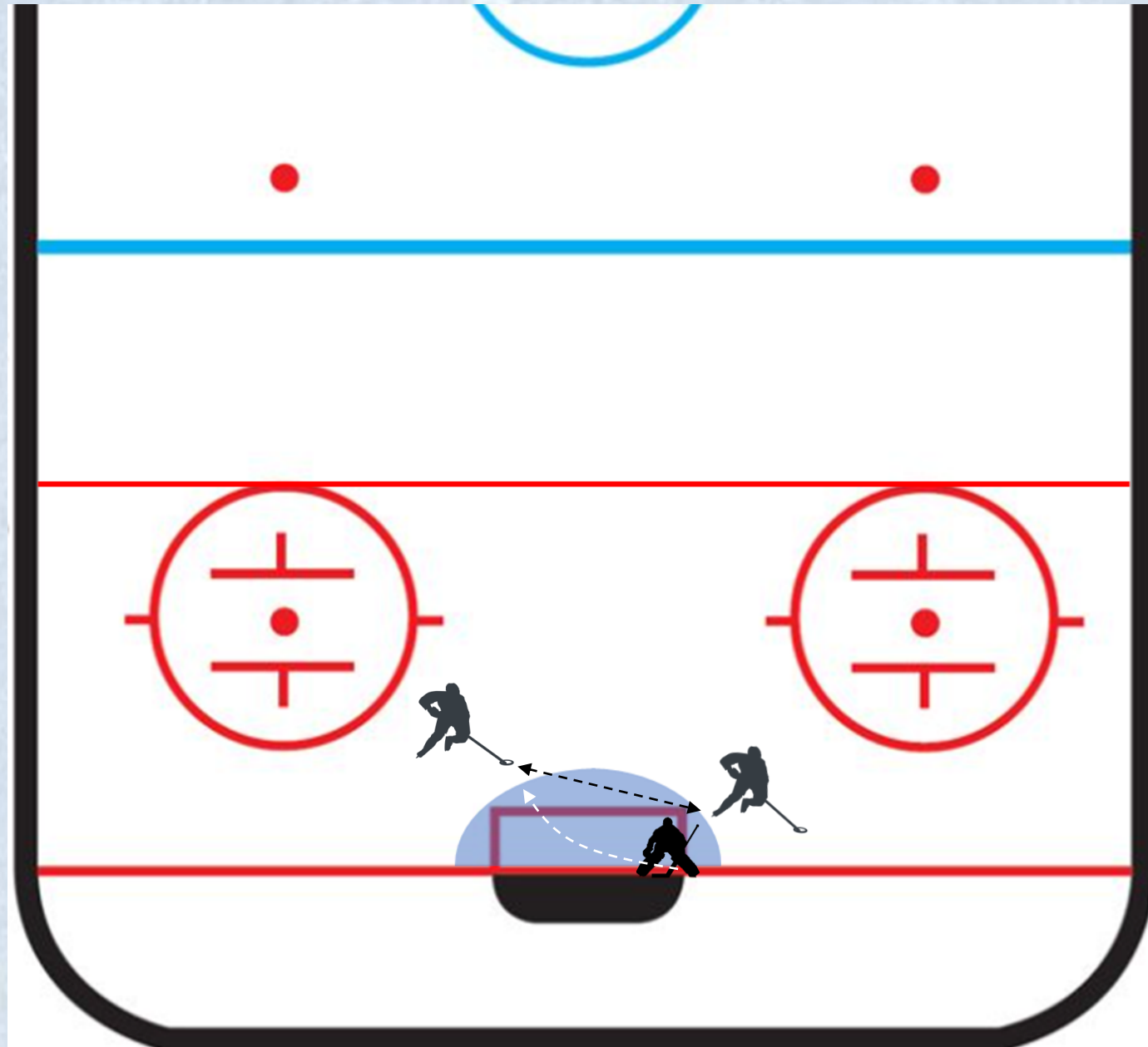
Drill starts with goalie on right post where one shooter is at with ring. That shooter should fake a shot and then pass across the top of the crease to shooter on opposite side. (If goalie leaves early take a shot) Goalie will T-Push across to other shooter. Shooter will take a shot. Goalie can also try to deflect the ring with stick as it is going through the crease.

Variations for more experienced goalies:

- Butterfly slide instead of T-Push

Note:

- Goalie position should be maintained. Low stance, stick on the ice, head up (no bobbing). Protect the 5-hole



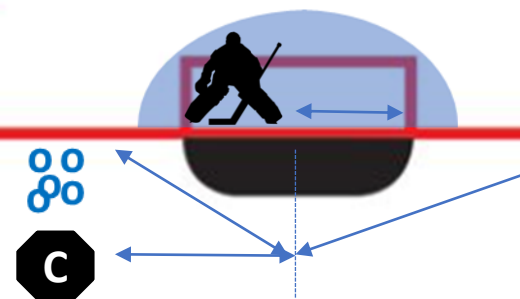


Drill #16 – Behind the net tracking to shot (R U10 – U12)

Drill starts with goalie positioned with post control watching Coach (C) with ring. Coach moves behind net as goalie tracks across and follows. C can move back and forth until eventually coming around the front for a shot on goal. Goalie should “lead” the ring carrier when tracking behind the net to reduce turning of the head. Drill should be completed from both sides.

The goalie’s body and toes should always be facing out towards the slot (threat area). The head should not be swiveling back and forth.

As coach proceeds behind the net the goalie slides off the post in the direction of travel the coach is moving but the head stays fixed. When the coach passes the mid-point of the net and the goalie begins to lose sight of the coach, at that time they turn their head and slide the remainder of the way to the far post.



https://youtu.be/_W3RMjNCFqY



Drill #17 – Behind the net tracking to shot

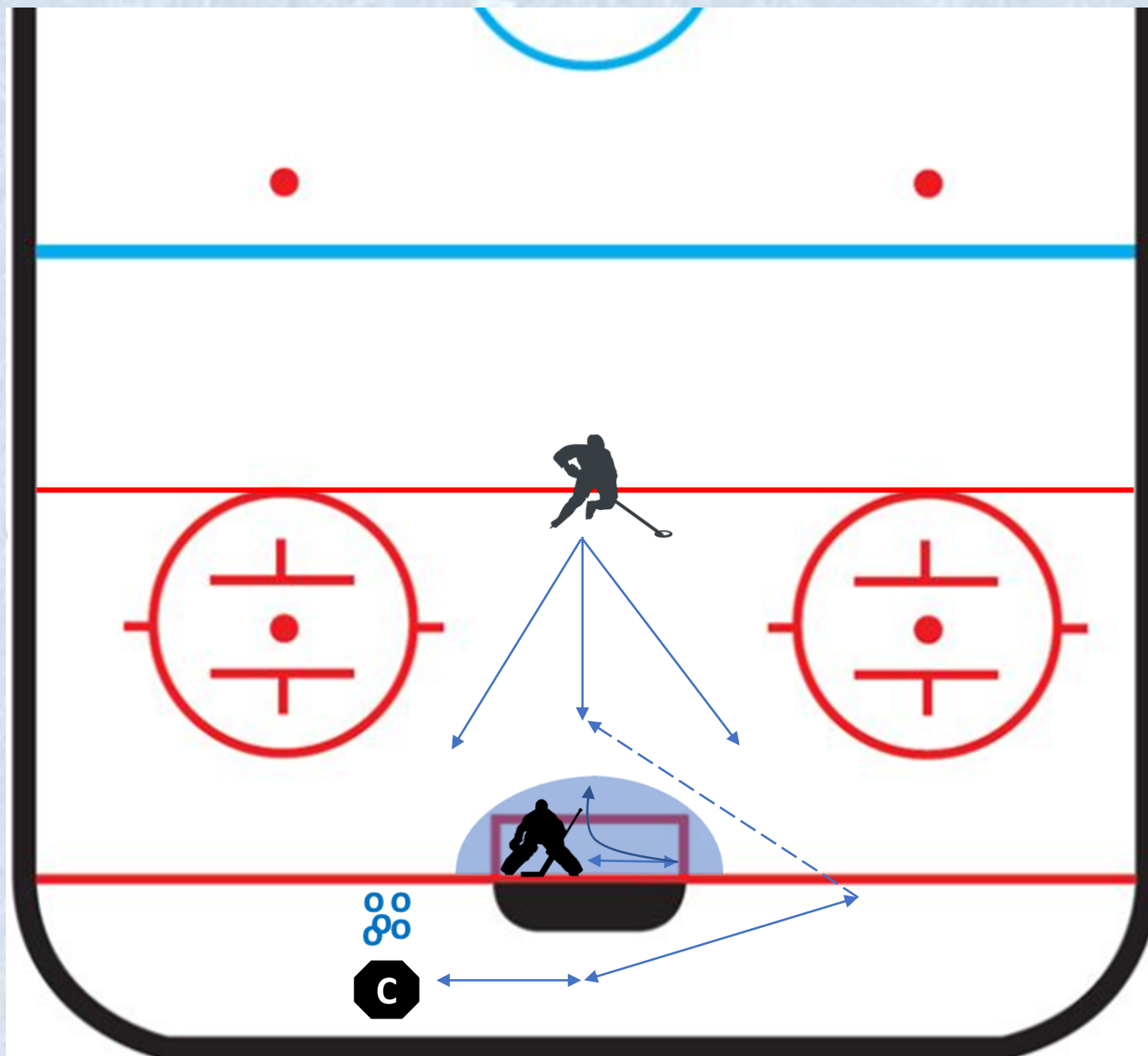
(R U14 – U19 ES)

Drill starts with goalie positioned with post control watching Coach (C) with ring. Coach moves behind net as goalie tracks across and follows. C can move back and forth until eventually coming to far side and passing to player for the shot. Player should start at high slot and find multiple positions for the pass. Goalie should “lead” the passer when tracking behind the net to reduce turning of the head. Drill should be completed from both sides.

- Younger goalies should receive multiple shots from the same spot to develop muscle memory
- Change locations after every 5-10
- Coaches may also circle out front and incorporate a drop pass with the shooter for more advanced goalies
- Tight in rebounds should be played out to completion if the goalie is leaving them close

Note:

- When challenging the shooter, it is more important to get “square” to the shooter first, before challenging for depth. Goalies should use an arced path and get their feet set prior to the shot rather than a straight-line path to challenge. The straight line may get them farther out but will most likely leave them out of position on their angles.
- Feet set and balanced is also important. If goalies are falling forward on the save or getting beat low, it is likely that their feet are still in movement and not balanced prior to the save movement.



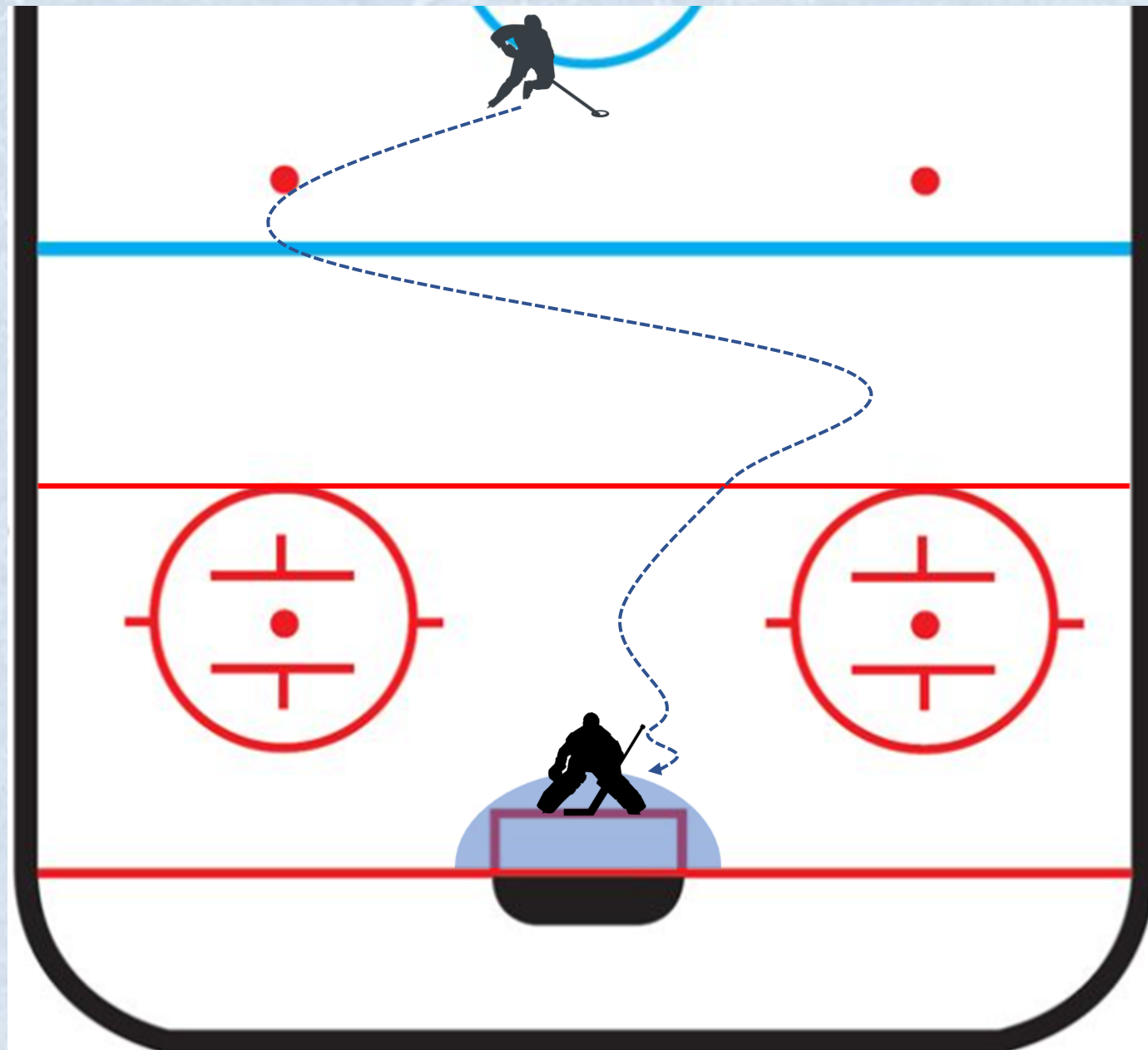


Drill #18 - The Shootout

(R: U10 – U19)

Drill starts with players at centre ice and goalie in crease. Shooters are encouraged to attack the goal from multiple angles, not just straight on. Goalies should be challenging, monitoring gap control and making controlled save movements at or near the top of their crease.

Note: Goalies should not be fading into their crease too early and not overcommitting to dekes.



<https://youtu.be/MhKH8JpRg84>

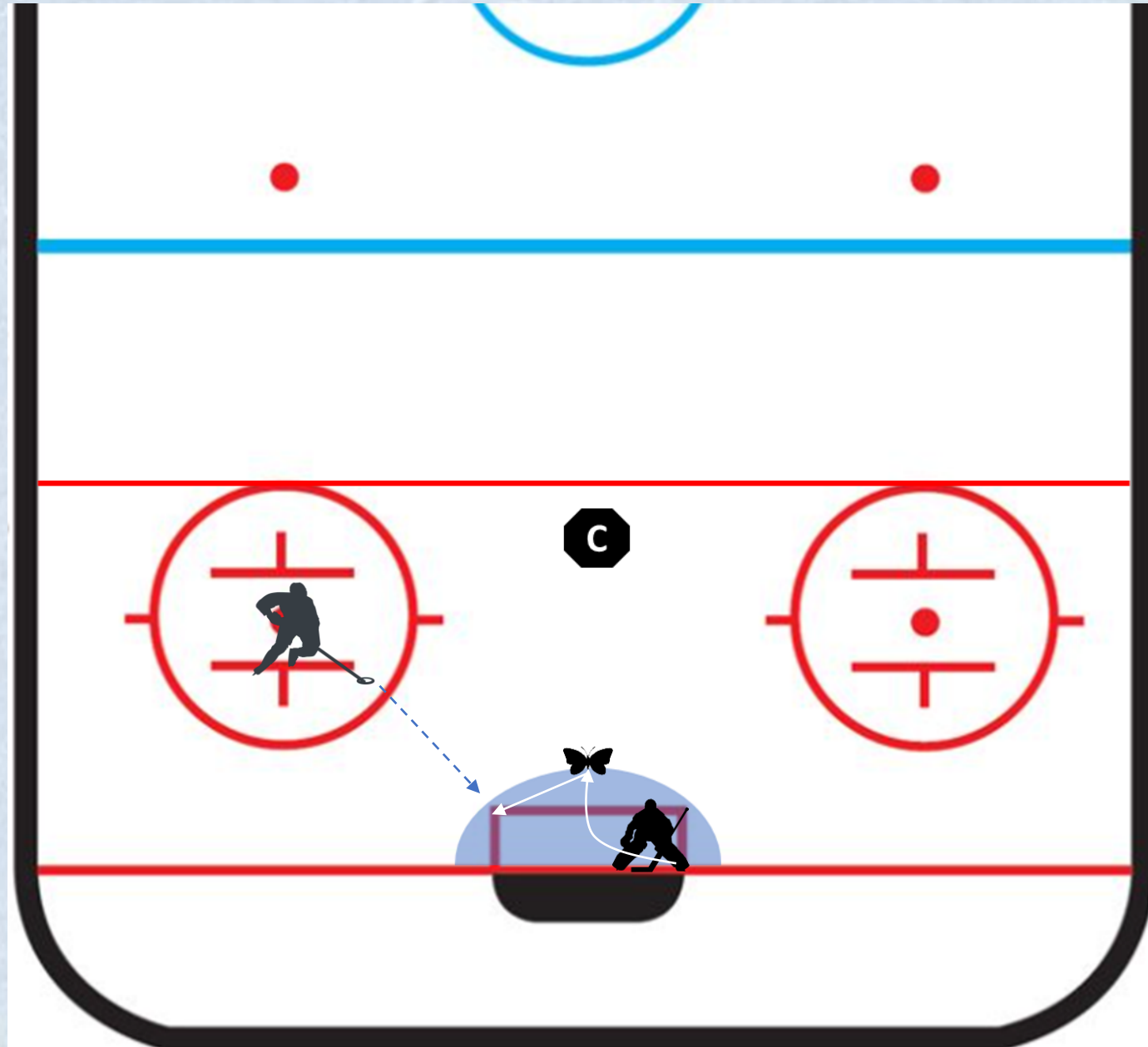


Drill #19 – Tracking the Rebound

(R: U14 – U19)

Drill starts with goalie on post. Goalie moves to top of crease and simulates a butterfly save square to the Coach standing at hash marks. Goalie then tracks imaginary rebound to shooter at side of net. Goalie LOCATES – ROTATES – RESETS --- younger goalies should recover quickly and shuffle (short move) or t-push (long move) to new threat and make save. More experienced goalies with more leg strength can choose to inside edge pad slide across.

Note: Preference is for goalies to get to their feet for the rebound, but goalies can make the decision based on the speed at which the rebound shot is coming. This can vary for the goalie dependent on skill



<https://youtu.be/9YkPRL17ndU>



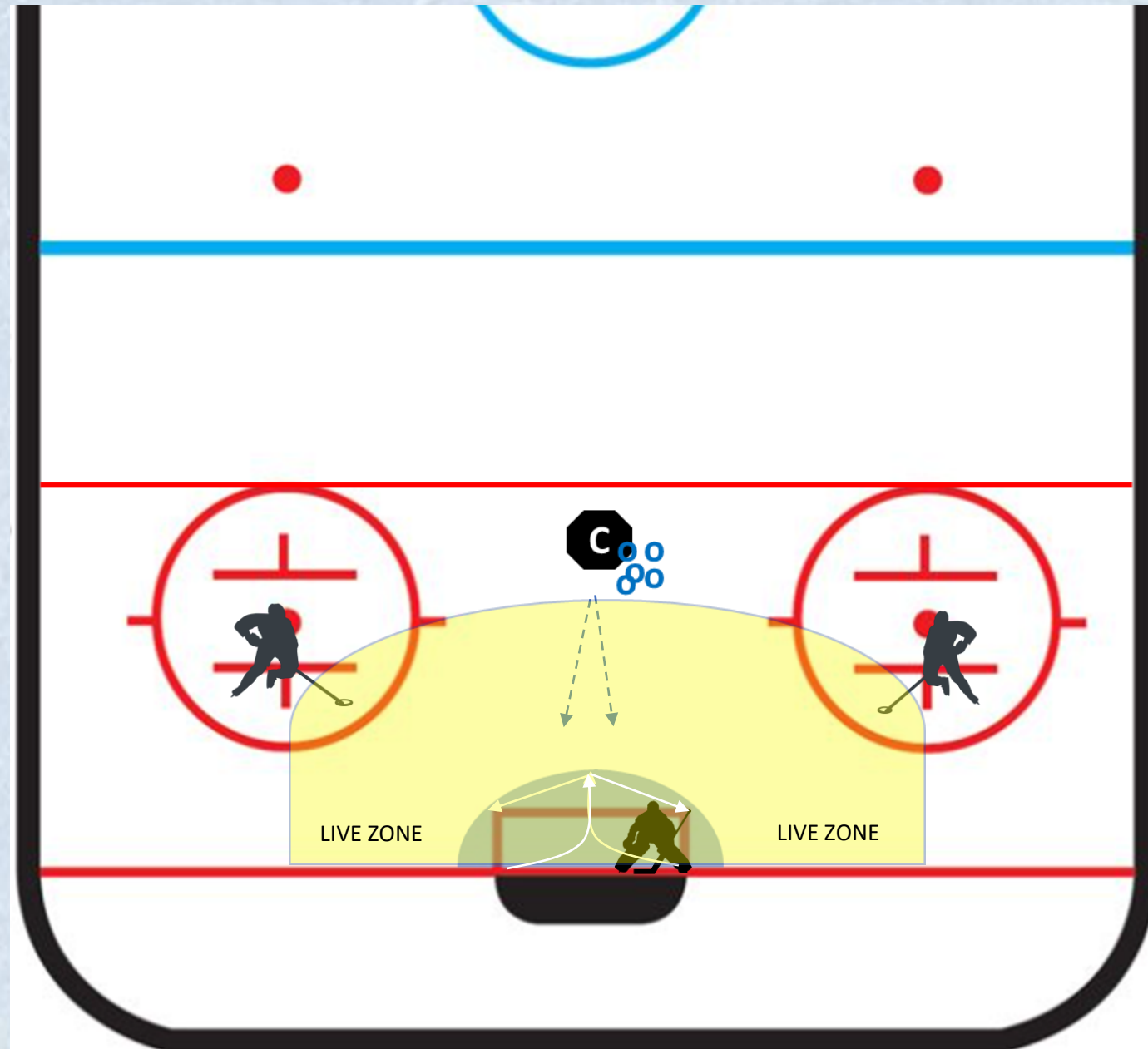
Drill #20 – Tracking the Rebound 2.0

(R: U14 – U19)

Similar setup to Drill 19. Goalie comes out to face initial shot from Coach. Shots should be low on the pads trying to create rebounds, then progress to gloves and chest. Rebounds within 10' of net are live. Attacking players should not pass, just shoot the rebounds as quickly as possible. Goalie must try to control rebounds at their body.

Note: Preference is for goalies to get to their feet for the rebound, but goalies can make the decision based on the speed at which the rebound shot is coming. This can vary for the goalie dependent on skill.

Watch for: ring tracking (save and rebound), save selection, and the “locate – rotate – reset” recovery process





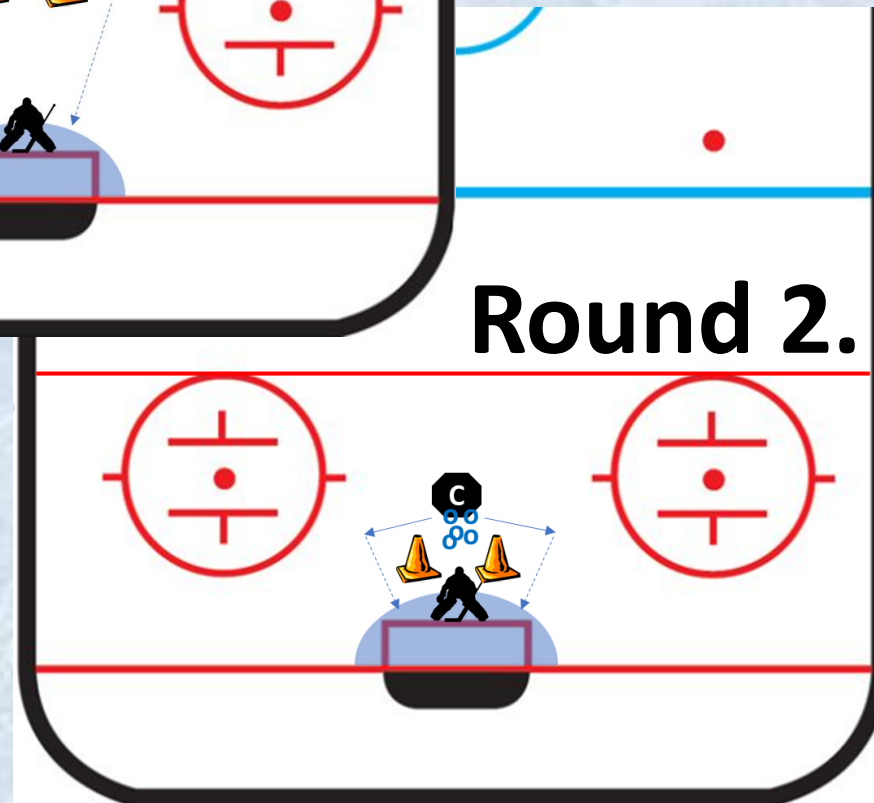
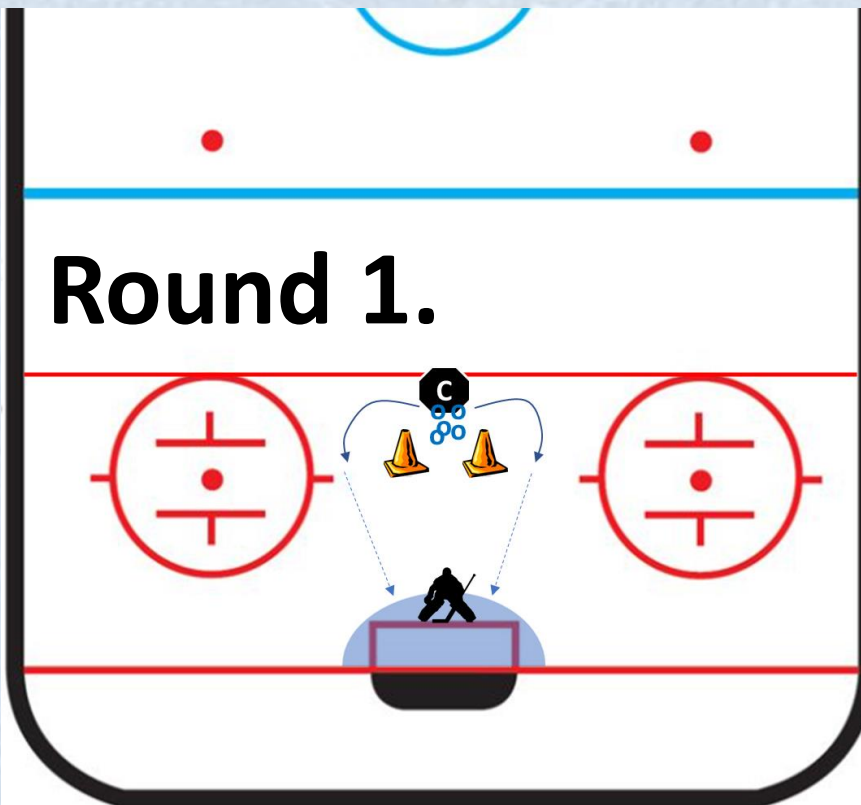
Drill #21 – Be fast!

(R: U14 – U19)

Round 1: Goalie starts at top of crease. Coach taps stick to start the drill and goalie must complete a butterfly save motion for a simulated shot. Simultaneously the coach will move to the L or R of the cones and take a shot. Goalie must complete their butterfly and make a full recovery to their feet, adjusting their angle to meet the new shot threat. Rebounds left in front of the net are live.

Round 2: Goalie starts at top of crease. Coach taps stick to start the drill and goalie must complete a butterfly save motion for a simulated shot. Simultaneously the coach will move to the L or R of the cones and take a shot. Due to the proximity of the “rebound” shot, the goalie must complete their butterfly and use a lateral butterfly pad slide adjusting their angle to meet the new shot threat. Goalie will not have time to recover to feet and should focus on strong leg push, forward projection of hands and upright thigh position to maximize coverage. Rebounds left in front of the net are live.

Watch for: ring tracking (save and rebound), recoveries should be completed with the required push leg coming up first, and the “locate – rotate – reset” recovery process



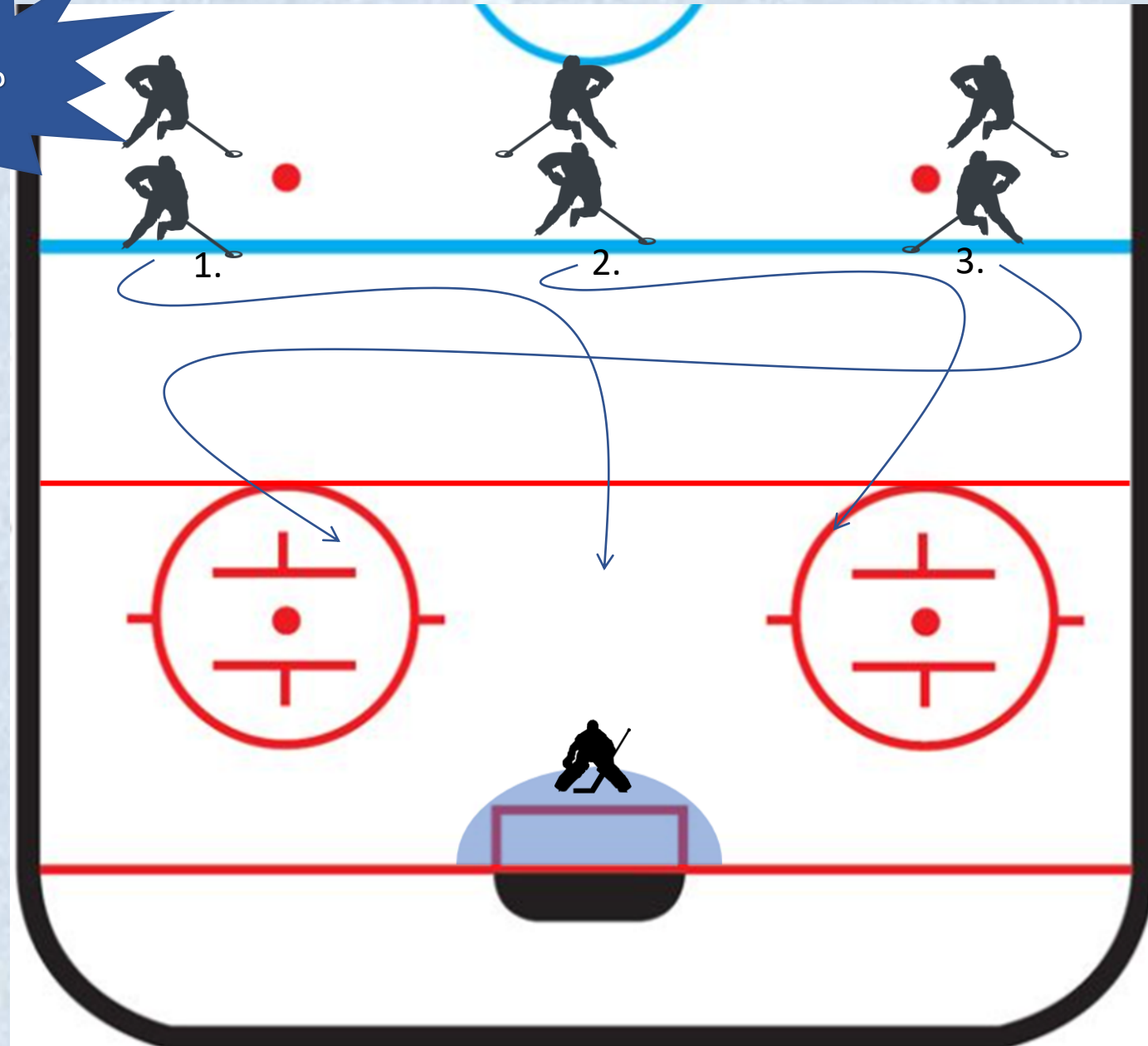


GOALIE
RECOMMENDED
GAME
WARM-UP

Drill #22 – The Keely (R: U14 – U19)

Line 1 skater cuts an L path towards middle of ice and receives a pass. Line 2 skater cuts an L to line 3. Line 3 cuts to line 1... Drill flows with the next skater leaving right after they pass it.

If used as a warm-up the first two to three rounds of shots should be right at the goalie. Stop the drill for a moment to let the goalie reset then begin again with increasing shots towards corners.





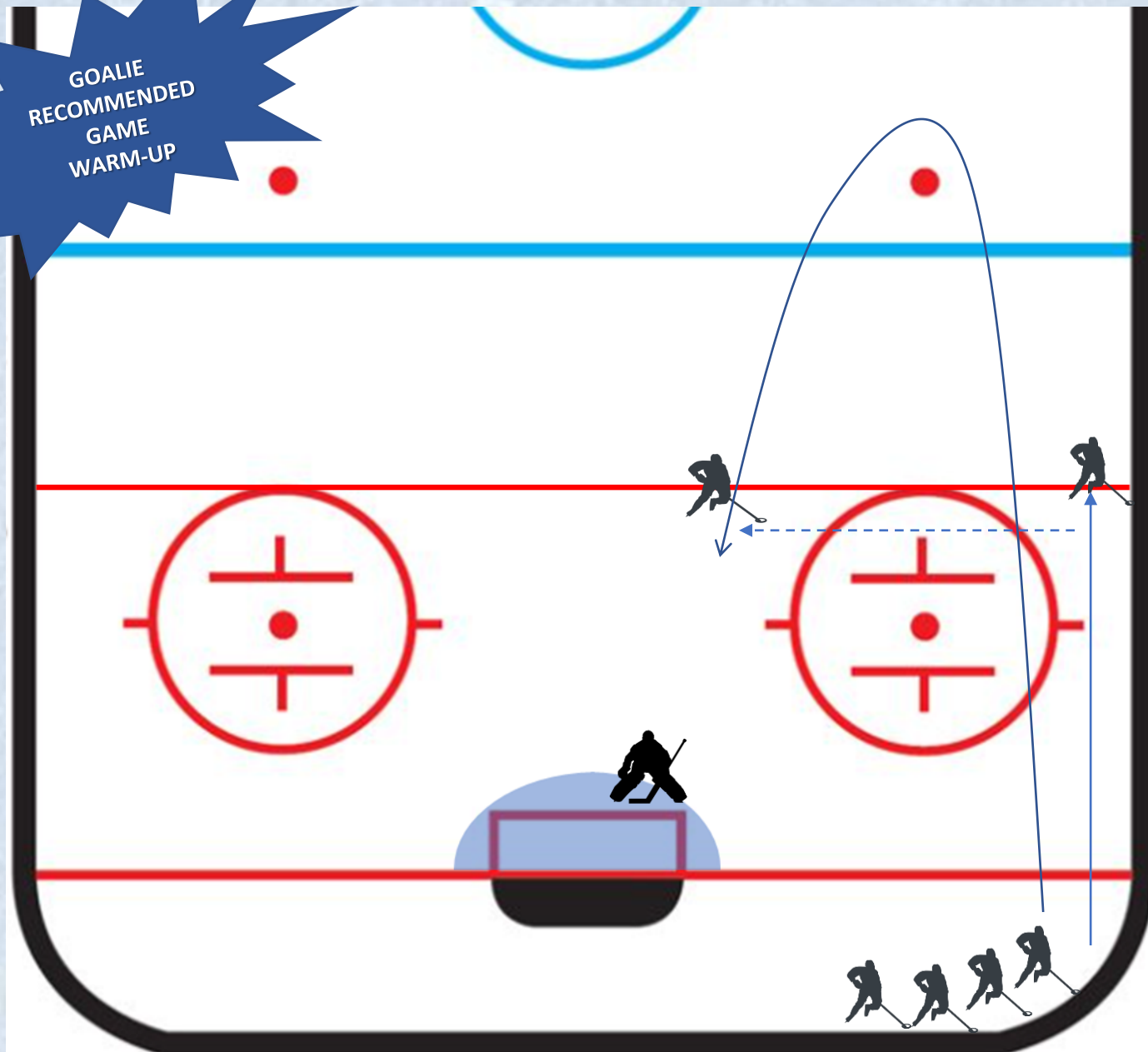
Drill #23 – The Fishhook

(R: U10 – U19)

Player 1 goes hard to blue line dot and tight turns to drive the net. Player 2 delays and leaves in time to lay a flat pass across the ringette line for streaking Player 1. Player 1 shoots and remaining players follow suit. Repeat from opposite corner.

If used as a warm-up the first two rounds of shots should be right at the goalie. Alternate high and low shots. Stop the drill for a moment to let the goalie reset then begin again with increasing shots towards corners.

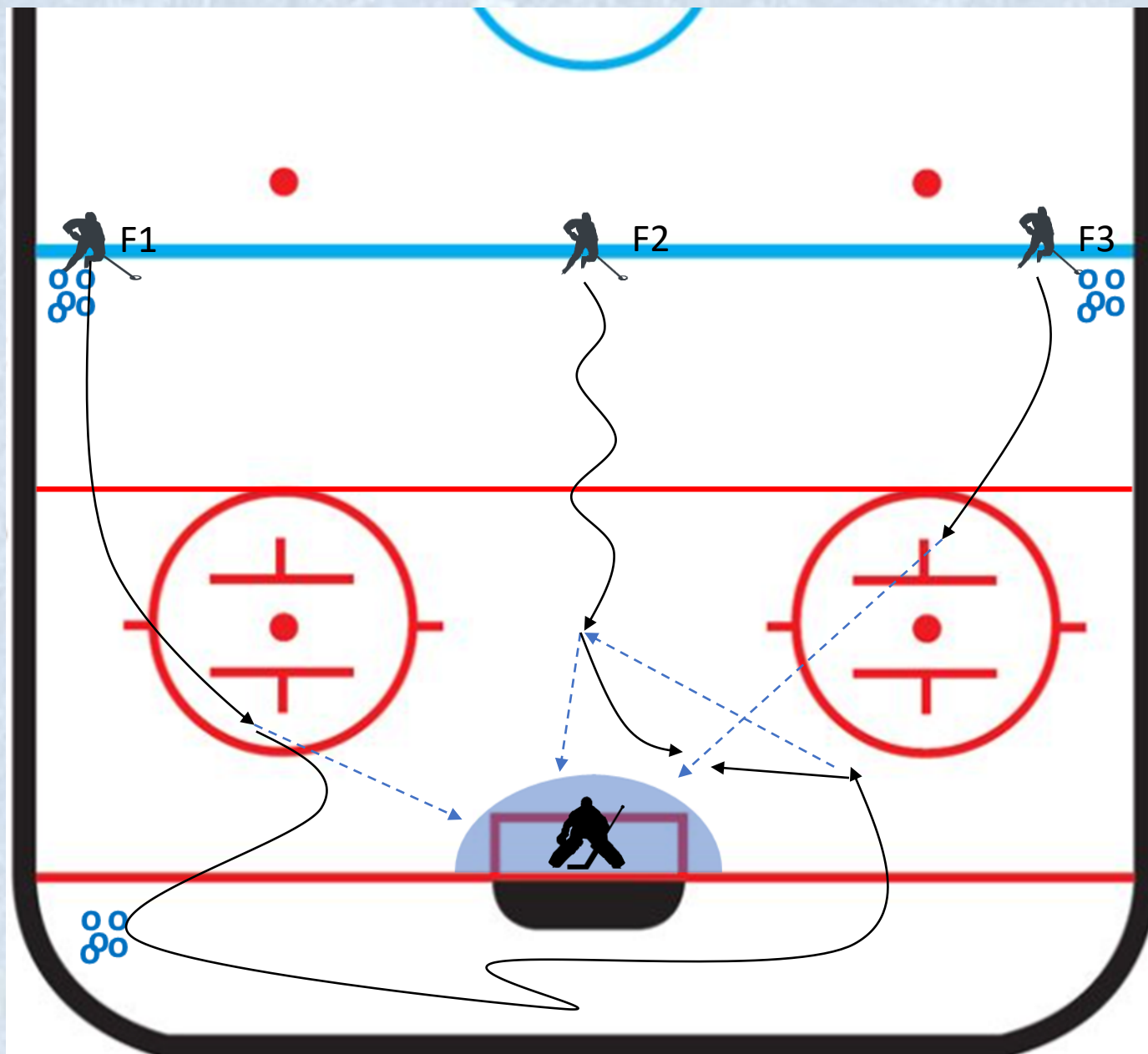
GOALIE
RECOMMENDED
GAME
WARM-UP



Drill #24 – SMORG (multi-skill)

(R: U14 – U19)

- F1 starts drill with a **dead angle** shot from bottom of the circle
- F1 circles to corner, gets a ring and begins **behind the net** play. F2 enters the play as a pass option. F1 can pass from behind the net or circle to front before passing. F2 receives pass and takes **one-timer**.
- F3 slides in from point position and takes a long shot with F1 and F2 **screening and deflecting**.
- Drill ends when **rebound** is dead (smothered, sent to corner, or in the net).





Ring Distribution





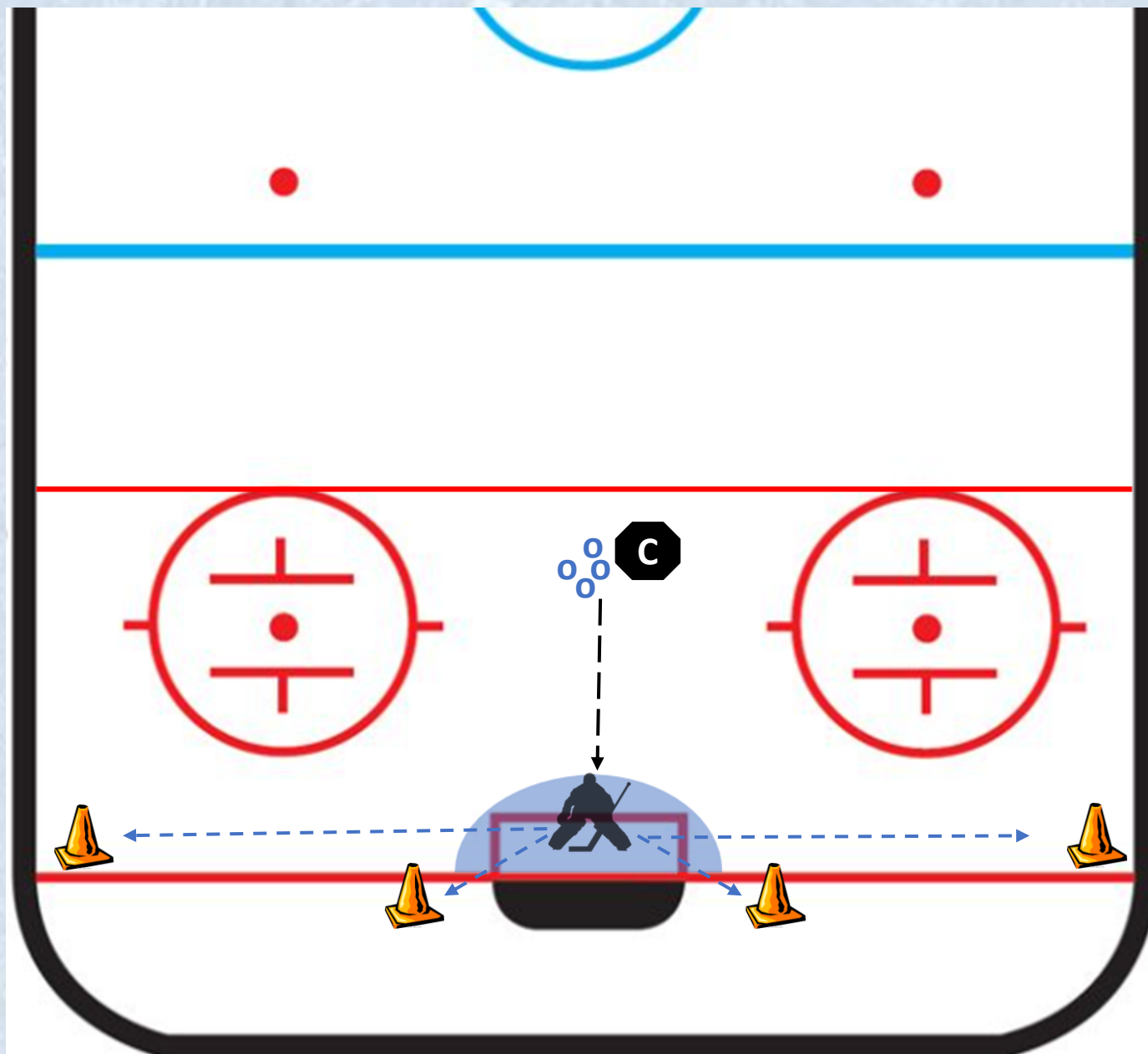
Drill #25 - Ring Distribution (R U10 – U12 ES)

Drill starts with coach placing rings in front of the net. Rings are shot one at a time on the ice at the goalie. The goalie must control it, then pick up each ring and throw them towards one of the 4 pylons placed within the zone.

Goalies should focus most of their tosses at the two closest pylons. Coach can number them and yell the number they want for each pass.

Passes should land flat and stay within 1' of the cones. This consistency is important for easy pick up by players as the speed of the game increases

Note: In a game goalies have 5 seconds to distribute the ring. Rings should be thrown low and flat on the ice.





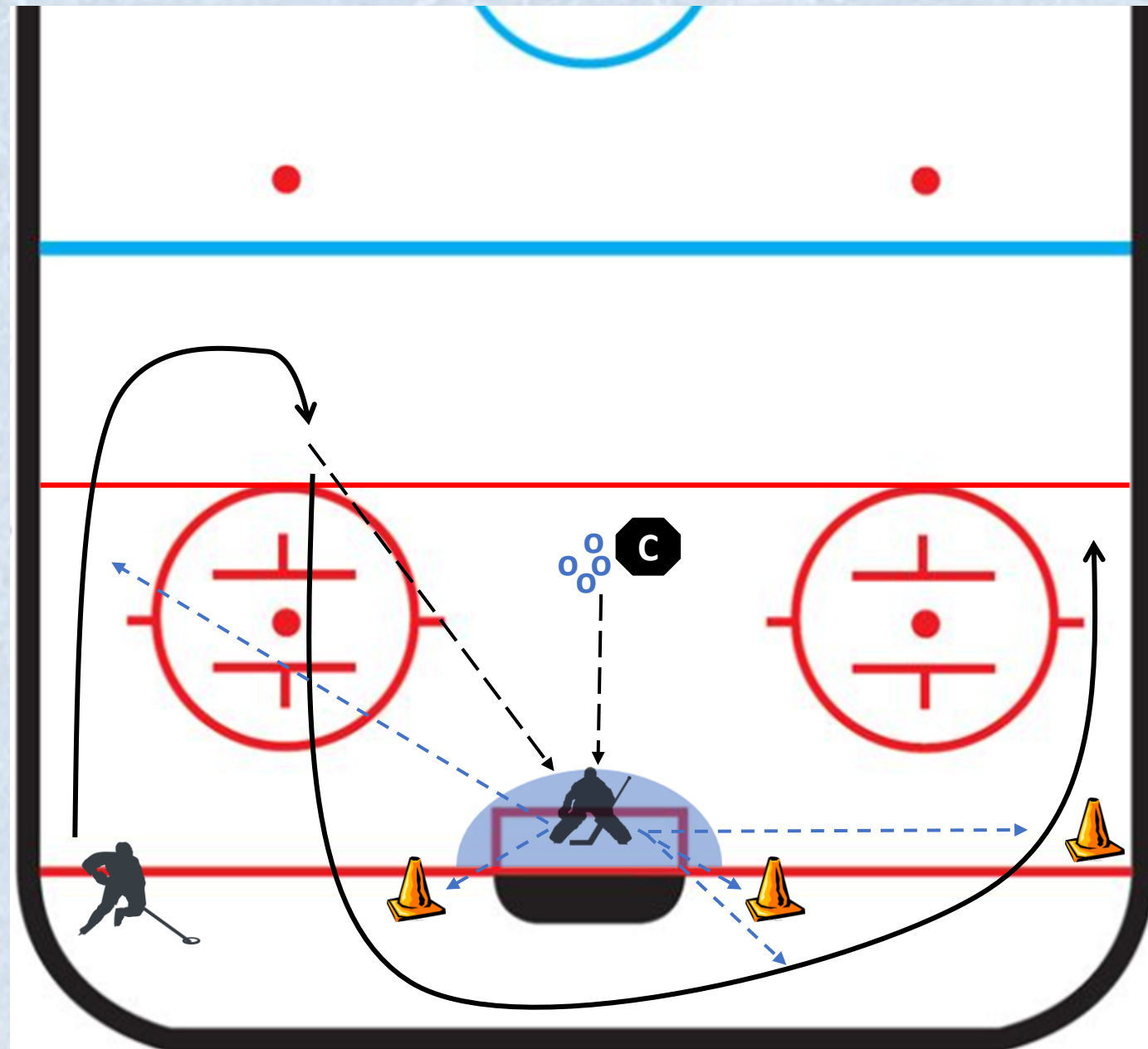
Drill #26 - Ring Distribution

(R: U14 – U19 ES)

Drill starts with coach placing 4 rings in front of the net. Rings are shot one at a time on the ice at the goalie. The goalie must pick up each of the first 3 rings and throw them towards one of the 3 pylons placed within the zone. The last ring will be thrown to a player skating forward from the goal line to see if the goalie can give a lead pass/throw. The player will then shoot the ring back to the goalie in the crease skate behind the net and receive another pass/throw from the goalie at the back of the net on the opposite side.

Goalies should be encouraged to occasionally fake a pass one direction before throwing it another.

Note: In a game goalies have 5 seconds to distribute the ring. Rings should be thrown low and flat on the ice.



<https://youtu.be/qV3nzPKWLmo>



Drill #27 – Breakout Simulation

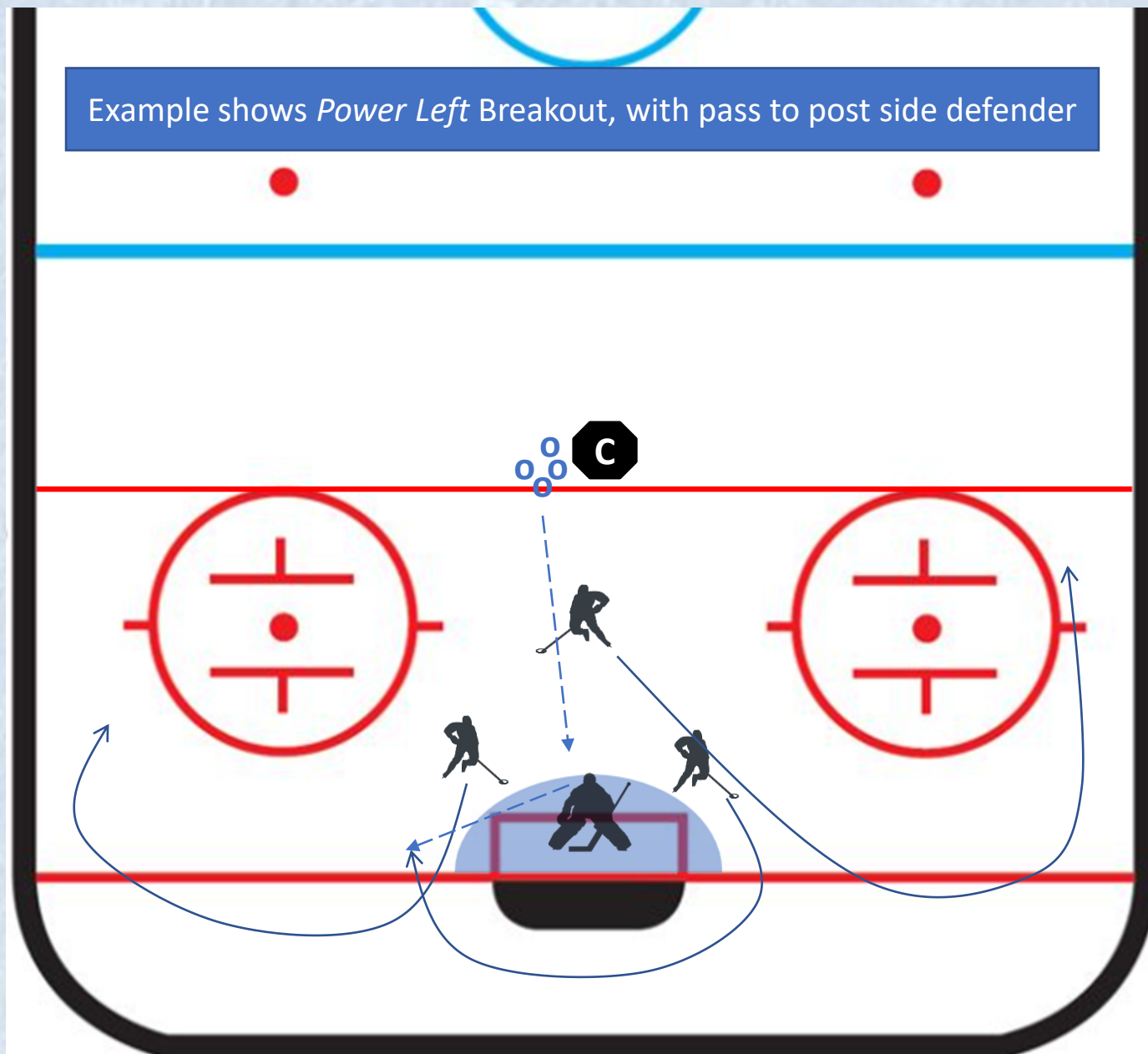
(R: U14 – U19 ES)

Drill starts with Coach (C) at ringette line with rings and players lined up in their defensive triangle. Coach places a shot on goal that must be controlled, and the breakout begins. A pre-determined breakout plan should already be decided upon before beginning.

Option 1: Coach yells the intended target, and the goalie must make the pass to a moving player at full speed.

Option 2: The Coach and Assistants may add light pressure and the goalie and players must communicate (talk) to determine the best pass option.

Example shows *Power Left Breakout*, with pass to post side defender





Communication



Communication with your team's goalie is a key aspect in their confidence and development. The habits built in practice are what will show up in games.

A **goaltender coach** should:

- Be an advocate for your goalie if they are feeling pressure, or not getting the dedicated time they need to improve their skills
- Help goaltenders with mental preparation and routine
 - Help the goaltenders deal with pressure and performance – it can be a hot spotlight if things aren't going well
- Assess game and practice performance to identify strengths and areas of development
 - Design and implement drills based on your goalie's specific needs
 - Be sure to recognize growth and look for ways to build from strengths as well
- Use video and pictures as effective coaching tools from practices and games

GOALIES MUST BE LOUD AND TAKE-CHARGE during drills and game play:

- Goalies are looking up the ice and can see all the play while players are often racing to get into position
 - Strong communicators will call plays
 - Strong communicators direct the traffic
 - Strong communicators alert their defenders of hidden threats, or potential screen scenarios
 - Strong communicators make defending easier and breakouts more efficient



**OFF-ICE
TRAINING**



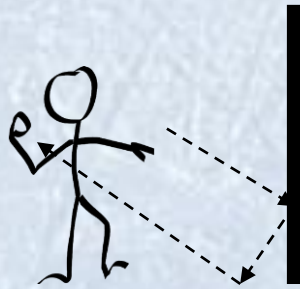
Goalie Off-Ice Training

All forms of cross-training, physical activity and multi-sport activities are great!

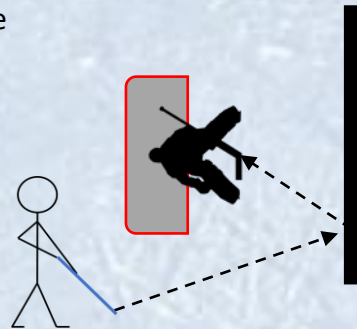
Specialized Focus should include:

Hand Eye Coordination Drills:

- Ball tosses off of a wall – goalie should track the ball with their eyes directly into the hand and watch it for a full 1s count to build muscle memory. Repeat for both hands and also for chest and body blocking, requiring the use of both hands to cradle/trap the ball. Goalie should be in a crouched/semi-stance for the duration of the drill



- Reflex drills – Goalie can use a home net and place it approximately 5' away from a wall – FACING the wall. A shooter shoots a ball off the wall rebounding it back towards the goalie. The goalie must react quickly to the rebound to make the save.



Stretching and Core:

- A daily stretching routine including core muscle work is recommended
 - 15 minutes daily – holding each individual stretch for no less than 30s
- Yoga and Pilates are excellent additions to build strength and flexibility

Plyometrics:

- “Plyometrics is a **type of exercise training that uses speed and force of different movements to build muscle power.** Plyometrics can include different types of exercises, like pushups, throwing, running, jumping, and kicking. Athletes often use plyometrics as part of their training, but anyone can do these workouts.”
WEBMD
- Build explosive power with combinations of:
 - Skipping
 - One-legged hops
 - Two-legged hops
 - Box jumps
 - Wind sprints
 - Burpies and Jumping Jacks
 - Side to side lateral hops
 - Clapping push-ups
 - Shuttle Runs





**Things to
Remember**





Things to Remember

- Ringette is a Mental Game – Confidence / Focus / Rebound
 - Confidence – lean towards shooter, play at the top of your crease
 - Focus – goals happen learn to refocus, have a ritual to reset yourself, keep emotions in control
 - Rebound – we all make mistakes, but what do you do next i.e. make next 3 saves
- Stay on feet as much as possible as a Ringette Goalie
- To close your 5 hole – lean forward and hands out
- Rebound Control – LOCATE – ROTATE – RESET (Move to new position)
- In Practice a coach should consider the following:
 - Start shots right at goalie, no deking i.e. Dome - players set up in dome shape in front of goalie and take stationary shots
 - Mix up from no shots to shots
 - Plan for purpose
 - Don't have a bunch of drills where the Goalie is constantly being peppered with shots. Slow down the drill if needed.
 - Treat Goalies a little bit special – they have a different set of needs so incorporate goalie specific skills and skating that they can run with at the same time as all other players.
- Pregame
 - Have a routine, but be ready to Modify/Alter that routine
 - Team warmup with shots right at goalie then change to making the goalie move
- Communication
 - Goalies need to talk to players and give directions during the game
 - Coaches need to talk to the goalie too during the intermission, but keep it brief to keep them focused



Appendix:

Team Canada Goalie Drills

https://cdn1.sportngin.com/attachments/document/0048/0908/U-17technicalcurriculum_-_goalie.pdf

Goalie Drills - National Ringette School

<https://nationalringetteschool.com/8848>

The Ringette Goalie Drill eBook

<http://www.ringettetips.com/dvdsbooks/the-ringette-goalie-drill-book/>

References:

- Ringette Alberta
- Ringette Canada
- Ringettegoalies.com
- Ringette Goaltending Mastery - Lisa Brown
- Goaltender Guide – Hockey Alberta
- BKRA Ringette



Evaluations

*Bow View pre-season goaltender evaluations currently consist of drills 1, 13, 19B, and 23, with the possible inclusion of either or both of 8 and 18 if time permits.

Format:

- Drills will be run 2 at a time at opposite ends of the ice, splitting the ice time in half to complete all 4 drills
- One Group Leader will monitor both ends for consistency and ensure time is adequate for all goalies to complete their drills
- Two on ice helpers (OIH) will be in charge of leading their designated drills and overseeing their assigned shooters
- Shooters needed: 3
 - D1 – Zero shooters (Drill 1)
 - D2 – Three shooters (Drill 13)
 - D3 – Two plus the OIH (Drill 19B)
 - D4 – One plus the OIH (Drill 23)
- Rings needed: Minimum 12

*Evaluation drills are subject to change and may do so without notice.