



WORLD PRO GOALTENDING

SKILL CHART

Beginners (ATOM)

SECTION # 1: PHYSICAL AND PSYCHOLOGICAL TRAITS

A. ATHLETICISM

1. Speed, Power & Overall Body Strength

Goal: Being able to generate speed and power, and to show good overall body strength

2. Flexibility, Fluidity & Balance

Goal: Being able to show good fluidity in the stance and butterfly and maintain good balance

3. Tracking & Reflexes

Goal: Being able to see the puck off the sticks and to react in time to make the saves

B. MAKE UP

1. Competitiveness

Goal: Being able to show a great work ethic and being purposeful at all time

2. Consistency

Goal: Being able to play at the same level for the entire game / session

C. GOALIE SENSE

1. Positioning & Alignment

Goal: Being able to have a good feel for what kind of depth & alignment is required for a given play

2. Save Selection

Goal: Being able to make the proper save selection for a given situation

SECTION # 2: TECHNICAL SKILLS

1. SKATING, POSITIONING & RECOVERIES

a. T-Pushes

Goal: Being able to make big adjustments using the concepts of middle / set / depth

b. Small Lateral Adj'ts (Shuffles & Drifting)

Goals: Being able to make quick and fluid small lateral adjustments
Being able to stay with the play while maybe anticipating another play.

c. Depth Adj'ts (C-Cuts/Gliding/Fronting)

Goal: Being able to make controlled depth adjustments to maximize net coverage and/or positioning

d. Recoveries (Back to the Feet)

Goal: Being able to recover following the concepts of middle/set/depth

e. Slides / Collapses (Transition)

Goal: Being able to quickly and efficiently transition from the stance to butterfly (moving laterally)

f. Down Movements (Edges / Knees)

Goals: Being able to use edges in an efficient manner (proper path of direction, speed and power)
Being able to make small / quick adjustments on the knees

2. EXECUTION OF THE BASIC TECHNIQUES

a. Stance (and Stance at the Post)

Goals: Being able to get in a stance that has: feet enough apart, knees bent, gloves out
Being able to get in a stance that allows for post coverage and mobility (knees bent)

b. Butterfly

Goals: Being able to bring to transition with knees coming together and the shoulders up
Being able to keep the knees together and keeping a forward torso while on the ice

c. Post Play

Goals: Being able to maintain post position and body control while going down
Being able to land at the post in a controlled position (skate at the post)

3. THE SAVE

a. Tracking & Shifting into the Shot

Goals: Being able to track the puck off the stick and following it to the body (head moving into the shot)
Being able to move into the shot with control

d. Gloves

Goals: Being able to shift into the shot and leading with the head
Being able to maintain a bent arm angle that allows for precision and strength

4. REBOUND CONTROL AND LOOSE PUCKS

a. Containing

Goal: Being able to keep pucks in the body

b. Loose Pucks (Stick / Paddle Activations)

Goals: Being able to retrieve the puck quickly with the stick or push it away from danger
Being able to get the paddle down on the ice and use it to contain the puck in front