Hockey Goalie Analysis
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Ready Position
- Position should allow for optimal balance, mobility, comfort and speed of movement
- feet very wide apart to improve balance and lateral mobility
- knees and trunk are flexed forward approx 40° with the weight of the body on the front of the skate blades to generate power required for lateral movement
- Trunk should remain flexed forward to prevent puck from rebounding too far forward
- the knees and hips are flexed close to 90 degrees; more knee and hip flexion are desirable to allow quicker movement and greater force for push off
- shoulders, knees, and front part of the feet must be aligned and can be joined by a vertical line
- catching glove open and held slightly forward of the knee
- the blocker and catching glove must be slightly forward of the knee to allow the goaltender to see both hands via their peripheral vision
- both gloves should be at the same height
  - Stick on the ice at all times!
- stick blade is flat on the ice surface (not with the toe pointed up) and approx. 25-30 cm in front of the skates to prevent long rebounds caused by the stick hitting the toes of the skate at impact
- -stick should be at an angle to the ice tilted toward the goaltender
- the goaltender’s weight should be on the inside edges of their skate blades
- Goaltender should try to move the arms and legs independently- when the legs move to propel the goaltender sideways, the arms should remain in position
- Goalie must turn to face the puck as they move across the goal mouth, to appear larger and cover more space in the net, as well as to cut off the angle of the shot
Figure 1. Fairly good position from young goalie. Stick should be on the ice and he needs greater forward trunk flexion and greater hip and knee flexion to place weight further forward on skates.

Figure 2: Basic Ready Position of professional goalie. Good low position of trunk flexion and knee and hip flexion, stick on the ice and tilted back toward goalie.
Figure 3. Good ready position: trunk well flexed, stick on the ice, feet well spread. May be leaning back too far on skates.
Figure 4. Good ready position, but may have feet too close together and weight could be further forward on skates. Greater trunk flexion would also be desirable.

**Lateral to the right**

- shuffle steps will allow the goalie to move across the crease to follow the play, however, it is important that the goalie maintain the basic ready position whenever possible
- the goalies skate on the side they are pushing (right side) to is unweighted slightly, then the opposite leg (left) initiates the push across the crease
- the right leg is extended in the direction of motion while the left leg extends to push the body across the goal mouth
- the head, trunk and arms should remain in a neutral position facing the puck while the legs propel the goalie across the goal mouth
- should be no up and down movement of the upper body and arms, only the legs extend to produce the movement across the goal
- T-Step (taught to beginner goalies) occurs when the goalie rotates their right lower leg outwards to the direction they are heading, then they initiate the push with the left leg and then they rotate the ankle back in to neutral position to stop
Openings to Goal (Wikipedia, 2010)

Holes one through five: When a goaltender stands in the net in the ready position, there are five open areas that the goalie must cover. They are:

1. Glove side, high: this area is defined by the goaltender's arm and catcher on the bottom, mask on the inside, and the post and top of the goal on the outside.
2. Glove side, low: this area is defined by the goaltender's arm and catcher on the top, the ice on the bottom, and the outside post of the goal. During a butterfly-style save, this area is closed off completely and the catcher is typically stacked on top of the leg pad as the leg is extended to cover the post.
3. Stick side, high: this area is defined by the goal post, top of the goal, and the goalie's arm and blocker. The top half of the goaltender's stick is held in this area, but is not commonly used for stopping the puck.
4. Stick side, low: this area is the lower half of the stick side, defined by the blocker and arm, the ice, and the outer post of the goal. During a butterfly save this area is also covered by the leg pad with the blocker stacked on top to protect against low shots. When a goaltender is standing, the paddle of their stick is used to cover this area and to deflect the puck away from the net.
5. 'Five Hole': the fifth and final area is between the goalie's leg pads and skates. This area is protected by the blade of the stick at all times, and is closed up by the upper leg pads when the goalie is in the butterfly position.

Goalie Techniques
The goalie can either play as a stand up goalie, in which they will not go down to the ice but remain standing while making saves; or as a butterfly goalie in which they go down into the butterfly position regularly.

Up and Down Movements

Butterfly Stop
• The butterfly stop consists of dropping to the knees to save low shots, extending the pads outward sideways while dropping.
• The goalie will allow the skates to move outward to the side, while the knees drop down to the ice directly under the midline of the goalie. This hip movement is known as hip medial rotation with the knees flexed, which places the lower legs out to the side.
• The knees must be kept together while the feet are extended sideways- this movement consists of hip medial rotation so the thighs are rotated inward while the feet and lower legs are extended out to the sides.
• In the lowest position the knees and the inner edge of the pads are contacting the ice, so the lower legs and pads form a long barrier to the puck on either side of the goalie
• The glove is kept up, ready for a possible deflection, and the goaltender is focused on the incoming shot.
• Goaltenders should keep both arms out in front of them, covering the gaps between the goaltender's arms and body (sometimes called the 7 and 11 holes), and making it easier to direct rebounds with the stick and blocker.
• Goalie must keep the glove and blocker up, and not allow them to drop while the goalie is dropping down.
• To do this move, the goalie must push the feet out to the sides to cover the maximum amount of goal width possible, while dropping the knees directly down under the middle of the body.
• Incorrect Butterfly: the knees drop straight down while the legs are extended backwards toward the net- decreases area of the goal protected by the goalie’s legs
• This places the hips into a position of medial hip rotation- the front of the thighs rotate to face inward toward the midline while the lower legs and feet (with the pads) lie flat on the ice to stop low shots.
• Remember that this save should be used with low shots, screened shots, or shots from close range.
• The goalie must also remember to always keep the stick on the ice! The stick should be covering the five-hole (area between the knees) as much as possible.

Recovery from the Butterfly

After dropping down into the butterfly position to make a stop, the goalie must learn to get up very fast. The best technique to get up is to get up with one leg at a time, usually with the leg furthest from the direction of the puck. The goalie rotates (hip lateral rotation) the leg so that the pad and the lower leg is once again upright and the skate blade engages the ice, and the weight is taken over this flexed support leg which then extends to move the goalie back to upright position.

Sideways movement from the butterfly

The goalie will often remain down in the butterfly position if there is another shot coming and there is no time to stand up. After making the butterfly stop, the goalie first turns the body to face the direction of the rebound so they are always square to the puck. When the trunk is square to the puck, the goalie then loads their push leg, which is the leg on the side away from the direction of movement. If moving to the right, the left leg becomes the push leg. The left leg is rotated to bring the pad to a vertical or near-vertical position and the skate blade can be dug into the ice. The skate then pushes on the ice while extending and driving the body to the right. The goalie will slide across the goal mouth to protect the opposite post while keeping the eyes on the puck. The pads are then extended sideways under the body of the goalie and the stop is made. The stick remains on the ice and tilted back toward the goalie.

If the goalie has to reposition to make still another save, she will perform the same series of movements again, turning to face the oncoming shot, moving the pad to a vertical position, and driving off from the leg furthest from the direction of motion.

Goalie Splits
When making a save in the corner of the net the goalie may often have to drop down into the full splits position. This move requires full abduction of the hips so that the legs are fully extended out to the sides. This position requires exceptional flexibility on the part of the goalie. The stick should remain in the standard position covering the 5 hole, or the space between the legs - if not the puck could squeeze into the goal through the 5 hole.

Figure 5. Goalie assuming the splits position to make the stop - shows good flexibility of the hips. Left too large an opening between the legs and puck scores through the 5 hole.

**Getting Up from the Ice (Fig 6)**
- Lean slightly forward with the upper body
- Leave one knee on the ice while flexing the other knee and moving the knee over the foot, and placing the inside edge of the blade on the ice
- Support leg should be almost vertical and the weight is then shifted onto this support leg
- Extend this knee and hip to lift the opposite knee off the ice
- Rotate the other leg into the vertical position and resume weightbearing equally on both legs
- Assume the basic ready position
Figure 6: Goalie Sequence in standing from the butterfly.