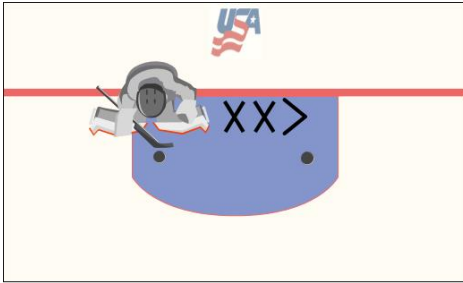


1) Two Point Recovery

4 min.



OBJECTIVE: Develop the goaltenders ability to efficiently recover.

ORGANIZATION:

1. This drill can be done anywhere on the ice. 2. Use either pucks or draw points on the ice as recovery points. 3. On the coaches command the goaltender butterflies at the first point and then immediately looks to the next point to begin recovery. 4. The goaltender fully recovers to be set on the second point.

VARIATION:

Vary the distance and depth of the points. Make sure it is age and ability appropriate.

GOALIE:

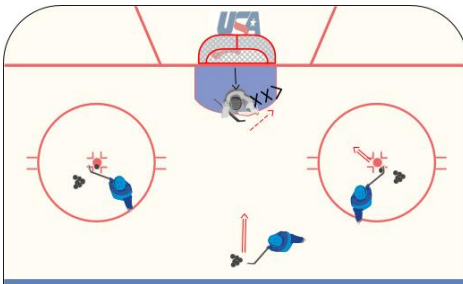
1.) Drive into a full butterfly and visualize a stick/pad save. 2.) Lean toward the recovery point. 3.) Lead with head, stick and gloves 4.) Bring drive leg up and gain your inside edge. 5.) Push hard to recover fully.

KEYPOINTS:

Completely butterfly with eyes to pads and ice, Lead the recovery with a lean in the direction, Head, stick and gloves move first

2) 2 Shot Recovery

4 min.



OBJECTIVE: Work on the goaltenders ability to properly recover and make a second save.

ORGANIZATION:

15 Pucks on each dot: 15 Pucks in the high slot: 1. Goaltender starts at the fundamental start position and pushes to the top of the crease. 2. F1 Shoots low to either side. 3. Whichever side the rebound goes, triggers the next shot. 4. Coach dictates 2nd shot options.

VARIATION:

1. Vary the second shooter options. 2. Vary the location of the first shot.

GOALIE:

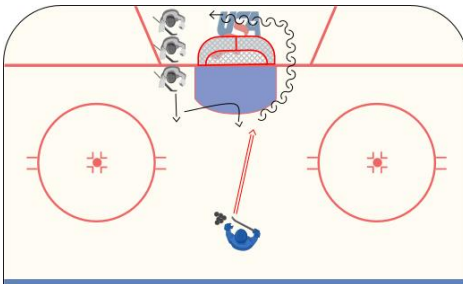
1. Start on the goal line and push out like you are playing the rush. 2. Set your feet and make the save on the first shot. 3. Track the initial puck with your eyes and find the puck on the next shooters stick and get square to play it. 4. Finish the second play out.

KEYPOINTS:

Make the first save. If the goalie catches it or the puck goes in start the drill over. Track initial shot with eyes then find the second shot and recover to proper depth and squareness.

3) Fundamental Save Rotation

4 min.



OBJECTIVE: Develop stick and pads save technique, skating and tracking habits.

ORGANIZATION:

1. This can be done anywhere on the rink. 2. Net and crease (draw the crease if necessary) 3. Goaltenders line up on one side of the net. 4. Start in a goalie stance and c cut to the base depth and c step, shuffle or t-push to be square to the puck. 5. The coach shoot low to the opposite side. 6. Goalie fully recovers after the save and track the puck all the way back into line.

VARIATION:

Vary the location of the shooter (distance and depth). Vary the fundamental save.

GOALIE:

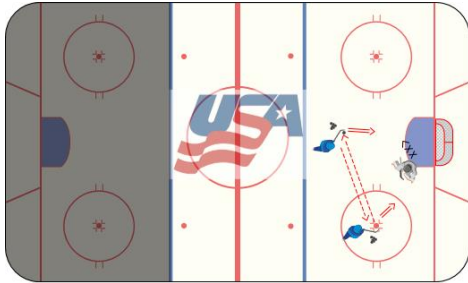
1. Start in a balanced goalie stance. 2. C-Cut as if you are addressing a rush against. 3. On the coaches command, push to be set on the shot. 3. Set your feet. 4. Make the save and fully track the shot. 4. Continue watching the puck as you skate backward around the net and return to line.

KEYPOINTS:

Body control while skating, Feet set prior to shot, Watch the puck all the way and finish the play

4) Appert (Modified)

4 min.



OBJECTIVE: Work on goaltenders ability to fully recover.

ORGANIZATION:

3 Shooters: 20 Pucks in the center of the ice between the top of the circles and blue line.

1. The goalie starts in a butterfly. 2. F1 has a puck and is ready to pass. 3. On the coaches command, the F1 passes the puck to the shooter. 4. The goalie finds the shooter and fully recovers to make the save on the shot. 5. Shooters play out any reasonable rebound.

VARIATION:

Vary where the pass comes from.
Add traffic.
Vary where the shooter comes from.

GOALIE:

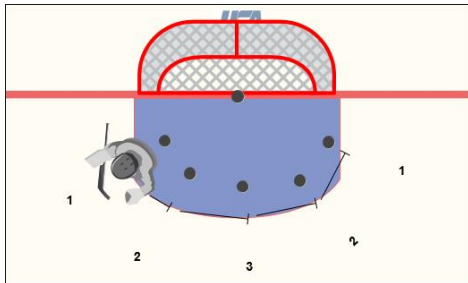
The goaltender leads with their eyes, stick, and lead leg and fully recovers to make to be square to the shooter and at base depth. Make the save and finish the save.

KEYPOINTS:

Good rotation and recovery., Gain depth through the middle., Set feet before the shot., Use a shuffle full recovery. , Track the entire play in and out.

5) Base Depth Shuffle Drill

4 min.



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:

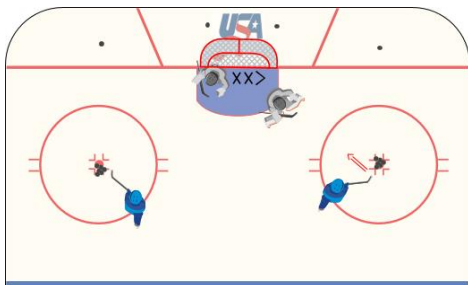
Maintain a good stance the entire time, knees slightly bent, feet slightly wider than shoulder width glove and blocker level. On the coaches command, lead each shuffle step by looking where you are going first, moving your stick and glove toward the next point and then use a lateral shuffle step. After 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.

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

6) Zone Work with Chest Shot

4 min.



OBJECTIVE: Develop goaltenders ability to maintain their edges and track pucks below the goal line and control shots at their chests.

ORGANIZATION:

2 shooters: 20 pucks on each face-off dot: 4 pucks set up below the goal line as shown:

The goaltender moves through a sequence to each puck and pushes out to the top of the crease to be square to F1's puck. As soon as the goaltender has his feet set, F1 shoots at the goaltenders chest. The drill repeats the opposite way, with F2 shooting.

VARIATION:

Vary the location of the shooter.

GOALIE:

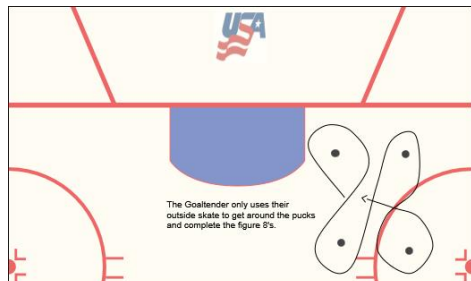
Start in a standing position on the post, focused on Zone 1's puck. Shuffle to the center of the goal line and focus on Zone 2's puck. Rotate head to find Zone 3's puck then push to the opposite post and focus on Zone 4's puck. Then focus on the puck on F1's stick and push to be square at optimal depth. Make the save on the shot. This is a 100% save location.

KEYPOINTS:

Maintain sight of the puck on the strong side, Gain optimal depth off the post, Maintain edges prior to shot

7) Box Drill Edge Work

4 min.



OBJECTIVE: Improve a goaltenders use of the inside edges of their skates.

ORGANIZATION:

This drill can be done anywhere on the rink.
Set up 4 pucks or draw 4 dots on the ice, roughly 4-6 feet apart.

VARIATION:

When switching from the left foot to the right, have the goalie jump and land on the opposite foot.

Have them go through backward.

Add a 360 degree turn when ever the goalie is in the middle.

KEYPOINTS:

Make sure the goaltender bends their knees to generate power, Only one skate touching the ice at any one time, Maintain good upperbody control

GOALIE:

Use only the edges of the outside skate to get through the figure 8 patterns.

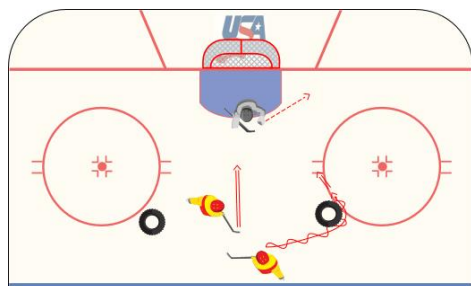
Bend your knees to generate power.

Use the entire skate blade (Heel to toe)

Keep glove and blocker in a good balanced goalie stance position.

8) 2 Shot Drill

4 min.



OBJECTIVE: Work on a fundamental saves, recovery, and depth management.

ORGANIZATION:

Pucks between the two tires. Coach shoots the first puck low. The goaltender makes the save, tracks the rebound and re sets on the second puck. The shooters goes around either cone and shoots to the same place the original coach shot.

VARIATION:

Have the original shooter play the rebound.

Allow the second player to pass to original shooter.

KEYPOINTS:

Track the puck, Finish the save, Maintain good depth

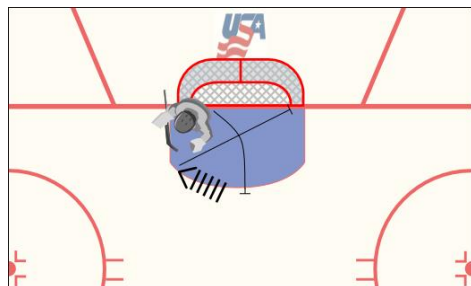
GOALIE:

Start on the post and push out to base depth. Set your feet. Make the save on the first shot and finish the save.

Reset on the second puck, track the play and make the save, finish the play.

9) Out, Over, Back

4 min.



OBJECTIVE: Simulate game like play tracking with a focus on starting from post play.

ORGANIZATION:

1. Net with a crease (Standard or Drawn) 2. The goaltender must visualize that he is tracking and actual puck that is being passed and/or shot. 3.) Goaltender starts on the post in a standing position, looking to the corner. 4.) Goaltender pushes out (through the middle) to the top of the crease or base depth and sets their feet. 5.) The goaltender pushes over to the corner angle and sets their feet. 6.) The goaltender visualizes a shot that he or she deflects into the far corner, and tracks it as they push to the opposite post.

VARIATION:

1.)The goalie visualize a save while on the top of the crease and do the proper recovery to the next point. (On-ice or full). 2.) The goalie starts the drill in a VH or RVH.

GOALIE:

1.) Start on the post and scan the ice over your shoulder. 2.) Push through the middle of the crease to maximize net coverage on your way to the top of the crease or base depth. 3.) Lead with your eyes, stick and gloves to simulate moving with the play to the corner angle. 4.) Visualize the puck ending up in the far corner and push to the opposite post and start again.

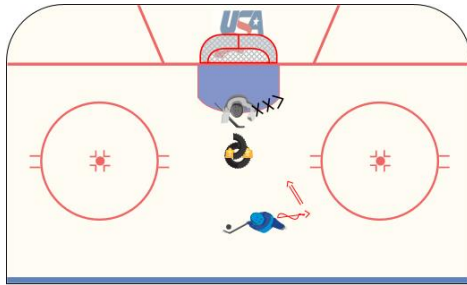
KEYPOINTS:

Hard push-pull skating mechanics, Lead with eyes, stick and gloves, Feet set prior to each movement, Shoulder check prior to starting each rep, 3 times from each post



10) Trinket Screen

4 min.



OBJECTIVE: Develop a goaltenders ability to find the puck, adjust and make saves.

ORGANIZATION:

1. Fold a 'border' and put it in a tire to create a tall screen. (If that is not available, garbage cans, other goalies or nets work as a screen. 2. 20 Pucks at the top of the high slot. 3. When the goalie sets their feet, move the puck to either side of the screen and shoot to score. 4. Play any reasonable rebound.

VARIATION:

1. Vary the location of the screen. 2. Have the goalie do a different pre shot movement sequence. 3. Have the goalie start in a butterfly.

GOALIE:

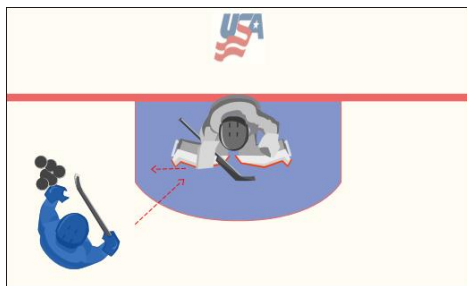
1. Start in the fundamental start position. 2. Push to the top of the crease. 3. Find the puck and make the save. 4. Finish the play.

KEYPOINTS:

Maintain depth and an effective base stance, Track the puck

11) Covering the Puck

4 min.



OBJECTIVE: Work on the goaltenders ability to cover the puck quickly, efficiently and safely.

ORGANIZATION: This can be done anywhere on the ice. The goaltender starts in a good butterfly position and the coach starts on his right with a puck. The goaltender is looking straight ahead. The coach bounce a puck off the goalie's right pad. As soon as the puck hits the pad, the goaltender finds it and covers it quickly.

VARIATION: 1.) Have the goaltender start standing and drive into a butterfly.

2.) Have the goaltender complete two standing movements prior to driving down into a butterfly.

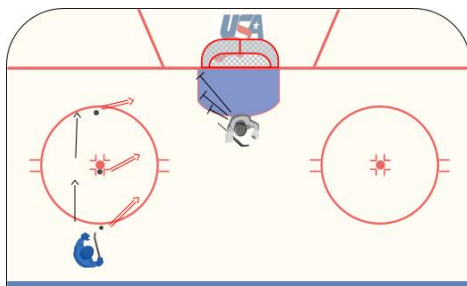
GOALIE: Find the puck as soon as it hits the pad. Reach to get the glove hand over the puck. Cover the puck. Protect the puck with the paddle of your goalie stick and shift your body toward your glove and the puck. Remember always cover the puck with authority.

KEYPOINTS:

Find the puck., Get the glove hand flat over the puck., Protect the puck and hand with the paddle of the goaltender stick., Shift body toward the glove hand and puck.

12) Salajko Patience

4 min.



OBJECTIVE: Develop a goaltenders ability to hold their edges on lateral plays.

ORGANIZATION:

3 Pucks | Coach as a shooter | Net with a crease (painted or drawn)
 On the coach command, the goaltender pushes to be square on the first puck and the coach shoots, the goaltender tracks the puck, finishes the play and returns to the top of the crease to wait for the coaches command for the second puck. Repeat for the 3rd puck.

VARIATION:

Vary the location the goaltender starts from.

GOALIE:

On the coaches command either shuffle or t-push to square on the first puck at base depth. Make the save and control or track the rebound. Return to the top of the crease and repeat on the second and third shot.

KEYPOINTS:

Complete each puck before the next rep, Lead with head stick and gloves, Teach the goaltenders to stay on their feet prior to the shot

Post-Practice Comments:
