

# SKATE LIKE A PRO



[WWW.LACOUVEEGOALTENDING.COM](http://WWW.LACOUVEEGOALTENDING.COM)

# LACOUVEE GOALTENDING



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# ABOUT ME



**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.**

**PLEASE READ:**



- **I AM NOT A LICENSED STRENGTH & CONDITIONING COACH**
- **THIS IS NOT MEDICAL ADVICE**
- **DO THIS PROGRAM AT YOUR OWN RISK**
- **THESE DRILLS SHOULD BE PAIN FREE**
- **THIS PROGRAM IS FOR GOALIES 10 & UP**
- **PLEASE WATCH AND READ ALL EXERCISE TUTORIALS BEFORE ATTEMPTING**

# SKATING IS OUR FOUNDATION

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

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

THE DIFFICULT PART OF GOALTENDING IS  
PHYSICALLY POSITIONING OURSELF TO THE  
MAKE THE SAVE, OPPOSED TO THE SAVE  
ITSELF.



# EASILY IDENTIFIABLE

**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 ABILITY .**



# WHY PRACTICE SKATING?

**1) CORRECT 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 CORRECT 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

- 1) EDGE WORK
- 2) ZONE-ENTRY/RUSH
- 3) POST INTEGRATION



# EDGE WORK

**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.**



# **EDGE WORK DRILLS**

**CLICK THE LINK FOR  
10 UNIQUE EDGE  
WORK DRILLS**

**EDGE WORK**

# RUSH

**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.**

# **RUSH DRILLS**

**CLICK THE LINK FOR  
10 UNIQUE RUSH  
DRILLS**

**RUSH/ZONE ENTRY**

# POST INTEGRATION

**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 TECHNIQUES LIKE OVERLAP, RVH, VH, PANDA, ETC. THEY WILL HELP US BUILD CONFIDENCE IN INTERACT WITH OUR POSTS.**

# POST INTEGRATION

CLICK THE LINK FOR 10  
UNIQUE POST  
INTEGRATION DRILLS

POST INTEGRATION

# THANK YOU

**AWESOME JOB MAKING IT THIS FAR!**

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

**HERE ARE LINKS TO ADDITIONAL  
PROGRAMS: TRAINING PROGRAMS  
AND TO MY WEBSITE:  
LACOUVEE GOALTENDING**





**HAVE A QUESTION?**

**CONTACT ME HERE:**

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