

PRO VISION



LACOUVEE GOALTENDING

WWW.LACOUVEEGOALTENDING.COM



— HAND-EYE PROGRAM

LACOUVEE GOALTENDING



@LACOUVEEGOALTENDING

ABOUT ME



HEY GOALIES!

My name is **Connor LaCouvee**. I'm a professional goalie with experience in the **NCAA, ECHL, AHL & Europe**.

Over the past few years I've been running goalie development programs both on and off the ice — helping goalies see the game faster and react sharper.

NCAA

ECHL

AHL

EUROPE

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 drill tutorials before attempting.

THE CRUCIAL ROLE OF VISION

Vision is the cornerstone of elite goaltending. Your ability to **track the puck, scan the ice, and hold spatial awareness** directly drives your performance.

Superior vision lets you anticipate plays, react quickly, and make the critical saves.

This program breaks down why vision matters, the visual skills every goalie relies on, how to train them, and a full set of hand-eye drills to elevate your game.

WHY VISION IS IMPORTANT

01 TRACKING THE PUCK

Accurate vision is essential for following the puck through rapid plays and deflections.

02 SCANNING THE ICE

Peripheral vision lets you monitor player positions and anticipate passes and shots.

03 SPATIAL AWARENESS

Understanding the relationships between you, the puck, and other players is key to positioning and movement.

04 DECISION MAKING

Quick visual processing fuels the split-second decisions between a save and a goal.

ELEMENTS OF VISION

01 CENTRAL VISION (HARD FOCUS)

Locks onto the puck and the immediate play in front of you.

02 PERIPHERAL VISION (SOFT FOCUS)

Captures the movement and positions of players around you for better anticipation.

03 DEPTH PERCEPTION

Judges distance and the speed of the puck and players.

04 EYE-HAND COORDINATION

Syncs visual input with your hands to make the save.

05 DYNAMIC VISUAL ACUITY

Keeps you seeing clearly while moving — crucial for tracking in fast-paced action.

HOW TO TRAIN YOUR VISION

01 VISUAL TRACKING

Practice following moving objects with your eyes to sharpen puck tracking.

02 PERIPHERAL TRAINING

Use drills that expand what you can see out of the corner of your eyes.

03 DEPTH PERCEPTION

Judge distance through tasks like catching balls from varied ranges.

04 REACTION TIME

Build the ability to react instantly to a visual stimulus.

05 FOCUS FLEXIBILITY

Train your eyes to switch focus fast between near and far, mimicking the game.

VISUAL TRACKING

#	DRILL	VIDEO
01	1 Hand — off wall or partner (full hand / 3 fingers / 2 fingers)	▶ WATCH
02	1 Ball — Goalie Glove	▶ WATCH
03	Saccades (horizontal + vertical + diagonal)	▶ WATCH
04	Eye Circles	▶ WATCH
05	Convergence	▶ WATCH

Watch each tutorial before attempting. Start slow, build control, then add speed. Tap any drill to watch the video.

PERIPHERAL VISION

#	DRILL	VIDEO
01	2 Balls — Off Wall	▶ WATCH
02	2 Balls — Off Wall + Ground	▶ WATCH
03	2 Balls — Off Wall, Cross	▶ WATCH
04	1 Ball — Side View (overhand + underhand)	▶ WATCH
05	Divergence (Eyes)	▶ WATCH

Watch each tutorial before attempting. Start slow, build control, then add speed. Tap any drill to watch the video.

DEPTH PERCEPTION

#	DRILL	VIDEO
01	Juggling	▶ WATCH
02	Chaos Juggling	▶ WATCH
03	Claw Juggling	▶ WATCH
04	Ground Juggling	▶ WATCH
05	1 Ball — Between the Legs Lunge	▶ WATCH
06	1 Ball — Behind the Back	▶ WATCH
07	1 Ball — Dribbling	▶ WATCH

Watch each tutorial before attempting. Start slow, build control, then add speed. Tap any drill to watch the video.

REACTION TIME

#	DRILL	VIDEO
01	Ball Drops (circles)	▶ WATCH
02	Corner Throw	▶ WATCH
03	Alt. Ball Drops	▶ WATCH
04	Reaction Ball (ground)	▶ WATCH
05	Reaction Ball (off wall)	▶ WATCH

Watch each tutorial before attempting. Start slow, build control, then add speed. Tap any drill to watch the video.

FOCUS FLEXIBILITY

#	DRILL	VIDEO
01	Focus Shifts	▶ WATCH
02	Juggling (any variation)	▶ WATCH
03	Strobe Glasses	▶ WATCH
04	Mirror Juggling → Regular Juggling	▶ WATCH

Watch each tutorial before attempting. Start slow, build control, then add speed. Tap any drill to watch the video.

CONCLUSION

Mastering vision and hand-eye coordination is essential for any goaltender chasing the top of their game.

Work these drills into your routine and you'll track, anticipate, and react better — a real edge on the ice.

Consistency is everything. Steady, dedicated reps on your visual skills translate straight into game-day performance.

THANK YOU

Awesome job making it this far. If these drills helped, tag me on social **@lacouveegoaltending** — I love seeing your work.

VISIT THE WEBSITE

YOUTUBE

INSTAGRAM

FACEBOOK

TIKTOK



— GET IN TOUCH

CONTACT ME

SOCIAL MEDIA

@lacouveegoaltending

YOUTUBE

INSTAGRAM

FACEBOOK

TIKTOK

PHONE

+1 778 244 8347

WHATSAPP

+1 250 951 2806

EMAIL

lacouveegoaltending@gmail.com

WEBSITE

lacouveegoaltending.com

