Cat #1:	
Goalie	Title: Star Drill
Cat #2:	Level:
WEISSTECHHOCKEY	
WEISSTECHNOCKETY	Description (notes)
	Goalie starts at the post, then skates the following sequence (see our post on the 11 Visual Targets for Hockey Goalies)
Out of First Hand	1. Position 11
4 Start & Finish Here	3. Position 9
	4. Position 1 5. Position 6
2 & 5	6. Position 3
II	7. Back to Position 11 8. Repeat the opposite way
	1)
	2)
	3)
	5)
	6)
	7)
	8)
	times each sides. minutes
Cat #1:	
Goalie	Title: Star Drill (seq 2)
	11401
Cat #2:	
MOVEME	
	Level : Description (notes)
MOVEME	Description (notes) Goalie performs start drill, reacting to the passes of the three forwards 1. Forward on the goal line passes to the forward in the middle, then skates to the near dot
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