



## 2015 Team Alberta Elite Coaches Seminar

June 12 - 13, 2015

Calgary, Alberta

The Westin – Nakiska Room



# 2015 Team Alberta Elite Coaching Seminar

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**Mike Bergren – Senior Head Instructor  
World Pro Goaltending**

**Performed over 9000 private sessions  
Work with goalies of all ages and skills  
from beginner to the NHL**

**Goaltending Consultant Kootenay Ice –  
WHL**



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## *World Pro Goaltending*

- ❖ *Founded in 2004*
- ❖ *Training Facility in Calgary (7000 sessions / year)*
- ❖ *Camps and clinics throughout western Canada*
- ❖ *World class staff: 4 WHL consultants*
- ❖ *Member of Hockey Alberta's Goaltending Advisory Board.*



## *A Different Approach Required:*

### *The Great Dilemma*

- ❖ ***Goaltending is a critical aspect of team play. “The most important player on the team”.***
- ❖ ***However, goalies have a different skill set than the rest of the players on the team and coaches often need to have a different / unique approach when***



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## Coaches Challenges # 1: A Different Skill

### Set

- ❖ ***Most coaches have a limited technical knowledge of the position. Constant development in the position also makes things very hard for coaches to keep up with what the goalies do.***



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## *The Goalie's Skill Set*

- ❖ *Today there is an analytical and systematic approach to the position. Goalies are being taught a system.*
- ❖ *There is now a professional approach to teaching goalies: Today, there are professional goalie coaches in most major cities and most elite goalies from Novice up have a goalie coach.*



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## *The Coach's Job:*

### *Being Involved Without Giving a different Message*

- ❖ *In order to cultivate a better relationship with his goalies it is essential that the coach be able to give his goalies feedback and set expectations for them.*
- ❖ *The challenge in doing so is to provide a message that's consistent with what the goalie hears from his goalie coach and even from mom and dad.*
- ❖ *For instance... the butterfly*



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## The Butterfly

- ❖ **Playing a percentage game: taking away the bottom and middle of the net.**
- ❖ **A position focusing on compactness.**
- ❖ **But not a robotic or blocking position.**







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## Tip # 1: Touch Base with the Goalie

### Coach

- ❖ **Ask him ....**
  - **3 strengths in the goalie's skill set and game**
  - **3 weaknesses in the goalie's skill set and game**
  - **3 skills / aspects of the game they**



## **Tip # 2: Know About the Basics of the Position**

### **Speak their Language**

- ❖ **Know when the following skills should be used:**
  - **The Butterfly**
  - **The Post Lean**
  - **The Knee Drop**
  - **The Slides**



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## **Tip # 3: Design Practices to Help your Goalies**

- ❖ ***Give your goalies time to properly warm up (movement in the crease / time with goalie coach)***
- ❖ ***Design and run drills in such a way that goalie is allowed to fully work on his skill set.***
  - ❖ ***Ex.: shots coming from the mid to high slot, enough time to get into position and follow rebounds, one pass, one shot type of drill.***
- ❖ ***Have him playing the puck in some of the drills.***
- ❖ ***Coach your goalies (one assistant down in the ends pushing the goalie to work hard).***

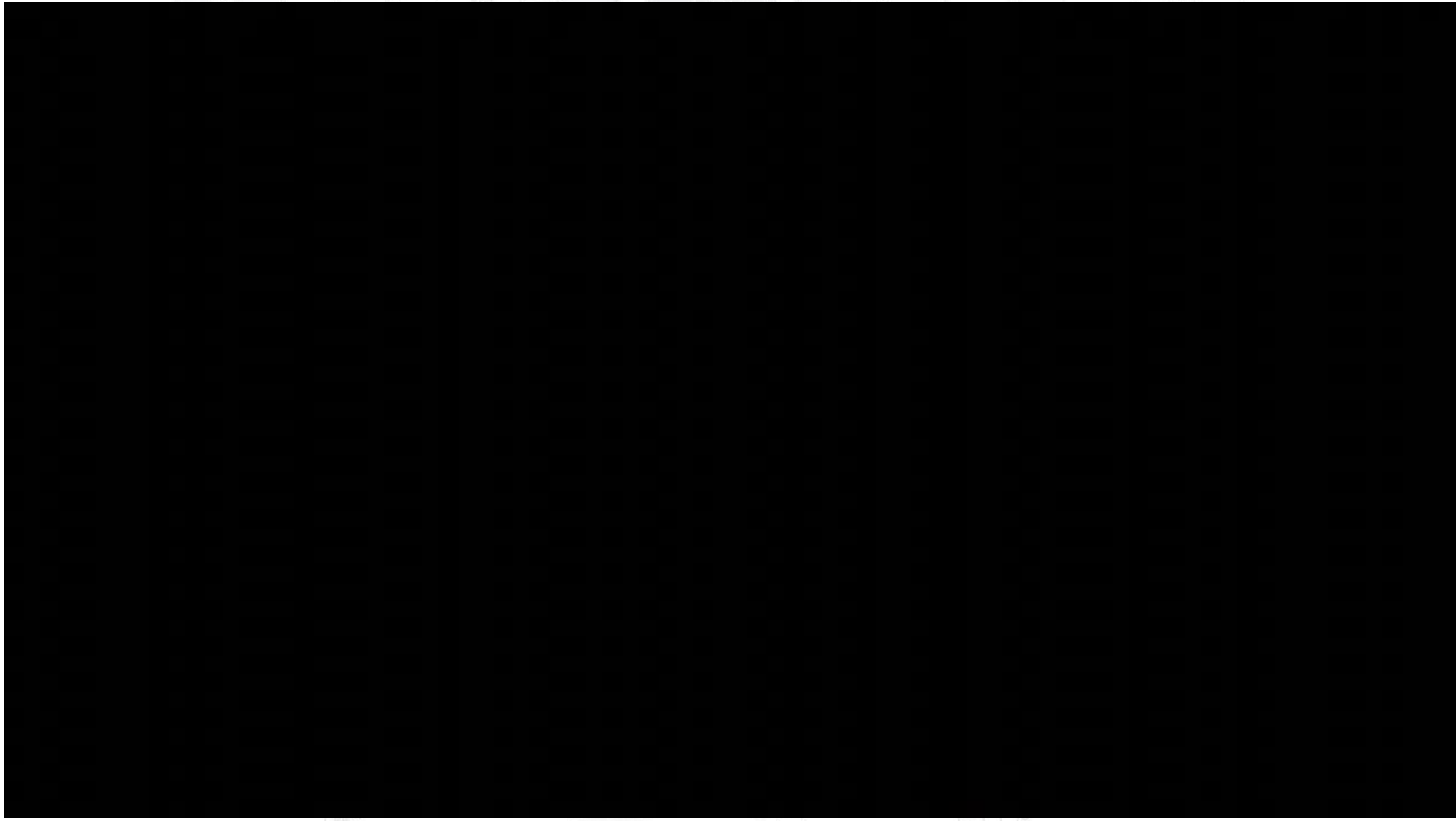


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TEAM ALBERTA





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## **Tip # 4: Set Easy / Simple Technical Expectations**

### ***For Instance ....***

- ***No goals go in through the body.***
- ***Everything in the body stays in the body (rebound control)***
- ***Nothing goes in between the post and the body (post lean/knee drop).***
- ***Be at the top for the crease on point shots (competing for depth).***
- ***Any high shots from the top of the circle and the point the goalie should be staying up.***



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## Coaches Challenges # 2 : The Goalie Experiences the Game from a Different View Point

- ❖ *When the goalie makes a mistake, it's the entire team that pays (goal). His failure are very public (red light goes off, fans cheering or booing)*
- ❖ *The goalie is often put in tough situations that are in large part out of his control (ex.: 5 on 3 P.K., 2 on 1 or 3 on 1 rushes). There is a sense that you don't always control your destiny*



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## *The Goalie Experiences the Game from a Different View Point*

*Because of the nature of the position, being at the right activation level is essential for goaltenders. Goalies have to react to the play and make sure that they keep their emotions in check.*

*In order to react and make the right decisions goaltenders have to be in a state of mind that allows for the body to do its thing without interference from the mind.*

*On a scale of 10, goalies usually need to be at a 6.5 or 7.*





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## *Tip # 5: Communicate Well with your Goalies and Avoid Leaving Things up in the Air.*

- ❖ *When to tell my goalies if they're starting or not?*
- ❖ *Let them know the day before the game. Don't let them show up at the rink with a feeling of uncertainty.*



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## *Communicate Well with your Goalies...*

- ❖ *When to talk to my goalie when I pull him?*
- ❖ *Try not to address the situation on the bench (there's a lot of emotions and thoughts going through his mind). Talk to your goalie after the game. Don't let him go home not knowing why he got pulled.*



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## Tip # 6: “Rah-Rah” Speeches Focusing on Outworking the Other Team Don’t Work with Goalies

- ❖ *Usually for goalies, it’s not about hard work. The difference between a good and bad game is more often than not about execution.*
- ❖ *Yourself or one of your staff members should be talking to the goalies before the game focusing on themes such as execution, staying in control of emotions, focusing on good body language and breathing, playing for 60 minutes...*



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## **Tip # 7: Make Sure Your Goalies are Part of the Team**

- ❖ *A lot of goalies deal with anxiety and stress by withdrawing themselves from the team. Don't let that happen. Reinforce with them the fact that hockey is a TEAM game.*



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## ***Make Sure Your Goalies are Part of the Team...***

- ❖ *Help them understand that on game day focusing too much on the game is not necessarily a good thing. Stress with them that having a routine that includes things they enjoy doing and enjoying the moment with friends and teammates is very important. Showing up to the rink in a relaxed state of mind is essential.*



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**Questions???**

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