

## **Suggestions for Coaches**

1. Work progressively – start slowly, focusing on one skill before moving on.
2. Make sure your explanation is clear and that the goalies understand what you are trying to accomplish.
3. Repetition is the basis for practice – ensure the goalies get adequate time to practice new or old skills.
4. When proper technique is learned it must be repeated with more strenuous circumstances.
5. Never let goalies repeat something that is incorrect.
6. Make sure all shooters execute the drills properly.
7. Stress the importance of basic fundamentals.
8. Structure drills so that goalies can practice, too.
9. Explain and enforce self-development.
10. Laugh, smile and have fun!!