

Title : 3 Shot

Category #1 :

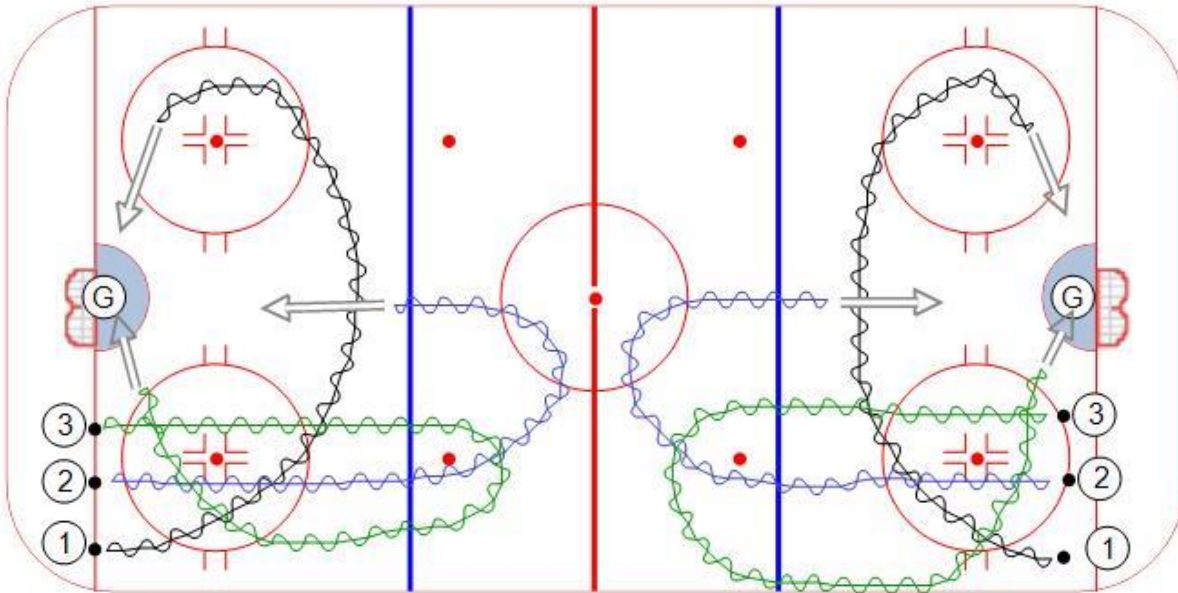
GOALIE

Category #2 :

Warm-Up

Content elements:

Components :



Key Points :

Skate hard

Timing

Goalie movement

### Description

①② & ③ start in the corner with pucks

① works a pattern around the far dot and in for a shot

② works a long loop through the middle of the ice and takes a shot from above the circles

③ works out around the neutral zone dot, back down the wall and cuts in low for an angle shot in close

This drill allows the goalie to see three different type shots in succession and makes him move side-to-side.

If you have two goaltenders you can run the drill from both ends.

Make sure the shooters understand the timing of this drill so the goalie sees a progression of shots not two coming at the same time.