



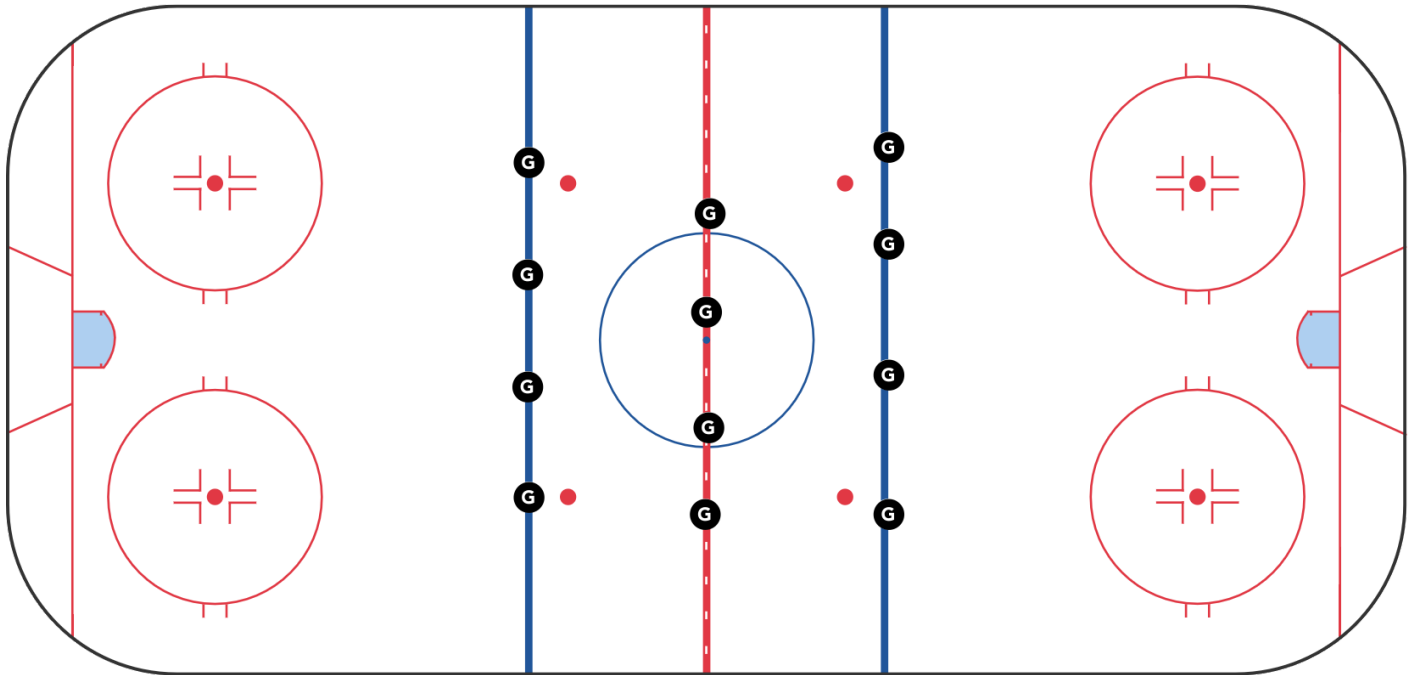
BDMHA U13 & U15 Tryouts - Goalie Evaluation

Duration: 40 mins

Brief Breakdown: 15 minute warm up skate to start, followed by dividing the goaltenders into pairs (with one extra), followed by a water/instruction break. The remainder of the time (approx 30-35 mins) each end will be running the same three drills, just 0 mins

BDMHA Goalies - Skating Warm-up

10 mins



Description

Location: Neutral Zone

Description:

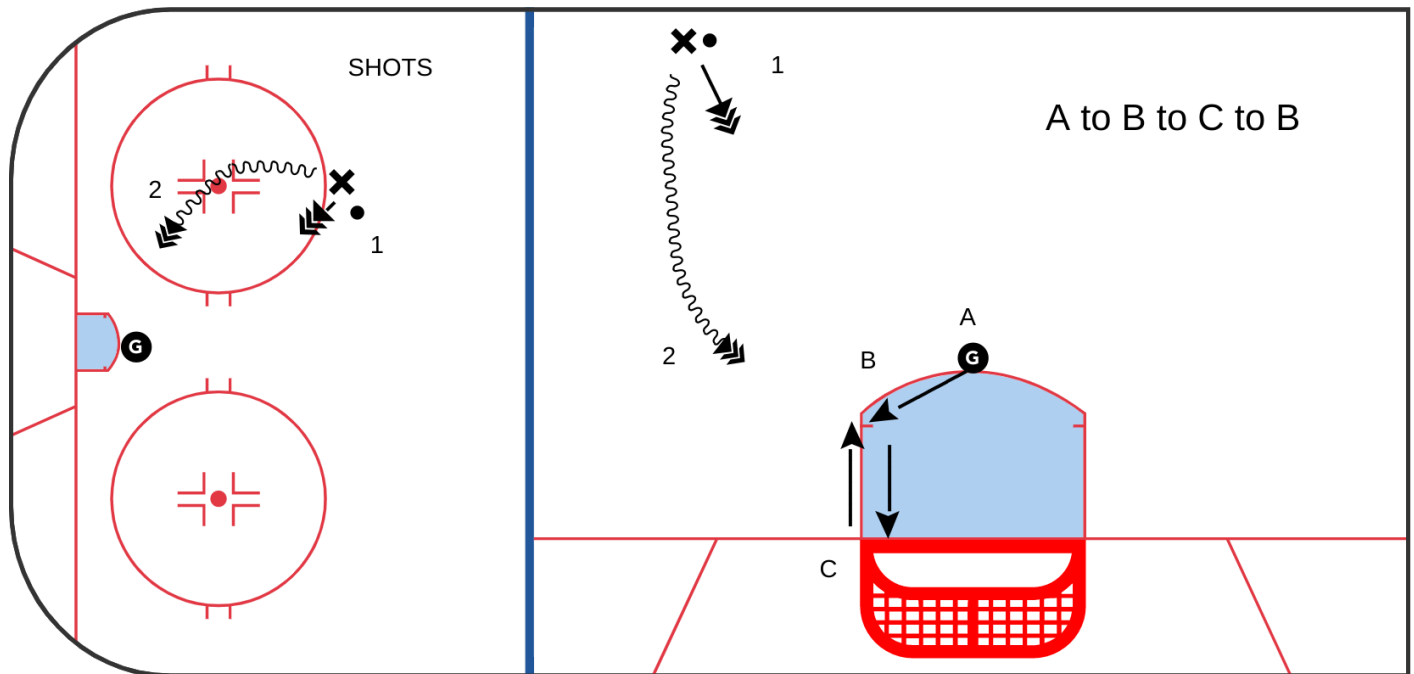
- Neutral Zone Line skate, composed of various technical movements.

Key Points

EVALUATION KEYS:

Points of Interest: Goaltender's speed, ability to stop/transition to different movements

- Does the goaltender look where they're going?
- Do their movements follow the pattern; Eyes, hands, feet?
- Does the goaltender seal their 5-hole effectively when moving with their stick, especially when in the butterfly position?



Description

Location: Crease

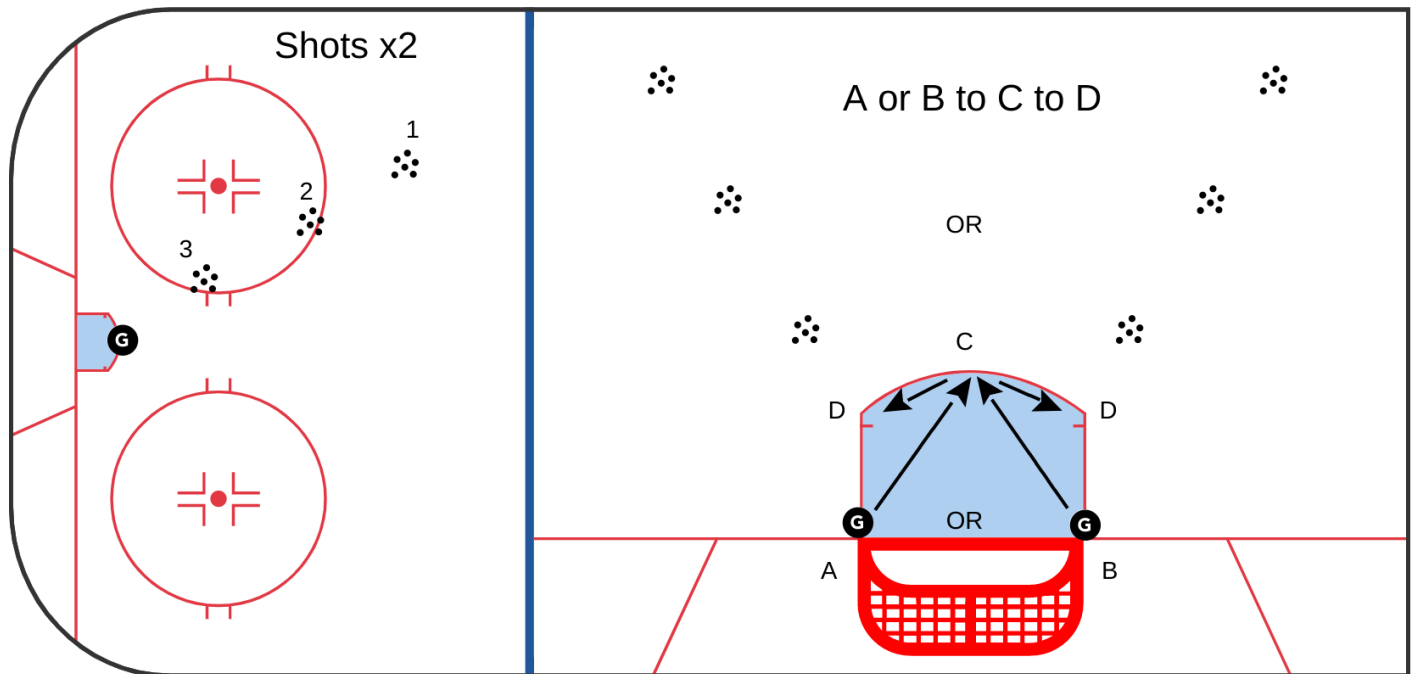
- Goaltender starts top of the crease, shooter at the top of the circle on either side. (A)
- As goaltender pushes square to the shooter on a 45 degree angle (B), shooter puts one on the ice at the short-side post, forcing goaltender to use stick (ideal) or pad (less ideal) to place the rebound into the corner.
- Goaltender recovers to the post (C), steps back out to shooter (B) who remains at the top of the circle. Once the goaltender is set, shooter drives the net high-low towards the faceoff dot, forcing goaltender to manage both angle and depth simultaneously.
- If goaltender commits too far outside, shooter has the option to cut back to the middle, but should do so below the hashmarks, and release the puck before the halfway point of the crease. Repeat on opposite circle.

Key Points

EVALUATION KEYS:

Points of Interest: 1st shot control, angle/depth management, positioning

- Does the goaltender take enough depth off the post for the second shot?
- When steering the puck to the corner, does the goaltender follow the puck with their eyes?
- When faced with the pressure of an impending shot, do they remain patient and on their feet, or nervous and commit early?



Description

Location: Blueline (Centre bar of net centered on blueline, back of net touching boards)

Description:

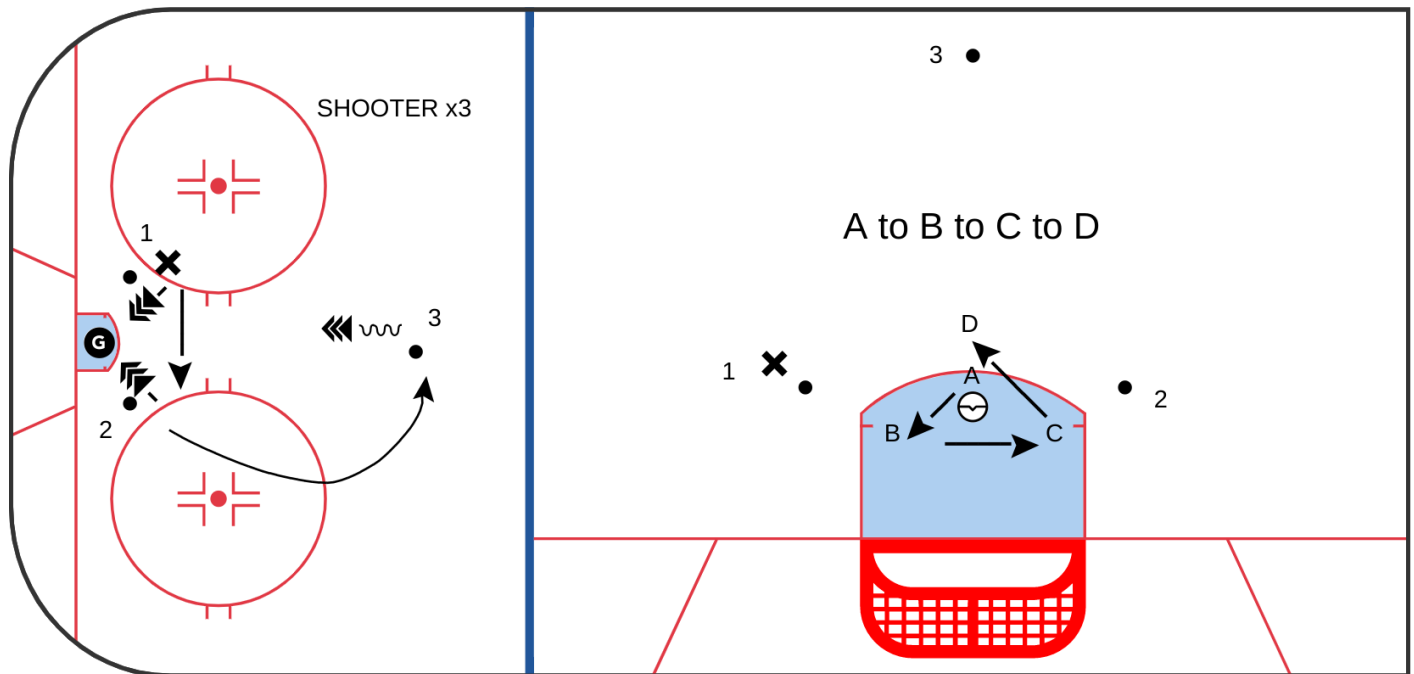
- Goaltender will begin on one post, and alternate for the duration of the rep. Shooter begins at the furthest pile of pucks (Just inside where the top of the circle would be), with the other two piles/shooting positions following the same line to the net, just closer.
- Goaltender pushes from post to centre point provided by the blueline, and then square to shooter. Shooter should always be aiming to score on the short side over/under the goaltenders glove.
- Goaltender takes two shots from each pile of pucks (One rep starting from each post) and then the shooter moves down to the next pile, and the process repeats with the nearest pile. If time allows, repeat on opposite side, or repeat on the goaltender next time through

Key Points

EVALUATION KEYS:

Points of Interest: Hand positioning, awareness of shooter location, angle of second push

- Is the goaltender's hand projected enough for them to watch the puck into it and able to take away high areas on the near pile of pucks?
- Does the goaltender choose the proper push for the situation (Shuffle, t-push, butterfly slide)?
- Does the goaltender push past the post, to the post, or into the net?



Description

Location: Blueline (Centre bar of net centered on blueline, back of net touching boards) on opposite sides

Description:

- Goaltender begins in butterfly position in the middle of where the crease would be.
- Shooter is standing off to one side with a puck, a second puck is placed in line with the far side post slightly above crease height, and a third is placed along the blueline approx 15-20 feet away from the net.
- Shooter begins the drill by passing the first puck off the goaltenders pad and playing the rebound.
- Goaltender can move when the puck hits their pad, and after the first shot, it's a race for the second puck.
- After the second shot, the shooter curls up to get the third puck, and does a hard net drive and a shot (No dekes, assessing recovery ability of goalenders not shooters hands).

Key Points

EVALUATION KEYS:

Points of Interest: Agility, ability to recover and take depth, compete level

- Is the goaltender able to successfully transition from the first shot to the second?
- How well is the goaltender able to recover for the third shot?
- If the goaltender takes enough depth for the third shot, how quickly do they give it up?