



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

USA POST LOAD

Drill Description:

1. S2 begins with the puck along the boards at the top of the circle.
2. S2 passes to S1 (positioned along goal line at bottom of circle), S1 steps towards the net into the Post Load Zone and shoots.
3. The goaltender drops into the post load position to make the save, follows the rebound, and returns to square up with S2 while S1 skates to the front of the net for a rebound from S2 shot.
4. S2 then drives the net with puck from below the bottom of the circle and shoots from the Post Load Zone.
5. Goaltender drops into the post load position to make the save and follows rebound.

Note: The goaltender moves into the post load position as the puck moves into the Post Load Zone and reacts according to the situation presented.

Post Load Zone: Puck is below the bottom of the face-off circle on the net side of the face-off dot.

Repeat the drill 5X from each side for total of 10 reps.

Key Teaching Points:

1. As the puck enters the Post Load Zone, the goaltender gets into the post load position with no holes.
2. The post leg pad runs parallel to the post with the inside of the outside leg flush on the ice.
3. The outside knee needs to be tight with the inside ankle – this will keep the body upright and eliminate holes between the legs.
4. Stick and glove are in stance position.
5. Goaltender follows all rebounds using proper recovery.

