



# GHC UNDER-9 BEGINNER GOALIE DEVELOPMENT CHECKLIST

**PLAYER NAME:**

**DATE:**

## BODY POSITION



1. Goalie assumes the **BASIC GOALTENDER STANCE** correctly every time. (Depth / Challenging. Angles / Square to puck. Only minor adjustments/corrections necessary)



## MOVEMENT



2. Executes a **T- PUSH** with proper balance and leads with head, hands and stick)

3. Executes at least 4 proper **SHUFFLE STEPS** across the top of the crease.

4. Executes proper **C-CUTS** (Forward and backward, both feet).

5 Executes the **BUTTERFLY** position correctly. with pads, hands, stick and body consistently in the correct position.

6. Understands the **BUTTERFLY SLIDE** technique and can initiate it correctly (duration of slide and location are not a consideration.)

7. Executes the **3-PUCK MOVEMENT T-PUSH DRILL** correctly (both sides).

8. Executes the **OFF-POST SMALL SHUFFLE DRILL** correctly (both sides).

9. Executes the **3-PUCK MOVEMENT BUTTERFLY SLIDE DRILL** correctly (both sides).

10. Executes the **MIDDLE OUT BUTTERFLY SLIDE DRILL** correctly (both sides).



## FUNDAMENTAL SAVES



11. Executes standard **STICK SAVE** and able to direct the puck into both corners.

12. Executes a **BLOCKER SAVE** directing pucks into both corners.

13. Executes a **HALF BUTTER/STICK SAVE** to both sides.

14. Executes a proper **GLOVE SAVE**, tracking puck into glove



## COMMENTS