

GBOK

The Goaltenders Book of Knowledge

GOALTENDER:												
ATTRIBUTE	1	2	3	4	5	6	7	8	9	10	NOTES	
** Use solid line to score												
Ex. A score of 6												
BASIC STANCE												
Stick position												
Trapper position												
Blocker position												
Stance (Skates/Pads)												
Weight distribution (edges)												
SKATING												
In Stance FWD												
In Stance BKWD												
In Stance Shuffle												
In Stance T-Push												
As a Skater FWD												
As a Skater BKWD												
Net and Crease Movement & Management												
Post coverage												
Post to post movement												
Movement in stance												
Recovery to stance												
Challenging shooter												
Angles/positioning												
Crease Ownership												
STICK USE												
Passing												
Shooting												
Stopping puck behind net												
Poke check												
Trapper Save												
Blocker Save												
Stick Save												
Skate Save												
Butterfly												

