



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

BERARD FOUR PUCK

Drill Description:

Four shooters line up in the slot between the hash marks and two rebounders begin, one at the top of the crease and one on the weak side of the crease. Pucks are 7 to 10 feet from the net below the goal line.

1. S1 skates to corner, retrieves puck and attacks net above the goal line.
2. S1 can shoot immediately or try to attack across the top of the crease.
3. Once S1 releases the shot, S1 and the two rebounders (R) look for second chance opportunities.
4. Play continues until the goaltender smothers the puck, clears the rebound below the goal line or beyond the shooters, or the players score.
5. As soon as the play ends, the goaltender must immediately fully recover, get to the top of the crease and begin to play S2. S2 will pick up a puck from the opposite side of the net and start his attack. One rebounder remains at the top of the crease while other rebounder must cover weak side of the crease.

This sequence continues with S3 and S4.

The drill models a walk out situation from below the goal line. The goaltender must follow the path of the shooter from the top of the crease to the post, square up, get feet set and then be patient. The goaltender should stay on feet until the shot is taken, read the play and react to the situation.

Key Teaching Points:

1. If the goaltender controls the first shot or smothers the shot, the play ends and the goaltender gets set for next shooter.
2. Goaltender should be square to the shooter and have shallow crease depth when shooter attacks net above goal line.
3. If the goaltender gives up a rebound in tight, butterfly slide to angle and stop the 2nd shot. Play continues until puck is smothered, out of area or scored.
4. If goaltender gives up a high rebound, the goaltender should fully recover, get on angle and set feet for 2nd shot. Play continues until puck is smothered, out of area or scored.

