



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## COLORADO DRILL

### Drill Description:

1. X1 starts at the top of the circle with pucks, X2 in the strong side corner and X3 is three feet inside the top of the weak side circle.
2. X1 starts by passing to X2 in the corner and then moving to the net.
3. X2 carries the puck behind the net (stopping in the middle most of the time). X2 can reverse direction and pass to X1 or continue around the net and pass to X3. X2 also has the option to attempt a wrap around shot on either side.

Note: If X1 or X3 receives a pass, they must shoot the puck. All three players attack any rebounds and continue play until a whistle.

The goaltender begins 'on angle' with X1 at the top of the crease and tracks the pass to X2. The goalie then reads X2's movement behind the net.

The goaltender must follow X2 from zone to zone. In zone 1 & 4 the goaltender is positioned on the post. In zone 2 and 3 the goaltender is positioned in the middle of the net with his/her head looking over his/her shoulder into the zone where the puck is located.

Repeat drill 5 times from each side for total of 10 reps.

### Key Teaching Points:

1. On pass from X2 to X1 the goaltender does not have to come out far towards the shooter, he/she needs to move over to block shot and have shallow crease depth in case of a rebound.
2. On pass from X2 to X3 the goaltender must gap out as far as possible to the top of the crease, however, the goalie must set feet before the shot is taken.
3. On wrap around attempt the goaltender must lead with stick, smother puck, and be in position to move in case of rebound.

