

## Goalies: Are You Coachable?

One of the hardest things to be as a goalie is coachable. In a sport where the majority of players and coaches have no idea about the pressures placed on a goalie it may be hard to take constructive criticism/coaching from people who are not always properly informed. Despite the possible misinformation given to goalies they are still required by elite hockey coaches to be coachable. In order to determine if you are coachable please answer the questions below in an honest manner.



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- Are you a great skater?
- Do you have outstanding mobility?
- Do you find that the majority of shots faced are handled with control and precision?
- Do you stop all uncomplicated perimeter shots (shots in which you have full vision, limited traffic and there is no puck interference)?
- Are you capable of controlling most rebounds or, at least, putting pucks where you would like them?
- Do you recover efficiently and move quickly and seamlessly into the new position?
- Do you already, or are you on a path to attaining a strong transitional dimension?
- Do you consider yourself an excellent athlete?

If the answer is "no" to any of these questions then you must examine your game closely and ask, why not? Have you answered "no" because you were not taught a certain skill set? Are you unprepared to make the necessary changes in your game because you are scared to change what has brought you success in the past? Do you consider yourself "good enough" already?\*

It is of utmost importance that you identify weaknesses and passionately pursue the resolution of your problem areas. Most of a goaltender's development is self-generated but the great goalies look to outside help to take their game to the next level. Great goalies are sponges, so, when the mindset and circumstances are correct they take and process enhancements to their game. These goalies not only embrace material but also filter it. Rarely, does instructional material come to an athlete without the athlete adapting it to their needs. So, ask yourself, ARE YOU COACHABLE?

Change should not be feared but embraced. Only change can bring about the dreams, desires and objectives that you have established for yourself. You can learn about your craft by yourself and you can learn from anyone. You just need to know when and how to adapt what you learn into your game.

\*\*Reference

Clarke, I. (1998-2002) Look in the mirror- are you coachable? From The Crease. GDI Publishing: PA