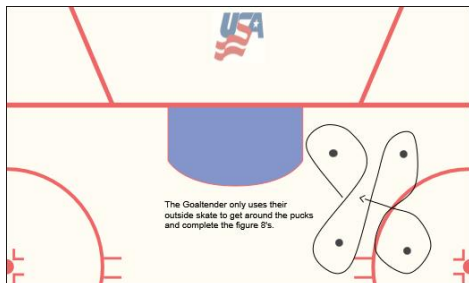






### 7) Box Drill Edge Work

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.

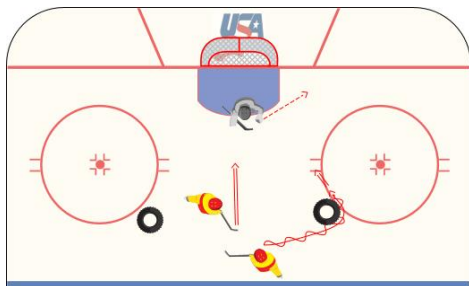
Bend your knees to generate power.

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 shooter 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.

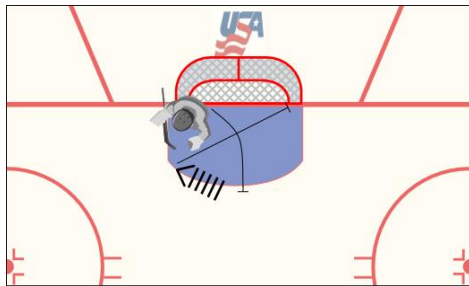
**GOALIE:**

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:**

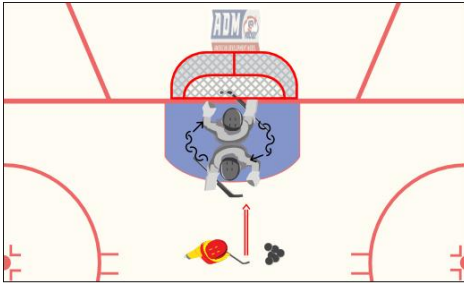
1.)The goalie visualize a save while on the top of the crease and do the proper recovery to the next point. (On-ice or full). 2.) The goalie starts the drill in a VH or RVH.

**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:**

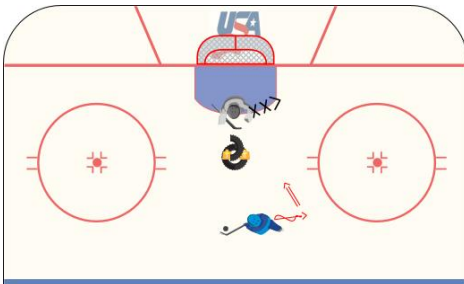
Have the shooter move his/her positioning to force goalie to scan for ice and positioning.

**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:**

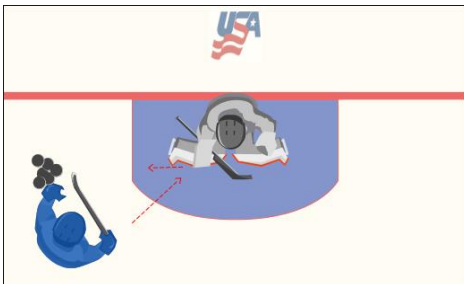
Maintain depth and an effective base stance,  
 Track the puck

**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:**

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