



Coaches Corner Goaltending

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Topics

- Positioning
 - Body Positions
 - Cage Locations
- Movement
- Blocking
- Passing
- Knowledge & Communication
- Coaching
- Drills

Positioning – Body

- “Base Position”
 - Starting Position/Foundational which All Other Positions are Based On
 - Legs in a Wide “V” Position with Knees Pointed Outward and Thighs Parallel to the Bottom of the Pool
 - Hips and Shoulders are in Alignment Vertically
 - Shoulders Square, Lower Back Straight
 - Hands Scull Lightly just Below Surface, Mirroring Each Other
 - Inward Scull: Thumbs No Closer than Shoulder-Width apart
 - Outward Scull: No More than 15-20 Degrees Beyond 90 at Your Elbow

Positioning – Body (continued)

- “Base Position” (cont.)
 - Use
 - Ball is Close and within 5M
 - Man-Down Situations

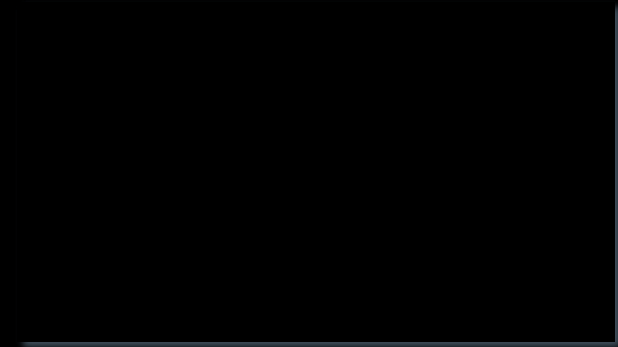
Base Position w/ Elbows Out

Positioning – Body (continued)

- “Goalie Position”
 - Legs in a Wide “V” Position with Knees Point Outward and Thighs Parallel to the Bottom of the Pool
 - Shoulders are Leaning Forward with Knees Pointing Outward & Leading
 - Prevent Goalie from Being on Stomach
 - Shoulders Square, Lower Back Straight
 - Sitting Upright on the Front-Edge of a Chair BUT Leaning Forward at the Hips
 - Hands Scull Lightly just Below Surface, Mirroring Each Other
 - Inward Scull: Thumbs No Closer than Shoulder-Width apart
 - Outward Scull: No More than 15-20 Degrees Beyond 90 at Your Elbow

Positioning – Body (continued)

- Goalie Position (cont.)
 - Use
 - Ball on Perimeter Outside 5M
- Characteristics to Avoid
 - Curled/Rolled Back
 - Hips Curled Underneath
 - Knees Pointing Downward
 - Heavy/Deep Hands



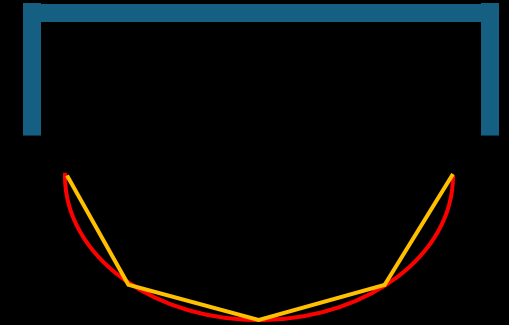
Goalie Position

Positioning – Cage Location

- Dependent on
 - Even Strength and Ball Location
 - Ball on Perimeter @ 2-3-4
 - Around Half-Meter to 1M mark
 - Ball on Perimeter @ 1 & 5
 - Goal Line
 - Man-Down
 - Goal Line

Movement

- Body
 - Lateral Movement (Slides)
 - Lead with Head and Hands in Straight Line
 - Prevent “Rainbow” Movement w/ Elbows & Arms
 - Look to Where You are Moving
 - Lateral Movement (Walking)
 - Maintain “V” Position
- Cage
 - Even Strength
 - Perimeter Ball Movement – Arc to Play Angles
 - Perimeter 1-to-5 – Straight Line



Perimeter Movement (Even Strength)

Perimeter Movement

Perimeter Movement w/ Lunge

Movement (continued)

- Cage (cont.)
 - Power Play
 - Straight line
 - Goalie Responsibility
 - Between 3-4ft on Either Side of the Cage's Centerline
 - Post-Play Responsibility
 - 1-ft to 1.5-ft Off Post
- Characteristics to Avoid
 - “Rainbow” Motion of Elbow and Body When Moving
 - Dangling / “Fish-Tailing” Legs
 - Twisting Hips During Lateral Walking



Man-Down Movement

Blocking

- Important Basics
 - Strong Leg Foundation
 - Light Hands for Stability
 - Hand and Arm Positioning
 - Single- or Two-Hand Lunge
 - Hands Slightly Flexed
 - Forearms Angled Slightly Downward (Control the Block)
 - Lunge Slightly Forward (Perimeter 2-3-4 Shots)
 - Lunge Backwards
 - Counterattack or Cross-Cage Passes
 - Man-Down @ 1 & 6

Blocking (continued)

- Important Basics (cont.)
 - Direct Defense to Move Ball to Worst Angle Shot
 - Even-Strength
 - Counterattack
 - Man-down
- Types
 - Two-Hands
 - Use Anytime Shot Within Goalie's "Halo"
 - Form will be a "Pull Down"
 - Have Hands and Forearms Close Together and Behind the Ball Similar to a Praying Mantis
 - Single-Hand
 - Whenever Unable to Use Two-Hands
 - Lobs



Blocking (continued)

- Scenarios
 - Counterattacks & Drives
 - 2M & Post-up
 - Perimeter
- Characteristics to Avoid
 - Slapping/Swinging at the Ball
 - Forearms and Hands Angled Up- and Backwards
 - Turning Head Away
 - Catching with Two-Hands
 - Dangling / “Fish-Tailing” Legs

Passing

- Quickly Get to Ball While Maintaining Field of Vision on Counterattack
- Elevate and Hold Ball in High-Position for Visibility (Statue of Liberty)
 - High-Elbow Around Ear Height
- As Applicable, Move Forward Towards Opposing Goal to Improve Upon Distance or Slide Laterally to Improve Passing Angle
- Assess the Field of Play from Right-to-Left and Back to Right to Make Safe Outlet Pass
- Identify Where and What Type of Pass is Needed
- Recommend using Backspin and Avoid “Knuckleball” Grip
- After Pass is Made, Point to Direction Ball Thrown to Communicate to Field Players Who Might Still be Looking Back for the Ball

Passing (continued)

- Wet Pass vs. Dry Pass
 - Wet Pass
 - Enough Arc on the Ball to Avoid Skipping
 - Lead the Player to Safe Water or Towards the Goal
 - Keep Teammate Between Ball and Opposing Player
 - Dry Pass
 - Wing Outlets
 - Sufficient Space Around Teammate to Catch and Assess Potential Pass to Advance a Counterattack: Sides or Middle
 - Middle of Counterattack
 - Either First Wave or Second Wave When Opposing Player in Blind Spot and Within Vicinity Where Wet Pass Not Feasible/Reasonable



Passing (continued)

- Characteristics to Avoid
 - Knuckleball Grip
 - Sharp Passes with Little to No Arc When Making a Wet Pass (skipping)
 - Resting/Floating on the Ball Making it Difficult for Teammates Looking for Outlet Pass
 - Spinning the Ball in Your Hand While Assessing Where to Make the Pass
 - Picking the Ball from on Top (Penalty)

Knowledge & Communication

- Field of Vision
 - Only Player able to See the Entire Field of Play
 - Evaluate What is Occurring and Developing Away from the Ball While Maintaining Focus on the Ball (“Honoring”)
 - Head on a Swivel
- Understand Offense
 - Counterattack and Front-Court
 - Ability to Direct Defense
 - Where the Goalie Wants the Shot Taken
 - Shifting Defensive Strategy
 - Recovering if Initial Defense Breaks Down

Knowledge & Communication (continued)

- Verbal Communication
 - Loud
 - Specific
- Visual Communication
 - Ball Positioning Prior to Passing
 - Hand Signals After Passing
- Characteristics to Avoid
 - Tunnel Vision
 - Hesitating

Coaching

- Athletes are Not the Same
 - Observe What is Needed
 - Develop Drills to address a Shortcoming or Improve Upon a Skill
- Study Movement
 - Avoid Teaching Bad Habits
 - Involves Coach Recognizing Potential Bad Habits that were Performed When Playing or by Others, and Not Passing Them On
 - Do Not Allow Athlete to Lose Focus on Performing Proper Technique
 - From Warm-Up, to Drills, to Scrimmaging, to Games – Emphasize Proper Technique from the Moment the Athlete Enters the Water;
 - Positive Muscle Memory Development
 - Do Not Let the Water Medium Mislead You
 - Leg Support is Leg Support, on Land or in the Water
- Positive Reinforcement

Drills

- Base Position: Hands, Elbows, Grab Elbows, Armpits
- Slides w/ or w/out Lunges
- One-hand and Two-Hand Lunges
- Cherry Pickers
- Gravity Drill
- Lateral Gravity Drill
- Bar Drill
- Lobs
- Goalie Position: High and Low
- Fakes w/ or w/out Pull-Downs, Lunges, and/or Lobs
- Steals
- Side Taps w/ Low Corner Lunge

Drills (continued)

Gravity Drill

Cherry Pickers

Lobs

Lobs

Slides

Lunges

Lateral Gravity Drill



QUESTIONS?

