



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### Middle Out & Butterfly Slide

#### Drill Description:

1. T - push or C - cut out to the middle of the top of the crease and set feet.
2. After setting feet the goaltender butterfly slides back to just outside the opposite post from where he/she started.

#### Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Butterfly slide – The goaltender should rotate hips, lead with stick and gloves, and push hard with the inside edge of the drive leg.
3. Butterfly slide – Bring drive leg and lead leg together flush on the ice.
4. Butterfly slide - Goaltender should catch skate edge just outside of the post. This will keep goaltender square to the shooter and in position to move in another direction. If the goaltender hits the post it will push him/her off angle and limit his/her ability to move in another direction while also causing a small opening on the post side for the shooter.

