

Tight Triangle



This drill simulates the goaltender's on ice movement in the crease. The goaltender moves from from the top of the crease to either post.

Rationale

This drill can be performed on a grass field or a smooth surface that is large enough to replicate the crease's dimensions on the ice, (Roughly 8ft wide by 6ft long). For example, a garage floor, parking lot, backyard and basement. Glove, blocker and stick are used to make sure the goaltender is in the set ready stance.

Progressions

1. Sticking and landing on one foot
2. Starting in the butterfly position
3. Burpee at each cone

Key Teaching Points

Players need to have their head turn first, knees bent, gloves and back shoulders rotate towards the destination cone. They need to land in their stance.



Tight Square



This drill works on explosive movement, changing direction and body rotation.

Rationale

This drill can be performed on a grass field or a smooth surface drill that is large enough to replicate the crease's dimensions on the ice, (Roughly 8ft wide by 6ft long). For example, a garage floor, parking lot, backyard and/or basement. Glove, blocker and stick are used to make sure the goaltender is in the set ready stance.

Progressions

1. Sticking and landing on one foot
2. Starting in the butterfly position

Key Teaching Points

Players need to have their head turn first, knees bent, gloves and back shoulders rotate towards the destination cone. They need to land in their stance. This drill also works on building single leg power.



Loose Square



This drill allows players to perform a series of movements that help with foot speed and coordination.

Rationale

This drill can be performed on a grass field or smooth surface that is at least 10 ft by 10 ft. For example, flat backyards, larger garages and tennis courts. Tennis courts have lines and would not require pylons to perform drill.

Progressions

1. Include a weighted vest age appropriate
2. Include a medicine ball age appropriate
3. Rubber band resistance

Key Teaching Points

Players need to work on pushing off the balls of their feet. Minimize foot contact with the ground. Low to ground when performing lateral movements in either direction.



Hill Sprints



Goaltenders require conditioning and explosiveness to be successful on the ice. Hill sprints represent explosive power, quick reaction time and foot speed. Sprinting uphill forces the individual to land and push off the balls of their feet. By including hill sprints in your conditioning the goalie will see increased on-ice stamina.

Rationale

Although a grass hill was used, there are several other inclines that will work including stairs, sidewalks and inclined treadmills.

Progressions

1. Forward and backward shuffles
2. Running in your bare feet or minimalist shoes.

Key Teaching Points

Goaltenders need to keep their chest upright, using arm swing to increase speed and propulsion. Take adequate rest time in between reps. Monitor conditions, distance, fluid intake and heart rate.

Wall Sits



Goalkeepers need muscle and stamina in the quads to hold a ready position during a game. This drill focuses on these muscle groups as the player must stay focused and will see benefits over time.

Rationale

Although done outside against any wall that is flat and smooth.

Progressions

1. Weighted vest age appropriate
2. Medicine ball, side to side age appropriate
3. Juggling
4. Reacting to tennis balls

Key Teaching Points

Keeping knees at 90 degrees, back needs to be flat against the wall and hands off your knees. Make sure to breathe.



Squats



This is a great drill for goaltenders as they use the same muscle groups for pushing on the ice and standing in their ready position.

Rationale

Although this is performed on a field this drill can be performed anywhere.

Progressions

1. Squat holds
2. Piston squats
3. Weighted vest age appropriate
4. Holding medicine ball age appropriate

Key Teaching Points

Knees need to stay behind toes, chest needs to stay upright, weight is on your heels.

Jumps



This is a great drill for goaltenders as they use the same muscle groups for pushing on the ice and standing in their ready position. This drill isolates either leg developing strength in quad and accessory muscles.

Rationale

Although we did it in a parking lot this drill can be performed in several different areas including the backyard, garage, sports field and tennis courts to name a few.

Progressions

1. Broad jump
2. Single leg broad jump
3. Weighted vest age appropriate
4. Box jumps
5. Single leg box jumps

Key Teaching Points

Make sure to squat down to generate power, land always on two feet to absorb try to land and stick softly.

Hand-Eye Coordination



Goaltenders need to have good hand eye coordination and tracking ability. These drills work on quick reflexes, tracking/watching the ball into either hand.

Rationale

This drill can be done on any flat wall. Do not perform this drill near traffic or where you could knock something down of value inside a home etc. If you do not know how to juggle you might need to start with scarfs or use juggling balls that have more forgiveness and less bounce.

Progressions

1. Alternating two balls
2. Two balls at the same time
3. Two balls with side to side movement
4. Balance board
5. Racket ball.
6. Reaction ball
7. One handed
8. While moving
9. Weighted vest age appropriate
10. Balance board
11. Juggling in pairs
12. Against a wall
13. Getting up and down from butterfly position

Key Teaching Points

Stand close enough to the flat surface to make it challenging. Catch with your hand and squeeze and hold once caught. Knees bent, watching a consistent pattern of the balls, trusting hand placement, keeping shoulders relaxed and balls out in front of you.

Puckhandling (Right and Left)



Goaltenders need to be able to handle the puck. Goaltenders are required to make first passes, helping their defenceman and team in game play.

Rationale

This drill can be performed on smooth plastic, concrete floors, synthetic ice, with a green puck on concrete or smart ball.

Progressions

1. Single leg
2. Pucks under feet
3. Tennis balls under feet
4. Wobble/Balance board
5. Soccer ball

Key Teaching Points

Keeping head up, both hands on the stick, high blocker elbow, going over the puck with the blade.

Stickhandling (Front and Back)



Goaltenders need to be able to handle the puck. Goaltenders need to make first passes, helping their defenceman and team in game play.

Rationale

This drill can be performed on smooth plastic, concrete floors, synthetic ice, with a green puck on concrete or smart ball.

Progressions

- Single leg
- Pucks under feet
- Tennis balls under feet
- Wobble/Balance board
- Soccer ball

Key Teaching Points

Keeping head up, both hands on the stick, high blocker elbow, going over the puck with the blade.

Stickhandling (Toe Drag)



Goaltenders need to be able to handle the puck. Goaltenders need to make first passes, helping their defenceman and team in game play.

Rationale

This drill can be performed on smooth plastic, concrete floors, synthetic ice, with a green puck on concrete or smart ball.

Progressions

1. Single leg
2. Pucks under feet
3. Tennis balls under feet
4. Wobble/Balance board
5. Soccer ball

Key Teaching Points

Keeping head up, both hands on the stick, high blocker elbow, going over the puck with the blade.

Stickhandling (One Handed in Butterfly)



Goaltenders need to be able to handle the puck. Goaltenders need to make first passes, helping their defenceman and team in game play. This drill focuses on a short pass after a controlled save.

Rationale

This drill can be performed on smooth plastic, concrete floors, synthetic ice, with a green puck on concrete or smart ball.

Progressions

1. Add weight vest age appropriate

Key Teaching Points

Keeping head up, one hand on the stick on blocker side, high blocker elbow, going over the puck with the blade.

Core (Plank)



Goaltenders need to be flexible, coordinated, balanced and athletic. Having a strong core is essential to staying engaged on the ice and helps with injury prevention.

Rationale

This drill can be performed on any flat surface.

Progressions

1. Weight vest age appropriate
2. Figure 8 with soccer ball or medicine ball
3. Elbow to knee holds
4. Superman plank rotation

Key Teaching Points

Players need to avoid arching the lower back and dipping at the waste.

Core (Side Plank)



Goaltenders need to be flexible, coordinated, balanced and athletic. Having a strong core is essential to staying engaged on the ice and helps with injury prevention.

Rationale

This drill can be performed on any flat surface.

Progressions

1. Weight vest age appropriate
2. Rotation throwing tennis ball against the wall

Players need to avoid arching the lower back and dipping at the waste.



Michael Hails

Goaltending Training Plan Creator



Bio

Michael Hails is a recently retired semi-professional goalie who now uses his personal experience in the game to help develop and inspire goalies of all ages. Hails is a strong advocate for goalies to cross-train in multiple sports for a different development experience. Hails has worked with 1 BCHL team, 4 KIJHL teams and 6 different Minor Hockey Associations, and in the past year, has helped 3 Junior goalies sign scholarships to American Universities for the 2020-2021 season.

Playing Experience

Hails played in the KIJHL, VIJHL, and BCHL before earning a scholarship to Lindenwood University. While there, Hails helped his team win 3 playoff championships and 1 national title in 2016. After his time at University, Hails played in the ECHL and SPHL before moving home to Canada and opening his own goalie development company.