



# THE MASK

NEWSLETTER

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## Sharp skates part of goal mobility

Goaltending is like squash; you need lightning quick feet, ability to stop, explode sideways, backwards with exceptional balance and explosiveness.

Skating for a goaltender is the key to their success. In all situations the goaltender's ability to have short explosive moments in the net are key to having success in moving forward, backward and laterally.

The game is fast and requires a goaltender to react and move quickly with great movements



**Get your skates sharpened the way you want and the way they will allow you to be a better goaltender.**

such as telescoping, push stops, T-pushes and butterfly slides.

Goaltending coaches constantly work on movement drills that help a goaltender develop strong skating movements.

Part of the ability to move fast is a pair of sharp skates. Sharp skates allow you to dig in as well as glide across the ice. Dull skates will reflect in your ability to move quickly, so keep your skates sharpened and find what works for you in terms of the sharpness.

Test out a couple of blades and see if the area you play in has a sports shop that handles custom sharpening. Getting the edge you need can make a big difference in getting to that puck.

*Jamie Blanchard  
Goaltending Coach  
P.E.I. Rocket (QMJHL)*



**P.E.I. Rocket netminder Evan Mosher races to the bench for an extra attacker. Sharp skates will help you get there quicker and help your team get that extra player on the ice.**

**P.E.I. Rocket netminder Evan Mosher gets ready to scrape the goal crease ice. Goalies do this to loosen up the smooth ice surface and allow for better traction. Sharp skates make this job easier.**