



Cat #1:

Goalie

Title : Star Drill

Cat #2:

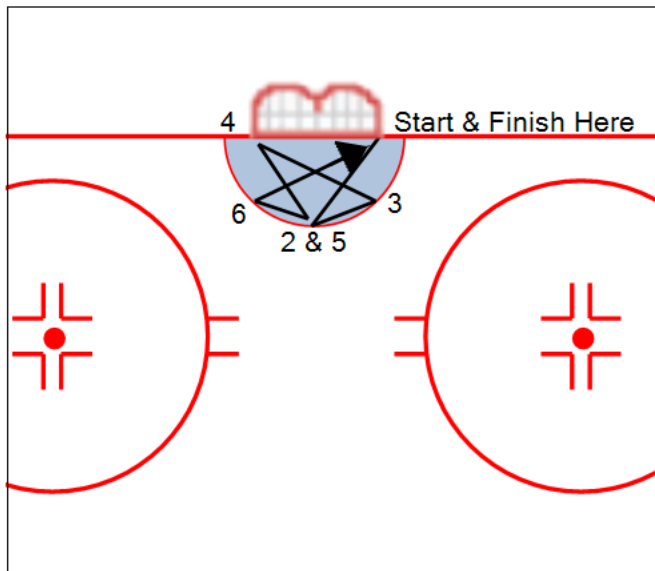
MOVEMENT

Level :

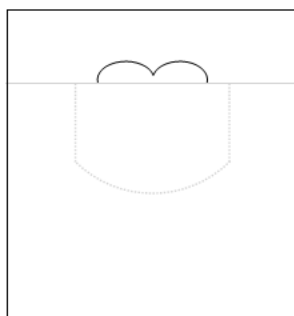
Description (notes)

Goalie starts at the post, then skates the following sequence (see our post on the 11 Visual Targets for Hockey Goalies)

1. Position 11
2. Position 6
3. Position 9
4. Position 1
5. Position 6
6. Position 3
7. Back to Position 11
8. Repeat the opposite way



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes



Cat #1:

Goalie

Title : Star Drill (seq 2)

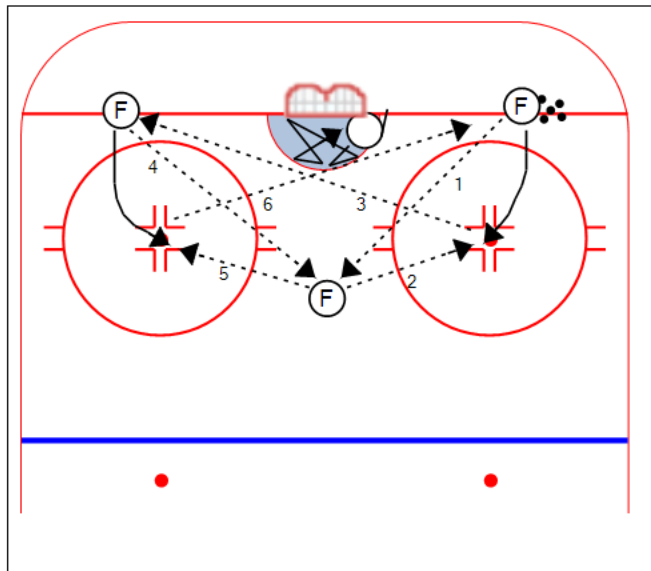
Cat #2:

MOVEMENT

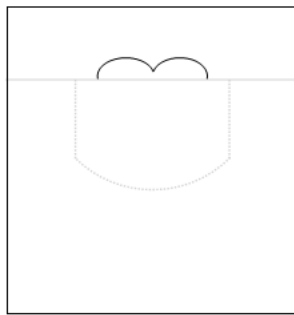
Level :

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
 2. Goalie reacts by skating to Position 6
 3. Middle forward passes back to the forward who made the first pass
 4. Goalie reacts by skating to Position 9
 5. Forward on the dot passes across to the forward on the other goal line, then retreats back to his or her original position
 6. Goalie reacts by skating to Position 1
 7. Goal-line forward passes to middle forward, then skates to near dot
 8. Goalie reacts by skating to Position 6
 9. Middle forward passes back to the forward who just passed to him
 10. Goalie reacts by skating to Position 3
 11. Forward on the dot passes back across to the forward on the other goal line (who started the drill), then retreats back to his or her original position



- 1) _____
- 2) _____
- 3) _____
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



_____ times each sides.

_____ minutes