

GOALKEEPER'S DANCE

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The Hockey Handbook
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Goalkeeper's Dance: A wonderful drill for the goalkeeper is known as the Goalkeeper's Dance, which is a series of movements done continuously one after the other. It is a real challenge to anybody who fancies his/her mechanical skill. The drill is a series of different movements that must be performed in sequence. Each step is started by the player returning to the basic position, which is bouncing up and down with the feet comfortably apart, in a series of low bounces. To start, the goalie bounces up and down in this way and then he continues as follows. After each step he/she returns to the original position.

Step 1: Jump as far sideways as possible. The landing must be made on the outside foot, i.e., the one on the side to which you have jumped. The player bounces up and down on this foot two or three times without letting the other foot, from which he has driven off on the sideways jump, touch the floor. Then a return jump is made to the original position. This is done four times in either direction. The toes and body should be kept facing directly in front at all times.

Step 2: Keeping feet together, jump forward about two feet, then quickly backwards about two feet, keeping the feet together at all times. The player should go back and forth without hesitating after a landing. This should be done six times forward, six times back.

Step 3: Keeping the feet close together, moving them at the same time, jump to the side about two feet. Then jump quickly back again, going back and forth from side to side six times one way, six times the other. Land on the balls of the feet.

Step 4: The player should jump up in the air about six inches and land with his/her foot about a foot in front of his/her body, his/her right foot about a foot behind. Then, as the landing is made, there is another jump in which the position of the feet is reversed. This is done about twelve times reversing the feet each time. There should be no hesitation between jumps.

Step 5: The player should then spread his/her feet as wide as he/she can and continue to hop up and down. He/she takes six hops and then, on the seventh hop, brings his/her feet together and across in front of each other as far as he/she can. He/she then quickly hops again exchanging the position of his/her feet. For example, the first time the left foot is crossed in front of the right; the next time the right is crossed in front of the left. The feet should be crossed as far as possible each time and there should be no hesitation between hops. This should be continued until the feet have been crossed twelve times.

Step 6: This time the player jumps in the air as high as he/she can and returns his/her body completely around so that he/she lands in the same position from which he/she took off. The moment he/she lands, he/she goes up again and twists around completely in the opposite direction. The first time the turn should be made to the left, the second time to the right. This is repeated until four turns have been made in each direction.

Step 7: In this movement the player jumps in the air about six inches high, kicks both feet out behind him/her and drops to the ground so that he/she lands on the flat of his/her hands with his/her toes on the floor out behind him/her. He/she then quickly brings his/her feet up underneath him/her again, jumps up in the air, and then repeats. Do six times.

Step 8: In this step the player jumps a little in the air then drops to the ground with his/her left leg as far ahead and his/her right leg as far behind him/her as possible and his/her hands on either side. He/she lands as far down in the split position as he/she can. As he/she lands, he/she immediately changes the position of his/her feet, moving the right one out in front and the left one well behind. This should be done without any hesitation. The positions of the feet are exchanged six times and then the exercise is repeated four times.

Step 9: Next, the player hops up and down on one foot while raising the other leg out to the side as high as possible, keeping the toes pointing straight ahead. The player goes up in the hop and raises his/her leg to the side at the same time, bringing his/her foot back down from the side as he/she comes down after the hop. Then, another hop is made with a lift to the left. One should be made to the left side, one to the right side until six hops and six sidekicks have been made to either side.

Step 10: Finally, the player hops in the air, makes a half turn sideways, and goes down to the split position with hands supporting him/her on either side. As he/she lands, he/she shoves him/herself up in the air again and reverses the position of the feet. For example, the first time he/she will make a half turn to the left and will go down with his/her left leg forward, right leg behind, upper body facing to the left. Then as he/she reverses positions, his/her right leg will be out to the right side and the upper body will be facing in that direction.

Every effort should be made to go through the whole dance without a mistake in a smooth rhythm, working one step into the next one without hesitation. When learning the dance, the player can go through it slowly a few times until they get it down pat. They can try to do it faster and faster. It is a good idea to keep a check on the time it takes so that the player can keep on trying to beat the time it takes to go through the whole dance. The drill can be done in a gym or at home. It can also be done on the ice with skates on, and if desired, with full equipment. All the players or coach need do to test out the efficiency of this test is to try it for a week and watch for results.