

As a coach, you have a major influence on your athletes. Not only will you affect the development of their skills and long-term enjoyment of the sport, you will also play a role in their development as individuals. It is important that you have effective resources to help you. The Coaching Association of Canada, in partnership with the national sport organizations, compiled the following coaching tips.

Ringette and/or Floor Hockey Toolbox



Goalkeeping Skills

PROGRESSION	GOALKEEPING SKILL
<p style="text-align: center;">NOVICE</p>  <p style="text-align: center;">ACCOMPLISHED</p>	<p>Warm-ups</p> <ul style="list-style-type: none"> - Off ice - On ice - Stationary <p>Basic Stance or "Ready Position"</p> <ul style="list-style-type: none"> - Stick Grip <p>Styles</p> <ul style="list-style-type: none"> - Crouch - Inverted "V" - Stand Up <p>Lateral Movement</p> <ul style="list-style-type: none"> - Shuffle - "T" Push and Glide <p>Forward and Backward Movement</p> <ul style="list-style-type: none"> - Push and Glide - Telescoping <p>Throwing the Ring</p> <p>Positioning</p> <ul style="list-style-type: none"> - Finding the Posts - Hugging the Posts - Playing the Angles - Ice Geography <p>Stickwork</p> <ul style="list-style-type: none"> - Cushioning the shot - Deflecting Shots - Forehand and Backhand Passes <p>One Knee Drop or "Skate Save"</p> <p>Butterfly Drop</p>

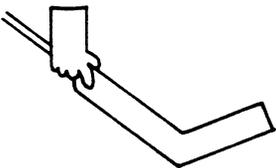
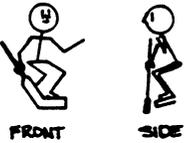
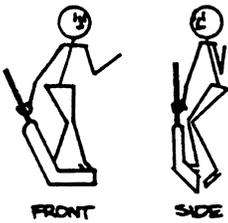
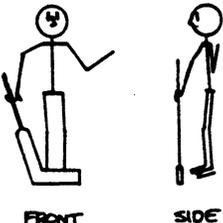
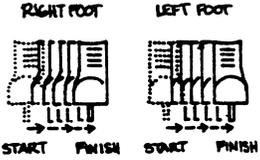
Ringette and/or Floor Hockey Toolbox



SKILL	ILLUSTRATION	CONCEPTS AND HINTS	PRACTICE DRILLS
Warm Ups Off Ice (without skates)		<ul style="list-style-type: none"> • There are three stages to an effective warm up: easy active movement, static stretching, and sport specific skills. • Work from small muscle groups to the large muscle groups. • Stretch muscles, then exercise more rigorously to increase blood flow to the muscles and to assist in being mentally prepared. 	<p>Do the following drills:</p> <ul style="list-style-type: none"> • stretch from toes to groin, • stretch from head to abdominal area and back muscles, • move into rapid movement exercises.
On Ice		<ul style="list-style-type: none"> • Wear full equipment. • Perform all skating drills with the rest of the team (warm up should be coordinated so that all players do the same exercises on both sides of the body, working from small to large muscle groups). 	<p>Do the following drills:</p> <ul style="list-style-type: none"> • stretch from toes to groin, • stretch from head to back, • balance exercises, • rapid skating exercises.
Stationary (done by goalkeeper in full equipment)		<ul style="list-style-type: none"> • Concentrate on exercises specific to the goalkeeper. • Use rapid movement exercises. • Do a shooting warm up. <p>NOTE: A proper shooting warm-up starts with shots at the goalkeeper and progress to shots to the top then lower corners of the net.</p>	<p>Do the following drills:</p> <ul style="list-style-type: none"> • groin stretches, • standing: spread feet as far apart as possible and try to put head on ice in front of body while weight is on feet – keep knees slightly bent, • on knees: not sitting back on skates, stretch legs out to sides and bring head to the knee. Alternate sides, • stretch neck from side to side, • arm and shoulder circles, • arms straight above the head, then bring them down and touch toes, • with the stick across shoulders, stretch from side to side, • on knees, with the stick in front on ice and catching hand in air, kick the feet out side to side, • fall on knees, then get back to the feet in proper stance. Repeat, • shots to improve mental readiness and reaction time.
Basic Stance or Ready Position		<ul style="list-style-type: none"> • Feet are shoulder width apart. • Goal pads are together with no space in between. • Knees are slightly bent and back is relatively straight. • Weight should be over the balls of the feet. • Catching hand is out to the side with palm facing forward. • The head is up watching the play. • This is the best stance to teach a goalkeeper. • Demonstrate first without the stick to give the best view of feet and goal pads. 	<ul style="list-style-type: none"> • Start in a proper stance, skate about 10 feet, and dive to the ice. Return to proper stance as fast as possible.

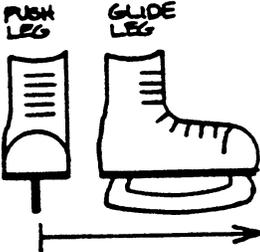
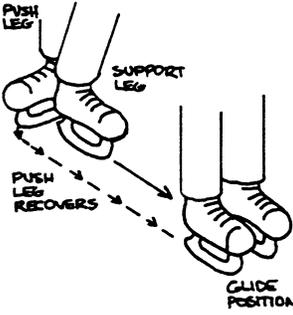
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<ul style="list-style-type: none"> Stick Grip 		<ul style="list-style-type: none"> Grip the stick at the top of the shank with the index finger pointing down the shank for better stick control. Place the bottom of the stick blade flat on the ice about 4-6 inches from the toes of the skates. Demonstrate how to hold the goal stick without the glove, then show where to place the stick. The stick should have the proper lie. 	<ul style="list-style-type: none"> Start in the basic stance. Skate about 10 feet, then dive to the ice while letting the stick go. Retrieve the stick and return to proper stance as quickly as possible with proper grip on stick, held flat on the ice. Repeat the drill. Make sure you tell the goalkeeper that the stick should not be released in a game situation.
<p>STYLES</p> <ul style="list-style-type: none"> Crouch 		<ul style="list-style-type: none"> Same position as basic stance except that hips and knees are bent much more. Good position for low shots and screen shot situations. Tends to leave the upper corners more vulnerable. 	<ul style="list-style-type: none"> Set up screen shot situations and use low corner shots.
<ul style="list-style-type: none"> Inverted 'V' 		<ul style="list-style-type: none"> The position is the same as the crouch stance, except the knees are held together and the feet are placed slightly wider than shoulder width. Feet and ankles are angled inwards. This is a good stance for a goalkeeper who uses the butterfly drop frequently. Some goalkeepers may show preference to this stance over the crouch if they tend to bring their knees together. Knees and hips are bent more. 	<ul style="list-style-type: none"> These are the same as those for the "crouch".
<ul style="list-style-type: none"> Stand-Up 		<ul style="list-style-type: none"> This position is used infrequently due to its vulnerability for low shots. Legs are kept tight together. Knees and back are quite straight. Stick hand is held high on the shaft of the stick. Goal stick should be chosen with a very high lie number. Glove hand is held comfortably to the side. 	<ul style="list-style-type: none"> Do not force goalkeeper to use this or any particular style. Expose all choices and allow their personal preference to determine which style they use. High shots to corners will best test this style.
<p>LATERAL MOVEMENT</p> <ul style="list-style-type: none"> Shuffle <p>(continued on next page)</p>		<ul style="list-style-type: none"> This is always performed using the proper stance. Weight starts over pushing foot; then the lead foot slides across in the direction of travel while remaining pointed at the ring. The weight is transferred to the lead foot. Trailing foot recovers so that the goalkeeper maintains proper stance. Slide should not be greater than 12-14 inches. Repeat this motion. Demonstrate this motion without stick to give the learner a view of feet. Then demonstrate the move while holding the stick. 	<ul style="list-style-type: none"> This should always be performed in both directions. Work from 1 push to 5 pushes, alternating directions. Using the width of ice surface, skate from one board to the other and return to the point of origin, always facing the same end of the rink. For variation, a person could stand in front of the goalkeeper and point left or right; the goalkeeper shuffles left or right. This drill can be done with two goalkeepers working in pairs. Speed up the pace as the drill continues.

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<ul style="list-style-type: none"> • Shuffle (continued) 		<ul style="list-style-type: none"> • Demonstrate with the back facing the learning goalkeeper for another view of the skill. • This is a good lateral mobility skill since the goalkeeper remains in the proper stance and faces play to adjust to the shooting angle. 	
<ul style="list-style-type: none"> • "T" Push and Glide 		<ul style="list-style-type: none"> • This is used when quick lateral movement is required. • It is always performed starting from the basic stance. • The weight starts over the pushing foot, which is the foot that forms the top of the "T". • The opposite foot points in direction of travel to form the stem of the "T". • The back foot pushes and the opposite foot glides. After the push, the back foot recovers behind the gliding foot, low to the ice. • The goal pad of the pushing leg always faces the play. • Body is always square to the ring. • Demonstrate, first without stick, then with stick. Demonstrate from the front and back. • This is good lateral mobility skill as the goalkeeper remains balanced in a ready position. • It is a good skill for fast post to post movement. • Execute the skill both to the left and the right. 	<ul style="list-style-type: none"> • Push from one side of the ice to the other while always facing the same end of the rink. • Work in pairs or watch a person indicate the desired direction, pushing left or right and speeding up the pace. • Move from post to post while watching ring being passed behind the net.
<p>FORWARD AND BACKWARD</p> <p>Movement</p> <ul style="list-style-type: none"> • Push & Glide 		<p>FORWARD</p> <ul style="list-style-type: none"> • This is always done from the basic stance • This is similar to the "T" start and glide in forward skating. • Recover the pushing foot to the proper stance position. • Repeat the motion with the opposite foot. <p>BACKWARD</p> <ul style="list-style-type: none"> • This is similar to the backward start in backward skating. • Backward start then glide with weight balanced over the skates. • Demonstrate first without stick, then with stick with a view from the front and back. • Combined, this can be an aggressive, challenging motion and a fast, efficient movement to get back into the net. • The goalkeeper is always in a balanced ready position. 	<ul style="list-style-type: none"> • Partners face each other, one going backward and the other forward, changing direction in the space of 15–20 feet. • This drill uses both forward and backward skating skills.



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<ul style="list-style-type: none"> Telescoping 		<p>FORWARD</p> <ul style="list-style-type: none"> Start by using the basic stance. Point the toes outward and push the heels apart slightly more than shoulder width. Continue to glide forward. When slowing or stopping is desired, toes are pointed inward, feet come together into proper stance. Repeat this motion. <p>BACKWARD</p> <ul style="list-style-type: none"> To go backward, repeat the steps in reverse order. Toes initially point inward and balls of feet are used to push off. When slowing or stopping is desired, toes are pointed outward. This is more difficult than the push and glide technique, as strong groin muscles are required. The goalkeeper must do both the pushing outward and pulling inward motion or else they will lose balance. Legs must not be pushed too far apart to retain balance and minimal space between the pads. The motion of "bobbing" (straightening and bending at knees) must be avoided. 	<ul style="list-style-type: none"> Move back and forth from goal line to edge of crease either on own or at the direction of the coach/instructor or partner. Use a combination of lateral, forward, and backward skating movements to follow partner. Obstacle courses can be constructed and followed using these movements. Always use the proper stance. Follow the skater with a ring.
<p>Throwing Ring</p>		<ul style="list-style-type: none"> Held in the glove hand, the ring should be parallel to the ice (like holding a frisbee). The ring is brought back across the chest and the arm swings forward and points toward target. The ring is thrown like a frisbee. The goalkeeper may transfer the weight from the back foot to the front foot and step into the throw for more power. The goalkeeper keeps eye on target and throws the ring to the designated area. NOTE: The goalkeeper cannot legally throw the ring over the blue line. 	<ul style="list-style-type: none"> Throw the ring to moving and stationary targets.
<p>POSITIONING</p> <ul style="list-style-type: none"> Finding the Posts 		<p>STICK SIDE</p> <ul style="list-style-type: none"> Use the proper stance. The stick needs to be lifted off the ice and is turned to a more horizontal position in front of the body. The goalkeeper reaches back and taps the post with the butt end of the stick. The stick is brought back onto ice to the proper position. The goalkeeper does not take the stick off the ice if play is close by. <p>GLOVE HAND</p> <ul style="list-style-type: none"> Reach back with the hand and tap the post. The glove hand returns, held out to the normal position. The goalkeeper must always find the post after moving around in the crease. 	<ul style="list-style-type: none"> Follow the player with the ring especially going into the corners and behind the net. Shots from all over the ice, checking posts before every shot or returning to the opposite post between shots. Set up a skating course where goalkeeper must back into the net and find posts.

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<ul style="list-style-type: none"> Hugging the Posts 		<p>STICK SIDE</p> <ul style="list-style-type: none"> Use the proper stance with the skate on the inside of the post and the body tight against the post, facing the front of the net. The stick, with blade placed flat on the ice, is held erect and perpendicular to the ring. The glove is also held out facing the ring to intercept a pass. The goalkeeper does not take the stick off the ice or eyes off the ring. <p>GLOVE SIDE</p> <ul style="list-style-type: none"> Use the proper stance with the skate on inside of post and body tight against post facing front of net. The hand is held out facing the ring and the stick is brought across the body facing the ring with the blade flat on the ice to intercept pass. The goalkeeper adjusts to the play by moving out of the net when the play is farther away and back into the net as play moves in closer. 	<ul style="list-style-type: none"> Follow the player with the ring in corners and behind net, finding, then hugging the posts.
<ul style="list-style-type: none"> Playing the Angles 		<ul style="list-style-type: none"> The goalkeeper should always be in the center of the net by covering the middle post of the net. The goalkeeper should try to remain in the centre of an imaginary triangle formed by the ring and two goal posts. 	<ul style="list-style-type: none"> It should become a habit for the goalkeeper to tap the posts with stick and hand frequently, so that the goalkeeper always knows where net is. Follow a player as they move between blue line and net and establish a course. Skills used should include telescoping and finding and hugging posts, with or without shots on net. Use a rope tied to each post, drawn together at the ring to demonstrate how to determine angles.
<ul style="list-style-type: none"> Ice Geography 		<ul style="list-style-type: none"> A goalkeeper must learn to be aware of their position from visual cues. Practice movements in the crease and memorize crease lines and other visual signals. The goalkeeper should pick out landmarks in the rink, i.e. beam overhead that goes down the middle of the ice, blue line on the boards, middle of the free pass circles, etc. By doing those things the goalkeeper will have a good idea of position merely by looking forward. 	<ul style="list-style-type: none"> Have goalkeeper move with the play and stop occasionally to assess their position. Move the ring around and have the goalkeeper judge position without a stick or looking backward.

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<p>STICKWORK</p> <p>Cushioning the Shot</p>		<ul style="list-style-type: none"> Use the proper stance, with the bottom of the stick blade flat on ice, 4" to 6" in front of the skates. If the shot is on the stick, move the stick back toward the skates (i.e. cushion the shot) and the ring will not be deflected. 	<ul style="list-style-type: none"> Practice cushioning shots on ice directed toward the stick. The goalkeeper follows a player who shoots on the net. The goalkeepers, in pairs, practice cushioning and clearing the ring to a partner.
<p>Deflecting Shots</p>		<ul style="list-style-type: none"> Use the proper stance with the stick always on the ice. Make sure players keep their eye on the ring. As the shot is received, the stick is turned and the ring is deflected towards the corner. Movements must be well coordinated. Return immediately to the proper stance. Deflecting the ring is a second choice. The goalkeeper should try to cushion the shot to gain control of the ring in the crease. If control cannot be attained, the goalkeeper is advised to deflect it to either corner. 	<ul style="list-style-type: none"> Take low shots about two feet to either side of the goalkeeper.
<p>• Forehand and Backhand Passes</p>		<p>FOREHAND</p> <ul style="list-style-type: none"> The blocker hand slides up to the butt end of the stick, and the glove hand holds stick at the top of the shank. Weight is put on the stick, and the pass is made with a sweeping action across the front of the body. The head faces the target and the follow through action completes the pass with the stick pointing at the target. <p>BACKHAND</p> <ul style="list-style-type: none"> This is executed in the same manner as the forehand pass, except it is a backhand motion across the body. The pass should not be attempted with "slap shot" action. Transfer the weight from the back foot to the front passing foot. Step into the pass for more power. 	<ul style="list-style-type: none"> Pass a ring to a target. Move the target farther away to increase distance and accuracy as the drill continues. Stop and take possession of the shot then pass the ring to a player using the stick. Use both stationary and moving targets.

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SKILL	ILLUSTRATION	CONCEPTS AND HINTS	PRACTICE DRILLS
<p>One Knee Drop or Skate Save (Deflection)</p>		<ul style="list-style-type: none"> • Start by using the proper stance, turning the skate as in the "T"-push, with the toe pointing towards to the corner. • Lean in the direction of the save and extend the lead leg, keeping the stick flat on the ice in front of the of the body to protect the space between the legs. • The pushing leg drops down to the ice while the lead skate extends in a semicircular motion keeping the blade of the skate on the ice at all times. • To recover, the lead foot is brought back and the pushing leg is brought back into the proper stance. • The goalkeeper must keep their eye on the ring and coordinate the skate motion with the motion of the ring. • The goalkeeper should not drop down and then kick the leg out. Rather, the blade of the skate must remain on the ice at all times. This requires the leg to be extended as the goalkeeper is dropping down. • This move is for low shots, as the goalkeeper should remain standing on high shots. 	<ul style="list-style-type: none"> • Controlled shots on the ice are directed to both bottom corners of the net. • Follow the player with the ring who takes shots on the ice.
<p>Butterfly Drop</p>		<ul style="list-style-type: none"> • Using the proper stance, the knees come together and the feet slide out to the sides while dropping to the knees. • Pads lie flush on the ice angled toward the corners, with the stick flat on the ice covering the space between the pads. • The upper body remains upright, with the hand held out to the side. • Recovery is made by bringing one leg under the body, standing, and assuming proper stance. • This move is good for screen shots as the goalkeeper is low to see through, or around, the screen. 	<ul style="list-style-type: none"> • Shots are taken with a screening player in front of the goalkeeper. • Follow a player who has the ring and takes low shots. • Other drills include: up and down in the butterfly position to practice speed, endurance, keeping the stick on ice, recovery, etc. (do not repeat too often as this is a very tiring drill).