



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## ZONE WORK WITH CHEST SHOT

### Drill Description:

X1 and X2 are standing on the face-off dots with pucks.

1. Goaltender starts on the post.
2. Goaltender travels to opposite post along the goal line while looking into all 4 zones behind the net.
3. After arriving at opposite post the goaltender C - cuts out and sets feet on angle with the shooter.
4. X1 or X2 shoot at goaltender's chest after he/she sets his/her feet.
5. Goaltender smothers shot in chest then fully recovers to near side post.

Repeat drill 3 times each way for a total of 6 reps.

Note: In zone 1 & 4 the goaltender is positioned on the post. In zone 2 and 3 the goaltender is positioned in the middle of the net with his/her head looking over his/her shoulder into the zone where the puck could be located.

### Key Teaching Points:

1. The goaltender places himself /herself on the goal line in the middle of the net when the puck is in zone 2 or zone 3.
2. Chest shots – goaltender should absorb puck with chest and use glove to cradle puck in.

