



2014 National Hockey Coaches Symposium

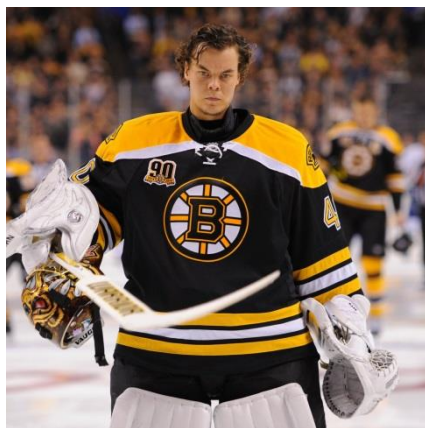
Developing Young Goalies as an Individual – Thoughts out of Finland

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Presented by:



The Result





Finnish System

- 1) Goalie coaching education of FIHA**
- 2) Work on the club level**
- 3) Working with an individual goalie**
- 4) Tools to use with an individual**





Goalies Are Weird!



Goalie Coaching Education FIHA



- **FIHA has its own Goalie Coaching education program with 2 levels + START-course for parents**
 - **Start-course**
 - **Sport specific technical and tactical skills (Level 1)**
 - **Run by Mentor goalie coaches in 8 regions**
 - **Level 1 includes also 2 courses that are in common for goalie coaches and player coaches**
 - **Physical training**
 - **Sensitive period training**
 - **Holistic coaching of the goalie (Level 2)**
 - **Run nationwide by Chief goalie coach + National team goalie coaches**



Goalie Coaching Education FIHA



- **1 Chief goalie coach**
- **8 Mentor goalie coaches in 8 regions**
- **4 goalie coaches in National teams**
 - **Only the Chief goalie coach is not working in a club, the only full paid of FIHA**



How it is Applied on the Club Level



- **Finland's hockey-system is based on the work in club levels**
- **Professional men's teams develop their own players in the junior and youth system of the club**
 - **Mens SM-league**
 - 14 clubs
 - **Mens Division 1**
 - 10 clubs
 - **Every club has its own program from U7 until U20**
 - **U16 is the first age-group that plays for the Finnish Championship**
 - **Smaller clubs develop players for bigger clubs in their area, and run recreational hockey in older age groups.**



How it is Applied on Club Level – as an Example Pelicans Lahti



● Pelicans Lahti

- **Mens Elite League (SM-League) + Junior and youth organization**
 - 1-3 teams in every age-group starting U8 until U20
 - Every age group has its own goalie coach
- **2 Full-time goalie coaches**
 - 1 responsible for Men's team and U20 and mentoring goalie coach from U18
 - 1 responsible for U18 and mentoring goalie coach from U16
- **9 goalie coaches in addition who work as volunteers**
 - 1 goalie coach is responsible for mentoring goalie coaches in age-groups U12 to U15
 - 1 goalie coach is responsible for mentoring goalie coaches in age-groups U8 to U11



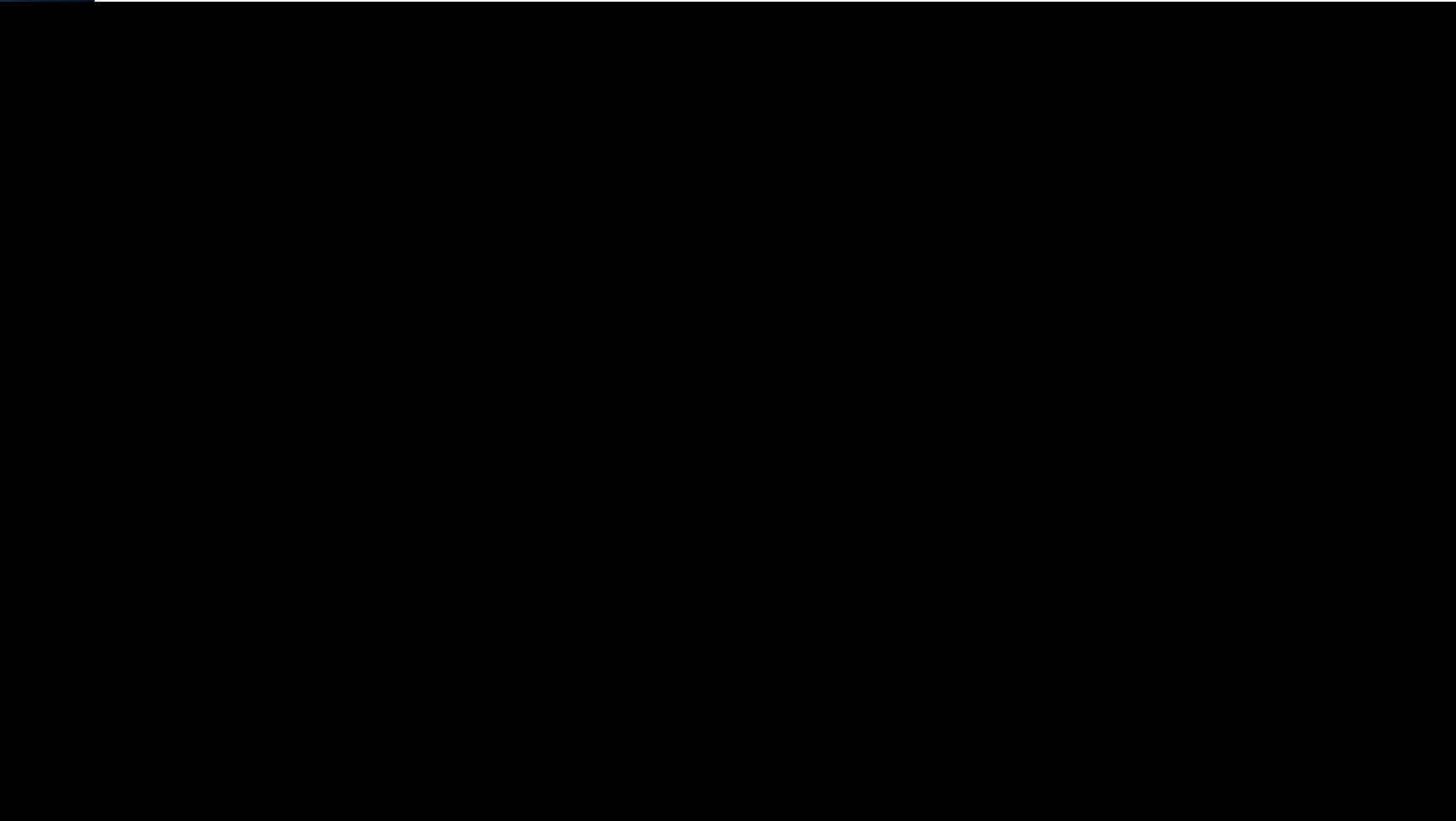
How it is Applied on Club Level – as an Example Pelicans Lahti



- **Club's head goalie coach runs 1 Start-course every year in their own club**
 - **If they are not licensed by the FIHA, a regional Mentor coach will do the course in the club!**
- **Every goalie coach can attend regional courses of Level 1 every year**
 - **Paid by the club!**



How it is Applied on Club Level - as an Example Pelicans Lahti



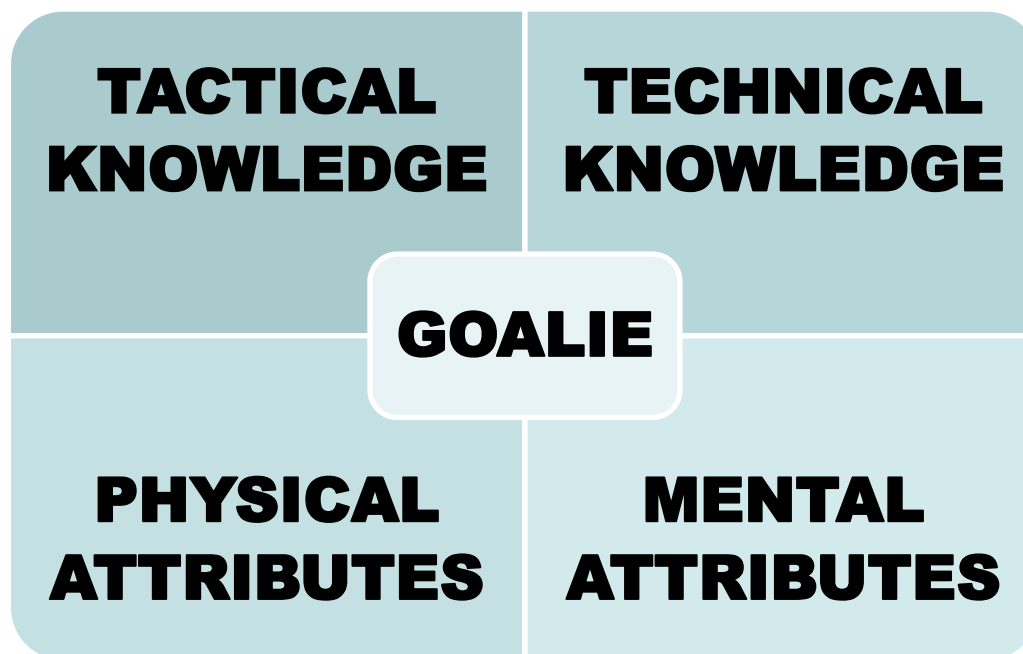


WORKING WITH THE INDIVIDUAL GOALIE



Qualities of an Individual

- An individual has certain qualities and skills



Qualities of an Individual

- **The development of all four qualities is the goal in every practice. These are the ones that define how the goalie performs in a game situation.**



Tactical knowledge

- **Recognizing the situation > making the decision according the game situations goal**



Technical knowledge

- **Movement skills**
- **Basic puck stopping skills**
- **Stickhandling skills**



Physical attributes

- **Speed, power, stamina balance, mobility**



Tactical Knowledge

● Recognizing the game situation

- **How many players are in the zone? Is the situation for our team equal, outnumbered or outnumbered? Communication with players.**
- **Does the opponent have the puck in control or is it bouncing?**
- **What options does attacking player have?**

● Making the decision

- **Challenging the attacker**
- **Covering the puck**
- **Playing it out of the zone**
- **Reading passes and intercepting them**





Technical Knowledge

- **Tools that the goalie uses to execute his personal tactical knowledge**
 - **Movement skills (stand-up and on the ice)**
 - **Basic puck stopping skills**
 - **Butterfly, stand-up, half-butterfly etc.**
 - **Stickhandling techniques**
 - **Shooting, passing, intercepting, poke-checks**





Physical Attributes

- **In order to be able to play a successful goalie's game, it is crucial to be in very good physical condition.**
 - **Physical condition is a tool to be able to work with your techniques after the decision-making process.**
 - **Strong legs: getting up and down on the ice, stopping and pushing with both legs, staying in the basic stance for long times**
 - **Powerful core: balance and control of your body, all saving techniques come from the core**
 - **Mobility and strength of arms: hands are the most important tools for the goalie (catcher, blocker and stick)**





Qualities of an Individual

- **The development of this box should be emphasized**

**MENTAL
ATTRIBUTES**





Mental Attributes

● Development of self-confidence

- Discussions about good performances, shutouts!
- Increasing self-knowledge through self-evaluation, own strengths and weaknesses
- Showing test results, seeing development through concrete results lifts up self-confidence

● Development of feeling responsible

- Making the goalie understand his role in accordance to success of the team
 - Sometimes also as a backup

● Development of an optimal arousal level

- The goalie has to learn to recognize his own arousal level, and when he performs best!
- Thinking about it and discussing it is the way to learn it!





Tools for Development for Qualities of an Individual

- **Long-term development plan with subjective targets of the individual for all qualities**
 - **In order to go through a long-term development plan, the goalie needs intrinsic motivation**
 - **Intrinsic motivation contains out of three factors**
 - Feeling competent
 - Feeling of autonomy
 - Feeling of fellowship
 - **An individual goalie has to feel that he is competent!**



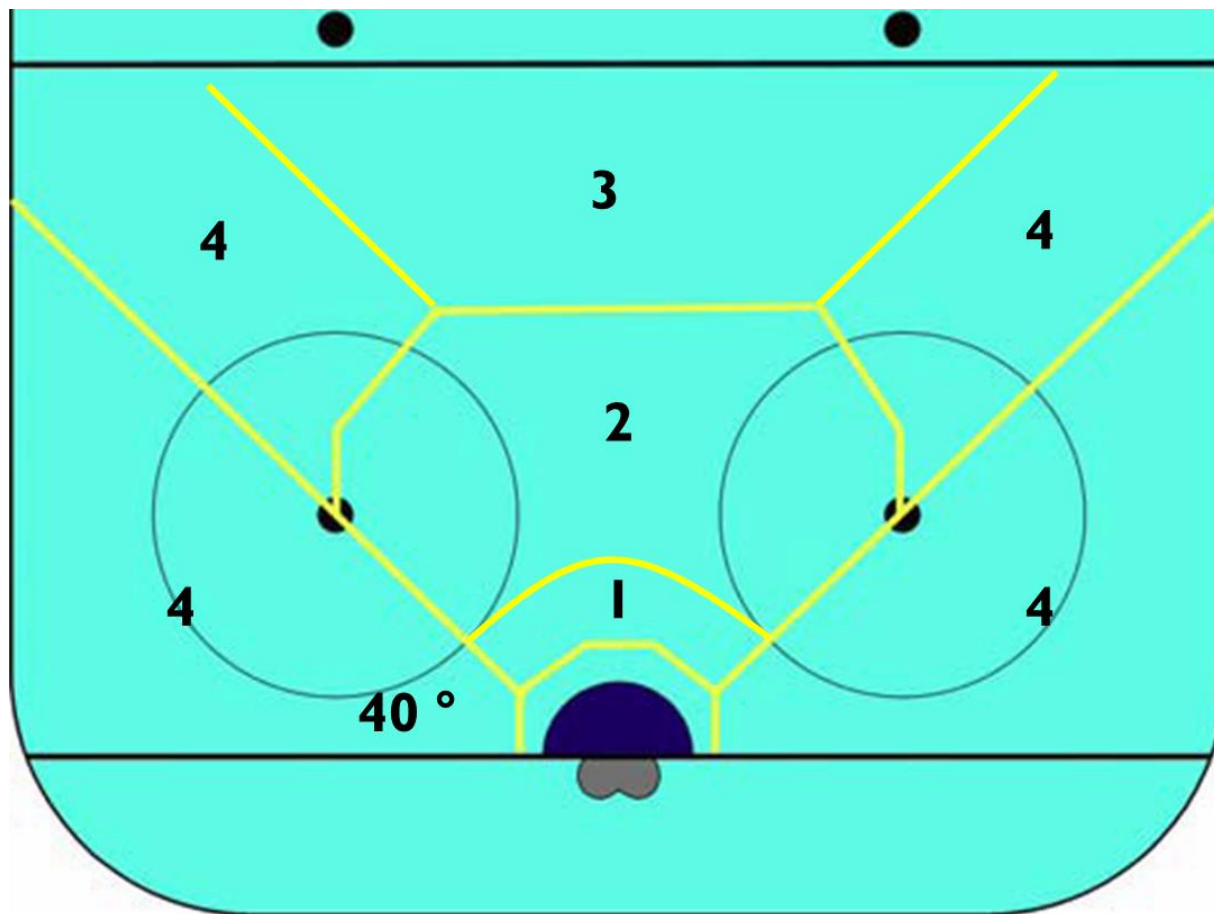


Tools for Development for Qualities of an Individual

- **Game-evaluation through facts**
 - **The idea of evaluation is to raise the level of self-confidence – not to demolish it!**



Scoring Areas





Evaluation of Goalies— Game Evaluation Sheet



- As an example:
 - Young goalies need different facts than just save percentage or goals against average

N34		fx		tot.												
A	B	C	D	E	F	G	H	I	J	K	L	M	N			
1	GOALIE						TEAM			GAME:						
2	SAVES															
3	AREA	reg. shot	drive t. net	one t. sideways	one t. vertical	sideways mov.	screen	deflect.	breakawa	a rebound	corner drive	TOT:	FACTOR	RELA:		
4	1.			1	2			2	2			7	1,5	10,5		
5	2.	5								3		8	1	8		
6	3.	5					2					7	0,75	5,25		
7	4.											0	0,5	0		
8	tot.	10	0	1	2	0	2	2	2	3	0	22		23,75		
9	GOALS:															
10	AREA	reg. shot	drive	one t. sideways	one t. vertical	sideways mov.	screen	deflect.	breakawa	a rebound	corner drive	TOT:	FACTOR	RELA:		
11	1.								2	1		3	0,75	2,25		
12	2.											0	1	0		
13	3.											0	1,25	0		
14	4.											0	1,5	0		
15	tot.	0	0	0	0	0	0	0	2	1	0	3		2,25		
16	avoin:	1,5	1	0,75	0,75	0,75	0,85	0,5	0,75	0,75	1					
17	RELA	0	0	0	0	0	0	0	1,5	0,75	0	2,25		suht. luku: 2,25		
18	SAVING PERCENTAGES ACCORDING TO HOW THE GOAL WAS MADE												save %	success INDEX %		
19	100,0 %		#####	100,0 %	100,0 %	#JAKO/0!	100,0 %	100,0 %	50,0 %	75,0 %	#####	88,0		91,3 %		
20	SITUATIONS ACCORDING AREA				SUCCESSFUL SCORING THROUGH DIFFERENT WAYS:											
21	area	situations	goals	scoring %	way of scoring	REG. SHOT	drive	ONE T. SIDE	ONE T. VER	SIDEWAYS MOV	TRAFFIC	DEFLECT.	BR	W	RES	IND
22	1.	10	3	30 %	SITUATION	10	0	1	2	0	2	2	4	4		
23	2.	8	0	0 %	GOALS:	0	0	0	0	0	0	0	2	1		
24	3.	7	0	0 %	scoring %	0 %	#JAKO/0!	0 %	0 %	#JAKO/0!	0 %	0 %	50 %	25 %		
25	4.	0	0	0 %	#JAKO/0!											
26	tot:	25	3	12 %												
27																
28																
29	Participating into game & loose pucks & interceptions plus minus tot. 0 success % *****															



The Growth of the Goalie

- **Every individual has the possibility to play all positions in the game until the age of 10-12**
 - **This ensures enough exercise in the child phase, and gives versatility to the athlete.**
 - **During this phase it is emphasized to learn only basic movements, where basic skating skills can be easily adapted from the players side to the goalies side and vice versa.**
 - **The possibility to always play either in the net, or as an player on the field, develops a child much more than to specialize too early and sit on the bench.**
- **REMEMBER, THAT BEING A GOALIE IS NOT AN EARLY SPECIALIZATION SPORT!!!!!!**



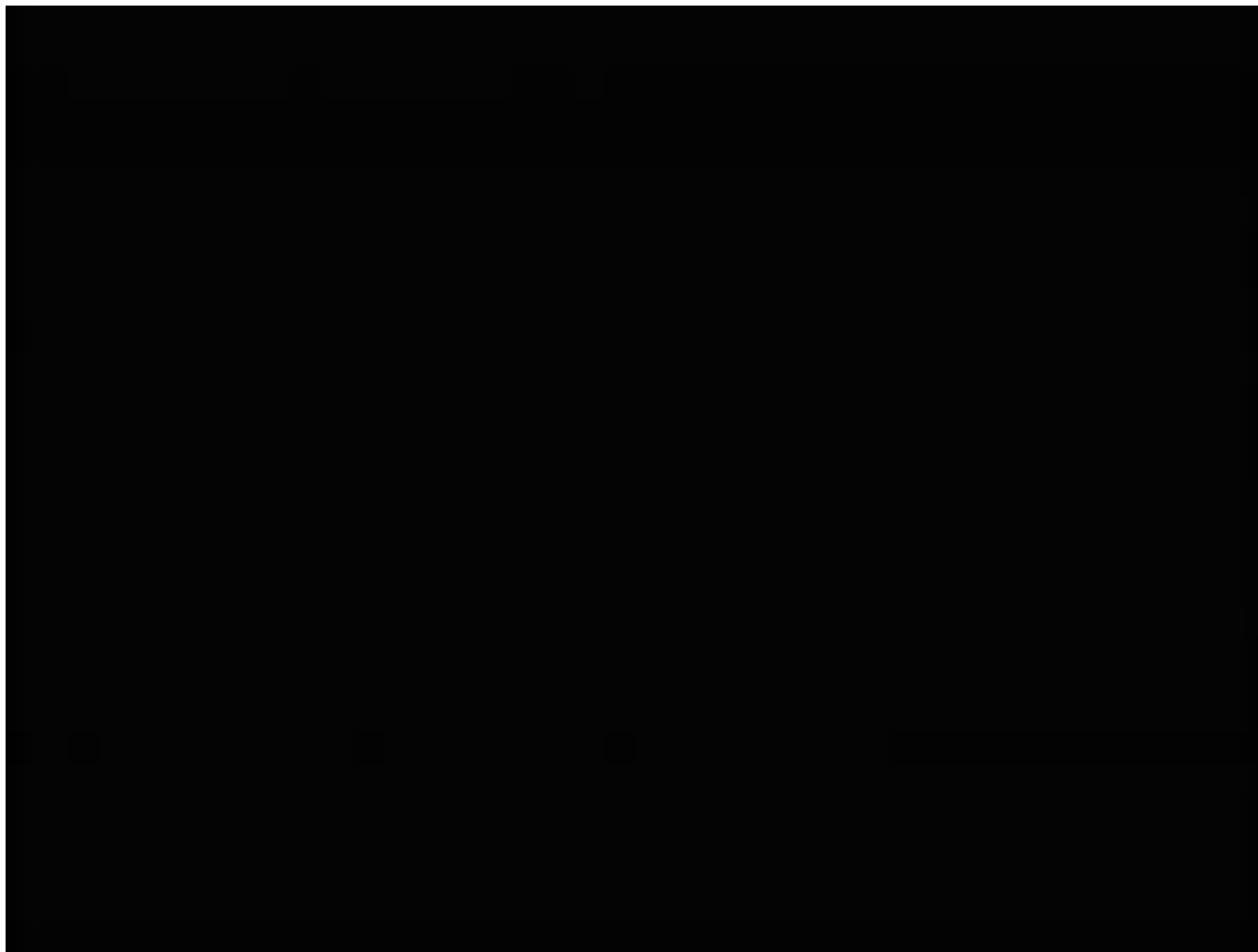


Overall

- **The most important issue for developing the goalie is a feeling of trust, that the goalie coach has to develop with his athlete already when he is young.**
 - **Without this all the development stages can't be met.**
- **The goalies should be taught already in younger years the concept of self-evaluation, leads to better self-confidence!**
- **Emphasize the fun in the net, it is GREAT to STOP the puck!**
- **The goalie is at his best when he is 28-35. Not 18!!!**



Just as a Reminder. . . Not Normal Ones!!





THANK YOU!

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