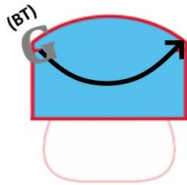
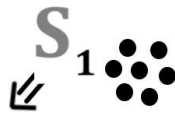
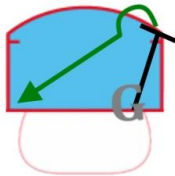
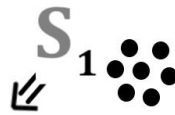


Intro to The Save Process I



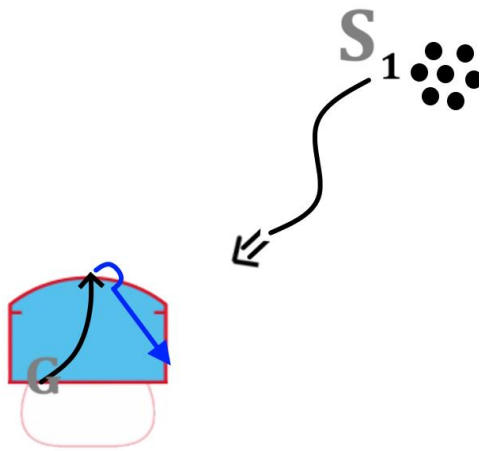
Phase 1 Description

- G starts at the top of the crease on the opposite angle from S1
- On "Go", G activates down into a simulated save, then t-pushes across to position
- Once G has established position on the puck, S1 release a shot along the ice to G's near-side
- G activates into stick save, then recovers to their near-side post



Phase 2 Description

- G is positioned on the same-side post as S1
- On "Go", G steps-out to the near-side
- Once position has been established by G, S1 release a shot on the ice to G's far-side
- G activates into stick save, then follows rebound and recovers to the far-side post



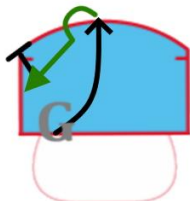
Phase 3 Description

- G is positioned on the far-side post
- On “Go”, G t-pushes to the top of the crease in the middle
- On 2nd “Go”, G butterfly-slides to the angle for a shot
- S1 releases a shot to G’s body as G arrives into space

Key Points

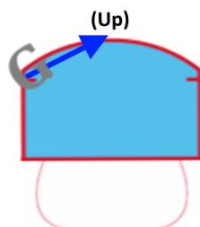
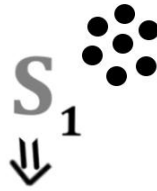
1. **Remaining North/South** to the puck at all times will facilitate G’s ability to activate into strong save attempts, no matter their position in correlation to the puck’s location.
2. To remain North/South, G must maintain good structure in their upper body. Their head must be forward while their elbows remain bent and off their body.
3. While on their feet, G’s base should remain narrow underneath them, while their knees bend forward to allow for a strong extension of the lower body into their save attempt. A strong extension will allow for a dynamic retraction.

Intro to The Save Process II



Phase 1 Description

- G starts on their post
- On “Go”, G t-pushes to the top of the crease in the middle
- Once G has established position, S1 release a shot along the ice to G’s near-side
- G activates into a stick save, follows the rebound, then recovers to the top of their crease on the angle.



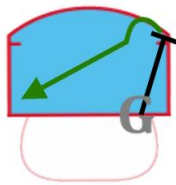
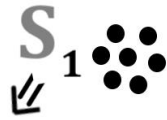
Phase 2 Description

- G is positioned at the top of the crease on the angle
- On “Go”, G butterfly-slides to the middle, then recovers to their feet
- Once position has been established by G, S1 releases a shot high to G’s far side
- G activates into strong save attempt, then follows the rebound if any

Key Points

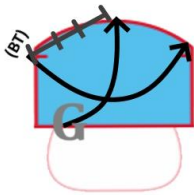
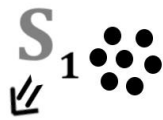
1. **Staying forward** while keeping their elbows loose and off their body will facilitate G’s ability to remain North/South to the puck.
2. Patience from feet is mandatory! G must wait for the release of the shot before committing to going down into their save attempt.
3. Every save must be supported by G’s backhand. This will allow their back-shoulder to fully rotate towards the puck’s new location.

Post-Save I



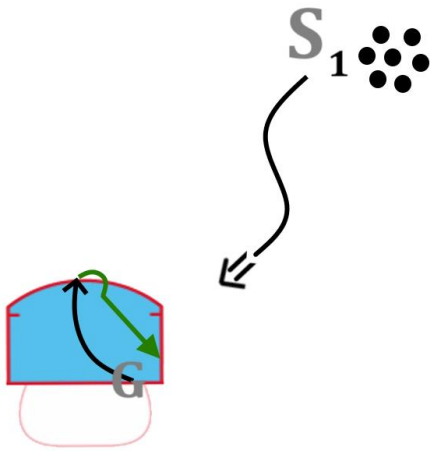
Phase 1 Description

- G starts on the same-side post as S1
- On “Go”, G steps out to the near-side
- Once G has established position, S1 releases a shot low along the ice to the far-side
- G activates into save, then follows the rebound
- After establishing position to the new puck location, G recovers to their near-side post



Phase 2 Description

- G is positioned on the post
- On “Go”, G t-pushes to the top of the crease
- On 2nd “Go”, G shuffles to the far-side 3 times
- On the 3rd shuffle, G activates down into a simulated save attempt, and t-pushes to the far-side
- S1 releases a shot to G’s near-side
- G follows the rebound and recovers to their post



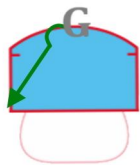
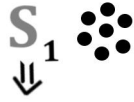
Phase 3 Description

- G is positioned on the post
- On “Go”, G t-pushes to the top of the crease
- On 2nd “Go”, G activates into a simulated save attempt, then backside-pushes to the angle
- S1 releases a shot to G’s body once they arrive into space

Key Points

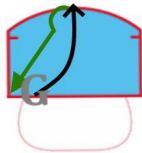
1. **A strong extension** of the lead-leg is needed during the Save Execution phase of the Save Process to increase coverage and to allow for a dynamic retraction in the Post-Save Response phase.
2. To maintain North/South position on the puck through the whole Save Process, goaltenders must support each save with their back-hand while simultaneously extending/retracting
3. Remaining forward and over-top of the puck throughout the process is crucial

Post-Save II



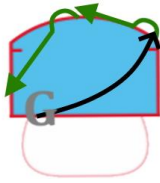
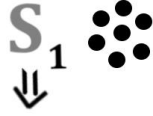
Phase 1 Description

- G starts on top of the crease on their knees
- When ready, S1 releases a shot along the ice to G's near-side
- G activates into a save from their knees, then follows the rebound
- Once G has followed the rebound, they recover to their near-side post



Phase 2 Description

- G is positioned on the post
- On "Go", G t-pushes to the top of the crease
- On G has established position, S1 releases a shot low along the ice to G's near-side
- G makes the save, then follows the rebound
- Once G has followed the rebound, they recover to their near-side post



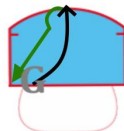
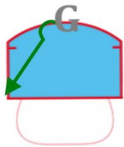
Phase 3 Description

- G is positioned on the post
- On “Go”, G t-pushes to the far-side
- On 2nd “Go”, G activates down into a simulated save to their far-side, then backside-pushes to the top of the crease
- As G is arriving into space, S1 releases a shot to their lead-leg along the ice
- G activates into their save, then follows the rebound.

Key Points

1. **The goaltender’s base** must remain underneath them while their knees bend forward to allow for a strong extension in their save attempt from their feet
2. While sliding, the goaltender’s back-leg must retract underneath them in the Shot Preparation phase before entering the next phase
3. Remaining forward and over-top of the puck through each of the three phases is crucial

Extension / Retraction I

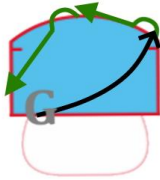
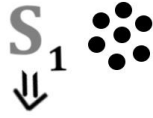


Phase 1 Description

- G starts on top of the crease on their knees
- When ready, S1 releases a shot along the ice to G's near-side
- G activates into a save from their knees, then follows the rebound
- Once G has followed the rebound, they recover to their near-side post

Phase 2 Description

- G is positioned on the post
- On "Go", G t-pushes to the top of the crease
- On G has established position, S1 releases a shot low along the ice to G's near-side
- G makes the save, then follows the rebound
- Once G has followed the rebound, they recover to their near-side post



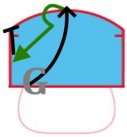
Phase 3 Description

- G is positioned on the post
- On “Go”, G t-pushes to the far-side
- On 2nd “Go”, G activates down into a simulated save to their far-side, then backside-pushes to the top of the crease
- As G is arriving into space, S1 releases a shot to their lead-leg along the ice
- G activates into their save, then follows the rebound.

Key Points

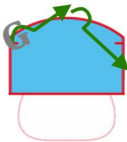
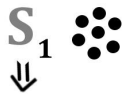
1. **The goaltender’s base** must remain underneath them while their knees bend forward to allow for a strong extension in their save attempt from their feet
2. While sliding, the goaltender’s back-leg must retract underneath them in the Shot Preparation phase before entering the next phase
3. Remaining forward and over-top of the puck through each of the three phases is crucial

Extension / Retraction II



Phase 1 Description

- G starts on their post
- On "Go", G t-pushes to the top of their crease in the middle
- Once G has established position, S1 releases a shot low along the ice to G's back-leg
- G activates into a stick save, follows the rebound, then resets at the top of their crease on the angle



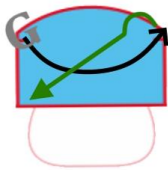
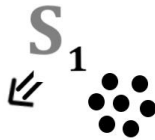
Phase 2 Description

- G is positioned at the top of the crease on the angle
- On "Go", G activates down into a simulated save to their far-side, then backside-pushes to the middle
- S1 releases a shot high to G's lead-side while they are arriving into space
- G makes the save, then follows the rebound

Key Points

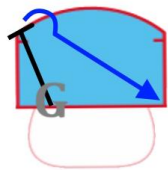
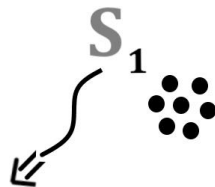
1. **Maintaining the same angle** with the lead-leg while extending towards the puck will allow for strong control of the rebound, over extending the toes out instead.
2. To allow the hips to also get North/South to the puck, the lead leg will need to retract underneath as soon as the initial save has been made.
3. Keeping the head forward and over-top of the puck while supporting with the back-hand will make it simpler to maintain the same angle with the lead-leg extending into the save.

Lateral Feeds



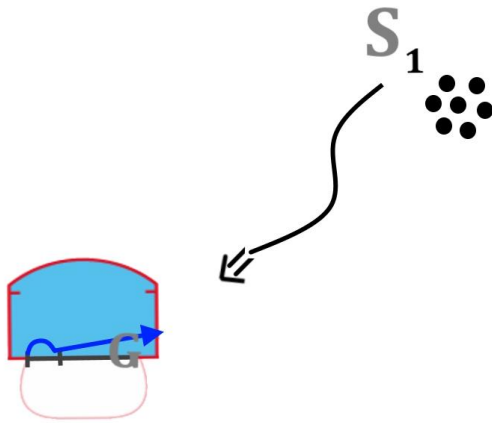
Phase 1 Description

- G starts on top of the crease on the angle
- On “Go”, G t-pushes high-to-high to the far-side
- Once G has established position, S1 releases a shot low along the ice to G’s far-side
- G activates into a save, follows the rebound, then recovers to their post



Phase 2 Description

- G is positioned on the post
- On “Go”, G steps-out to the near-side
- On 2nd “Go”, G butterfly-slides high-to-low to the far-side for a shot
- S1 releases a shot while G is arriving into space
- G makes the save and recovers to their near-side post



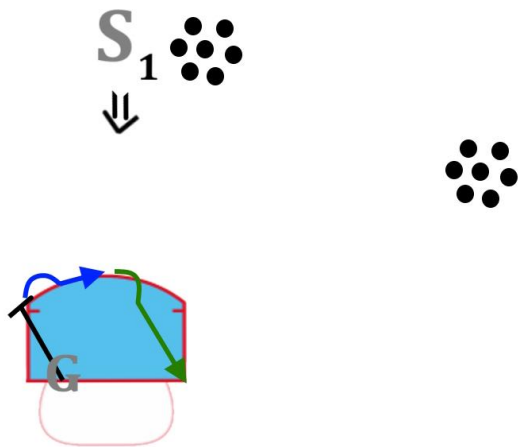
Phase 3 Description

- G is positioned on the post
- On “Go”, G shuffles post-to-post as if they were tracking behind their net
- On 2nd “Go”, G butterfly-slides low-to-low for a shot
- S1 releases a shot anywhere while G is arriving into space

Key Points

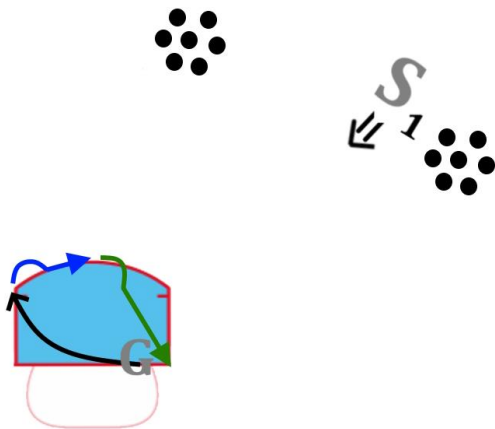
1. **On any type of Lateral Feed**, the goaltender’s DOM will always be geared towards the Angle, however their Positional Priority will remain Body Position.
2. A butterfly-slide is only a movement. Therefore, from that movement, the goaltender must remain reactive and structured to make strong save attempts from their knees.
3. There are 2 types of Lateral Feeds; Staggered Feeds & Flat Feeds. A Staggered Feed is either when the puck is distributed high-to-low or low-to-high (diagonally). A Flat Feed is when the puck is either distributed high-to-high or low-to-low (parallel to the goal-line).

Change In Direction III



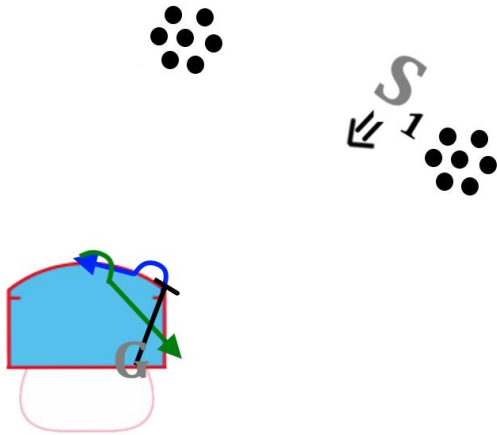
Phase 1 Description

- G starts on their post
- On “Go”, G steps out to the near-side
- On 2nd “Go”, G butterfly-slides to the middle for a shot
- S1 releases a shot low along the ice to G’s lead-leg
- G extends into their save, follows the rebound down, then recovers to their near-side post



Phase 2 Description

- G is positioned on the post
- On “Go”, G t-pushes to the far-side angle
- On 2nd “Go”, G butterfly-slides to the middle, extends into a simulated save, then backside-pushes to the lead-side for a shot
- S1 releases the shot while G is arriving into space
- G recovers into their near-side post after making the save



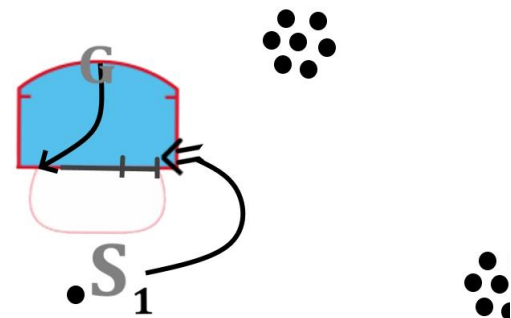
Phase 3 Description

- G is positioned on the post
- On “Go”, G steps out to the near-side
- On 2nd “Go”, G butterfly-slides to the middle, extends into a simulated save to their back-leg, then recovers with a backside-push to the angle for a shot
- S1 releases a shot anywhere while G is arriving into space

Key Points

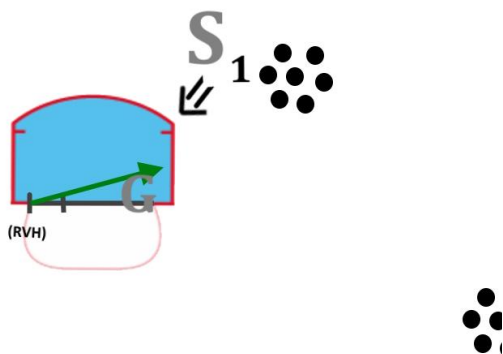
1. **Body Position** is needed before initiating any type of movement. This will facilitate a strong DOM
2. Depth should not be measured from their location in their crease, but by their proximity to the puck. This means it can be increased by being more forward and aggressive in a save attempt
3. For any retraction to occur, an extension must have occurred, and vice versa.

Behind The Net I



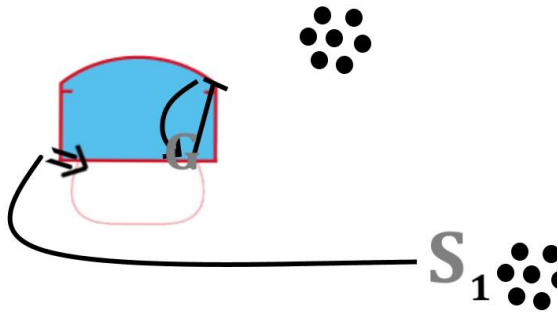
Phase 1 Description

- G starts at the top of the crease
- On “Go”, G t-pushes to their post
- On 2nd “Go”, G shuffles post-to-post while tracking behind the net
- When G establishes position on the far-side post, S1 wraps the puck either way
- G makes the save, follows the rebound, then recovers to their post



Phase 2 Description

- G is positioned on the post
- On “Go”, G shuffles post-to-post simulating they are tracking behind the net
- On “Down!”, G drops into a post-lean position
- On 2nd “Go”, G exits off their post to the far-side
- S1 shoots as G enters into space
- G follows the rebound and recovers to their post



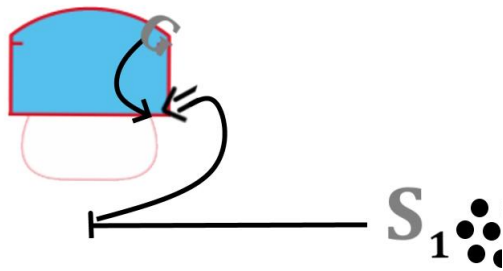
Phase 3 Description

- G is positioned on the post
- On “Go”, G steps-out to the near-side, then transitions back into their post
- S1 activates behind the net and attempts to beat G with a wrap to either side

Key Points

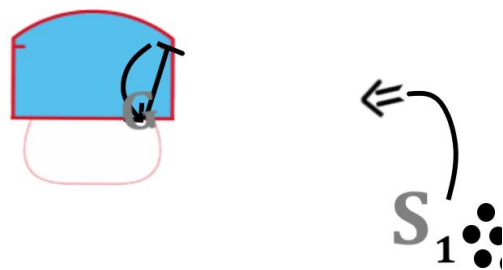
1. **Staying ahead** of the puck when tracking behind the net will allow the goaltender to maintain vision over the same-side shoulder for a longer period of time.
2. Minimizing head-swivels is key to maintaining visual attachment to the puck.
3. When in a post-lean position, the goaltender must be mobile by remaining positioned parallel to the goal-line.

Behind The Net II



Phase 1 Description

- G starts on the angle. S1 is in the corner
- On “Go”, G transitions into their post
- S1 skates behind the net, stops and dekes behind the net, then wraps-around to either side
- G makes the save, follows the rebound, then recovers to their post



Phase 2 Description

- G is positioned on the post
- On “Go”, G steps out to the near-side, then transitions back into their post
- S1 pulls the puck above the goal-line and releases a shot on net
- G makes the save, then follows the rebound

Key Points

1. **A strong post set-up** from feet is necessary to react into a VH or Post-Lean on shots from the low-corridor.
2. Goaltenders must remain reactive from their post.
3. When tracking behind the net, limiting head-swivels by staying ahead of the puck enables better reads.