

## Don “Hoss” Watson Goalie Basics

### Goaltenders Situational Position Analysis

Generally speaking there are some basics for goalies that should be followed when **passing** or preparing for a **shot** from an offensive player.

#### **Passing:**

The most comparable way to explain how a goalie should set up in order to pass is to review the throwing stance to that of a pitcher in baseball.

1- **The Back Foot:** The back foot of the goalie should be perpendicular to the target they are passing to. If a goalie goes from a **goalie ready position** to the passing position; you will want the goalie to pivot the back foot to a perpendicular position. This creates a good base to push from.

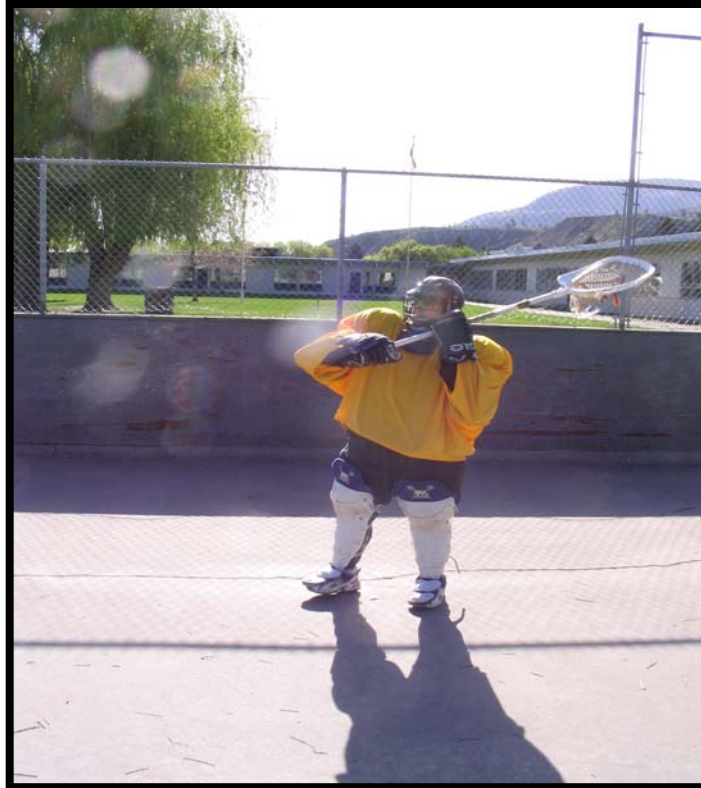


**Goalie Ready Position**



**Good Back Foot Positioning**

**2- The Front Foot:** The front foot of the goalie should be pointed at the player receiving the pass. By having a good base with the back foot and then striding forward with the front foot pointed at the pass receiver; the goalie will not be able to twist their hips. The top hand should be at the knob, (closest to the head) then slide the top hand to the middle of the stick when throwing. The bottom hand should always be at the bottom of the stick during the throw. This will allow the stick to be held off the body of the goalie and make the pass powerful and straighter.



**Good Front Foot Positioning.**

**3\_ Hands:** The picture above is a good example of where the hands should be when the goalie finishes the pass. The bottom hand should always be at the bottom of the stick. The top hand begins around the Knob that is up the stick towards the head.

As the goalie begins to pass the top hand should slide down to the middle of the stick. This produces two effects; first the “fulcrum” effect is initiated which begins the pass. There is also a whipping action that occurs which will increase the speed of the ball and the power of the pass.

**NOTE: By following these basics, the accuracy, power, and distance of the goalies passes will improve. Please note that the goalies stick must not have hooks in the shooting pocket. This I discussed in the goalie CD on goalie basics.**