



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## Pass Out & 2 vs. 1 Simulation

### Drill Description:

Two shooters (S2 and S3) begin at the top of each circle in line with the face-off dots.  
Two passers (S1 and S4) begin below the goal line in line with the face-off dots.

1. S1 passes to either S2 or S3. Pass is received and shot taken. (On second rep. through the first pass receiver can pass to partner or shoot).
2. Goaltender makes save, follows rebound, then returns to the middle of the net on the goal line.
3. When goaltender returns to middle of net S2 and S3 curl to the blue line and who ever did not shoot picks up puck. Puck carrier skates with the puck and upon reaching the top of the circle shoots or passes to partner.
4. The non-shooter drives the net hard for a rebound.
5. Next rep. starts from opposite side (S4 as the passer).

### Key Teaching Points:

#### 1<sup>st</sup> Shot:

1. Off post the lead leg should be placed towards the middle of the net. This places the goaltender on angle to potential shots.
2. The goaltender should move middle out while moving to the top of the crease in order to get 'on angle' quickly.
3. The goaltender must gap out as far as possible to the top of the crease. However, the goaltender must set feet before the shot is taken.

#### 2<sup>nd</sup> Shot:

4. Goaltender must set feet at the top of the crease and be square to the shooter.
5. Goaltender needs to have calm feet and not sink back as play comes towards him/her.
6. Goaltender must use stick and pads to control rebound on first shot.
7. After making a save on the shot the goaltender must use his/her legs to recover into position.



