

SKATE LIKE A PRO



LACOUVEE GOALTENDING

WWW.LACOUVEEGOALTENDING.COM



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 — and skating is where it all starts.

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.

SKATING IS OUR FOUNDATION

Your skating ability is the foundation your whole game is built on. It's how you move — and how you position yourself to stop the puck.

The hard part of goaltending is physically getting into position to make the save. More than the save itself, it's the skating that gets you there.

EASILY IDENTIFIABLE

Besides height, the most noticeable thing about a goalie is their **skating ability**.

Right or wrong, a coach or scout makes a fast judgment on your ability to play based on how you skate.

If you want to make the jump to a better league, invest in your skating.

WHY PRACTICE SKATING?

01 CORRECT POSITIONING & ANGLE

Skating puts you in the right spot, at the right angle, to take away the shot.

02 MOBILITY & SPEED

Quick, efficient movement lets you beat plays across the crease and stay square.

03 PUCK HANDLING & PLAYMAKING

Strong edges free you up to handle pucks and start the breakout with confidence.

HOW TO PRACTICE SKATING?

01 MINDFUL

Develop the muscle-mind connection — be deliberate with every rep.

02 TECHNIQUE OVER SPEED

Nail correct technique first. Add speed only once the movement is clean.

03 CONSISTENT + OFTEN

Work a couple of these drills in every single time you're on the ice.

04 REP RANGE

4–6 reps per side is a great range to build technique and condition your body.

3 TYPES OF SKATING

01 EDGE WORK

Balance, change of direction, and movement efficiency on your full blade.

02 ZONE-ENTRY / RUSH

Lateral movement to read and handle an incoming rush.

03 POST INTEGRATION

Clean, controlled entries and exits around the posts.

EDGE WORK

These drills build your balance, change of direction, and movement efficiency.

The goal is to become proficient using your **full skate blade** — the inside and outside edges, plus the toe, heel, and middle of the blade.

Pay attention to how your blades interact with the ice as you execute each movement.



WATCH 10 EDGE WORK DRILLS

YouTube playlist · 10 drills

RUSH / ZONE ENTRY

These drills simulate an incoming rush. The primary goal is developing your **lateral movement**.

That covers shuffles, t-pushes, slides, and lateral releases. Focus on pushing hard, stopping quickly but quietly, and getting your feet set to react to the play.

Experiment with different depths to find what works best for you and your game.



WATCH 10 RUSH DRILLS

YouTube playlist · 10 drills

POST INTEGRATION

These drills simulate plays around the net where you're forced to move into your post. The goal is improving your **entry and exit**.

Post integration is tough at every level. Focus on precise, light movements — arriving calmly into the post instead of flying in and knocking the pegs off.

Keep working techniques like Overlap, RVH, VH, and Panda to build confidence interacting with your posts.



WATCH 10 POST INTEGRATION DRILLS

YouTube playlist · 10 drills

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

