



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

OUT, OVER, & BACK

Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender small T - pushes to the corner angle of the top of the crease on the side from where he/she started from and sets feet.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post.

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

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. Once arriving at the top of the crease the goaltender's heels should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle.
3. Movements should be crisp and explosive.
4. T – push – Slightly lift drive leg off the ice after pushing off.

