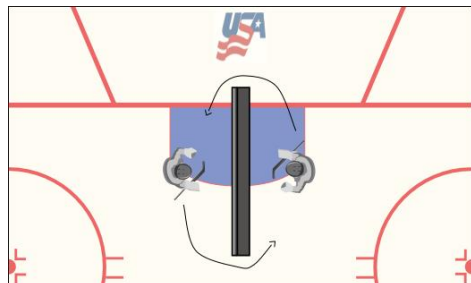


1) Border Tag

5 min.



OBJECTIVE: Develop goaltenders skating and balance ability.

ORGANIZATION:

Can be done anywhere on the ice. One goaltender is designated as 'it'. On the coaches command the goalies play tag. Goalies can not jump over the border.

VARIATION:

1.) Have the goalies start on their stomach. 2.) Have the goalies start on their back.

GOALIE:

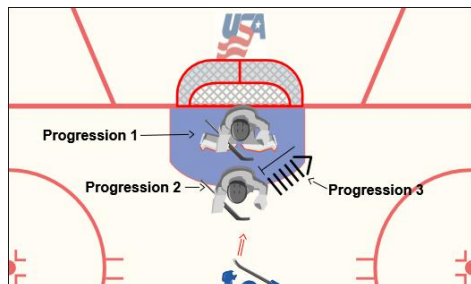
One goaltender chases the other. Compete to not get tagged. Compete to tag the other goalie.

KEYPOINTS:

Skate fast and stay tight to the border, Have fun

2) Stick Save Progression

5 min.



OBJECTIVE: Break down stick saves to work on the details of the goaltenders save execution.

ORGANIZATION:

Coach has pucks in the high slot area. (Vary the angle)

This can be done with or without a net.

This can be done anywhere on the ice.

VARIATION:

Have the shot come from different angles and distances.

Vary the pre-shot movements.

GOALIE:

Focus on puck tracking and technique when doing this drill.

Move your stick on an angle to deflect the puck into the corner.

Let the puck come to you (Don't punch at it)

Move both shoulders 'into' the save.

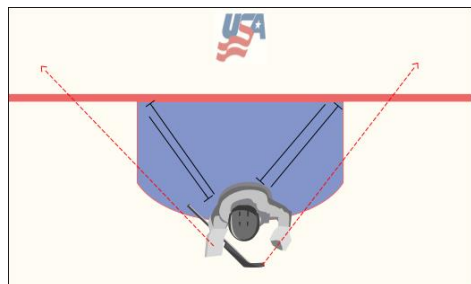
Finish your saves.

KEYPOINTS:

Goaltender starts in a butterfly, The Coach shoots along the ice toward the goaltender's shin while he or she is in the butterfly, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, Goaltender starts standing and repeats, Goaltender does two crease movements before the shot

3) Ghost Warm-Up

5 min.



OBJECTIVE: Prepare goalies for practice and games through a series of perfect deliberate movements and saves.

ORGANIZATION:

This can be done anywhere on the rink.

1.) The goaltender starts at the top of the crease and mimics a perfect save low to the glove side then recovers to the post as if to track the rebound. 2.) The goaltender pushes back to the top of the crease and mimics a perfect save low to the blocker side and then returns to the post as if tracking the rebound. 3.) The goaltender pushes back to the top of the crease and mimics a perfect chest save. 4.) The goaltender mimics a perfect butterfly glove save. 5.) The goaltender mimics a perfect butterfly blocker save and tracks the rebound back to the post. 6.) The Goaltender mimics a perfect standing glove save from the top of the crease 7.) The goaltender mimics a perfect standing blocker save and tracks it back to the post.

VARIATION:

Vary the order of the saves.

Vary the starting point. (i.e corner angle, low angle etc)

GOALIE:

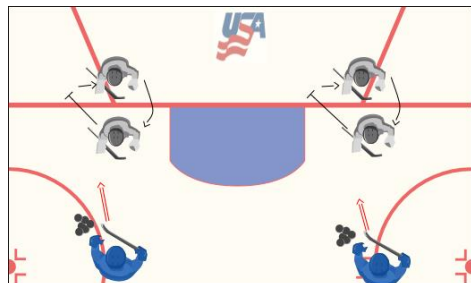
With each ghost save make sure to fully commit to the save with your eyes and chin and imagine perfect rebound control which means track it and begin recovery as soon as the puck has hit you. Use all full recoveries in this drill as there are no immediate rebound possibilities. Each time you push, push with a purpose. Make sure to scan the rink while positioned on the post.

KEYPOINTS:

The goaltender must completely commit to each save and imagine the puck going to the corner, Proper leg recovery, the first leg up is furthest from the puck., The goaltender must scan the ice while they are on the post, Make every 'ghost save' from the top of the crease or base depth, Quality over quantity

4) Blocker Save Foundation

5 min.



OBJECTIVE: Teach and refine the fundamentals of a blocker save.

ORGANIZATION:

This can be done anywhere on the rink.

VARIATION:

Vary the distance and angle of the shot.

GOALIE:

Start set in a good athletic goalie stance.

Once the shot is taken, slightly shuffle step toward the shot line staying on your feet.

Execute the blocker save by allowing the puck to come to you (don't punch at it)

Slightly angle the blocker to deflect the puck below the goal line.

Once the save is made, push to finish the save, watch and stay square to the puck until it stops moving.

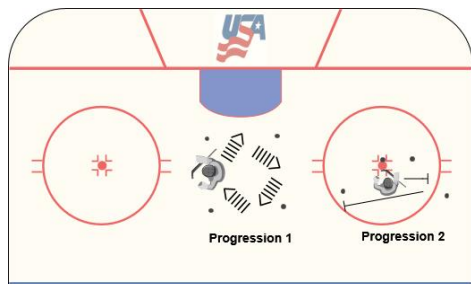
Return to behind your goalie partner who just moved above the goal line to prepare for a shot.

KEYPOINTS:

Make sure the goaltenders feet are set before the shot, The goaltender stays on their feet and slightly moves into the shot., The goalie deflects the puck with their blocker aiming to use the center of the blocker to make the save, The goaltender tracks the puck into their blocker and moves as if it is live after the save, The goaltender is trying to control the puck to the corner (Not in front of them)

5) Clifford Box Skating

5 min.



OBJECTIVE: Develop movement skills for goaltenders and work on save technique.

ORGANIZATION:

Progression 1: Place 4 puck in a square anywhere on the rink. The square should be roughly the size of the goal crease. Progression 2: Place 4 pucks as shown to simulate crease movements.

VARIATION:

1. T-Push- One Time around each way. 2. Shuffle- One Time around each way. 3. Butterfly- Full Recovery. One Time around each way. 4. Butterfly- On-Ice Recovery. One Time around each way.5. At each point, visualize a differnt fundamental save.

GOALIE:

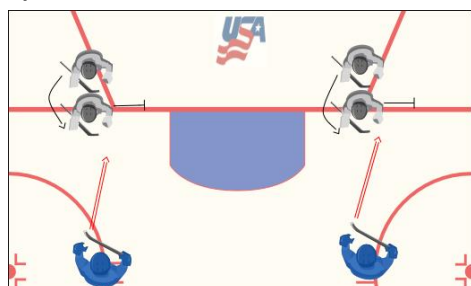
1. Maintain the goalie stance posture through each movement. 2. When visualizing the save, make sure eyes and chin are fully committed to tracking the save. 3. Push and stop faster and harder than you think is possible.

KEYPOINTS:

Eyes, Stick, Gloves, Chin and Shoulders Lead,
*Visualize a save at each point

6) Glove Save Foundation

5 min.



OBJECTIVE: Teach goalies the fundamentals of glove saves, tracking and gaining depth while keeping the goalie active and engaged.

ORGANIZATION: This can be done anywhere on the rink.

The coach has pucks on their stick or in their hand if they are more accurate throwing the puck.

One goalie standing directly in front of the other.

VARIATION:

Vary where the shot is coming from (Angle and Depth)

GOALIE:

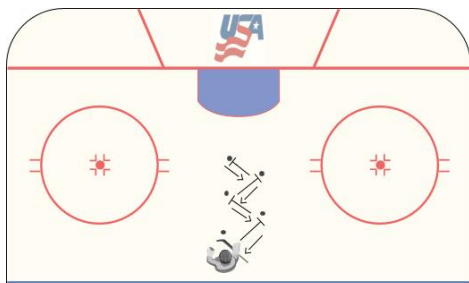
The goaltender waits for the coach to shoot the puck and then slightly shuffle steps toward the direction the puck is going. Catch the puck, count to 3 and then set the puck on the ice out of the way. Then glide backward (Still in your stance) and shuffle to directly behind your goalie partner. The next goaltender will 'Gap Out' as soon they can to be ready for the shot and the drill repeats. Each goalie has 10 chances to make a glove save. Keep track of the catchable pucks that were caught and have goalies aim for a perfect score out of 20.

KEYPOINTS:

Start in a good balanced stance, Shuffle step slightly toward the puck, Watch the puck all the way into the glove, Don't punch or stab at the puck., Hold the puck for a 3 count and set the puck down

7) 5 Point Movement Ladder

5 min.



KEYPOINTS:

Lead each movement with Eyes, Chin and Shoulders., Push hard and set at each point.

OBJECTIVE: Develop goaltending skating while utilizing visual attachment to the next point.

ORGANIZATION:

1. Set up 5 pucks or make 5 marks on the ice as shown.
2. Goaltender starts at the bottom of the ladder.
3. T-Push to the top of the ladder as if they are addressing the rush.
4. Use varying movements on the way back down the ladder.
5. Skate as if the imaginary net is behind you.

VARIATION:

Use the following movement progression.
Always using T-Push to climb the ladder.

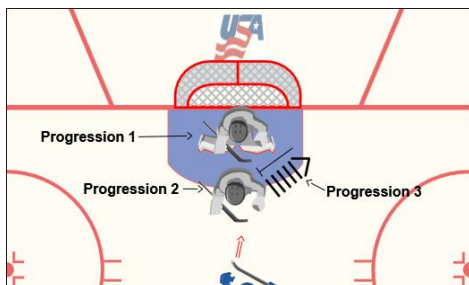
1. T-Push.
2. Shuffle.
3. Butterfly-Full Recovery.
4. Butterfly- On-Ice Recovery.
5. Add a save visualization on the way up the ladder.
6. Add a save visualizaaiion on the way down the ladder.

GOALIE:

Lead every movement with your eyes, chin and shoulders.
When visualizing a save, make sure eyes and chin are fully committed to watching the save all the way.

8) Butterfly Save Progression

5 min.



KEYPOINTS:

Goaltender starts in a butterfly, The Coach shoots 4-6 inches off the ice toward the goaltender's shin while he or she is in the butterfly, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, Goaltender starts standing and repeats, Goaltender starts square to the puck

OBJECTIVE: Break down the butterfly save to work on the details of the goaltenders save execution.

ORGANIZATION:

Coach has pucks in the high slot area. (Vary the angle)
This can be done with or without a net.
This can be done anywhere on the ice.

VARIATION:

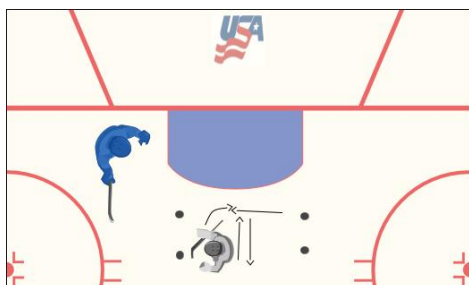
Have the shot come from different angles and distances.
Vary the pre-shot movements.

GOALIE:

Focus on puck tracking and technique when doing this drill.
Drive your knees to the ice.
Keep your hips, shoulders and knees in line.
Move both shoulders 'into' the save.
Keep the pads flush to the ice.
Finish your saves.

9) Adaptive Skating

5 min.



KEYPOINTS:

Goaltender starts lined up on the puck and starts to shuffle back and forth., On the coaches que (visual) the goaltender rotates and pushes back and forth between the next two pucks, On the coaches que, the goaltender rotates back to do short pushes

OBJECTIVE: Work on short shuffles and long lateral skating movements.

ORGANIZATION:

Set up pucks in a rectangle 3 feet apart on the short end and 6 feet apart on the long end. This can be done anywhere on the rink.

VARIATION:

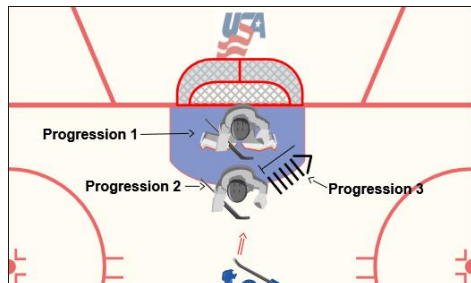
1. Have the goalies start in the butterfly.
2. Have the goalie follow the coach who is skating as the visual que.

GOALIE:

Maintain visual attachment to the puck that you are moving toward.
Always lead with eyes, stick and gloves.

10) Fundamental Save Progression

5 min.



OBJECTIVE: Isolate fundamental saves to work on the goaltenders save execution.

ORGANIZATION:

Coach has pucks in the high slot area. (Vary the angle)
This can be done with or without a net.
This can be done anywhere on the ice.

VARIATION:

1. Goaltender starts in a butterfly.
 2. Goaltender starts standing.
 3. Goaltender does two crease movements in any pattern prior to getting square to the puck.
- Have the shot come from different angles and distances.
Vary the pre-shot movements.

GOALIE:

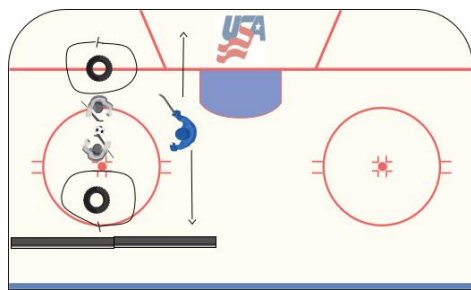
Focus on puck tracking and technique when doing this drill.
Make saves in front of your body.
Let the puck come to you.

KEYPOINTS:

The goaltender's feet are set prior to shot, The coach tells the goaltender where the shot is going, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, The goaltender puts all pucks caught or covered into the corner

11) Soccer with Coach Outlet

5 min.



OBJECTIVE: Score on the other team's goal. Develop goaltender athletic ability.

ORGANIZATION: Tires are placed a reasonable distance apart according to age and skill level of the goalies. Circle are drawn around the tire where neither can goalie can go. Barriers are set up on behind one tire to keep the ball in play. The coach is on all time offense and keeps the ball from going past him or her on the outside.

VARIATION: Play 2 on 2.

Have the goalies start on their back before "Kick Off"

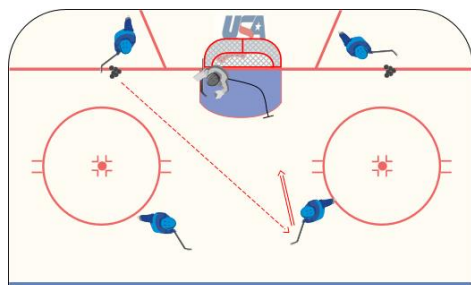
GOALIE: Play soccer and have fun!

KEYPOINTS:

Goalies can not leave their feet., They can pass to the coach as an outlet., Goalies are working on strength and balance., After a goal, both goalies must skate around their tire and the player who scored gets the ball back.

12) Gloves and Tracking

5 min.



OBJECTIVE: Work on the goaltenders ability to track the play and use their hands to make saves.

ORGANIZATION:

- 1.) Shooters S1 and S2 are placed inside at the top of the circles in line with the hash marks.
 - 2.) Passers P1 and P2 are below the goal line with pucks.
 - 3.) The goaltender begins the drill on the post near P1.
 - 4.) P1 passes the puck to either S1 or S2. The shooter catches and shoots the puck to score, with the majority of the shots high to test the goaltender's hands.
- Repeat the drill 4 times from each side for a total of 8 reps.

VARIATION:

Vary the location of the passers and the shooters, maintaining passes coming from below the goal line.

GOALIE:

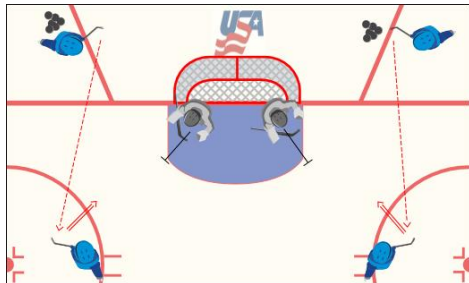
It is important for the goaltender to explode off the post, moving center out and then setting feet for shot. Finish every puck before starting the next rep.

KEYPOINTS:

The goaltender should move middle out, The goaltender must gap out as far as, The goaltender must do a great job tracking

13) Two Goalie Fundamental Save

5 min.



KEYPOINTS:

Start standing on the post, Make sure the goalies feet are set prior to the shot, Finish the save

OBJECTIVE: Develop the goalies ability to make fundamental saves in a pre-practice scenario where 2 goalies are working at the same time.

ORGANIZATION:

One Net; Crease (Painted or Drawn); 4 players or passers and shooters; Pucks. Players behind the goal line have pucks. Once the goalie is set on the post, X1 and X3 pass out to X2 and X4. X2 and X4 shoot short side, starting with shots along the ice. Repeat once the goalie is set on the post again. 5 reps off each post and then switch sides.

VARIATION:

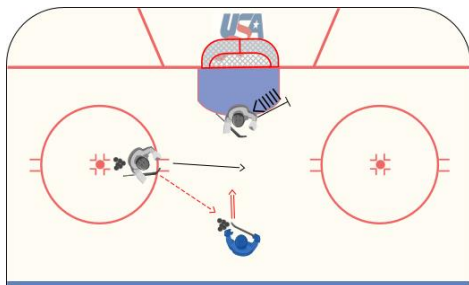
Start with shots along the ice to work on the stick>Progress to low or medium height shots>Progress to high shots
All shots short side (nearest side)

GOALIE:

Start standing on the post with skate tight to the post and body in balanced comfortable stance. Scan the ice to know where the shooter is. Push off the post when the puck is passed to gain base depth.>Set your feet prior to the shot.>Execute the save>Finish the save.

14) VP Save

5 min.



KEYPOINTS:

Feet set after each crease movement, Visualize a perfect fundamental save, Finish every shot, Maintain 'Base' depth, Find the shot through traffic

OBJECTIVE: Build a goalies ability to make fundamental saves.

ORGANIZATION:

A.) This drill can be done anywhere on the ice. B.) Two goalies needed. C.) Net with a standard crease or a drawn crease.
1.) The goalie completes 2 crease movements in any direction and finishes by visualizing a fundamental save. Recovers to the rebound and returns to square on the puck. 2.) The coach shoots so the goalie can make the same fundamental save, the goalie finishes the play and returns to square on G2's puck. 3.) G2 passes to the coach and skate to be a screen/tip for the shot which is aimed at the same spot as the first save. Goalies finish the play.

VARIATION:

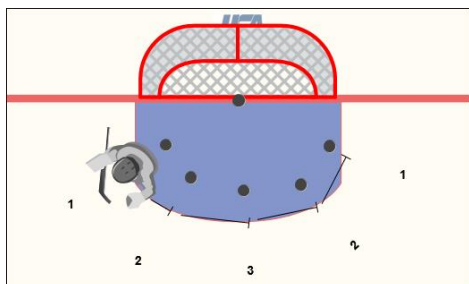
1.) Vary the location of the coach. 2.) Vary the goaltender's starting point.

GOALIE:

1.) Start at the top of the crease and complete 2 perfect crease movements. 2.) Set your feet and visualize making a perfect fundamental save, and controlling the rebound. Follow the rebound and then return to square on the puck the coach has. 3.) Make the fundamental save when the coach shoots and follow your rebound. 4.) Get square to the puck on G2's stick, follow the pass and get to the top of the crease. 5.) Make the save as G2 is trying to screen and tip. 6.) Finish the shot completely.

15) Base Depth Shuffle Drill

5 min.



KEYPOINTS:

Teach the goaltenders where base depth is, Stay on the arc, don't bump a puck!, Lead with the eyes, stick and gloves for every movement

OBJECTIVE: is to use a lateral shuffle step to each of the 5 points without knocking a puck out of the way.

ORGANIZATION:

Pucks are placed 1 foot inside the crease as shown (Conservative Depth). The goaltender has to shuffle to each point that is numbered in front of them on the coaches command. This can be done anywhere on the ice, the coach just needs to draw a crease for the goaltender and write the numbers as shown in line with each puck and the center of the net puck.

VARIATION:

Have the goalies visualize a save at each point. Add a shot at the end. Tap your stick and have the goalie quickly find a puck and cover it, without moving it

GOALIE:

Maintain a good stance the entire time, knees slightly bent, feet slightly wider than shoulder width glove and blocker level. On the coaches command, lead each shuffle step by looking where you are going first, moving your stick and glove toward the next point and then use a lateral shuffle step. After all 5 lateral shuffles, skate around the net in your stance using only your OUTSIDE skate to push around the net. Go three times around each way.

