

**U-17**  
**Goaltending Program**  
**Technical Curriculum**



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## INTRODUCTION: GOALTENDING SKATING DRILLS

To be a good goaltender you must be an efficient skater. Your goaltender does not necessarily have to be the fastest skater on the team, but the best in terms of control and mobility. Pushes from post to post and ability to get quickly to plays laterally are essential for goalies to be able to perform at a high level.

Goaltenders must learn to push with strength and stop hard when needed. So when doing T-push or shuffle drills I suggest everything is done in sequence. Example: A coach should be calling out for the goalie to PUSH----STOP----PUSH----STOP-----PUSH----STOP etc. giving one second in between pushes. This will give the goaltender time to recover and will keep him from developing bad habits by doing the drill too fast.

The ability for a goaltender to change directions quickly is also an absolute must as today's game is a lot about trying to create a situation to get a goaltender moving in the wrong direction. In order to do this, and be effective, skating drills are a natural part of goaltender development.

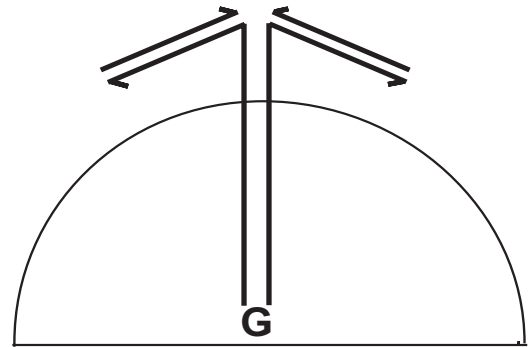
**Drill Name & Description**

**Letter Drills "T"**

- Goaltender starts in middle of the net
- T-push to just above the crease, stop.
- T-push to outside, stop, and back.
- Emphasize stopping with outside foot to create proper transition

**Key Teaching Points**

- Knee bend
- Outside leg stop
- Balance



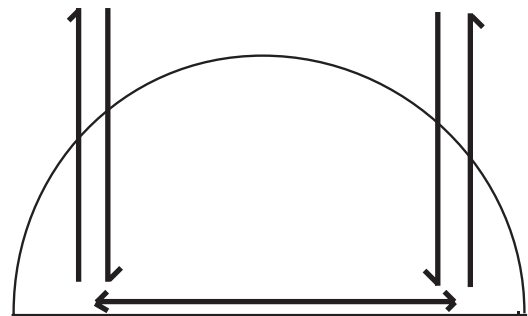
**Drill Name & Description**

**Letter Drills "U"**

- Goaltender starts at top of the crease, t-push to post
- Shuffle post to post
- Forward t-push to top
- Repeat
- Variation can include butterfly slide post to post

**Key Teaching Points**

- Staying in stance
- Hands in front of body
- Proper use of c-cuts



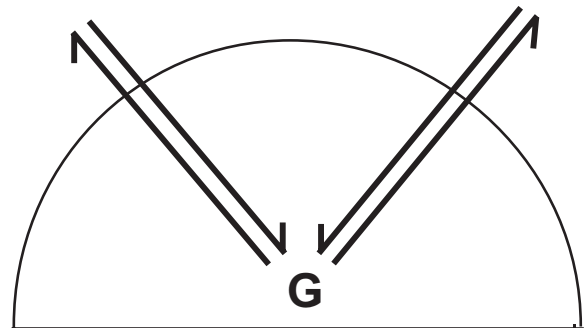
**Drill Name & Description**

**Letter Drills "V"**

- Goaltender starts in the middle of the net
- T-push at about 45 degrees to top of the crease
- Stop with outside leg
- Turn and T-push back to middle, reposition and repeat to other side

**Key Teaching Points**

- Lead movement with hands, keep head up
- Stopping with proper leg, body rotation



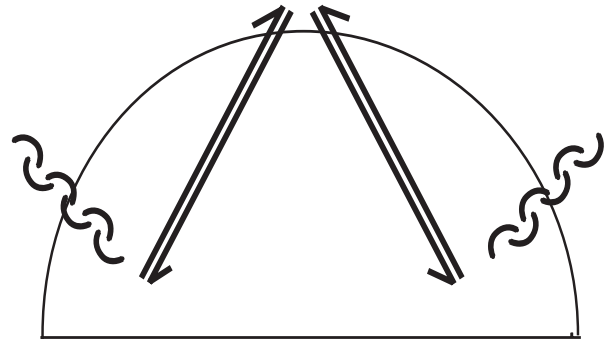
**Drill Name & Description**

**Letter Drills "W"**

- Goaltender starts outside of left side of crease
- Backward c-cut to post
- T-push to middle
- T-push to post
- Forward c-cut out
- Repeat back

**Key Teaching Points**

- Lead with stick
- Keep square position
- Head leads all movement



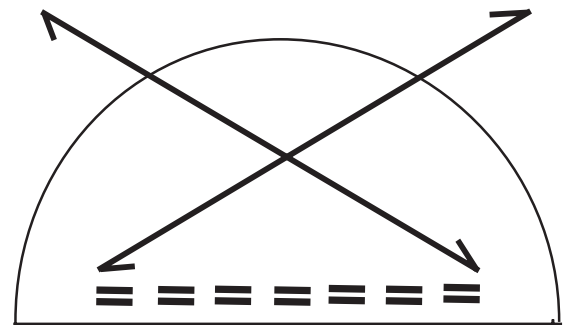
**Drill Name & Description**

**Letter Drills "X"**

- Goaltender begins on post
- Shuffle post to post
- T-push across crease and stop with inside leg
- Rotate and T-push back to previous post
- Repeat

**Key Teaching Points**

- Must stop with outside foot at all times
- Lead with hands
- Look at target position
- Always top on leg that is closest to middle of net to maximize coverage



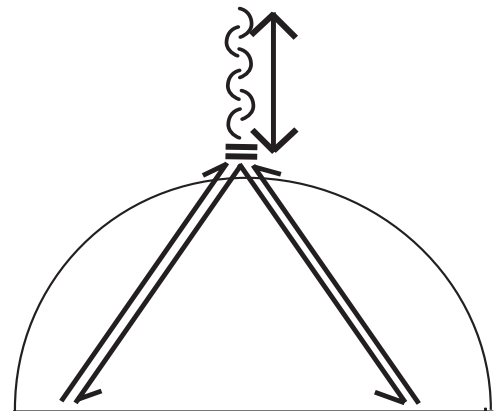
**Drill Name & Description**

**Letter Drills "Y"**

- Goaltender begins at post, T-pushes to top of crease, stops
- Goaltender c-cuts forward two strides, stops
- C-cut back two strides and open pivot to shuffle back to other post
- Variations will have shot coming from either side during shuffle to post

**Key Teaching Points**

- Rigid starts and stops
- Proper pivots
- C-cuts must be quick



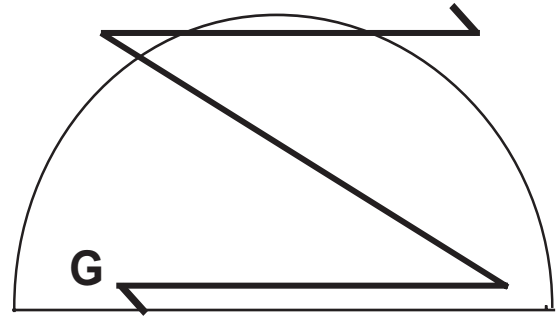
**Drill Name & Description**

**Letter Drills "Z"**

- Goaltender starts on either post
- Shuffle post to post
- T-push across crease and stop with inside leg
- Shuffle across top of crease and then continue in reverse

**Key Teaching Points**

- Be sure goaltender shuffles across
- Locate target before moving
- Hard pushes and strong stops



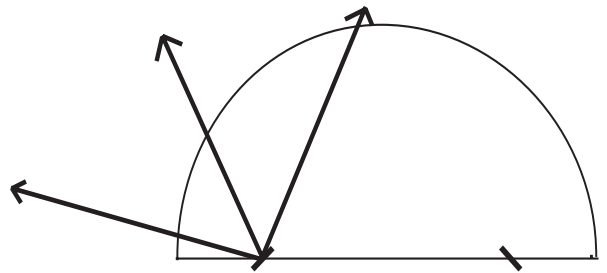
**Drill Name & Description**

**Half Net 3 Position Drill**

- Goaltender starts on post
- Steps out to all three positions and back to post in 1,2,3,2,1 order
- Repeat three times per goaltender

**Key Teaching Points**

- Back up from positions 1 and 2
- T-push back from 3



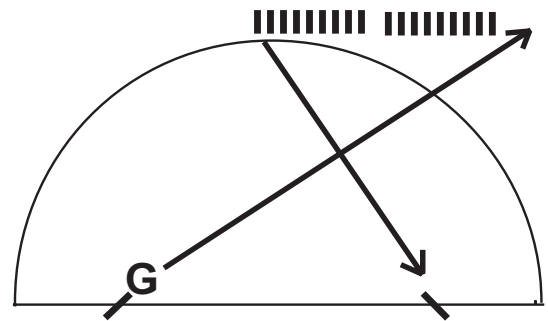
**Drill Name & Description**

**T-Push / Butterfly Slide Drill**

- Goaltender starts on post, T-push across crease and stop with inside foot
- Butterfly slide to middle and recover
- Pivot and T-Push to opposite post and repeat other direction

**Key Teaching Points**

- Stop with inside leg
- Butterfly slide must be quick to middle
- Deep knee bend



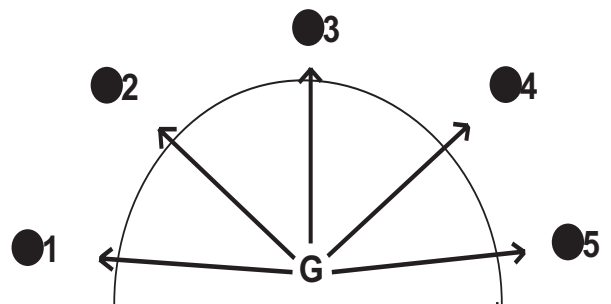
**Drill Name & Description**

**5 Puck Movement Drill**

- Goaltender starts in the middle of the net
- Does the five points in order first time through
- Second time through a coach will call out the numbers to goaltender
- Goaltender will do drill twice

**Key Teaching Points**

- Always start in the middle of the net
- Eyes on the target
- Deep knee bend
- Quick feet



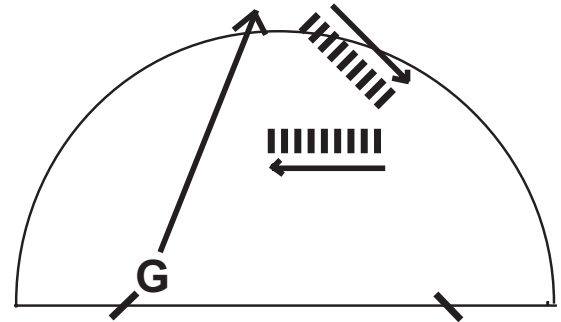
**Drill Name & Description**

**Butterfly Slide Transition**

- Goaltender starts on post
- T-Push to top middle of crease
- Butterfly slide back diagonally
- Push outside leg up quickly and butterfly slide to middle of net
- Inside knee should not leave the ice

**Key Teaching Points**

- Be sure to hold butterfly position throughout
- Do not lift inside leg
- Timing



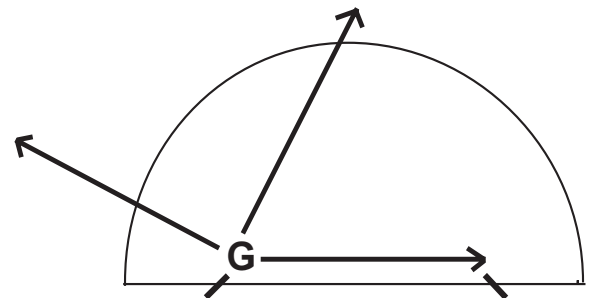
**Drill Name & Description**

**3 Position T-Push**

- Goaltender starts on post
- Push out to position 1, stop with outside leg and c-cut back
- T-Push to top of crease and T-push back
- Shuffle to far post and back

**Key Teaching Points**

- Proper stance position
- Looking at target



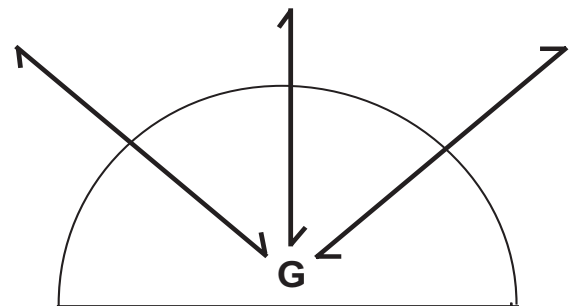
**Drill Name & Description**

**3 Position Full Net**

- Goaltender starts in middle of net for each position
- T-push out and back to positions 1 and 3
- C-cut out and back for position 2

**Key Teaching Points**

- Proper stance position
- Looking at target, quick feet



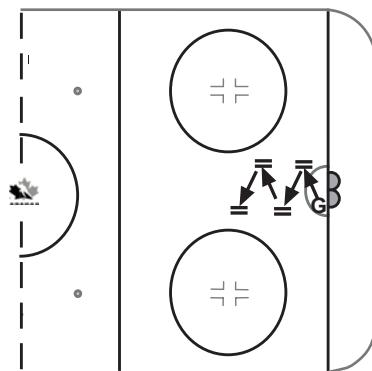
**Drill Name & Description**

**Skating Drill – Zig-Zag**

- G starts at post
- Line up staggered cones at least 3-4 feet apart
- Does zig-zag forwards to cones, then backwards by using t-push, shuffle, or powerslide maneuver

**Key Teaching Points**

- When doing drills using T-push or shuffle there should be no head bobbing up and down
- Smooth lines with hard pushes





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## INTRODUCTION: BUTTERFLY SAVE AND BUTTERFLY SLIDES

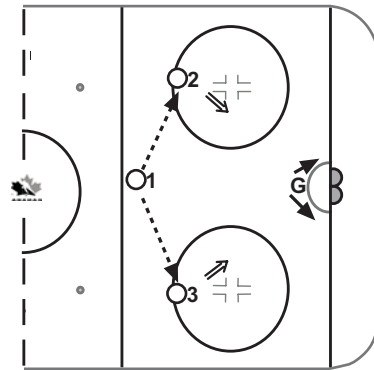
Goaltending has evolved in the past 10-15 years mostly because of the advancement of the butterfly save. The equipment that goaltenders wear today is much more protective than that of the past and allows the goaltender the ability to drop into the butterfly save without risk of injury. Since the majority of shots are low and on the ice, the butterfly save is the most effective tool at stopping the puck, while maintaining the ability to stay in control.

When dropping into the butterfly there are a number of technical components that allow a goaltender to cover a vast majority of the ice. A goaltender should have good inner knee protection, and wear their pads quite loosely as this will allow the pad to turn on its side, with the inner knee resting on the knee pads. The goaltender is then trying to create a wall with the goalie pad and maximize coverage on the ice. The chest should be upright and the goaltender should be leaning slightly forward. A goaltender that falls backwards and ends up on their back will not be effective. The goaltenders stick should be about 1-2 inches away from the pads on the ice, slightly angled towards them, and should be moved as little as possible in order to not open any holes between the legs.

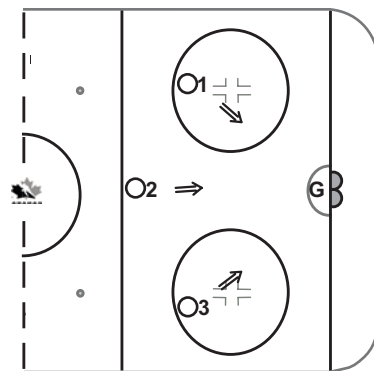
When taking a shot to the chest a goaltender should be aware to never move their hands in front of their chest before the puck makes contact as this will cause a huge rebound. They should always take the puck into the chest as this will cushion the shot and deaden the rebound, allowing the goaltender to cover the puck.

\*A goaltender should remember to stay on their feet as long as they can and only drop into the butterfly when the shot has been taken. Even though the butterfly has become the most effective way to stop the puck, a goaltender should never drop to their knees early. This opens up holes and will put a goaltender at the mercy of the shooter. The best goaltenders in the world are the most patient ones, allowing the player to make the first move and not opening up before the shot is taken. Patience is still and always will be the golden rule of goaltending.

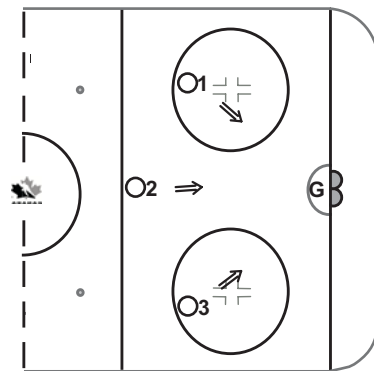
Drill Name & Description
<p><b>Butterfly Drill</b></p> <ul style="list-style-type: none"> <li>Pucks in middle, G fronts player from top of crease in middle</li> <li>Pass to players at tops of circles</li> <li>No one timers-stop pass and shoot low shots</li> <li>G butterfly save</li> </ul> <p>Key Teaching Points:</p> <ul style="list-style-type: none"> <li>G must shuffle or T-push to get to shooter</li> <li>Good hip rotation with strong push</li> <li>Follow rebound</li> <li>Idea is to get goalie set in stance for shot</li> </ul>



Drill Name & Description
<p><b>Butterfly Drill with Movement</b></p> <ul style="list-style-type: none"> <li>G starts on post</li> <li>T-push to top of crease</li> <li>Shot from angle</li> <li>Do each post and go corner / middle / far side</li> <li>Do one area at a time, 10 shots each area, 10 pushes</li> </ul> <p>Key Teaching Points</p> <ul style="list-style-type: none"> <li>Strong pushes</li> <li>Get to top of crease and set</li> <li>Good butterfly, chest up, stick on ice, follow rebound</li> </ul>



Drill Name & Description
<p><b>Simple Butterfly Drill (follow rebound-warm-up)</b></p> <ul style="list-style-type: none"> <li>Shots from all angles on ice (one area at a time, one shot at a time)</li> <li>G butterflies to make save</li> <li>Minimum 10 shots from every angle</li> <li>Goalie follows their rebound and resets</li> <li>Goalie starts from stationary position</li> </ul> <p>Key Teaching Points</p> <ul style="list-style-type: none"> <li>Proper butterfly</li> <li>Chest up</li> <li>Following rebound</li> </ul>





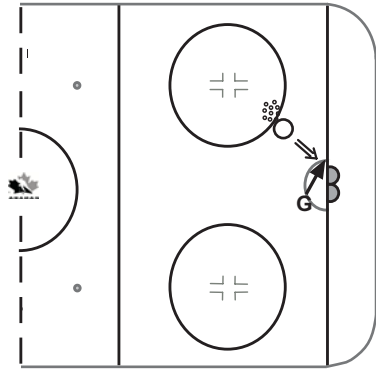
### Drill Name & Description

#### Butterfly Slide Development

- G starts on top of crease facing dot
- G will execute five sets of five butterfly slides
- Set 1: One ice lead pad
- Set 2: Into body as body comes through space
- Set 3: Quick jam with spread off of slide
- Set 4: Slide with comeback and spread opposite way
- Set 5: Butterfly slide into anything (jam, spread, reaction, etc)

#### Key Teaching Points

- The objective of this drill is to allow G to work on butterfly slide mechanics, understand that the slide is a lateral move and not a save movement
- Mechanics must be rock solid...this is not about speed
- Butterfly slides require an opening to the new puck position – as always this is accomplished with a visual lead
- Like the backside push, butterfly slide mechanics include: visual lead, rotation, gather and extend



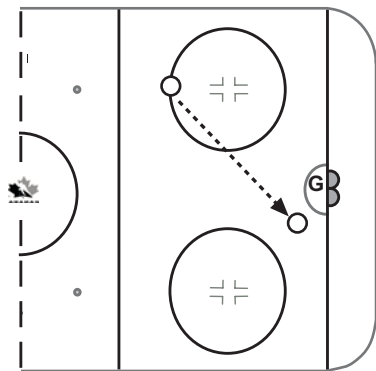
### Drill Name & Description

#### Lateral Feeds #1

- G starts facing high
- Pass to low backdoor
- G must rotate and T-push into a butterfly slide
- Change sides

#### Key Teaching Points

- G must be aware of the dangerous player
- Goalie should start with toes at top of crease
- Goalie will retreat to a Lower depth position backing off slightly



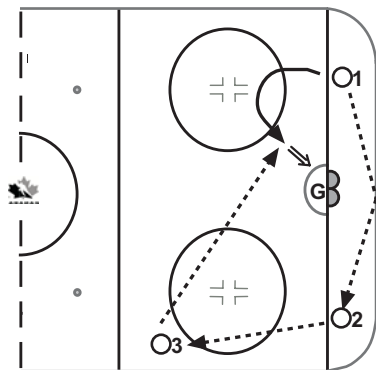
### Drill Name & Description

#### Lateral Feeds #2

- O1 passes to O2 behind net
- O2 passes to O3 at the top of circle
- G must get off post and front O3 with toes at a minimum top of the crease
- O3 passes down low to O1 who is at back door
- Goalie moves to lower depth position and have slight backwards flow
- Goalie uses butterfly slide to make save

#### Key Teaching Points

- Goalie must be careful not to over slide
- Goalie must keep stick between five hole not creating an opening
- Goalie must have a strong push to get across





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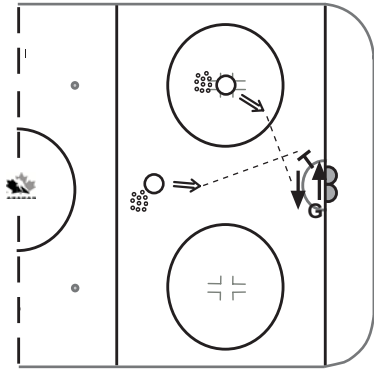
## INTRODUCTION: SCRAMBLE TACTICS AND POWERSLIDES

Scramble tactics are involved anytime there is a rebound or a quick change of direction is needed for a goaltender. In past situations a goaltender was very much at the mercy of the player in a scramble, having to resort to diving or flopping around. With the powerslide and newly created ways of scramble tactics for today's modern goaltender, a goalie is easily able to move quickly around his crease without ever having to get off of his knees. This results in always being in a square position with the shooter even in a rebound, or battle situation.

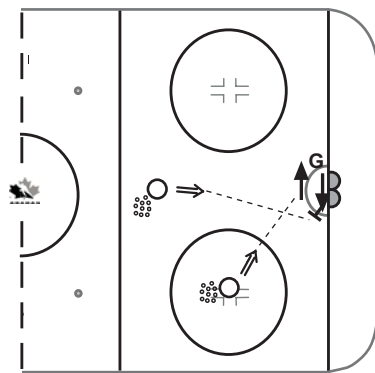
To explain the powerslide, it is a technique in which a goaltender has dropped into a butterfly and wants to move quickly without getting up. In order to do this, the goaltender will leave one knee on the ice and take one knee off. It is actually only getting half way up, or picture it as leaning on one knee with the other bent in a 90 degree position. The blade of the skate on the bent knee will be the one used for mobility. The goaltender will use the toe of the blade to push himself from side to side. The knee which is on the ice will be resting on the inside knee pad and the pad itself will be on its side, with the inside roll of the pad on the ice. The face of the pad should not be on the ice, as having it on its side will build a wall with the goalie pad, and allow the ability to slide. To perform this movement efficiently a goaltender must wear his pads quite loosely. The chest should be upright and the goaltender should always have his body weight forward, never leaning back.

If this maneuver is used effectively it gives the goaltender a unique advantage in a scramble situation. The goaltender will rarely be caught out of position and will be able to change direction quickly if needed. A goaltender wants to avoid falling backwards at all costs and this is an effective tool to in keeping a forward body position.

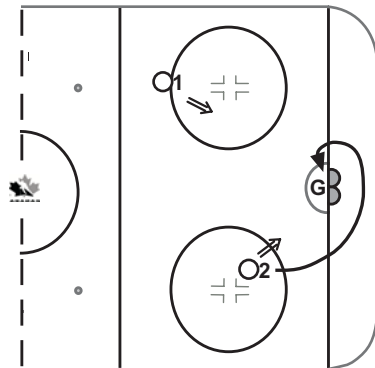
Drill Name & Description
<p><b>Post Save Up</b></p> <ul style="list-style-type: none"> <li>On "Go", low shot far side and G drops into butterfly</li> <li>G power slide in butterfly to middle and G gains feet</li> <li>Shot back to same side low</li> <li>G makes save, follows rebound using slide back into starting position and regains feet</li> </ul> <p>Key Teaching Points</p> <ul style="list-style-type: none"> <li>Goalie must learn to recover properly</li> <li>Goalie must move efficiently in a scramble</li> </ul>



Drill Name & Description
<p><b>Post Save Down</b></p> <ul style="list-style-type: none"> <li>G starts on feet</li> <li>Shot to far post</li> <li>G power slides to middle and gains feet</li> <li>Low shot back to side he came from</li> <li>Power slide back to initial position</li> <li>3<sup>rd</sup> shot look to score</li> </ul> <p>Key Teaching Points</p> <ul style="list-style-type: none"> <li>Proper recovery</li> <li>Always staying forward never falling backwards</li> </ul>



Drill Name & Description
<p><b>Scramble Tactics &amp; Rebound</b></p> <ul style="list-style-type: none"> <li>O1 shoots low far side</li> <li>O2 shoots then shoots a set rebound</li> <li>O2 skates behind net after shooting, picks up set puck and tries stuff play on the other side of net</li> <li>After O1 shoots G has to either use powerslide, or get up on feet to get from shooter O1 to shooter O2 then has to scramble back to post for stuff play</li> </ul> <p>Key Teaching Points</p> <ul style="list-style-type: none"> <li>Low ice coverage</li> <li>Strong pushes</li> <li>Leading with hands</li> </ul>



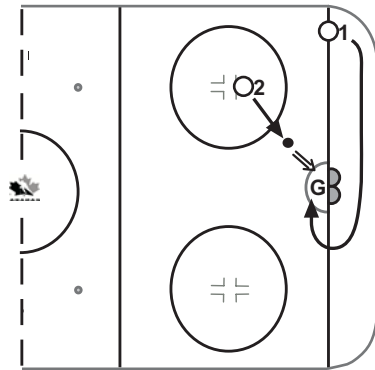
**Drill Name & Description**

**Wrap-Rebound**

- G starts at same post as shooter O1 and follows wrap attempt from beginning
- O1 wraps, O2 skates into set puck and shoots
- G can use VH or paddle down on wrap attempt
- G must use scramble tactics to get to second shooter

**Key Teaching Points**

- Good low coverage
- Strong push and hip rotation



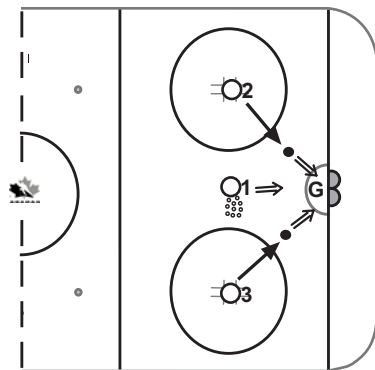
**Drill Name & Description**

**Double Rebound**

- Shooter shoots low shot from slot at the goalies right foot
- O2 who is on the right side skates into set puck and shoots
- G must use power slide to get to shooter O2
- After O2 shoots, G must use power slide to get to O3 who skates into set puck to shoot

**Key Teaching Points**

- Lead with hands
- Good low ice coverage
- Strong pushes
- Battle mindset



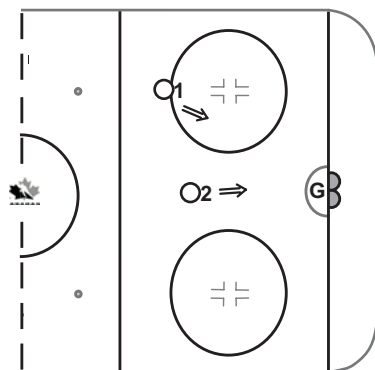
**Drill Name & Description**

**Scramble Tactics & Rebound**

- O1 shoots low farside
- O2 shoots set puck rebound from middle
- G saves first shot in butterfly, then power slides across to make rebound save
- Phase 2: put O2 rebound shooter towards back post making the goalie have to move further for rebound shot

**Key Teaching Points**

- Good hip rotation
- Lead with glove and stick
- Need proper spacing between shots



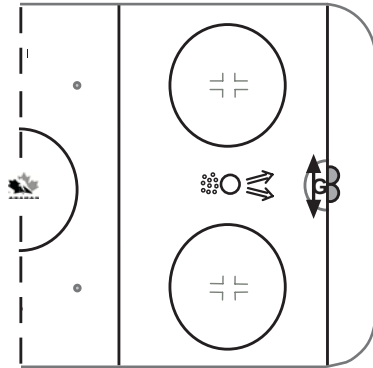
**Drill Name & Description**

**Side to Side Slide**

- Continual shorts from slot on ice at posts
- G moves side to side in butterfly position using backside slide move
- Do approx. 5-10 reps per side
- G must never stop moving or come off knees

**Key Teaching Points**

- Strong pushes
- Low on-ice coverage
- Leading with hands-with good hip rotation



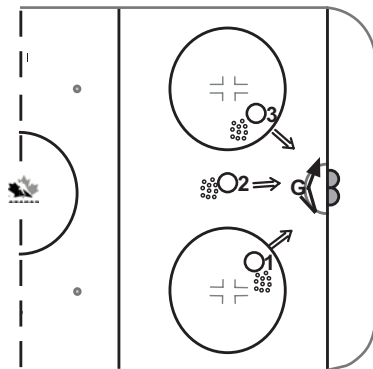
**Drill Name & Description**

**Power slide or Backside Push Development**

- G starts on top of the crease and on "Go" will rotate and drive laterally towards O1
- Once G makes initial save, G will rotate and come back to the center to face a shot from O2
- Once G makes second save on O2, G will rotate a third time and push to the far side to face a shot from O3
- O1, O2 and O3 should allow G to come into the space each repetition and time their shots so that G is entering the space at the same time as the puck (mix up shots low to the pads and up on the body)

**Key Teaching Points**

- The backside push requires a visual lead, correct rotation, and a strong push
- Regardless of distance, G should have proper backside push mechanics
- Flawed mechanics will result in G coming up short
- Once extended, G should bring themselves back together
- Head and eyes should be controlled and balanced throughout the backside push execution





## INTRODUCTION: PASS OUT TACTICS AND NET DRIVES

One of the most dangerous plays in hockey for a goaltender is when an opposing player has the puck behind the net as it is difficult to see and difficult to follow.

**\*When trying to find the puck behind the net, your goaltender must play in a deep crouch in order to take away any quick low plays or shots to the bottom of the net.**

There are a few ways to play situations such as these. In one instance a goaltender may put one foot planted against either post with inside pad lying in a horizontal position. This is called one of two terms, the VH or the one pad down. It is similar to a half butterfly and allows your goaltender to be mobile in the half butterfly position by using a powerslide if needed. It can also take away any stuffs or wraparounds that can be dangerous. Another option is to use the paddle down on either side to avoid any scoring chance from stuffs or wraps.

When the puck is behind the net, the goaltender can use a variety of options to see. Some goaltenders are left shoulder dominant and may like to sit on their right post. This allows them to always be looking over their left shoulder while maintaining one position. It helps the goaltender avoid moving around too much and losing sight of the puck.

The other way to see the puck is by looking through “windows”. This meaning that there are four areas behind the net. If the player is in area 1 or 4, the puck being closer to the corners, the goaltender is on either post. If the player is in area 2 or 3 directly behind the net, the goaltender will be slightly off either post looking over their shoulders through the net. Also a good rule of thumb for a goaltender is to never take your eye off the puck when it is behind the net.

An absolute essential move for a goaltender in any passout situation is that they must get off of their post once the pass has been made to the slot or any higher position. If your goaltender sits back in their net it allows too much net for a player to shoot at. In certain situations a goaltender may not have time to react, so moving forward will take away more net and allow the goaltender to be in a “blocking” situation. The goaltender must remember not to drop the glove and allow room for the player to put the puck up into the top of the net.

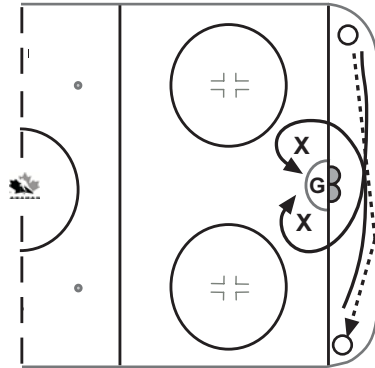
**Drill Name & Description**

**High Wrap Drill, Step Out**

- Player passes behind net to opposite player who takes pass and goes around behind net
- He then steps out from behind net and goes around cone to shoot
- G must follow player and get off post

**Key Teaching Points**

- G must have good initial low coverage
- G must get off of post and adjust their depth so as to not lose coverage for the top of the net
- G should avoid drifting at shooter
- Should be push off post and stop at top of crease



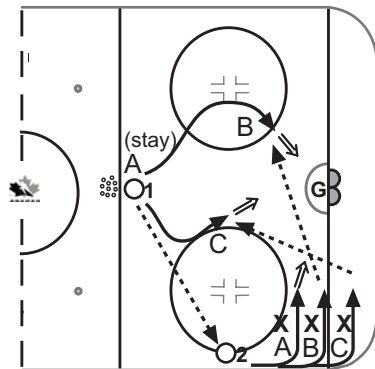
**Drill Name & Description**

**Zone Awareness**

- O1 starts drill by passing to O2 on the half wall
- O2 begins to walk low in to the zone towards the pylons – O1 is patient up top during O2's selection
- O2 has three lane options (low slot – cut under first pylon, goal line – cut under second pylon, board – cut under third pylon) and selects one of them
- If O2 selects a low slot lane, he drives the net and makes a play on the net; if O2 selects a goal line lane then O1 reads this and jumps backdoor (O2 can pass or shoot); if O2 selects a board lane then O1 jumps down on the nearside and looks for a pass from either side of the net
- Repeat on both sides

**Key Teaching Points**

- Zone awareness provides the goaltender with simple rules of thumb for their post positioning
- When the goal line is attacked by a puck carrier, VH is the preferred method
- When the board lane is attacked, G must stay on their feet to track the puck effectively
- When the low slot line is attacked, G will tend to separate from the post and square up before responding to the play
- Nearside passouts will be handled with a depth move by getting off the post .
- All plays, regardless of type or position, require a visual lead



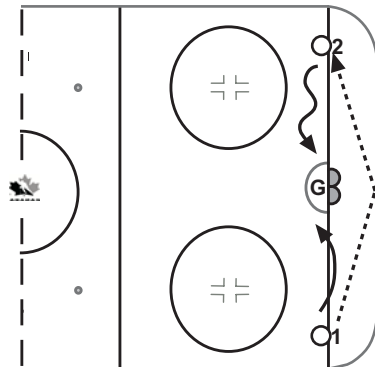
**Drill Name & Description**

**Net Tactics #1**

- Pass behind net O1 to O2
- O2 walks to nearside post
- G drops into VH as O2 tries to stuff nearside
- Switch sides

**Key Teaching Points**

- Stay low,
- don't drop into VH too early
- low ice coverage is essential



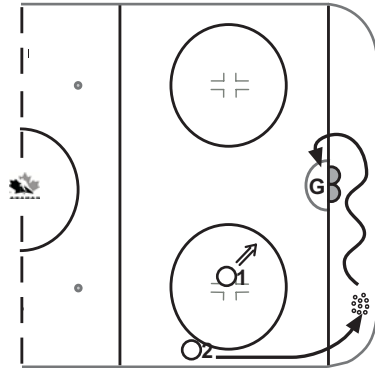
**Drill Name & Description**

**Net Tactics #2**

- Far side wraps, O1 shoots short side shot
- O2 picks up puck, skates around behind net, wraps puck
- Repeat Same drill, but player can take 1 step above goal line or wrap

**Key Teaching Points**

- Goalie must push hard to get to post
- Low ice coverage is essential
- Getting up quickly is crucial



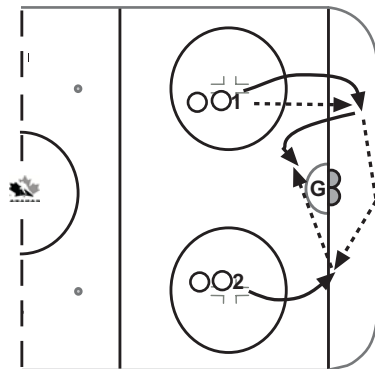
**Drill Name & Description**

**Net Tactics #3**

- O1 dumps, gets his own dump, and passes behind net to O2
- O1 comes back to front of net and gets pass from O2
- Goalie uses butterfly slide tactic to make save
- Repeat

**Key Teaching Points**

- Strong post to post pushes
- Good-low on ice coverage
- Good stick position preventing pass through crease



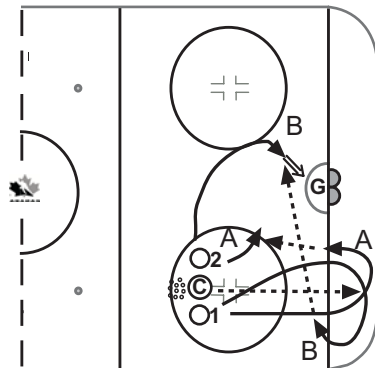
**Drill Name & Description**

**Pass out Tactics**

- Coach dumps puck into the corner and O1 retrieves
- O1 on retrieval has two options, to swing towards the net or to swing towards the corner
- O2 delays and reads O1's directions, if O1 swings to the net O2 stays on the nearside and receives the pass; if O1 swings to the corner O2 jumps to the back door and receives the pass
- Phase 1: no one timed attempts
- Phase 2: one timed shot attempts allowed
- Rebound is played live

**Key Teaching Points**

- G must have excellent ice awareness and anticipation skills
- When the passout occurs on the nearside, G should have a depth focus and get off their post
- When the passout occurs on the far side, G should have an angle focus to their positioning
- When the passout occurs to the mid slot, G should get off post and not drift toward shooter
- Regardless of passout type, a visual lead is vital
- G should look to set up whenever possible to maximize control





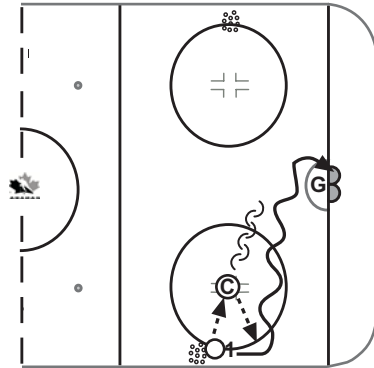
### Drill Name & Description

#### Developing a Battle Mindset

- O1 will make a pass to coach, who will then make a return pass back
- After making the return pass, coach will skate backwards, giving O1 a low lane to the net
- O1 will take the puck to the net and try to beat G low to the farside of the net (i.e. net drive across the front and tuck the puck into the farside)
- All rebound are live and will continuously be put on net. All shots, including the initial one will all be along the ice and released in tight to the net – there is no raising of the puck but players may make as many dekes as they like
- G will track all pucks properly and must refrain from using their stick on these plays

#### Key Teaching Points

- To begin, G must have the mindset to battle
- G must try to stay centered in the net without straying too far out or too far right or left
- G should focus on complete low coverage first by having a deep crouch
- Visual contact with the puck at all times is key regardless of body distortion
- Goalie must have good backwards flow with shooter and not be stationary



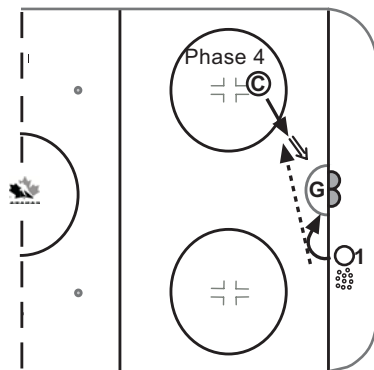
### Drill Name & Description

#### VH

- This is a multi-phase drill to ensure that G's VH mechanics are sound
- Phase 1: G will simply come to the post, from a mid goal line position and settle in to their VH position. Repeat 10 times to each side
- Phase 2: O1 and pucks situated as indicated – on coach's "Go", O1 will step and jam the puck into G's positioning. Repeat 10 times to each side
- Phase 3: O1 and pucks situated as indicated – on coach's "Go", O1 will step and shoot the puck into G's positioning. Repeat 10 times to each side
- Phase 4: O1, coach and pucks situated as indicated – on coach's "Go", O1 will step and jam or shoot the puck into G's positioning OR if coach walks to the net from the far dot, O1 has the option of passing backdoor to coach. Repeat 5 times to each side

#### Key Teaching Points

- This is a progressive drill to ensure mechanics are built soundly
- Post leg remains vertical (V) while backside remains horizontal (H)
- Post skate should not over rotate – indeed, this skate must stay almost 90 degrees
- Backside ankle stays near the goal line
- Stick protects the seam between V and H on both sides
- Glove side – glove remains high
- Blocker side – glove supports stick for jam or can cover five hole if necessary





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## INTRODUCTION: TRAFFIC PLAY

When it comes to traffic play a goaltender must battle hard to see the puck. It is absolutely essential to try to find the puck and keep your eye on it. It is probably the most effective way for any team to score, a good screen with a point shot can create rebounds and dangerous situations for any team.

There are many ways to teach a goaltender to look for the puck. The most efficient ways are to look around and overtop of the opposing player. I do not suggest looking low or trying to see through the legs of opposing players as this can get confusing and will result in too many legs and sticks to see through. Think of it in terms of trying to see through a forest. It is always easier to find your way out by looking over the forest rather than looking low through the trees.

When the puck is moving around the perimeter, whether it is on a powerplay or a game type situation, the goaltender may even opt to get more on their toes and look over the opposing player. This is an easy and effective way of seeing the puck at the point. I do suggest when the puck is at the point, the goaltender should be at a minimum depth of having their toes at the edge of the crease, and as the puck is moved lower, the goaltender can retreat to a lower depth. The goaltender should also try to remember to keep a piece of the blade of their stick on the ice at all times covering the five hole, as the majority of point shots will be low.

If there is a player in front I suggest your defenseman not get tied up with him as this can cause a double screen for your goaltender. Instead he should stay loose and take the opposing players stick and body when the shot has come. Your goaltender should also get as close to the opposing player doing the screening as possible without being overly aggressive, as this will eliminate the possibility of any tips or unlucky deflections.

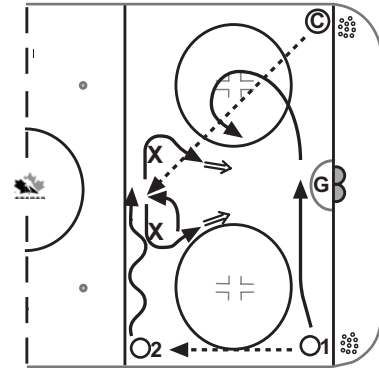
### Drill Name & Description

#### Gap Control and Traffic Management

- O1 passes to O2 at the point, O2 will drag the puck towards the center of the blue line before using some deception and stepping around either pylon
- In no circumstance, should O2 shoot before there is a confrontation at the net between O1 and G
- O2's shots should be wrist shots
- Once the shot is taken and G either covers the puck up or tracks it, coach will hit O2 with a second puck (O2 will be standing at the blue line in the middle of the two pylons to receive the pass)
- O1, meanwhile, will arc away from the net and then, with good timing, come back towards the net for a tip or rebound on the second puck

#### Key Teaching Points

- G should have quick-to-position movement in order to establish his position – making O1 form to G's position not vice versa
- G maintains the strength of this position without getting excessively tangled up with O1
- G can use the gloves to find a sight line or look above the traffic using partial flexion
- G must keep battling for vision in this traffic instance
- For the second puck, again, G must move into position with speed and must now anticipate the upcoming play
- If it is likely deflection then G may have to slide towards the new trajectory and also be prepared to react if necessary



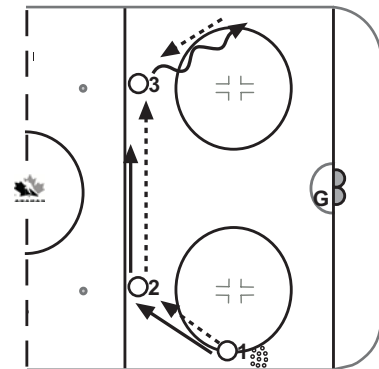
### Drill Name & Description

#### Proper Flexion

- O1 will start with the puck, on the half boards, and make a pass to O2, who will proceed to make a pass to O3 – in each of these cases, the passing player will follow their pass and fill the spot vacated by the previous player
- O3, after receiving the puck, will slide down to the half wall on the opposite side
- O1, O2 and O3 will continue to move the puck around the perimeter (no cross-ice passes) until "shot" is called
- One "shot" is called, the last player to receive the puck will release it on net
- G will track the puck in a relaxed fashion and settle into a more set position once "shot" is called
- To make it harder you can put players in front of goalie creating a screen

#### Key Teaching Points

- G will establish partial flexion to preserve mobility – due to the obvious read, G's desire is to maintain mobility given the likelihood of additional adjustments
- G should use positional speed moving position to position
- Major adjustments will use a T-push while minor adjustments will invoke a shuffle
- By using partial flexion, G will be lighter on their feet, more aware, quicker to position
- Once "shot" is called, G should be fully aware of ice



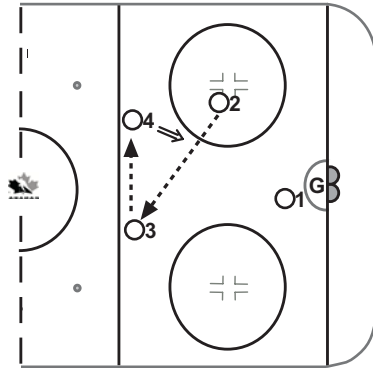
**Drill Name & Description**

**Traffic**

- O1 starts in front, and screens G
- O2 passes cross ice to O3
- O3 passes to O4 who shoots on G
- G must find and follow puck
- O2 crashes net after initial pass and goes for rebound

**Key Teaching Points**

- Battle to look for puck while moving
- Look over top and around player
- Butterfly save will be best choice with a tight compact position





## INTRODUCTION: PLAYING THE PUCK

A goaltender that can move the puck is a great advantage to any team. It will assist your defenseman and will help a team spend a lot less time in their own zone defensively if a goaltender can make smart effective plays with the puck. It is not about making breakaway passes up the middle or clearing the zone. It is about making quality outlet passes to their defenseman or forwards in order to help keep the opponent from forechecking the defensive zone.

The key to playing the puck for a goaltender is to:

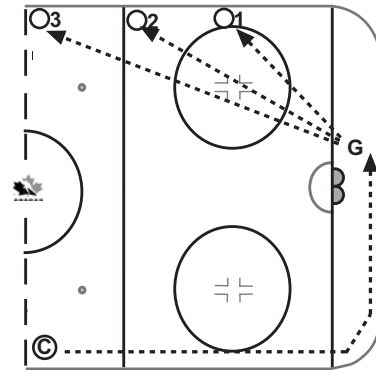
- A. Read the forecheck as the puck is being dumped
- B. Get to the puck quickly
- C. Taking a look before making the play

When the goaltender is going out to play the puck in a soft dump situation, he must be aware of what is coming at him and where his best outlet may be. The forwards should get into a position where the goaltender can read that they are open to accept a pass and verbal communication is an absolute must. A nice option when the goaltender gets the puck behind the net is for both defensemen to peel off into the corners and be an outlet. This makes forechecking difficult as there are too many open players to cover.

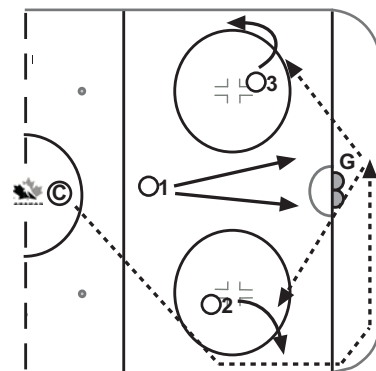
In a hard rim situation, the goaltender has to be aware of anything that is dumped on the glass. I suggest not leaving the net on any hard rim around the glass, as strange bounces can occur from the partitions. Your goaltender may also have to hug the boards or even role with the dump behind the net if the rim is extremely hard. If the goaltender can slow the puck down it may make it easier for a defenseman to get to.

In the end a goaltender that can play the puck greatly reduces the number of scoring chances against and can kill any forecheck in an instance. It may also help save a team's defense from injury and the wear and tear of being hit.

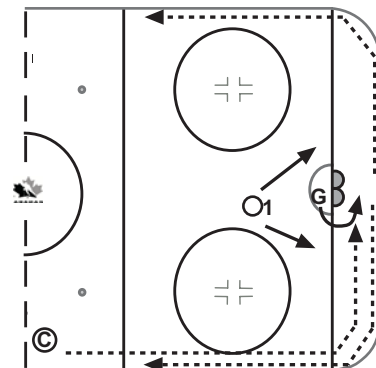
Drill Name & Description
<b>Playing the Puck (time)</b>
<ul style="list-style-type: none"> <li>• Coaches with pucks at redline hard rim puck</li> <li>• G stops hard rim, turns and gives outlet pass to O1</li> <li>• Repeat hard rim</li> <li>• G gives outlet pass to O2</li> <li>• Repeat rim</li> <li>• G gives stretch pass to O3</li> <li>• Do 3-5 reps for each pass</li> <li>• Do both sides</li> </ul>
<b>Key Teaching Points</b> <ul style="list-style-type: none"> <li>• Stopping hard rim, turning and looking up ice</li> <li>• Hard tape to tape passes</li> <li>• Checking shoulders before going behind net</li> </ul>



Drill Name & Description
<b>Playing the Puck (with pressure)</b>
<ul style="list-style-type: none"> <li>• Hard rim or soft dump on G</li> <li>• O1 forechecks</li> <li>• O2 and O3 move to wall for outlet pass</li> </ul>
<b>Key Teaching Points</b> <ul style="list-style-type: none"> <li>• G must look</li> <li>• Hard pass tape to tape</li> <li>• Shoulder check</li> </ul>



Drill Name & Description
<b>Playing the Puck (no time)</b>
<ul style="list-style-type: none"> <li>• Hard rim</li> <li>• G stops puck</li> <li>• Clears every time high on glass</li> <li>• O1 pressures G to put rim high</li> <li>• Can do from both sides</li> <li>• 5-10 reps</li> </ul>
<b>Key Teaching Points</b> <ul style="list-style-type: none"> <li>• When giving up puck, make sure high on glass</li> <li>• Turning and taking a look up ice</li> <li>• Taking a look before going to get puck</li> </ul>



\*Goaltender playing the puck can be substituted for any breakout drill. Hard rim to goaltender or soft dump and allow goaltender to start breakout by making an outlet pass or leaving the puck for defenseman.



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## INTRODUCTION: BREAKAWAYS AND SHOOTOUTS

With shootouts being used as a deciding factor in a lot of international competition, it is becoming increasingly important to have your goaltender be a solid one-on-one player. The whole mindset of your goaltender should be to try to force the opposing player to deke or go around him. This can result in a player finding themselves in a number of bad situations such as losing the puck or simply running out of room in an attempt to score. The on ice conditions should be looked at as an x-factor for your goaltender in the sense that the game has been played and normally the ice will be in less than perfect condition. So if you can force a player to deke, he runs the risk of trying to make a play on bad ice. The goaltender should be as patient as possible and allow the player to always make the first move.

In a breakaway or shootout situation your goaltender should try to “start high and finish low”. This meaning they should be aggressive on the shooter initially by trying to get out of their crease on the whistle and follow the player by backing in with them. The goaltender should think of it in defensive terms such as closing the gap and matching the opposing players speed. It is then important for the goaltender to make their movements in a Y formation. To explain this properly it means for the goaltender to get out to a starting position, to back in on a straight line and then to make a butterfly save or movement toward whichever post the opposing player tries to make their move to. When the goaltender drops into their butterfly, they should be compact and not leave any holes through the body. They should remember always to bring the stick with them to cover the five-hole.

The last important piece is for a goaltender to avoid dropping their glove to early opening an easy shot for an opposing player to pick. If this is done correctly the goaltender should see success often and will have an advantage over the shooter.

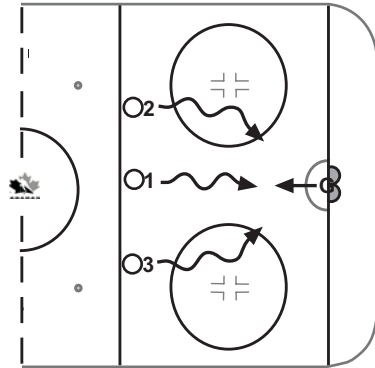
**Drill Name & Description**

**Breakaways**

- Pucks at blueline
- O1 comes in on breakaway
- G must start on goal line and get up and out on shooter
- O2 then goes on angle breakaway
- O3 then goes on angle breakaway

**Key Teaching Points**

- Proper spacing between shots
- Get up and out on shooter
- Force them to deke
- Patience



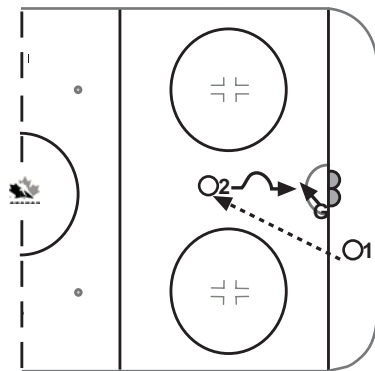
**Drill Name & Description**

**Behind Net (Patience, Stay on Feet)**

- O1 off to side behind net with pucks
- O2 in front of net gets pass from behind net into low slot
- O2 has short breakaway on G in tight
- G must stay on feet and get to top of crease as fast as he can
- G start on post
- No one timers

**Key Teaching Points**

- Patience, out wait shooter
- Strong push to get off post



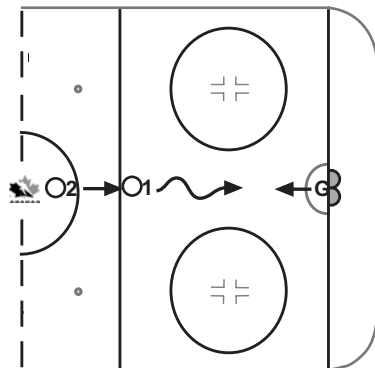
**Drill Name & Description**

**Breakaways with Trailer**

- Breakaway for O1
- O2 does everything to distract O1 by making it difficult to let him shoot
- G must start on goal line, get up on shooter

**Key Teaching Points**

- G must stay patient knowing shooter will not get a clear shot off
- Speed for G while player is distracted
- O2 must let O1 get shot off, but must have made it difficult for him





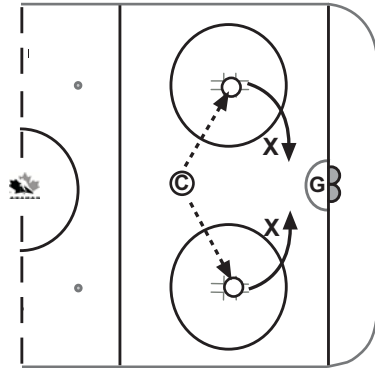
**Drill Name & Description**

**Tight Angle Breakaway**

- Pass from coach down low to player who cuts to net for side angle breakaway
- Ability to move cones higher and do same drill giving more or less room
- G starts by fronting coach

**Key Teaching Points**

- G must adjust depth by backing off slowly
- G must get good momentum with strong hip rotation
- G will need to have patience and stay on their feet
- G will need to make quick lateral adjustment
- G cannot use VH



**Drill Name & Description**

**Shootout**

- Pucks at center
- Players divided into two teams
- Coach blows whistle and player from each team goes on breakaway against opposite goalies
- After initial breakaway player skates back to center ice and takes breakaway on opposite goalie

**Key Teaching Points**

- Breakaway with shootout mentality
- Goalie gets two breakaways instead of one

