



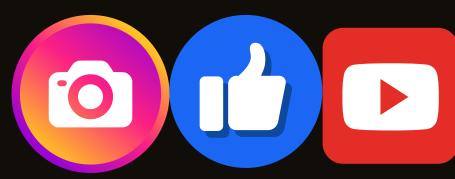
### WWW.LACOUVEEGOALTENDING.COM







# QLACOUVEEGOALTENDING OID F







### HEY GOALIES! MY NAME IS CONNOR LACOUVEE, I AM A PROFESSIONAL GOALIE WITH EXPERIENCE IN NCAA, ECHL, AHL, & EUROPE. OVER THE PAST TWO YEARS, I HAVE BEEN RUNNING GOALIE DEVELOPMENT PROGRAMS ON AND OFF THE ICE.



### I AM <u>NOT</u> A LICENSED STRENGTH & CONDITIONING COACH

### THIS IS NOT MEDICAL ADVICE

DO THIS PROGRAM <u>AT YOUR OWN RISK</u>

### THESE DRILLS SHOULD BE PAIN FREE

### • THIS PROGRAM IS FOR <u>GOALIES 10 & UP</u>

### • PLEASE WATCH AND READ ALL EXERCISE TUTORIALS BEFORE ATTEMPTING

### THE DIFFICULT PART OF GOALTENDING IS PHYSICALLY POSITIONING OURSELF TO THE

### IT'S HOW WE MOVE; HOW WE POSITION OURSELVES TO STOP THE PUCK.

### OUR SKATING ABILITY IS THE FOUNDATION UPON WHICH OUR GAME IS BUILT.

## SKATING IS OUR FOUNDATION

### MAKE THE SAVE, OPPOSED TO THE SAVE ITSELF.



# EASLY DENTERABLE

### BESIDES A GOALIE'S HEIGHT, THE MOST NOTICEABLE CHARACTERISTIC OF A GOALIE IS THEIR SKATING ABILITY.

WHETHER IT'S CORRECT OR NOT, A COACH/SCOUT WILL QUICKLY MAKE A JUDGEMENT ON THE GOALIE'S ABILITY TO PLAY, BASED ON THEIR

#### SKATING ABILITY.

### IF YOU WANT TO MAKE THE JUMP TO A BETTER LEAGUE, INVEST IN YOUR SKATING ABILILTY .



## MHY PRACTICE SKATING?

## TORRECT POSITIONING AND ANGLE

## 2) MOBILITY AND SPEED

## 3) PUCK HANDLING AND PLAYMAKING

## HOW TO PRACTICE SKATING?

### THIS MIGHT SOUND PAINFULLY OBVIOUS, BUT IT'S IMPORTANT WE PRACTICE THESE DRILLS IN A SPECIFIC MANNER.

### 1) MINDFUL: DEVELOP THE MUSCLE MIND CONNECTION.

### 2) TECHNIQUE OVER SPEED: DO YOUR REPS WITH CORRCT TECHNIQUE BEFORE ADDING SPEED.

### 3) CONSISTENT + OFTEN: INCORPORATE A COUPLE OF THESE DRILLS EVERYTIME YOU'RE ON THE ICE.

### 4) REP RANGE: 4-6 "REPS" PER SIDE, IS A GOOD RANGE TO DEVELOP THE TECHNIQUE AS WELL AS CONDITION YOUR BODY.

# 3 TYPES OF SKATING SITUATIONS IN THIS GUIDE

# EDGE WORK ZONE-ENTRY/RUSH POST INTEGRATION





### THESE DRILLS ARE DESIGNED TO IMPROVE OUR BALANCE, CHANGE OF DIRECTION, AND MOVEMENT EFFICIENCY.

THE GOAL OF THESE DRILLS IS TO BECOME PROFICIENT USING OUR FULL SKATE BLADE.

OUR FULL SKATE BLADE CAN BE DEFINED AS THE INSIDE & OUTSIDE EDGE, AS WELL AS, THE TOE,

### HEEL, AND MIDDLE OF OUR BLADE.

### PAY ATTENTION TO HOW YOUR BLADES INTERACT WITH THE ICE WHEN YOU EXECUTE THESE MOVEMENTS.





# CLICK THE LINK FOR TO UNIQUE EDGE WORK DRILLS





### THESE DRILLS ARE DESIGNED TO SIMULATE AN INCOMING RUSH SITUATION.

### THE PRIMARY GOAL OF THESE DRILLS IS: DEVELOP OUR LATERAL MOVEMENT CAPABILITES.

### OUR LATERAL MOVEMENT SELECTIONS INVOLVE: SHUFFLES, T-PUSHES, SLIDES, LATERAL RELEASES,

### ETC.

### WE WANT TO FOCUS ON PUSHING HARD, STOPPING QUICKLY (BUT QUIETLY), AND GETTING OUR FEET SET TO REACT TO THE PLAY.

### EXPERIMENT WITH DIFFERENT DEPTHS AND WHAT WORKS BEST FOR YOU AND YOUR GAME.



# CLICK THE LINK FOR TO UNIQUE RUSH DRILLS



# POST AT CORAT OF

### THESE DRILLS ARE DESIGNED TO SIMULATE PLAYS AROUND THE NET WHERE WE ARE FORCED TO MOVE INTO OUR POST (POST INTEGRATION).

### THE PRIMARY GOAL OF THESE DRILLS IS: IMPROVE OUR ENTRY AND EXIT OF THE POST.

POST INTEGRATION IS A DIFFICULT SKILL AT EVERY LEVEL OF THE GAME. LEARNING TO MANOEUVRE ELOQUENTLY

### AROUND THESE STEEL POSTS IS NO EASY TASK.

WE WANT TO FOCUS ON PRECISE AND LIGHT MOVEMENTS WHEN INTEGRATING. THIS MEANS ARRIVING CALMLY INTO THE POST, OPPOSED TO FLYING IN AND KNOCKING THE PEGS OFF.

CONTINUE TO WORK ON VARIOUS TECHNQIUES LIKE OVERLAP, RVH, VH, PANDA, ETC. THEY WILL HELP US BUILD CONFIDENCE IN INTERACT WITH OUR POSTS.

## 

# CLICK THE LINK FOR TO UNIQUE POST INTEGRATION DRILLS





### AVESOME JOB MAKING IT THIS FARI

## IF YOU ENJOYED THESE DRILLS, PLEASE TAG ME ON SOCIAL MEDIA @LACOUVEEGOALTENDING

## HERE ARE LINKS TO ADDITIONAL PROGRAMS: <u>TRAINING PROGRAMS</u> AND TO MY WEBSITE: <u>LACOUVEE GOALTENDING</u>



# HAVE A QUESTION? CONTACT ME HERE: SOCIAL MEDIA @LACOUVEEGOALTENDING



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