



Ready Or Not?

One area of concern that we at MTN have is the constant lack of readiness by goalies. There are a couple of questions that a goalie must ask oneself.

1: When do I get ready

2; When can I relax

Often we will see goalies at various stages of readiness while the puck is either entering or moving in the offensive zone zone, this leads us to ask:

What are the definitions of Ready and Readiness?

read·y [red-ee] , read-i-er, read-i-est, verb, read-ied, read-y-ing, noun, interjection – adjective

1. completely prepared or in fit condition for immediate action or use
2. duly equipped, completed, adjusted, or arranged, as for an occasion or purpose
3. prompt or quick in perceiving, comprehending, speaking, writing, etc.
4. prompt or quick in action, performance, manifestation, etc.:
5. in such a condition as to be imminent; likely at any moment
6. immediately available for use.

read·i·ness [red-ee-nis] –noun

1. the condition of being ready.
2. ready movement; promptness; quickness.
3. ready action; ease; facility.

In terms of the definitions above can a goalie that uses various ready stances be TRULY READY? ONLY READ IS READY!

We at MTN try to tell our goalies that they must be ready as the puck crosses the Redline and they can only relax as the puck exits their zone(crosses the Blue line).

The common argument against this seems to be that the goalie can not maintain their stance for that length of duration, that the puck is in the zone too long and that they must have moments when they can relax, such as when the puck seems to be in a safe area.

We ask, what is a safe area? The puck can change possession and move locations in fractions of seconds where the goaltender can not humanly move at that speed. So then our lack of readiness on these changes can be delayed, thus limiting our success in the possible save.

Watching the 2010 Stanley Cup playoffs this past spring, we got curious? How long and how often is the puck actually in our zone.

Watching two games Chicago versus Philadelphia, we counted the number of times the puck would enter (cross the Blue Line) the offensive zone and the length of Duration it would stay in there.

Over the course of the two games we watched, the puck would enter the offensive zone (either brought in by their team or brought in by the offensive team) 50 to 55 times a period. The length of duration was between 8 to 9 Minutes (480 to 540 seconds) a period.

The longest one time possession for Philadelphia, was 1 minute 32 seconds (a 5 on 3 power play). The longest Chicago had the puck in the offensive zone was 32 seconds.

This would make the puck on average in the offensive zone only 7 to 10 seconds at a time. A goalie can't stay in ready stance for that length of time?

One may argue that why would the goalie want to be ready when their own team is moving the puck in their zone. **MTN feels that the most dangerous players in your own zone are sometimes your own Players.**

We all have had that nice defenseman think that a pass up the middle of the ice, through the slot, was a good idea. Only to have it intercepted and shot right in on us. If we maintained readiness throughout and puck tracked (moved with the puck) we would already be on angle with proper depth, making a quick turnover shot look like a rather routine save. However if we had been relaxed when our teammate had the puck, the turnover would require us to have a surprised, delayed response. This delayed response could be a difference between a goal and a save.

If you ever get a chance watch Chris Osgood, he is constantly in a ready stance moving with the puck in zone. Even if Lidstrom (one of the best D-man ever) has the puck, Osgood is ready for a possible turnover.

Why should the goalie be ready as the puck crosses the Red Line? Today's players are taught to try and disguise the release points of their shots, because of modern technology they can also shoot harder. We as Goalies must not be caught off guard. By being ready, with proper depth and angle as the puck crosses the Red Line we will be able to react

quicker to Dump Ins and Rims. The quicker we can get there, the more time (even if fractions of seconds) we will have to make a correct read, allowing us more time to make a correct play with the puck.

Staying in stance requires a strong commitment to fitness, leg strength and core strength vital!

So don't be surprised, BE READY!

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