

How to Prepare a Youth Player for Playing Goalie

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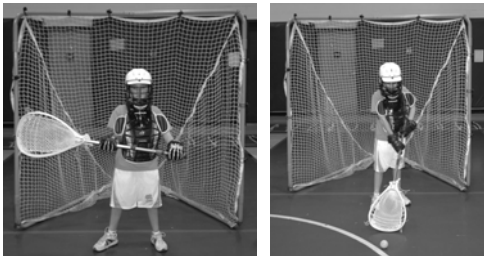
How to Prepare a Youth Player for Playing Goalie

or
Yes Sally, I promise it's really fun
and the goalie pads are really
cool, so please!



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How to Prepare a Youth Player for Playing Goalie or How to Avoid this



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- General Concepts
- Making it fun
- Skills
- Drills



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Very Basics

- Different equipment
 - girls with a helmet, gloves
 - chest protector
 - goalie stick



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- Equipment change can be time consuming
 - if you have the gear get 2 or 3 kids dressed
 - if not enough gear use a squishy or tennis ball to instruct



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- Basics:
 - show them the ball bounces off of facemask
- We're not making D1 goalies here but trying to give them an understanding about the job and positioning



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How to recruit a goalie

- In the youth levels it's rare to find the 100% goalie
 - age "requirement"
 - play ½ in goal and ½ in field
 - rotate goalies thru the season (preferably more than 2)



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- Playing goalie is not always desired - make it so
 - cheer for goalie at end of each ½
 - let kid pick position for next ½ or game
 - let them take coin toss
 - game captain
 - get to take draw



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Down side to playing goalie



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Down side to playing goalie

- They give up goals



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Down side to playing goalie

- They give up goals
-kids can take this hard



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Down side to playing goalie

- They give up goals
-kids can take this hard
- It's ok to give up goals
-not just their fault
-the best goalies give up goals



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Down side to playing goalie

- It's ok to give up goals
-not just their fault
-the best goalies give up goals

2009 NCAA D1 finals:
Men: Syracuse 10 – Cornell 9
Women: NW 21 – UNC 7



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Down side to playing goalie

- They give up goals
-kids can take this hard

Discuss this with parents
-reinforce with the kids
-parents may not want their kid in goal



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Positioning

- Location of hands on stick
- Stand short distance in front of goal line (NOT in the goal)
- Bent knees
- Stick to side of head
- "Get BIG"



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Positioning

- Mark ground
- Bang pipes



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Positioning

- Get BIG
- Mirror the player with the ball
- Short steps
- Hug the pipe



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Positioning

- Mirror the ball at X with stick above cage to pick off passes



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LEARN. LEAD. INSPIRE.

Positioning

- Mirror the ball at X with stick above cage to pick off passes



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General Rules

- Crease
 - Boys
4 seconds
 - Girls
10 seconds



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General Rules

- Crease
 - Boys 4 seconds
 - Girls 10 seconds
- Sounds short but it's a long time



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- Goalie with ball in crease is "untouchable"
 - Boys – if in crease and ball is out rake back into crease
 - Girls – if ball out of crease must scoop; if ball in crease pick up and put in stick



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Save is made!!

- Be calm
- 4 or 10 seconds – a lot of time
- Look at field
- Step to side of goal (no freebies) or behind goal
- Clear to sides, NOT MIDDLE!!



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Rebounds

- General concept
- Save was made but now new opportunity for opponent
- Regain proper position



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Skills

- 4 zone saves



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Skills

- Low/Bounce shots
 - crouch
 - make a box
 - proper angle of stick, not a ramp



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Skills

- First step to shot



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Skills

- The goalie stick
 - have a catch with goalie stick
 - very different to catch and throw with
 - allows them to feel how to catch/save
 - short passes
 - longer clears



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How to clear

- Not to the middle
- Angle to sides
- Near GLE
- Safety clears



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How to clear

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Incorporate it

- Get BIG
- Shoot on goal
 - 4 quadrants
 - bounce shots
- Mirror me

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Incorporate it

- Make save and clear



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Drills

- Save %
- Get BIG
- Pass and catch with goalie stick
- 4 zone shooting - emphasizing technique
- Step to shooter - emphasizing technique



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Drills

- Multi, close range, rapid, soft toss
- Goalie faces wall



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Drills

- Team shooting, have goalie in cage
-don't shoot too close
- Scrimmage with goalies
-if goal scored, allow goalie to clear



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Summary

- Get BIG
- Make it fun
- Goals will be given up
- Positive reinforcement
 - blow outs
 - no action



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