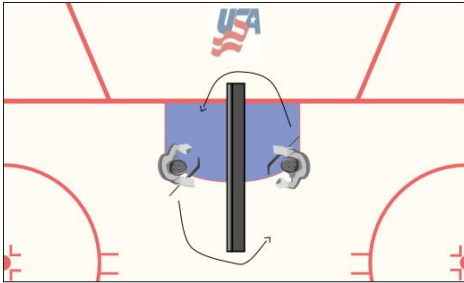


1) Border Tag

5 min.



KEYPOINTS:

Skate fast and stay tight to the border, Have fun

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:

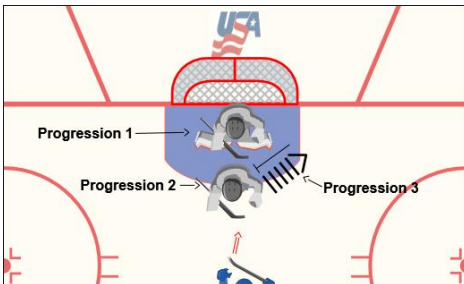
1.) Have the goalies start on their stomach. 2.) Have the goalies start on their back.

GOALIE:

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

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.

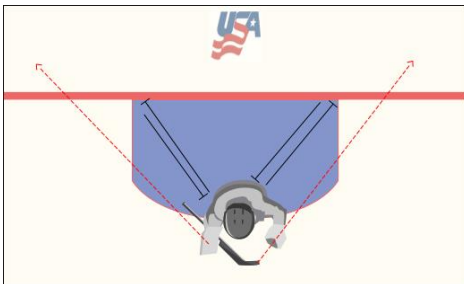
Let the puck come to you (Don't punch at it)

Move both shoulders 'into' the save.

Finish your saves.

3) 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.

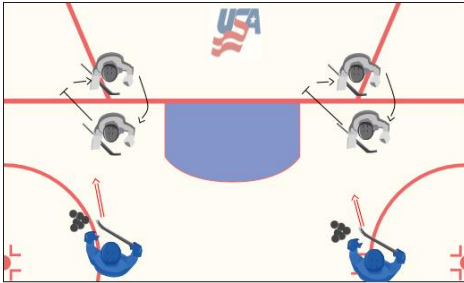
Vary the starting point. (i.e corner angle, low angle etc)

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.

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.

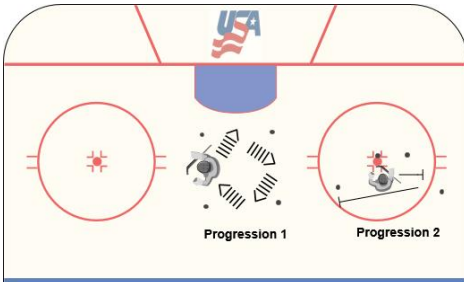
Return to behind your goalie partner who just moved above the goal line to prepare for a shot.

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 different fundamental save.

GOALIE:

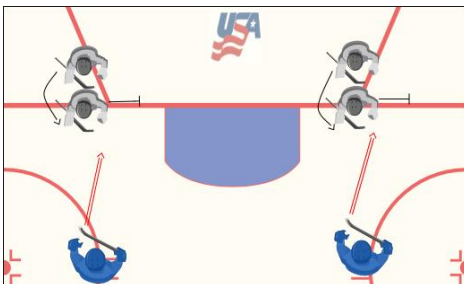
1. Maintain the goalie stance posture through each movement. 2. When visualizing the save, make sure eyes and chin are fully committed to tracking the save. 3. Push and stop faster and harder than you think is possible.

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:

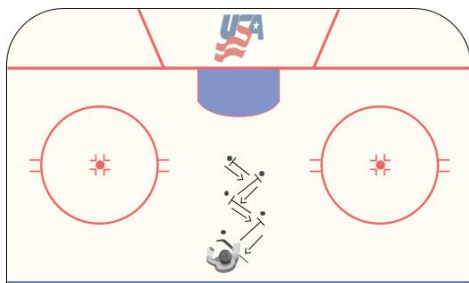
The goaltender waits for the coach to shoot the puck and then slightly shuffle steps toward the direction the puck is going. Catch the puck, count to 3 and then set the puck on the ice out of the way. Then glide backward (Still in your stance) and shuffle to directly behind your goalie partner. The next 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.

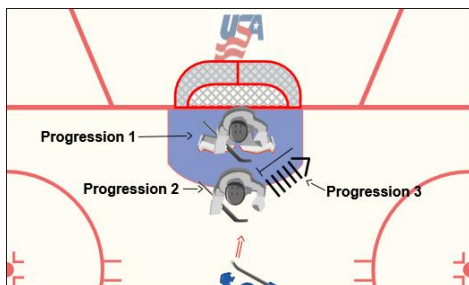
1. T-Push.
2. Shuffle.
3. Butterfly-Full Recovery.
4. Butterfly- On-Ice Recovery.
5. Add a save visualization on the way up the ladder.
6. Add a save visualizaion on the way down the ladder.

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.

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:

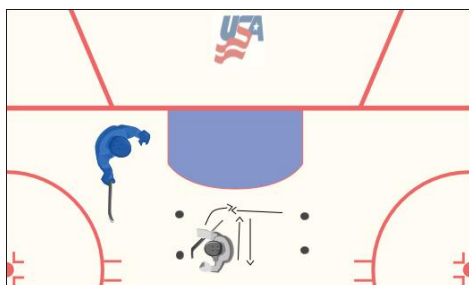
Have the shot come from different angles and distances.
Vary the pre-shot movements.

GOALIE:

Focus on puck tracking and technique when doing this drill.
Drive your knees to the ice.
Keep your hips, shoulders and knees inline.
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:

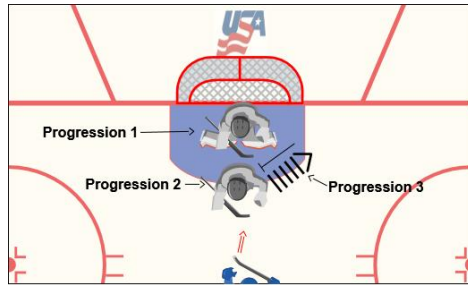
1. Have the goalies start in the butterfly.
2. Have the goalie follow the coach who is skating as the visual que.

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.



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:

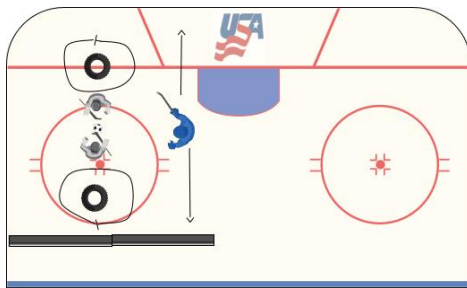
1. Goaltender starts in a butterfly.
 2. Goaltender starts standing.
 3. Goaltender does two crease movements in any pattern prior to getting square to the puck.
- Have the shot come from different angles and distances.
Vary the pre-shot movements.

GOALIE:

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

11) Soccer with Coach Outlet

5 min.



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.

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.

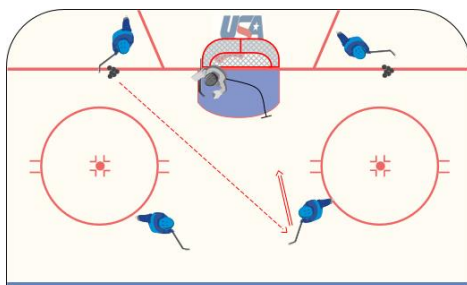
VARIATION: Play 2 on 2.

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

GOALIE: Play soccer and have fun!

12) Gloves and Tracking

5 min.



KEYPOINTS:

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

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:

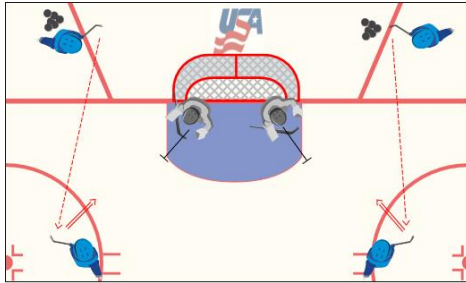
Vary the location of the passers and the shooters, maintaining passes coming from below the goal line.

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.

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:

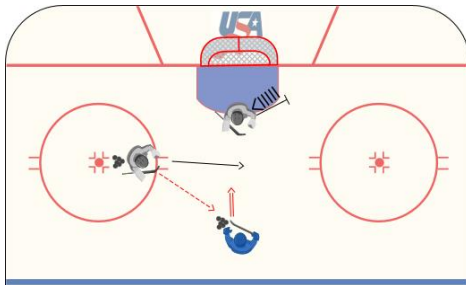
Start with shots along the ice to work on the stick>Progress to low or medium height shots>Progress to high shots
All shots short side (nearest side)

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:

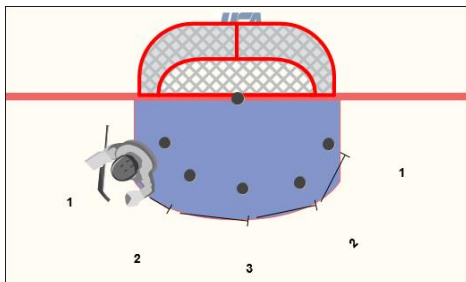
1.) Vary the location of the coach. 2.) Vary the goaltender's starting point.

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.

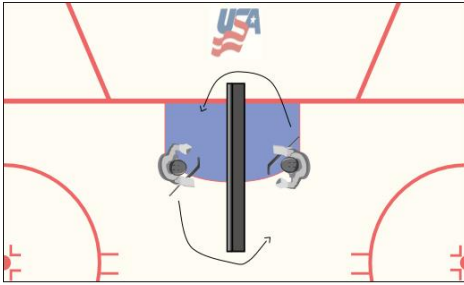
Tap your stick and have the goalie quickly find a puck and cover it, without moving it

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.

1) Border Tag

4 min.



KEYPOINTS:

Skate fast and stay tight to the border, Have fun

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:

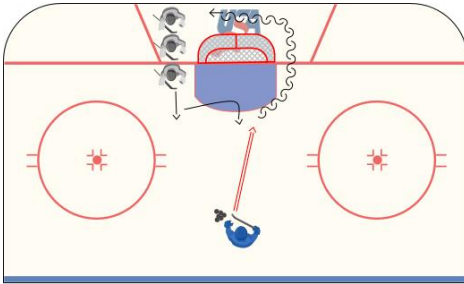
1.) Have the goalies start on their stomach. 2.) Have the goalies start on their back.

GOALIE:

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

2) 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:

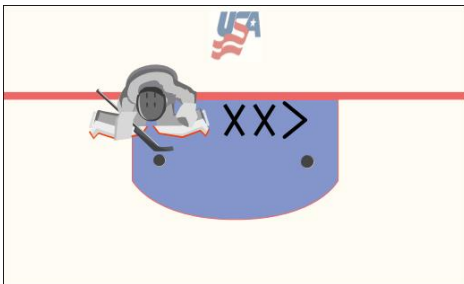
Vary the location of the shooter (distance and depth). Vary the fundamental save.

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.

3) 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 butterflys 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:

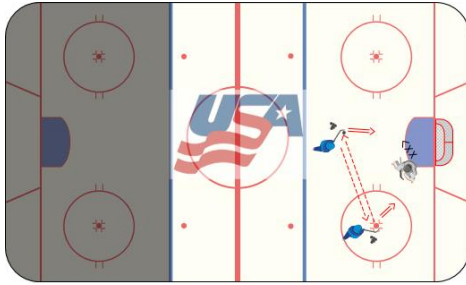
Vary the distance and depth of the points. Make sure it is age and ability appropriate.

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.

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.

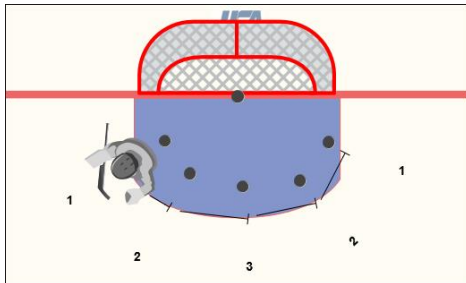
Vary where the shooter comes from.

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.

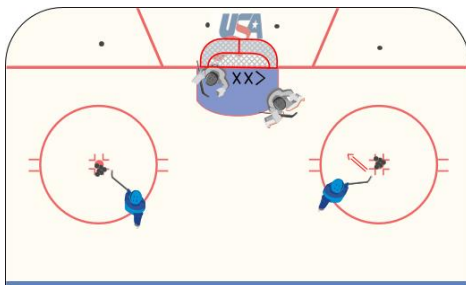
Tap your stick and have the goalie quickly find a puck and cover it, without moving it

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:

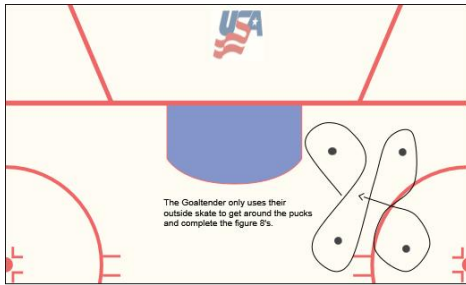
Vary the location of the shooter.

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.

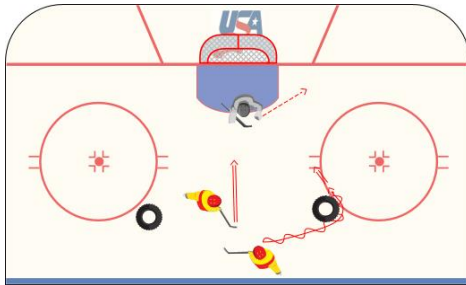
Bend your knees to generate power.

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.

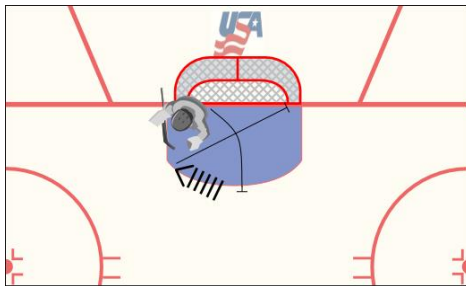
GOALIE:

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:

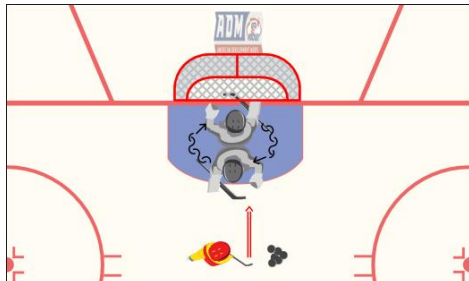
1.)The goalie visualize a save while on the top of the crease and do the proper recovery to the next point. (On-ice or full). 2.) The goalie starts the drill in a VH or RVH.

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) Stick Tap & Spin

4 min.



OBJECTIVE: Working on visually identifying puck placement and preparing for shot in minimal time.

ORGANIZATION:

The goalie begins the drill with his/her back to the shooter. When the shooter taps their stick on the ice, the goalie spins around to face the shot. Give the goalie time to get set before the next shot. Repeat the drill from different angles.

VARIATION:

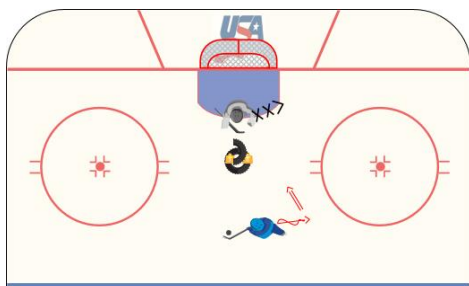
Have the shooter move his/her positioning to force goalie to scan for ice and positioning.

KEYPOINTS:

Rotate head and identify puck immediately,
Promote a proper challenge depth for save,
Control rebounds

11) 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.

KEYPOINTS:

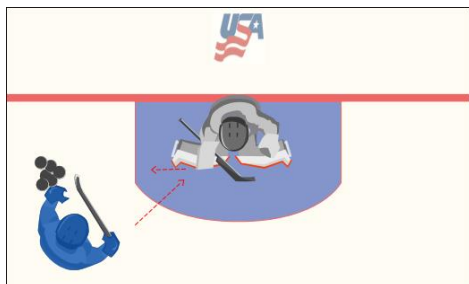
Maintain depth and an effective base stance,
Track the puck

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.

12) 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.

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.

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.

Post-Practice Comments:
