

Training Centre EVALUATION

Name: XXXXXX

Date of Evaluation: June 13 2002

Evaluated Areas:

Basic stance:

- o Overall stance was adequate but required a couple of 'tweaks' for optimum mobility and coverage. Once you made these changes it was much more solid.
- o Pads must remain about a stick blade's width apart; this will increase your lateral movement, power, balance and speed.
- o The catch glove must be in a lower position, almost equal to the blocker and with the top of the 'T' pointing to the shooter. This will help you in controlling the shot and covering the net more efficiently.
- o The stick MUST be on the ice and straight across for optimum coverage, only when directing a shot can you alter the angle of the blade.

Lateral Push:

- o As a result of the poor leg position your lateral movement suffered, after repositioning, this was much improved.
- o As we progressed, it became apparent that your oversized skates were the cause of much frustration and loss of power to your lateral movement.
- o Must maintain a normal crouch position on all movements. Coming up from the crouch position causes you to lose balance.

½ Butterfly:

- o Your ½ butterfly is very strong and will help you cover the lower portion of the net, however use it when needed and NOT on all low shots. Save selection is key.
- o The stick MUST move toward the puck on low shots in this position, it seldom did without a reminder.

Butterfly:

- o The full butterfly is not as strong as the ½ for you and is an 'in tight' move although it works well for you, keep working on getting down with the pads outward, hip rotation is key.
- o The stick must stay in position while dropping, this improved as we progressed, but needs work.
- o The gloves must remain solid and in position at all times, you tend to 'flail' the gloves a bit with motion.
- o Remember, the shot 'should' hit the body, don't turn your chest in attempt to catch shots, block them.
- o Your butterfly was much improved as we progressed.

Kick Save:

- o You had a fluid move that works well for you
- o Work on getting your reach with the gloves while in motion
- o The stick must follow the shot

Catch Glove:

- o Started out as a problem with little control, by the end of our sessions you were catching most shots
- o Although you developed a good glove hand, don't overuse it! It is important to maintain balance on all saves and using the glove for low shots that should be pad saves will lead you into trouble.

Blocker

- o Some difficulty controlling your rebounds off the blocker, really focus on keeping the puck out of the middle.
- o As with the glove, leave the on ice shots for the pads.

2 Pad Stack

- o Some problems keeping your balance
- o Work on the proper positioning of the legs and keeping an outstretched arm or stick to cover and block

- ø Head down for better coverage without the hole under the arm
- ø Lateral push must come with a bottom let kick or you trip on your feet, this requires a lot of practice.

Body Shots

- ø As we progressed so do did your understanding of this save.
- ø Try to always maintain a solid chest 'wall' for maximum coverage
- ø Keep the gloves out front with the elbows tucked in.
- ø Control the rebound.

Reaction:

- ø You will again have better reaction with your feet repositioned and the glove in proper location and angle.
- ø I anything your reaction was at times ahead of the puck, you must learn patience and positioning are as key as quickness.
- ø Overall you have quickness and agility on your side.

Overall Angles:

- ø An on ice evaluation would be needed for a more in depth analysis.
- ø Overall positioning was not nearly as good on the glove side of the net, so you'll really need to work on this or you will have a problem.
- ø Remember, for the first while, look, tap and check, as you get better at this, you will find it more natural and only have to tap off to locate the net.

Stick Use:

- ø This was a major problem on shots. The stick must lead into the shot and should always arrive first. Focus on this and keep practicing, using the mini drill I showed you. Stick use is one of the most important factors in success as a goaltender.
- ø You seem to have a good grasp of the stick use for poke checks and rebound control.
- ø Shooting will require lots of practice and wrist strengthening

NOTES:

You must work on your save selection, knowing what save to use and when. Try to learn the proper piece of equipment to use for each situation. Moving the stick into the shot is very important and needs to be a focus area for you.

Focus Areas:

Key Areas:

- Balance and lateral movement in stance
- Stick use
- Save selection
