

# Creating a Productive Environment for Goaltenders in Practice

Roger Grillo  
USA Hockey



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# How to Develop Goaltenders

***What do you do if you are not an expert in the area of goaltending, or you do not have somebody that can help you with the finer details of playing the position?***



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# Creating a Productive Environment for Goaltenders

***Create an environment  
where through quality  
repetition and competition  
your goaltenders develop in  
the following three key  
areas***

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# The Environment

Skate

Compete

Just Stop the Puck



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# Skate

Goaltenders need to be great skaters

Do not segregate your goalies out of warm-up or skating drills have them do the same as the rest of the team

Agility, balance and overall athleticism is critical



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# Compete

Build an environment that forces your goaltenders to compete not only amongst themselves but also the rest of the team

Have small goals for each practice and within drills, have your goalies compete against the shooters

Have consequences for loosing or not achieving a certain goal

Through competition get the goaltenders to raise their level of focus and intensity within practice

Create drills and games that emulate game like situations and like the start of a game or a period where they are thrust into the heat of battle right away



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# Just Stop The Puck

The major focus is keeping the puck out of the net

Do not get all worked up about how, just focus on how many

The younger the goalie the less amount of focus on the little stuff and more on building the base of goaltending

Get your goaltender to get their chest and body in front of the puck, get square to the puck (athleticism)



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**Knockout**





**Circle Give and Go**



**2v2 with Shooters**



**3v3 'Box Hockey'  
Scoring Area**

# Questions



[rogerg@usahockey.org](mailto:rogerg@usahockey.org)

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