



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

APPERT FULL RECOVERY

Drill Description:

S1 and S2 are 2 feet above each face-off dot.

S1 starts with two pucks.

Goaltender begins at the top of the crease square to S1.

1. S1 shoots the first puck low to the goaltender's far side. When the puck hits the goaltender's pads, S1 passes the second puck to S2.
2. The goaltender makes the save on the first shot, fully recovers, and T-pushes across to face shot from S2.
3. S2 receives pass and shoots.
4. Goaltender makes the save and follows rebound.

Key Teaching Points:

1. Goaltender is in his/her stance at the top of the crease.
2. Track puck into pads or stick and control rebounds.
3. *Full Recovery*: When moving to the right, get up with the left leg. When moving to the left, get up with the right leg.
4. After extending leg to make save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates the goaltender on angle. Weight should be placed on the inside edge of the drive leg.

