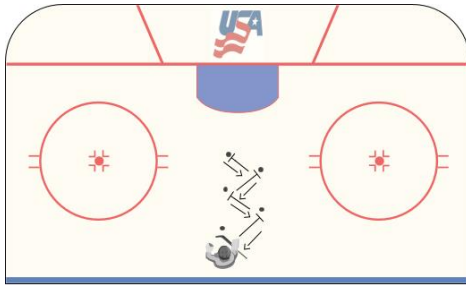


1) 5 Point Movement Ladder

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.

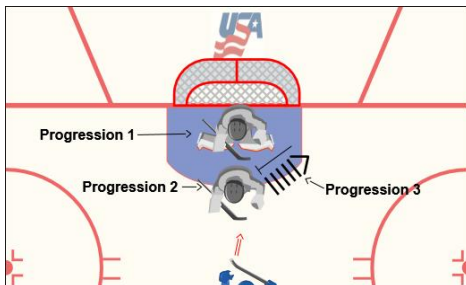
1. T-Push.
2. Shuffle.
3. Butterfly-Full Recovery.
4. Butterfly- On-Ice Recovery.
5. Add a save visualization on the way up the ladder.
6. Add a save visualizaion on the way down the ladder.

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.

2) Stick Save Progression

5 min.



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

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:

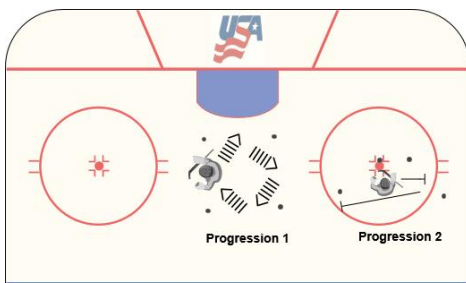
Have the shot come from different angles and distances.
Vary the pre-shot movements.

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.

3) Clifford Box Skating

5 min.



KEYPOINTS:

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

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:

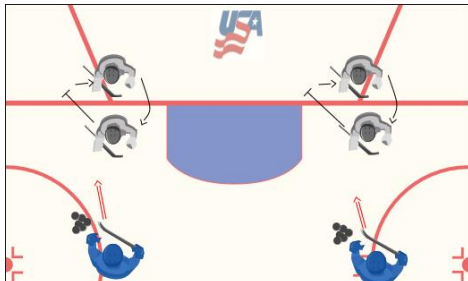
1. T-Push- One Time around each way.
2. Shuffle- One Time around each way.
3. Butterfly- Full Recovery. One Time around each way.
4. Butterfly- On-Ice Recovery. One Time around each way.
5. At each point, visualize a differnt fundamental save.

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.

4) Blocker Save Foundation

5 min.



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)

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)

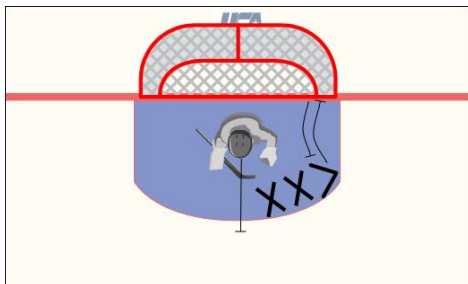
Slightly angle the blocker to deflect the puck below the goal line.

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.

5) Bantam Transition

5 min.



KEYPOINTS:

Lead every movement with your eyes stick and gloves. Maintain good body control. Scan the ice in front of the net once in a RVH

OBJECTIVE: Develop the goaltenders skating ability and work on transitions into and out of the RVH

ORGANIZATION:

Net with secure pegs holding the net in place.

Draw a crease if necessary.

VARIATION:

Alternate sides.

Use visual triggers to dictate the side.

GOALIE:

1.) Challenge as if there is a rush.

2.) Two small adjustments as if the puck moves outside, down the wall.

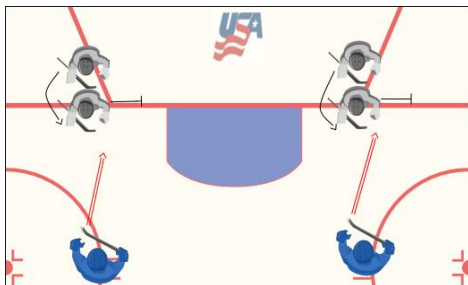
3.) Move into the post on their feet.

4.) Transitions into a RVH.

5.) Scans the ice in front of the net and transitions out of the RVH to the dot angle on their feet.

6) Glove Save Foundation

5 min.



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

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:

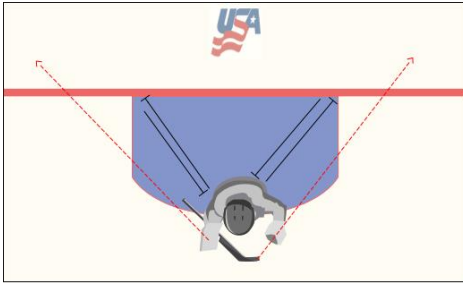
Vary where the shot is coming from (Angle and Depth)

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.

7) Ghost Warm-Up

5 min.



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

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.

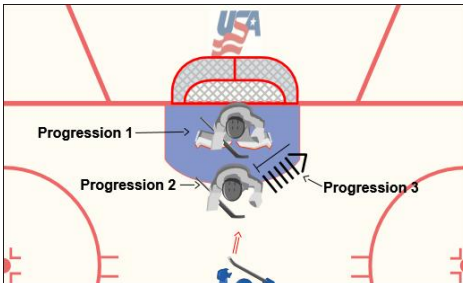
Vary the starting point. (i.e corner angle, low angle etc)

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.

8) Fundamental Save Progression

5 min.



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

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:

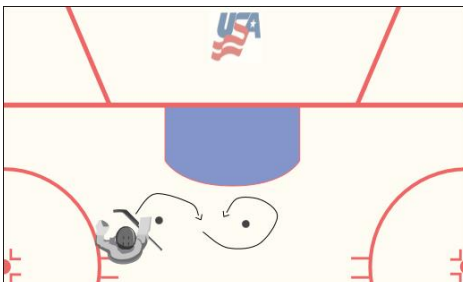
Focus on puck tracking and technique when doing this drill.

Make saves in front of your body.

Let the puck come to you.

9) Heel and Toe Figure 8 Skating

5 min.



KEYPOINTS:

Use entire skate blade, Maintain body control, Lead with eyes, stick and gloves

OBJECTIVE: Edge work, shuffle step and rotations.

ORGANIZATION:

Place two pucks roughly 5 feet apart. This drill can be done anywhere on the ice.

VARIATION:

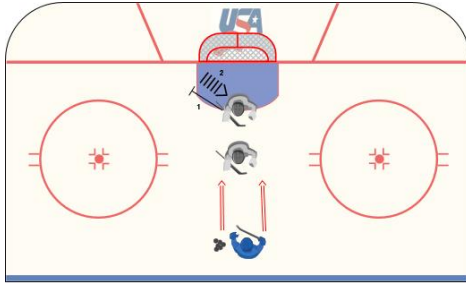
Start in a butterfly and execute the figure 8 using on-ice recoveries.

GOALIE:

Your outside skate's inside edge to push around the puck, starting with your heel and shuffling back between the pucks. Repeat from the opposite side.

10) Fundamental Save with Traffic

5 min.



KEYPOINTS:

Fundamental Save, Tracking, Movement, Finding Pucks Through a Screen

OBJECTIVE: Develop consistent fundamental saves after preparing for the shot.

ORGANIZATION: This drill can be done with or without a net and in any area on the ice.

VARIATION: Glove Saves.

Blocker Saves.

Stick Saves.

Butterfly Saves.

Chest Saves.

Add a stationary screen utilizing a second goalie as the screen.

For goalies 10U and younger have them recover from their stomach and their back prior to the shot.

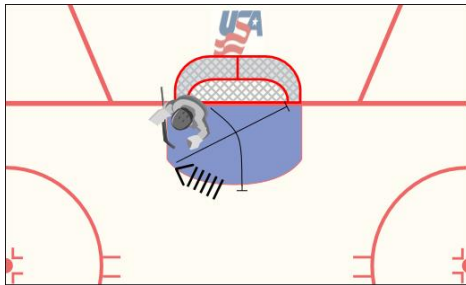
Vary the location of where the shot is taken from

GOALIE: Complete two crease movements prior to the shot.

Completely track each puck in and out prior to beginning the next rep.

11) Out, Over, Back

5 min.



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

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:

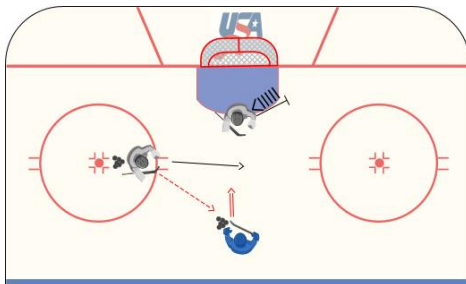
1.) The goalie visualize a save while on the top of the crease and do the proper recovery to the next point. (On-ice or full). 2.) The goalie starts the drill in a VH or RVH.

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.

12) 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 goalie's 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:

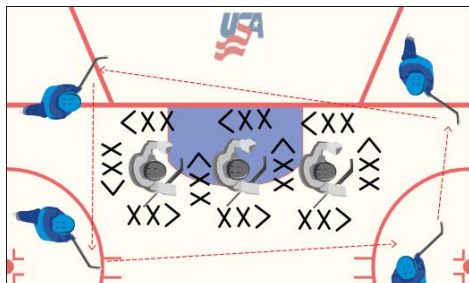
1.) Vary the location of the coach. 2.) Vary the goaltender's starting point.

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.

13) Reactive Movement

5 min.



KEYPOINTS:

Stay square to the puck, Challenge the goalies to beat the pass on their feet

OBJECTIVE: Develop a goaltenders ability to move laterally and stay square to the puck.

ORGANIZATION:

3-4 coaches or players or coaches are situated in a square with one puck. The goaltenders spread out within the box and square up to the puck. The players pass the puck to each other. There is no set pattern.

VARIATION:

1. Have the goalie start in a butterfly. 2. Have the goalie on-ice recover the entire progression (14 and older)

GOALIE:

Stay square to the puck. Push to beat the play on your feet. Be aware of body control. Lead with eyes, stick and gloves.

14) Starman 2 Goalie Stick Save Drill

5 min.



KEYPOINTS:

On the coaches command, Both goalies push through the middle to the top of crease, Square to the puck on the coaches stick, The coach shoots on the ice the goaltenders stick side, Count the number of goals each goalie scores

OBJECTIVE: Practice controlling rebounds and reacting.

ORGANIZATION: -Two nets are set up as shown.

-The coach has pucks and is set up as shown.

-Both goalies start on their left post.

-The coach taps his stick and both goalies T-Push to be in good position for the shot.

-The coach shoots on the ice or to the blocker (tell the goalie prior to the shot to enable deliberate practice).

-The first goalie is trying to deflect the puck into the net, using a good stick, pad or blocker save.

-The second goalie follows the initial shot on his or her feet or with a butterfly slide and reacts to the deflected puck.

-Both goalies track the puck all the way.

-5 Reps each goalie and then switch nets.

VARIATION:

Use Tennis Balls.

Add a rebounder.

Add a third net and goalie on the other side.

GOALIE:

Fundamental Save Goalie: On the coaches command, push off the post get on the angle and then get to base depth (top of the crease) and set your feet prior to the shot.

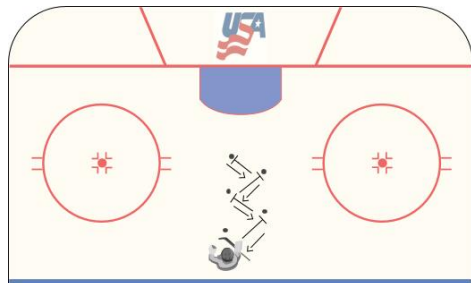
Track the puck all the way into your stick.

Reaction save goalie: On the coaches command, push off the post get on the angle and then get to base depth (top of the crease) and set your feet prior to the shot set your feet and shift into the puck as it gets to you. Track the puck the entire time.

Both goalies: Try to cover any available rebound.

15) 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.

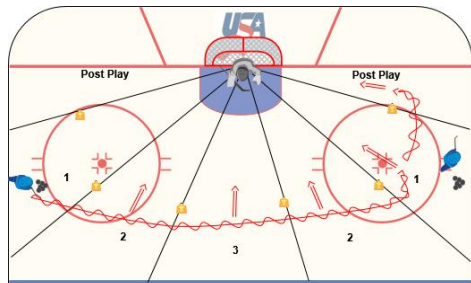
1. T-Push.
2. Shuffle.
3. Butterfly-Full Recovery.
4. Butterfly- On-Ice Recovery.
5. Add a save visualization on the way up the ladder.
6. Add a save visualizaion on the way down the ladder.

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.

16) BPS Positioning Lanes Station

5 min.



KEYPOINTS:

The goaltender must remain square to the puck. Eyes, chin, shoulders, hips and knees always facing the puck. , The goaltender must let the puck to slightly lead them into the next lane.

OBJECTIVE: Teach goaltenders to understand where they need to maximize net coverage on shots coming from any shooting lane.

ORGANIZATION: Place 6 cones or tires as shown to give the goalies a visual of where the shooting lanes are. Have the shooters start in lane 1 and carry the puck to at least the next lane before shooting. The shooter must not skate below the cones prior to shooting. Alternate sides.

- VARIATION:** 1. The shooter starts from different lanes and go either way.
2. The shooter starts from the neutral zone and can go through any two lanes.

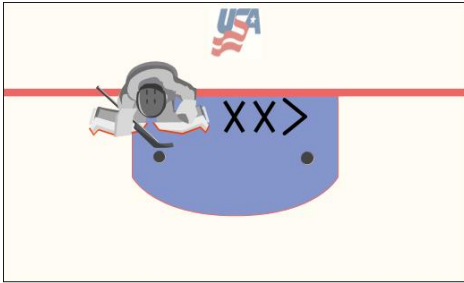
GOALIE: The goalie starts lined up on the puck. Once the player starts to move the puck the goaltender allows the puck to lead them, always staying square and then shuffle steps hard to be in the center of the next lane always staying at base depth (top of the crease). The goaltender focuses on being set prior to the player shooting the puck. Once the shot is taken, the goaltender tracks the puck with their eyes and chin all the way into their equipment and all the way out in the case of a rebound. Once fully recovered, line up on the next puck on the opposite side.

Post-Practice Comments:

Use each drill as the drill of the week for your goaltenders at practice, if the week has 3 practices, do the drill of the week every practice. Focusing on: Skating, Angles, Depth, Practice Habits and Tracking

1) Two Point Recovery

4 min.



KEYPOINTS:

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

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:

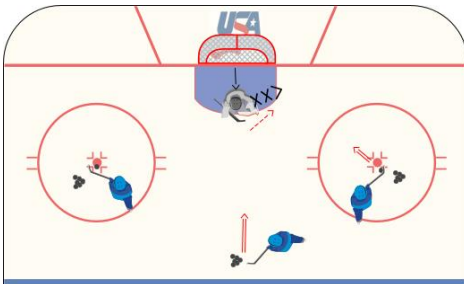
Vary the distance and depth of the points. Make sure it is age and ability appropriate.

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.

2) 2 Shot Recovery

4 min.



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.

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:

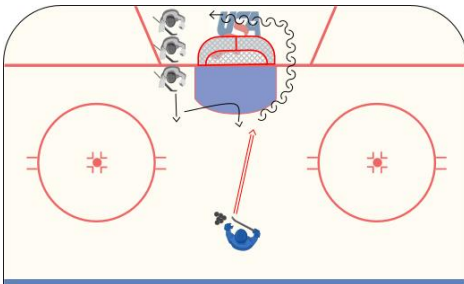
1. Vary the second shooter options. 2. Vary the location of the first shot.

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 push out.

3) Fundamental Save Rotation

4 min.



KEYPOINTS:

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

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:

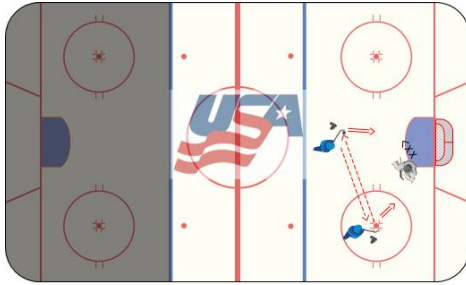
Vary the location of the shooter (distance and depth). Vary the fundamental save.

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.

4) Appert (Modified)

4 min.



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.

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.

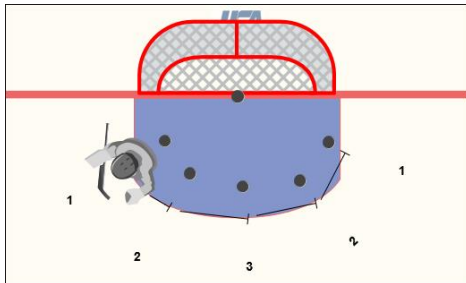
Vary where the shooter comes from.

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.

5) Base Depth Shuffle Drill

4 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.

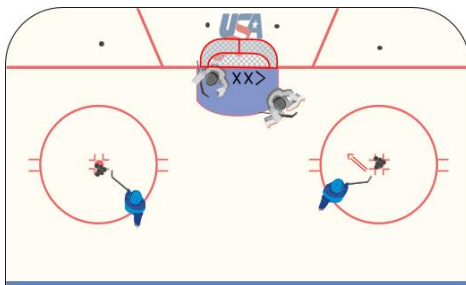
Tap your stick and have the goalie quickly find a puck and cover it, without moving it

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.

6) Zone Work with Chest Shot

4 min.



KEYPOINTS:

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

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:

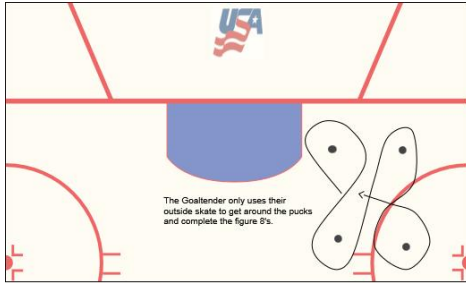
Vary the location of the shooter.

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.

7) Box Drill Edge Work

4 min.



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

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.

GOALIE:

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

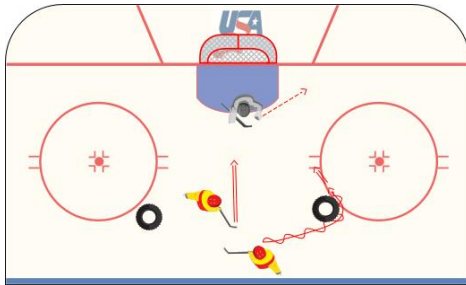
Bend your knees to generate power.

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.



KEYPOINTS:

Track the puck, Finish the save, Maintain good depth

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.

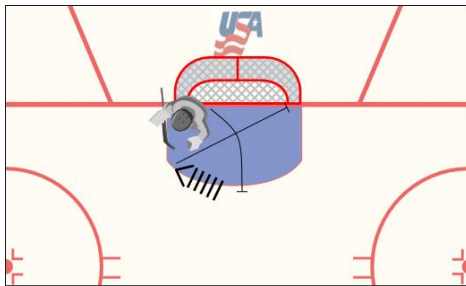
GOALIE:

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.



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

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:

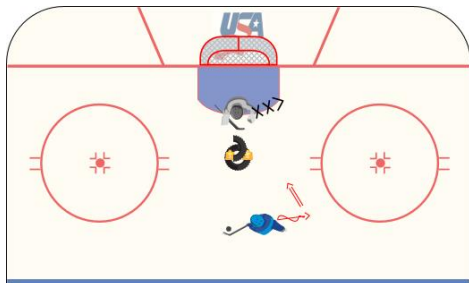
1.)The goalie visualize a save while on the top of the crease and do the proper recovery to the next point. (On-ice or full). 2.) The goalie starts the drill in a VH or RVH.

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.

10) Trinket Screen

4 min.



KEYPOINTS:

Maintain depth and an effective base stance,
Track the puck

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:

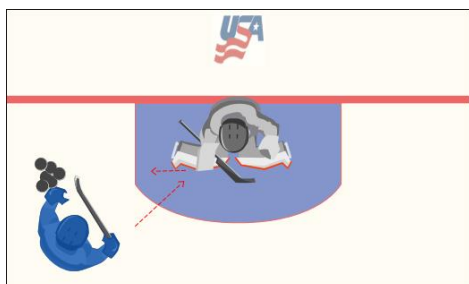
1. Vary the location of the screen. 2. Have the goalie do a different pre shot movement sequence. 3. Have the goalie start in a butterfly.

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.

11) Covering the Puck

4 min.



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.

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.

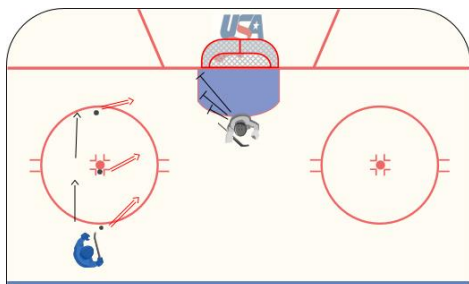
VARIATION: 1.) Have the goaltender start standing and drive into a butterfly.

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.

12) Salajko Patience

4 min.



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

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.

Post-Practice Comments:
