



Ringette Goalie Primer

for coaches and players



*"A goalkeeper
cannot win a
game. She can only save it"*

A quick reference guide for new goalies in u8 - u10 to help with equipment, basic play, coaching and resources available from CORA to help you become the best goalie you can be.



Introduction

CORA takes the responsibility of providing goalie mentors, goalie clinics, subsidizing goalie camps and provides all equipment for goalies and assistance as you're daughters continue to play the most important position in the game of ringette.

Being a goalie is one of the most exciting and rewarding positions and requires patience and strategy. You are the quarterback of most plays, passing the ring out and starting the offensive play up the ice. Have fun with it and keep working at it.

If your child has chosen to become a goaltender, it is extremely important that their skating abilities are strong. If a child has trouble skating, poor balance or stability issues without the pads, they're going to have trouble getting up off the ice after they go down. This may cause them to not enjoy themselves at all. Instead, impress their skating skills on your daughters and players.

The Goalies Equipment



Required Goaltender Equipment

- 1 Shoulder pads
- 2 Elbow pads
- 3 Pants
- 4 Blocker
- 5 Goaltender pads
- 6 Skates
- 7 CSA-Approved helmet and face protector
- 8 BNQ-Approved neck protector
- 9 Chest protector
- 10 Hip, Tailbone and genital protection
- 11 Protective gloves
- 12 Goal stick

Équipement de gardien de but obligatoire

- 1 Épaulières
- 2 Cubitières
- 3 Pantalon
- 4 Gant Bloqueur
- 5 Jambières du gardien de but
- 6 Patins
- 7 Casque et Protecteur facial (Approuvés par l'ACNOR)
- 8 Protège-cou (Approuvé par le BNO)
- 9 Plastron protecteur
- 10 Protection pelvienne
- 11 Gant protecteur
- 12 Bâton du gardien de but



Alternate hand protection

hybrid, trapper, player gloves, Mylec gloves, player glove

Autre protection pour les mains

gant hybride, gant intercepteur, gant de patineur, gant en Mylec

Gloves

U8 and u9s will use the Mylec Gloves or broomball gloves on their trapper or non-stick hand.

If a left-hand blocker is available 2 blockers can be used,

U10 should try to introduce the Keely or McKenney trapper to get goalies to try the equipment.

Helmet

A goalie helmet is not required.

A regular helmet, CSA approved with ringette cage as regular skaters use is the required equipment

Skates

Goalie skates are not required.

Regular hockey skates are good at this age to develop both skating skills and goalie skills

Stick

In a neutral stance, legs comfortably bent the sticks lie should be flat on the ice covering the 5 hole (the space between the pads), the shaft of the stick just below the top of the pads. Stick shafts should not be cut they are designed to be balance

Pads

The main issue at u8-u10 levels is that the center knee pad sits comfortably in place with knee cap when pads are fastened.

Sizing is done in 3 measurements

A. is Floor to mid-point of kneecap.

B. is Mid-point of kneecap to desired height on the thigh.

C. Skate size x .75.

A + B + C should equal the approximate pad size needed.

A 20" – 22" inch goalie pad is what an average 8-year-old would use.

Putting on Pads

Basic pad terminology



First, know that the straps are meant to be worn loose, especially on the top half of the pad. The leg pad needs to fit loose enough on the leg, so that it can rotate when going down to the ice to butterfly.

Please note if the parent or trainer is putting the pads on the player they should not be paced face down on the floor. Number one there are too many skates walking around and the bacteria levels in rinks especially on the floors is not worth the risk of having the child come in contact.

Instead lay the pads on floor in front of the bench have the player kneel into the pads and have the m in an angled push up position to the bench. It's safer this way.

Step #1: Attach the toe ties to the pad

With the inside of the pad facing the player wrap the lace through the skate and then tie the lace around the foot.

Toe Ties: These are the strings at the toes of the pad and they are meant to keep the skate and pad in sync. First, make a $\frac{3}{4}$ " to 1" knot from the toe bridge of the pad like the image to the right. This allows you to tie the laces tight and still allows the pad to shift enough when using inside edges for lateral movement. Without this knot, the pad will be too snug and may grip the ice instead of the skate blade, causing the foot to slip out from underneath.

Lacing Toe Ties: There are multiple ways to lace toe-ties. The pictures below depict the most common and easiest tying method. Align the toe of the pad to the toe of the goalie skate. Take both laces and loop them through the first hole on the bottom of the skate near the toe; do the same through the second middle hole; finally, bring the laces up over the top of the skate and tie tightly.

Align the knot of the toe tie to the toe of the skate. Take one lace to the right side of the skate and the other to the left; then loop both through the first hole of the skate holder.

Pull tightly and repeat Step 1 through the second hole of the skate holder.



Pull tightly and bring both laces to the top of the skate and tie



Step #2: Run the boot strap through the back hole of the skate cowling, keeping the strap approximately 1-2 holes outside of snug

Step #3: If the pad has a calf wrap strap, attach this to your desired level of tightness. Attach the calf straps from the top of the boot to the bottom of the knee approximately 2-3 strap holes outside of snug

Step #4: Attach the knee and/or thigh straps. These can be worn the most loose of all of the straps and we recommend attaching them approximately 4-5 holes from snug as a starting point

Step #5: If the pads come with attached knee/thigh protectors, tighten the straps around the knee and thigh and tuck the pad underneath your pant leg.

Coaches Goalie matrix for skill training from Ringette Canada

Ringette Technical Skills Matrix

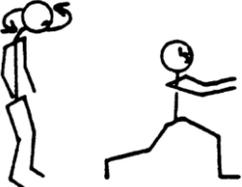
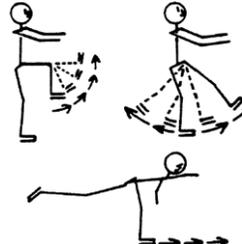
| ACTIVE START (0-6) | | | FUNDAMENTALS U9 (6-8) | | LEARNING TO TRAIN U10 (8-9) <u>Early Stage</u> | | LEARNING TO TRAIN (U12) (10 & 11) <u>Late Stage</u> | |
|--------------------|---|-----------------------|--|-----------------------|---|-----------------------|---|-----------------------|
| Part 1 | Goalkeeping Skills and Techniques | | Goalkeeping Skills and Techniques | | Goalkeeping Skills and Techniques | | Goalkeeping Skills and Techniques | |
| Part 2 | Ring Skills and Techniques | | Ring Skills and Techniques | | Ring Skills and Techniques | | Ring Skills and Techniques | |
| Part 3 | Skating Skills and Techniques | | Skating Skills and Techniques | | Skating Skills and Techniques | | Skating Skills and Techniques | |
| Part 4 | Psychological Development | | Psychological Development | | Psychological Development | | Psychological Development | |
| PART 1 | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression |
| Overview | All learn to stop, block, catch, trap, throw and kick rings and balls. | | All learn to stop, block, catch, trap, throw and kick rings and balls. | | All players given basic goalkeeper skill instruction and encouraged to play goal. Players rotate positions each game. | | Introduction of goalkeeper specific drills. Concentration on identification and development of maximum number of players interested and with ability. | |
| | Everyone tries goaltending type positions, rotating each shift and using only the goal stick. During modified games the idea of a goalie must be present. | | | | Players should not play full time goalkeepers as still need to develop all skating and ring skills | | Players interested in playing goal should start to play 1/2 time | |
| | | | | | Introduction of rules specific to goalkeepers. | | | |
| General | Grip | Initiation | Grip | Initiation | Grip | Acquisition | Grip | Acquisition |
| | Ready position/stance | Initiation | Ready position/stance | Initiation | Ready position/stance | Acquisition | Ready position/stance | Acquisition |
| | Keeping stick on the ice | Initiation | Keeping stick on the ice | Initiation | Keeping stick on the ice | Acquisition | Keeping stick on the ice | Acquisition |
| | | | | | | | | |
| | Getting up and down quickly | | Getting up and down quickly | Initiation | Getting up and down quickly | Initiation | Getting up and down quickly | Acquisition |
| | Reading the play | | Reading the play | | Reading the play | Initiation | Reading the play | Acquisition |

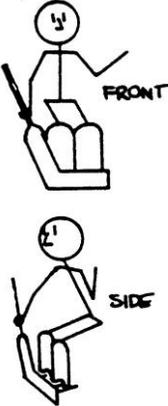
| Style | Stand-up | Initiation | Stand-up | Initiation | Stand-up | Acquisition | Stand-up | Acquisition |
|--|--|------------|--|------------|--|-------------|--|-------------|
| ACTIVE START (0-6) | | | FUNDAMENTALS U9 (6-8) | | LEARNING TO TRAIN U10 (8-9) <u>Early Stage</u> | | LEARNING TO TRAIN (U12) (10 & 11) <u>Late Stage</u> | |
| | Crouch | | Crouch | | Crouch | Initiation | Crouch | Acquisition |
| | One-knee drop | | One-knee drop | | One-knee drop | Initiation | One-knee drop | Acquisition |
| | Butterfly | | | | | | Butterfly | Initiation |
| | Inverted V | | | | | | Inverted V | Initiation |
| | | | | | | | | |
| | | | | | | | | |
| Mobility(Lateral and Forward & Backward) | Shuffle | | Shuffle | | Shuffle | Initiation | Shuffle | Acquisition |
| | T-push and glide | | T-push and glide | | T-push and glide | Initiation | T-push and glide | Acquisition |
| | Push & Glide | | Push & Glide | | Push & Glide | Initiation | Push & Glide | Acquisition |
| | Telescoping (understanding angles) | | Telescoping (understanding angles) | | Telescoping (understanding angles) | Initiation | Telescoping (understanding angles) | Acquisition |
| | Butterfly slides from top of crease back to both posts | | Butterfly slides from top of crease back to both posts | | Butterfly slides from top of crease back to both posts | | Butterfly slides from top of crease back to both posts | Initiation |
| | Butterfly pad walk | | Butterfly pad walk | | Butterfly pad walk | | Butterfly pad walk | Initiation |
| | | | | | | | | |
| Stickwork | Keeping stick flat on ice, hand in ready position | Initiation | Keeping stick flat on ice, hand in ready position | Initiation | Keeping stick flat on ice, hand in ready position | Acquisition | Keeping stick flat on ice, hand in ready position | Acquisition |
| | Handling shots | | Handling shots | Initiation | Handling shots | Acquisition | Handling shots | Acquisition |

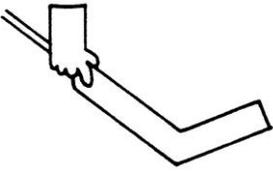
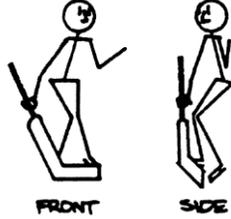
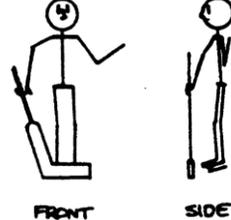
| ACTIVE START (0-6) | | | FUNDAMENTALS U9 (6-8) | | LEARNING TO TRAIN U10 (8-9) <u>Early Stage</u> | | LEARNING TO TRAIN (U12) (10 & 11) <u>Late Stage</u> | |
|--------------------|--|------------------------------|--|------------------------------|--|------------------------------|--|------------------------------|
| Part 1 | Goalkeeping Skills and Techniques | |
| Part 2 | Ring Skills and Techniques | |
| Part 3 | Skating Skills and Techniques | |
| Part 4 | Psychological Development | | Psychological Development | | Psychological Development | | Psychological Development | |
| PART 1 | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression | GOALKEEPING SKILLS AND TECHNIQUES | Stages of Progression |
| | Forehand and backhand passes | | Forehand and backhand passes | Initiation | Forehand and backhand passes | Acquisition | Forehand and backhand passes | Consolidation |
| | Cushioning the shot | | Cushioning the shot | | Cushioning the shot | Initiation | Cushioning the shot | Acquisition |
| | Shot Deflections | | Shot Deflections | | Shot Deflections | Initiation | Shot Deflections | Acquisition |
| | | | | | | | | |
| Ring Skills | Blocking | | Blocking | Initiation | Blocking | Acquisition | Blocking | Acquisition |
| | Stopping | | Stopping | Initiation | Stopping | Acquisition | Stopping | Acquisition |
| | Throwing the ring (flat and aim) | | Throwing the ring (flat and aim) | Initiation | Throwing the ring (flat and aim) | Acquisition | Throwing the ring (flat and aim) | Acquisition |
| | Catching / trapping reflexes | | Catching / trapping reflexes | | Catching / trapping reflexes | Initiation | Catching / trapping reflexes | Acquisition |
| | Ring distribution | | Ring distribution | | Ring distribution | Initiation | Ring distribution | Acquisition |
| | Control of rebounds | | Control of rebounds | | Control of rebounds | Initiation | Control of rebounds | Acquisition |
| | Pass to the open ice / in front of player with different throwing options. | | Pass to the open ice / in front of player with different throwing options. | | Pass to the open ice / in front of player with different throwing options. | | Pass to the open ice / in front of player with different throwing options. | Initiation |
| | Show goalie options when screened | | Show goalie options when screened | | Show goalie options when screened | | Show goalie options when screened | Initiation |
| | Learn to deflect shot to areas which would be beneficial to the team. | | Learn to deflect shot to areas which would be beneficial to the team. | | Learn to deflect shot to areas which would be beneficial to the team. | | Learn to deflect shot to areas which would be beneficial to the team. | Initiation |

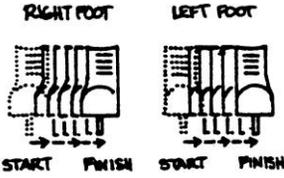
RINGETTE DEVELOPMENT MODEL FOR TRAINERS AND COACHES

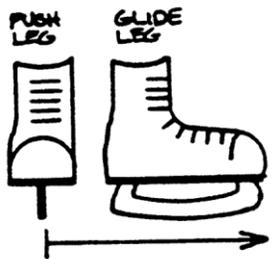
Goalkeeping Skills

| Skill | Illustration | Concepts and Hints | Practice Drills |
|--|---|---|---|
| Warm Ups Off Ice (without skates) |  | <ul style="list-style-type: none"> <input type="checkbox"/> There are three stages to an effective warm up: easy active movement, static stretching, and sport specific skills. <input type="checkbox"/> Work from small muscle groups to the large muscle groups. <input type="checkbox"/> 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"> <input type="checkbox"/> stretch from toes to groin <input type="checkbox"/> stretch from head to abdominal area and back muscles <input type="checkbox"/> move into rapid movement exercises. |
| On Ice |  | <ul style="list-style-type: none"> <input type="checkbox"/> Wear full equipment. <input type="checkbox"/> 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"> <input type="checkbox"/> stretch from toes to groin <input type="checkbox"/> stretch from head to back <input type="checkbox"/> balance exercises <input type="checkbox"/> rapid skating exercises |

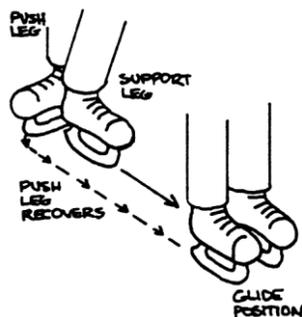
| | | | |
|---|--|--|--|
| <p>Stationary (done by goalkeeper in full equipment)</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> Concentrate on exercises specific to the goalkeeper. <input type="checkbox"/> Use rapid movement exercises. <input type="checkbox"/> Do a shooting warm 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"> <input type="checkbox"/> groin stretches <input type="checkbox"/> 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 <input type="checkbox"/> on knees: not sitting back on skates, stretch legs out to sides and bring head to the knee. Alternate sides <input type="checkbox"/> stretch neck from side to side <input type="checkbox"/> arm and shoulder circles <input type="checkbox"/> arms straight above the head, then bring them down and touch toes <input type="checkbox"/> with the stick across shoulders, stretch from side to side <input type="checkbox"/> on knees, with the stick in front on ice and catching hand in air, kick the feet out side to side <input type="checkbox"/> fall on knees, then get back to the feet in proper stance. Repeat <input type="checkbox"/> shots to improve mental readiness and reaction time. |
| <p>Basic Stance or Ready Position</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> Feet are shoulder width apart. <input type="checkbox"/> Goal pads are together with no space in between. <input type="checkbox"/> Knees are slightly bent and back is relatively straight. <input type="checkbox"/> Weight should be over the balls of the feet. <input type="checkbox"/> Catching hand is out to the side with palm facing forward. <input type="checkbox"/> The head is up watching the play. <input type="checkbox"/> This is the best stance to teach a goalkeeper. <p>Demonstrate first without the stick to give the best view of feet and goal pads.</p> | <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. |

| | | | |
|----------------------------|--|---|---|
| <p>Stick Grip</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> Grip the stick at the top of the shank with the index finger pointing down the shank for better stick control. <input type="checkbox"/> Place the bottom of the stick blade flat on the ice about 4-6 inches from the toes of the skates. <input type="checkbox"/> Demonstrate how to hold the goal stick without the glove, then show where to place the stick. <input type="checkbox"/> The stick should have the proper lie. | <ul style="list-style-type: none"> <input type="checkbox"/> 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>Inverted 'V'</p> |  <p style="text-align: center;">FRONT SIDE</p> | <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> Feet and ankles are angled inwards. <input type="checkbox"/> This is a good stance for a goalkeeper who uses the butterfly drop frequently. <input type="checkbox"/> Some goalkeepers may show preference to this stance over the crouch if they tend to bring their knees together. <input type="checkbox"/> Knees and hips are bent more. | <ul style="list-style-type: none"> <input type="checkbox"/> These are the same as those for the "crouch". |
| <p>Stand-Up</p> |  <p style="text-align: center;">FRONT SIDE</p> | <ul style="list-style-type: none"> <input type="checkbox"/> This position is used infrequently due to its vulnerability for low shots. <input type="checkbox"/> Legs are kept tight together. <input type="checkbox"/> Knees and back are quite straight. <input type="checkbox"/> Stick hand is held high on the shaft of the stick. <input type="checkbox"/> Goal stick should be chosen with a very high lie number. <input type="checkbox"/> Glove hand is held comfortably to the side. | <ul style="list-style-type: none"> <input type="checkbox"/> Do not force goalkeeper to use this or any particular style. <input type="checkbox"/> Expose all choices and allow their personal preference to determine which style they use. <input type="checkbox"/> High shots to corners will best test this style. |

| | | | |
|-----------------------|---|---|--|
| <p>Shuffle</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> This is always performed using the proper stance. <input type="checkbox"/> Weight starts over pushing foot; then the lead foot slides across in the direction of travel while remaining pointed at the ring. <input type="checkbox"/> The weight is transferred to the lead foot. <input type="checkbox"/> Trailing foot recovers so that the goalkeeper maintains proper stance. <input type="checkbox"/> Slide should not be greater than 12-14 inches. <input type="checkbox"/> Repeat this motion. <input type="checkbox"/> 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"> <input type="checkbox"/> This should always be performed in both directions. <input type="checkbox"/> Work from 1 push to 5 pushes, alternating directions. <input type="checkbox"/> 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. <input type="checkbox"/> For variation, a person could stand in front of the goalkeeper and point left or right; the goalkeeper shuffles left or right. <input type="checkbox"/> This drill can be done with two goalkeepers working in pairs. Speed up the pace as the drill continues. |
| <p>Shuffle</p> | | <ul style="list-style-type: none"> <input type="checkbox"/> Demonstrate with the back facing the learning goalkeeper for another view of the skill. <input type="checkbox"/> This is a good lateral mobility skill since the goalkeeper remains in the proper stance and faces play to adjust to the shooting angle. | |

| | | | |
|----------------------------------|---|--|---|
| <p>"T" Push and Glide</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> This is used when quick lateral movement is required. <input type="checkbox"/> It is always performed starting from the basic stance. <input type="checkbox"/> The weight starts over the pushing foot, which is the foot that forms the top of the "T". <input type="checkbox"/> The opposite foot points in direction of travel to form the stem of the "T". <input type="checkbox"/> The back foot pushes and the opposite foot glides. After the push, the back foot recovers behind the gliding foot, low to the ice. <input type="checkbox"/> The goal pad of the pushing leg always faces the play. | <ul style="list-style-type: none"> <input type="checkbox"/> Push from one side of the ice to the other while always facing the same end of the rink. <input type="checkbox"/> Work in pairs or watch a person indicate the desired direction, pushing left or right and speeding up the pace. <input type="checkbox"/> Move from post to post while watching ring being passed behind the net. |
| <p>Position</p> | | <ul style="list-style-type: none"> <input type="checkbox"/> Body is always square to the ring. <input type="checkbox"/> Demonstrate, first without stick, then with stick. Demonstrate from the front and back. <input type="checkbox"/> This is good lateral mobility skill as the goalkeeper remains balanced in a ready position. <input type="checkbox"/> It is a good skill for fast post to post movement. <input type="checkbox"/> Execute the skill both to the left and the right. | |

Push & Glide



Forward

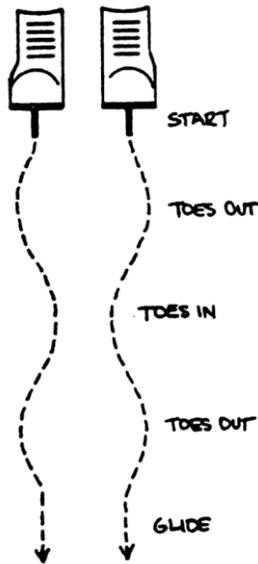
- This is always done from the basic stance
- This is similar to the "T" start and glide in forward skating.
- Recover the pushing foot to the proper stance position.
- Repeat the motion with the opposite foot.

Backward

- 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.

- Partners face each other, one going backward and the other forward, changing direction in the space of 1520 feet.
- This drill uses both forward and backward skating skills.

Telescoping



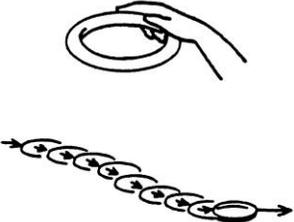
Forward

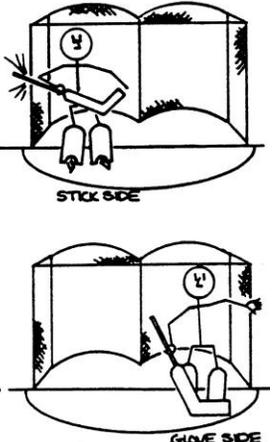
- Start by using the basic stance.
- Point the toes outward and push. The heels apart slightly more than shoulder width. Continue to glide forward.
- When slowing or stopping is desired, toes are pointed inward, feet come together into proper stance.
- Repeat this motion.

Backward

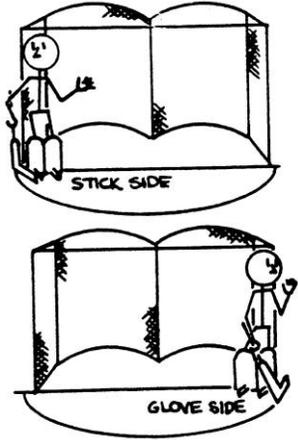
- To go backward, repeat the steps in reverse order. Toes initially point inward and balls of feet are used to push off.
- When slowing or stopping, toes are pointed outward.
- This is more difficult than the push and glide technique, as strong groin muscles are required.
- The goalkeeper must do both 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.

- 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"> <input type="checkbox"/> Held in the glove hand, the ring should be parallel to the ice (like holding a frisbee). <input type="checkbox"/> The ring is brought back across the chest and the arm swings forward and points toward target. The ring is thrown like a frisbee. <input type="checkbox"/> The goalkeeper may transfer the weight from the back foot to the front foot and step into the throw for more power. <input type="checkbox"/> The goalkeeper keeps eye on target and throws the ring to the designated area. <p>Note: The goalkeeper cannot legally throw the ring over the blue line.</p> | <ul style="list-style-type: none"> <input type="checkbox"/> Throw the ring to moving and stationary targets. |
|-----------------------------|---|---|---|

| | | | |
|---------------------------------|--|--|---|
| <p>Finding the Posts</p> |  | <p>Stick Side</p> <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> The stick is brought back onto ice to the proper position. <input type="checkbox"/> 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"> <input type="checkbox"/> Reach back with the hand and tap the post. <input type="checkbox"/> The glove hand returns, held out to the normal position. <input type="checkbox"/> The goalkeeper must always find the post after moving around in the crease. | <ul style="list-style-type: none"> <input type="checkbox"/> Follow the player with the ring especially going into the corners and behind the net. <input type="checkbox"/> Shots from all over the ice, checking posts before every shot or returning to the opposite post between shots. <input type="checkbox"/> Set up a skating course where goalkeeper must back into the net and find posts. |
|---------------------------------|--|--|---|

Hugging the Posts



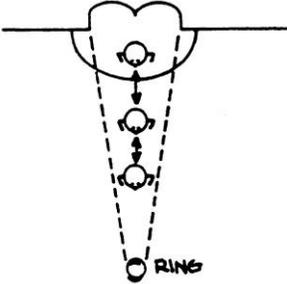
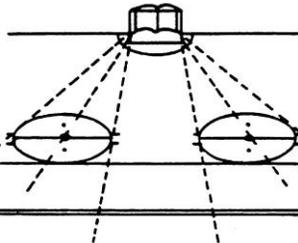
Stick Side

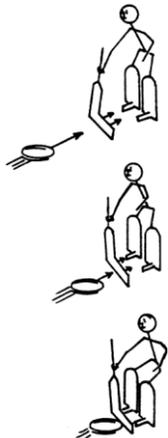
- Use the proper stance with the skate on the inside of the post and the body tight against the post, facing the front of the net.
- The stick, with blade placed flat on the ice, is held erect and perpendicular to the ring. The glove is also held out facing the ring to intercept a pass.
- The goalkeeper does not take the stick off the ice or eyes off the ring.

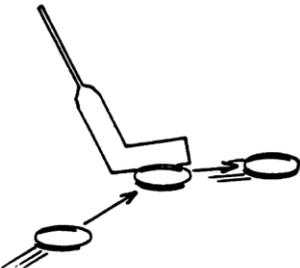
Glove Side

- 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.

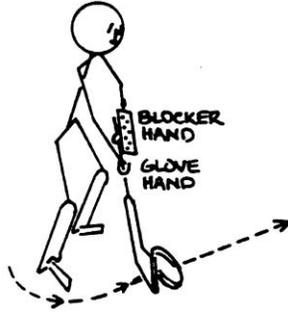
- Follow the player with the ring in corners and behind net, finding, then hugging the posts.

| | | | |
|----------------------------------|--|---|---|
| <p>Playing the Angles</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> 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. <input type="checkbox"/> The goalkeeper should always be in the center of the net by covering the middle post of the net. <input type="checkbox"/> 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"> <input type="checkbox"/> 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. <input type="checkbox"/> 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. <input type="checkbox"/> Use a rope tied to each post, drawn together at the ring to demonstrate how to determine angles. |
| <p>Geography</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> A goalkeeper must learn to be aware of their position from visual cues. <input type="checkbox"/> Practise movements in the crease and memorize crease lines and other visual signals. <input type="checkbox"/> 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. <input type="checkbox"/> By doing those things the goalkeeper will have a good idea of position merely by looking forward. | <ul style="list-style-type: none"> <input type="checkbox"/> Have goalkeeper move with the play and stop occasionally to assess their position. <input type="checkbox"/> Move the ring around and have the goalkeeper judge position without a stick or looking backward. |

| | | | |
|-----------------------------------|---|--|--|
| <p>Cushioning the Shot</p> |  | <ul style="list-style-type: none"><input type="checkbox"/> Use the proper stance, with the bottom of the stick blade flat on ice, 4" to 6" in front of the skates.<input type="checkbox"/> 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"><input type="checkbox"/> Practise cushioning shots on ice directed toward the stick.<input type="checkbox"/> The goalkeeper follows a player who shoots on the net.<input type="checkbox"/> The goalkeepers, in pairs, practise cushioning and clearing the ring to a partner. |
|-----------------------------------|---|--|--|

| Skill | Illustration | Concepts and Hints | Practice Drills |
|--------------------------------|---|--|--|
| <p>Deflecting Shots</p> |  | <ul style="list-style-type: none"> <input type="checkbox"/> Use the proper stance with the stick always on the ice. <input type="checkbox"/> Make sure players keep their eye on the ring. <input type="checkbox"/> As the shot is received, the stick is turned and the ring is deflected towards the corner. <input type="checkbox"/> Movements must be well coordinated. <input type="checkbox"/> Return immediately to the proper stance. <input type="checkbox"/> Deflecting the ring is a second choice. The goalkeeper should try to cushion the shot to gain control of the ring in the crease. <input type="checkbox"/> If control cannot be attained, the goalkeeper is advised to deflect it to either corner. | <ul style="list-style-type: none"> <input type="checkbox"/> Take low shots about two feet to either side of the goalkeeper. |

Forehand and Backhand Passes



Forehand

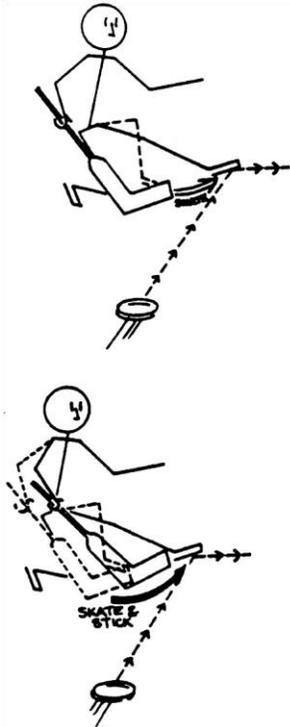
- The blocker hand slides up to the butt end of the stick, and the glove hand holds stick at the top of the shank.
- Weight is put on the stick, and the pass is made with a sweeping action across the front of the body.
- The head faces the target and the follow through action completes the pass with the stick pointing at the target.

Backhand

- 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.

- 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.

**One Knee
Drop or
Skate Save
(Deflection)**



- ❑ 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.

- ❑ 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.

Butterfly Drop



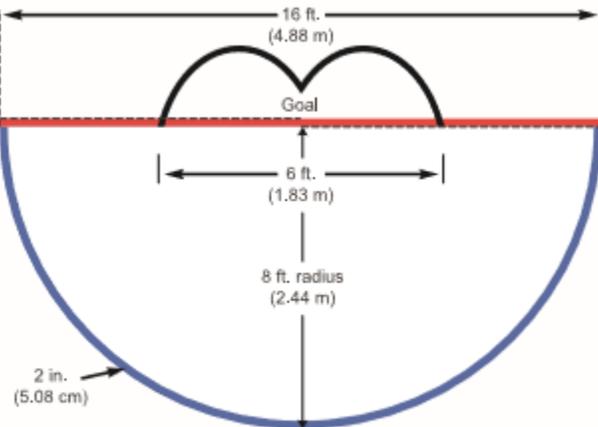
- Using the proper stance, the knees come together and the feet slide out to the sides while dropping to the knees.
 - Pads lie flush on the ice angled toward the corners, with the stick flat on the ice covering the space between the pads.
 - The upper body remains upright, with the hand held out to 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.
- 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)

Goalie Play and Rules

Crease and the net

The goal crease is a zone in front of the goal mouth where only goalies are permitted. If an opposing player goes into the crease while carrying the ring, play is stopped, and the goalie receives the ring for a goalie ring.

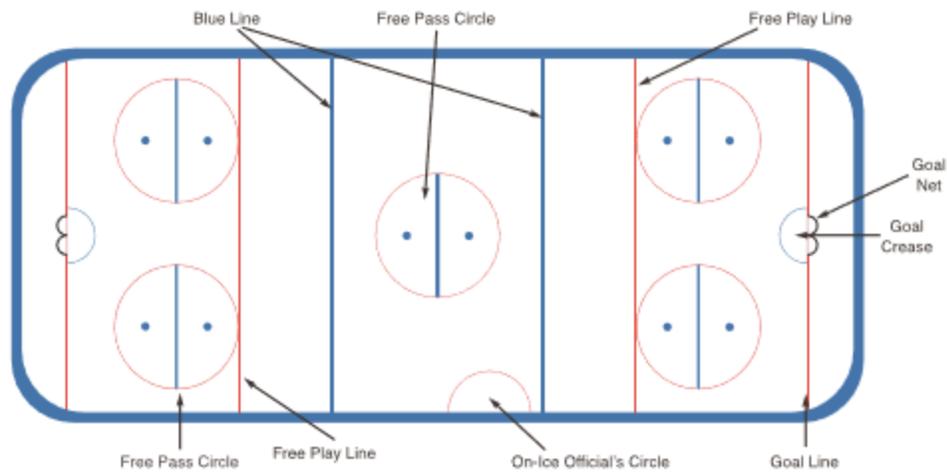
Crease Areas Goal Crease Area • 5.08 cm (2 in.) painted blue in a 2.44 m (8 ft.) semi-circle in diagram below.



The goalkeeper, or the acting goalkeeper (AGK) during goalkeeper substitution, is the only player permitted in the goal crease in their team's defending zone. No other player may contact or control the ring unless it is entirely outside the goal crease.

If a defensive team member enters the crease, she/he cannot touch the ring for five seconds, or possession of the ring is given to the other team. When this happens the defending team still defends, only without being able to touch the ring.

When the ring enters the crease, it is called a "goalie ring". The goaltender has five seconds to throw, push or pass with the ring to another player. The goalie can pass the ring to a teammate beyond the blue line using the stick. If the goalie passes it beyond the blue line by hand, the team must wait five seconds before touching the ring. If the goalie does not pass it within five seconds, the ring is awarded to the other team for a free pass from one of the free play circles. The goalie may use the stick to touch the ring outside the crease and can also pass it through the crease but may not pull the ring into the crease. This results in a whistle with a loss of possession and a penalty if the goalie has already been warned.



For the U12 and younger age divisions, the goal nets shall be completely free moving. For the U14 and older age divisions, the goal nets may be either free moving or stabilized by the use of magnetic anchors or a similar system

The Game

Definitions

Acting Goalkeeper (AGK): The AGK is the skater acting in the position of goalkeeper during goalkeeper substitution.

Goalkeeper Ring: A goalkeeper ring is the awarding of the ring to the defending goalkeeper in lieu of a defending zone free pass.

Goalkeeper Substitution: Goalkeeper substitution is the replacement on the ice of the goalkeeper by a skater.

Shot on Goal: A shot on goal is taken when the team in possession of the ring legally propels the ring toward the other team's goal and:

a) the ring enters the net.

b) the ring contacts a goal post or the cross bar.

c) the ring contacts the goalkeeper or AGK within the goal crease.

d) the ring contacts the goalkeeper outside the goal crease and that contact prevents the ring from entering the net.

The Play

Shot Clock (an Overview)

A Shot clock is introduced at u10 level of play.

The shot clock is set to 30 seconds at the beginning of each period.

The shot clock counts down only when the game clock counts down. The shot clock starts when play is started and stopped when play is stopped.

The shot clock is reset to 30 seconds when:

- (1) the team in possession of the ring takes a shot on goal.
- (2) control of the ring changes from one team to the other team.
- (3) a delayed penalty is signaled. If additional delayed penalties are signaled before play is stopped, the shot clock shall not be reset again.
- (4) a penalty causes the non-penalized team to commit a violation and play is stopped as a result.
- (5) a player on the team not in control of the ring commits a violation, and play is stopped as a result.
- (6) a player on the team not in possession of the ring is injured, and play is stopped as a result.

When the shot clock reaches zero seconds, an audible signal will sound:

Goalkeeper Play

1. Snow may not be piled on, around, or in the goal crease with the intention of forming a barrier to help keep the ring out of the goal area. Roughing up the ice is permissible.
2. Goalkeepers may become involved in the play only in their team's defending zone.
3. Goalkeeper's stick may not be put on top of the ring or into its center, except in the act of making a save.
4. When the ring is inside or contacting the goal crease, the goalkeeper:
 - a) Must put the ring into play entirely outside the goal crease within five seconds.
 - b) May, if the goalkeeper is inside the goal crease, throw the ring into play in the defending zone. The ring may not be thrown across the goalkeeper's defending blue line. If the ring is thrown and it contacts the blue line, play continues unless a teammate carries the ring directly into the center zone.
 - c) May step outside of the goal crease in the act of throwing the ring into play, but must have at least one skate on or inside the goal crease when the ring is released.
5. When the ring is entirely outside the goal crease, the goalkeeper:
 - a) May not move the ring into the goal crease or onto the goal crease line.

- b) May pass the ring through the goal crease, provided that the goalkeeper does not contact or control the ring when the ring is inside or contacting the goal crease.
- c) May catch the ring outside the goal crease in the act of making a save, but it must be immediately dropped and played legally. If the ring is thrown or not immediately dropped, a Delay of Game penalty shall be assessed to the goalkeeper for holding the ring out of play.

6. During goalkeeper substitution:

- a) If there is no AGK, the first defending team player to enter the goal crease is the AGK.
- b) The AGK may be exchanged. Another defending player may enter the goal crease once the current AGK has entirely left the goal crease.
- c) The ring may not be moved into the goal crease or onto the goal crease line by the AGK or by a player outside the goal crease who immediately becomes the AGK.
- d) The ring is inside or contacting the goal crease, the ring must be put into play entirely outside the goal crease within 5 seconds. The AGK may only put the ring into play in the defending zone, no matter what method is used to move the ring. After putting the ring into play outside the goal crease, that player may not contact or control the ring before the ring is contacted or controlled by another player.

CORA Support

The CORA website has many support issues and documents to assist all players, parents coaches trainers and managers.

<http://www.ottawaringette.on.ca/>

The CORA equipment manager is knowledgeable on goalie equipment and goalie details and is responsible for reviewing financial rebates provided under the CORA policies.

Coaches can request goalie support from older goalies in the system, we will do our best to match a goalie that can support the team's needs.

GoalerU provides goalie coaching clinics and is available through the playing year for u9 goalies and above.

