



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MASTER TOP OF CREASE

Drill Description:

1. The goaltender comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet.
2. Small T- push to the middle of the top of the crease and set feet.
3. Small T- push to the opposite side corner of the top of the crease and set feet.
4. T-push across to the corner angle of the top of the crease where he/she started from and set feet.
5. T-push or 1 shuffle push back to near side post.

Note: Goaltender should wait 1 second before beginning each movement.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post - Goaltender should shift body through the middle of the net while moving out.
2. T – push – Rotate hips and lead with stick and gloves.
3. T – push – Lift drive leg slightly off the ice after initial push.
4. T- push must be crisp and explosive. Rotate feet and body square to angle once arriving at desired spot.

