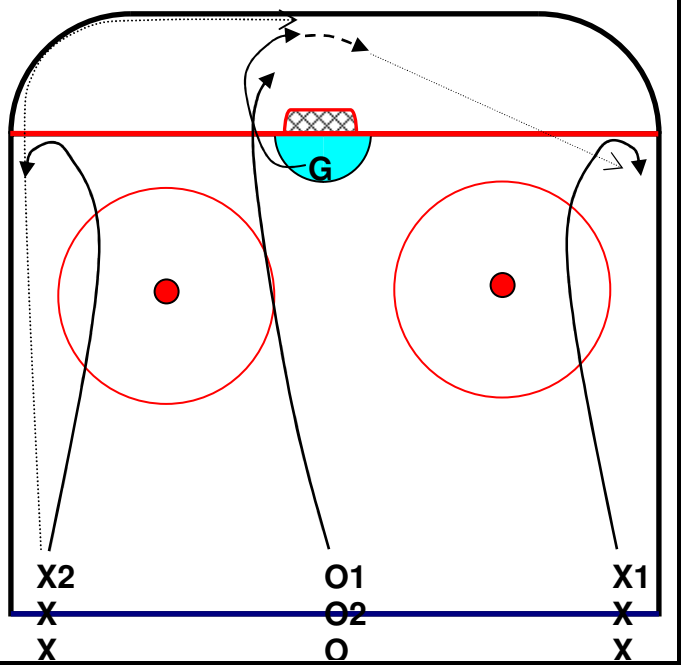
NATIONAL TEAM DEVELOPMENT PROGRAM
GOALTENDER DRILLS

TURCO 2 vs. 1 BREAKOUT

Drill Description:

1. X2 begins the drill by rimming the puck so the goaltender can stop it behind the net.
2. X1 and X2 skate into the zone in a low breakout position (just above goal line).
3. O1 forechecks the goaltender to either side of the net.
4. The goaltender must stop the wrap, read the pressure and pass to the open player (either X1 or X2).
5. X1 and X2 regroup with O2 and attack 2 vs. 1 against O1.

Key Teaching Points:

1. On rims goaltender must quickly get to the back of the net, stop puck and turn to read the play.
2. A goaltender can turn and face the play if the forechecking pressure is soft. If the pressure is hard the goaltender needs to make a quick decision with the puck.
3. The puck should be played away from the forechecking pressure.
4. After playing the puck the goaltender must quickly return to the crease and prepare for potential shot.
5. On 2 vs. 1 the goaltender must be square to the puck carrier and have good depth allowing the goaltender to move into position if pass is made.