



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## THE RANFORD

### Drill Description:

S1 and S2 begin at the face-off dots on each side of the net.

1. S1 dumps the puck into near side corner, then skates to retrieve it. At the same time S2 skates to S2's near side corner.
2. S1 passes to S2; S1 then pops out above the goal line into shooting position.
3. S2 receives pass then skates with the puck behind the net to the opposite corner and has the option to wrap or pass to S1 for the shot.

Repeat drill from each side.

### Key Teaching Points:

1. Goaltender must follow S2 behind the net to determine which play S2 will make.
2. If S2 is along the boards, the goaltender must hold feet, putting him/her in position to stop the wrap or pass out.
3. If S2 attacks with speed near the net, the goaltender can slide across, maintaining net awareness and ability to use edges.
4. On all movements, the goaltender should lead with the stick and gloves.

