

The Hockey Goalie Drills Book

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Introduction

- This drill book is free for you to use and share. In return, **please submit your ideas for inclusion in the drill book.**



- This drill book is created under a *Creative Commons* license. You pay copy, distribute, display and perform the work; and you may make derivative works. You must attribute the work: “The Wockey Goalie Drill Book.”
- There are a lot of good goalie books and goalie camps out there. Some are listed on the Wockey Wiki. Many of these drills are based on favorites from those experiences.
- “Beware the Wockey, my son!”
- Note that the Wockey wiki has moved sites
- ***Please send feedback and ideas to rcannon100@yahoo.com – let me know whether this drill books is useful!***

Fast Thoughts

- A goalie is 40% (or more) of your team. You cannot win without a good goalie. Practices should reflect this. Assign one assistant coach as a goalie coach; or rotate the assignment. But work with the goalies – don't use them as target dummies.
- Beginner goalies need to practice (a) correct saves (b) position and (c) recovery. To do this effectively, they MUST practice in a crease. A little to far right, left, forward or back, and they have a bad gap or they are off center. To be good, a goalie must know where the goalie is. Practice (draw it on the ice) with a crease!!
- Work for muscle memory. You don't want goalies who think. You want goalies who react. A move must be perfected in practice to become instinctive in games.
- Each practice plan should in part reinforce core skills (muscle memory) and in part develop further goalie skills
- Make it fun. A goalie is a hard position, practicing the same moves over and over till they are perfect. Repetition can be tedious. Introduce gimmicks for no other reason than... its fun!
- One puck at a time – shooters are not allowed to shoot until acknowledged. The last thing you need is a puck to a goalies unprotected back side, taking your goalie out for several weeks.
- It's true of all kids – it's true of goalies – they will develop better if they do skills when they are not tired. Do your skill training FIRST, then do your power skating. Many coaches run power skating first, and then you have sloppy and ineffective skill practice.

Fast Thoughts

- Mini pucks – use mini pucks in order to force the goalies to close their holes.
- White pucks – use in order to force the goalie to track the puck better.
- Combine drills with skating – goalie skates forward, back, drill. Goalie shuffles side-side, drill.
- Move and save – drop to butterfly, save. On back, up, save. On belly, up, save.
- As goalies advance and can achieve the skills in these drills, start combining the drills so that the goalie must do one save and then a different one. In other words, reinforce the skills and develop agility
- Most of the goalie drills I find online involve different formations of skaters firing pucks at a goalie along with a stupid comment like “your goalie will see lots of work.” If you cant identify exactly what move or what skill you are developing in the goalie (other than lots of shots), then the drill is for the shooters – NOT the goalie. You goalie is acting as nothing more than a target dummy.

Goalie Stance

- Before we start talking about stances and how to coach a stance, watch the NHL and decide which is the “correct” goalie stance
 - Watch MLB batters – which is the correct swing?
 - Watch MLB pitchers – which is the correct pitching form?
 - There is no one correct stance (or swing or pitch)
 - **Each goalie has his or her own unique stance that will work best for them.**
 - The goal of the coach is to bring out the best in that goalie – not force that goalie to conform to your notions – THE WORST goalie coach I have ever watched spent the first part of goalie practice telling everyone their stance was wrong and they had to conform to his notion of a goalie stance – he was saying this to travel goalies with GAAs of 1.6 whose team took 2nd place in the league. DON'T DO THIS. It is the fastest way to frustrate a goalie.
- There are generally three goalie stances:
 - Up and down – with the leg pads close together (weakness is the goalie may be too straight up to get a quick kick off of his edges)
 - Wide – with the legs spread apart in a “V” (the weakness of this stance is a large 5 hole – the advantage is a snapping butterfly)
 - Hybrid – sort of in between the two
- What you want to look for in a good stance
 - Stick should be on the ground in front of the goalie – not right at the feet but in front so that the force of a puck hitting the stick goes up the shaft into the arm – and does not simply knock the paddle back into the toes
 - See glove

Gloves & Blockers

- In a goalie stance, the glove should be out to the side, with the wrist pointed out.
 - The glove should not be lazy down resting on the leg pads
 - The wrist should not be pointed up making it hard to move the glove
 - The glove should be slightly forward of the chest – in the vision of the goalie, able to catch a hard puck without getting knocked into the goal
- Old gloves: Keep a ball inside the glove to keep the pocket expanded.
- Use glove oil on the inside on the glove to keep the leather conditioned.
- Use glove weights.

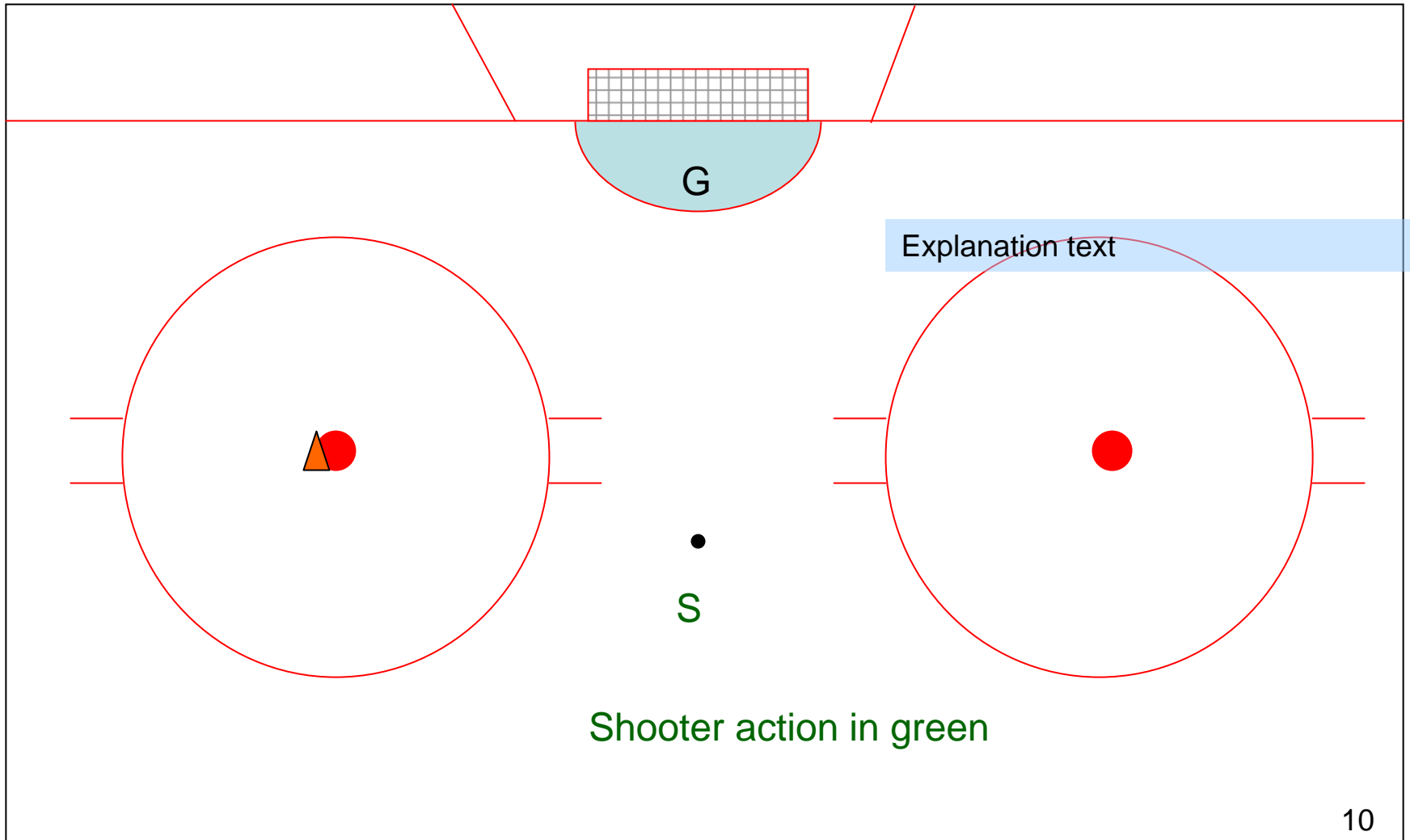
Goalie Schools & Camps

- [Goalie Academy](#) (Darren Hersh) Reston, VA
 - Summer camps and training center
 - [Mitch Korn](#) (Goalie coach of the Preds)
 - Summer camps
 - [Sports International Hockey: Goalie Academy](#)
 - Summer camps
 - [Popa Goaltending](#)
 - Summer camps
 - [Goalie Guru Coach Econ](#)
 - Goalie Development International GDI
- We are glad to add your school here although we reserve the right to refuse to list groups for any reason.

Understanding the drills

- - - - dashed lines is shooting
- _____ solid lines is skating

TEMPLATE



Goalie Holes

There exist seven distinct positions a goaltender needs to cover:

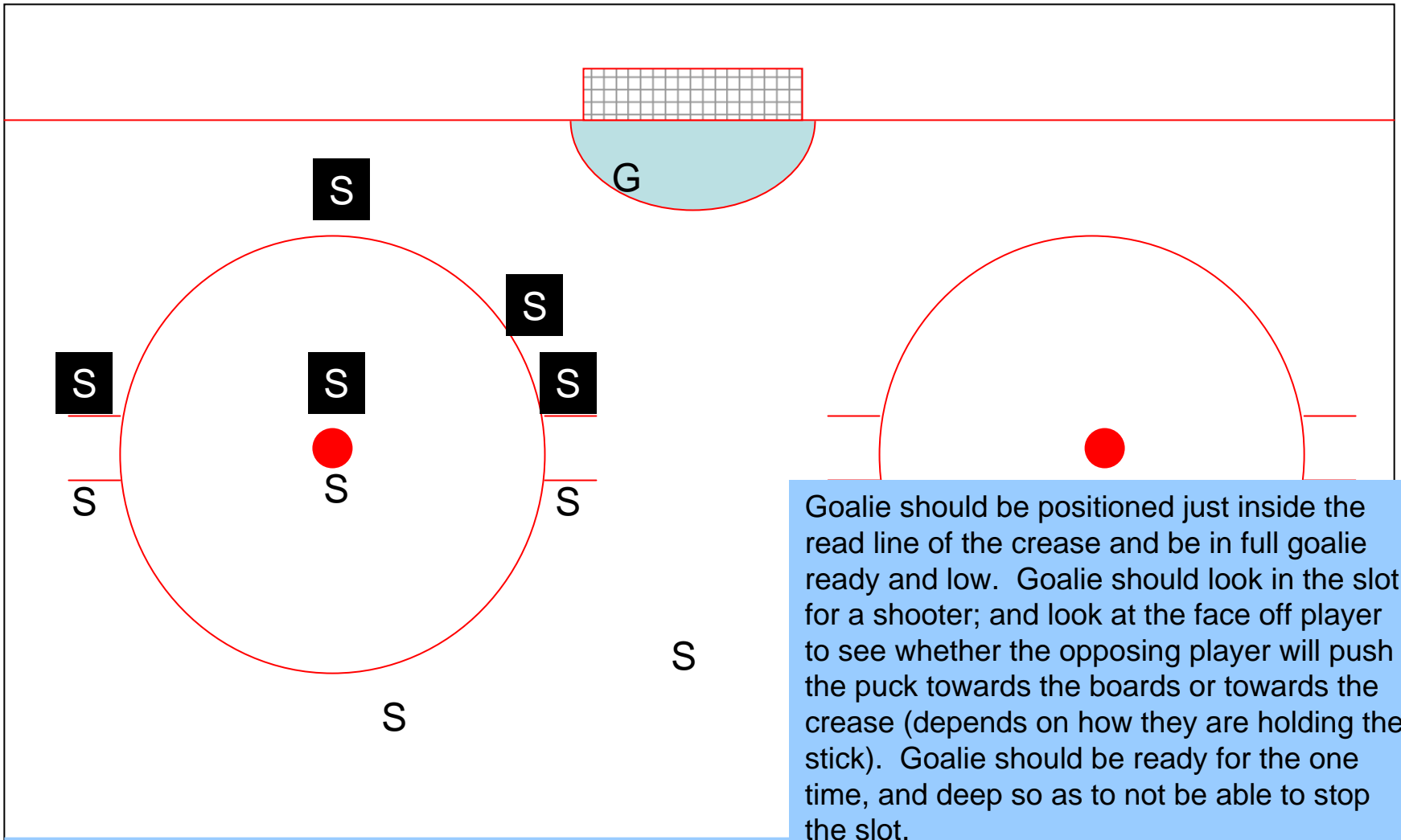
1. At the corner of the net on the ice on the goaltender's stick side
2. At the corner of the net on the ice on the goaltender's glove side
3. On the goaltender's glove side, near the upper crossbar.
4. On the goaltender's stick side, near the upper crossbar
5. Between the goaltender's legs.
6. Between the goaltender's torso and stick side.
7. Between the goaltender's torso and glove side.

- From Wikipedia.



Skills

Face Offs

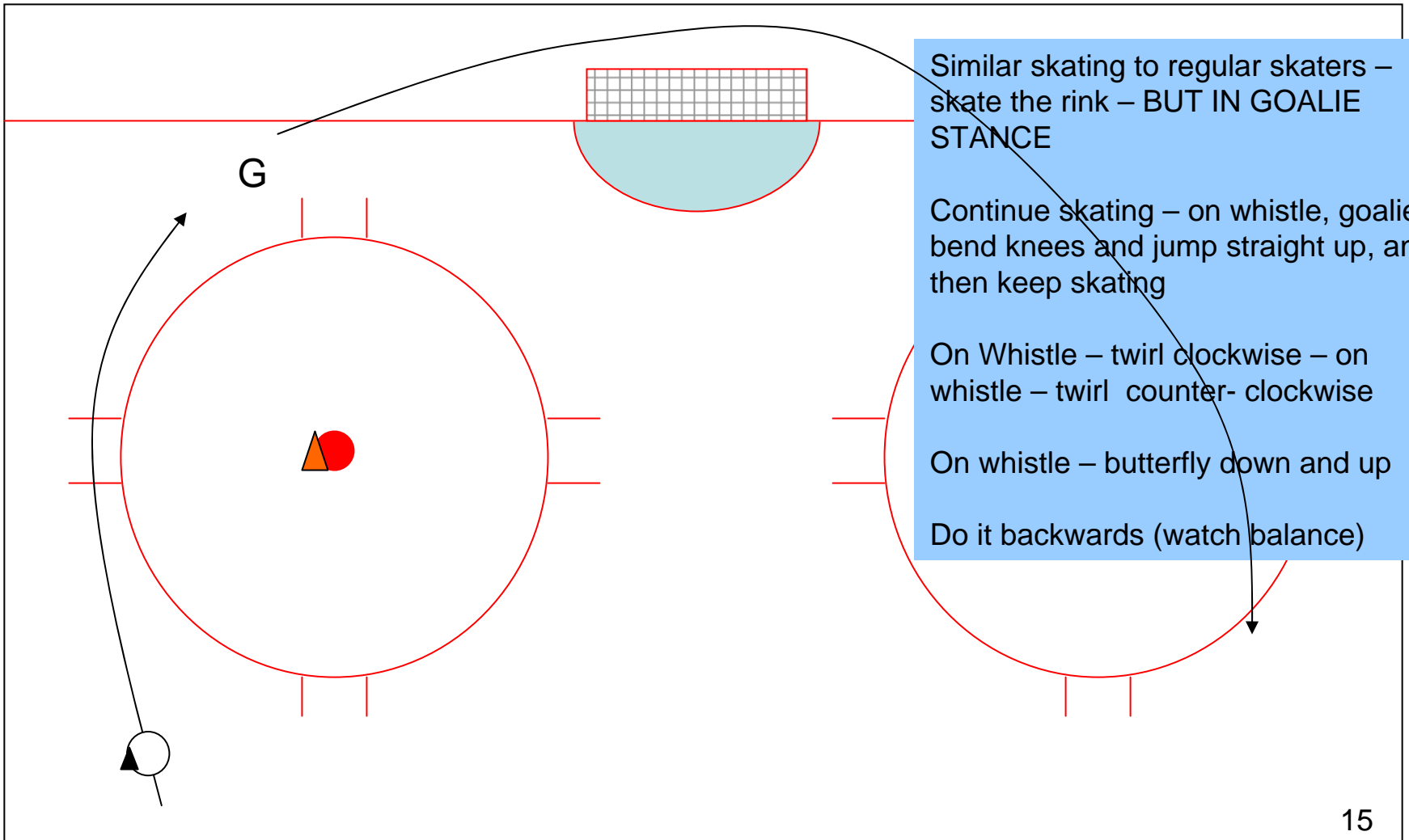


Goalie should be positioned just inside the red line of the crease and be in full goalie ready and low. Goalie should look in the slot for a shooter; and look at the face off player to see whether the opposing player will push the puck towards the boards or towards the crease (depends on how they are holding the stick). Goalie should be ready for the one time, and deep so as to not be able to stop the slot.

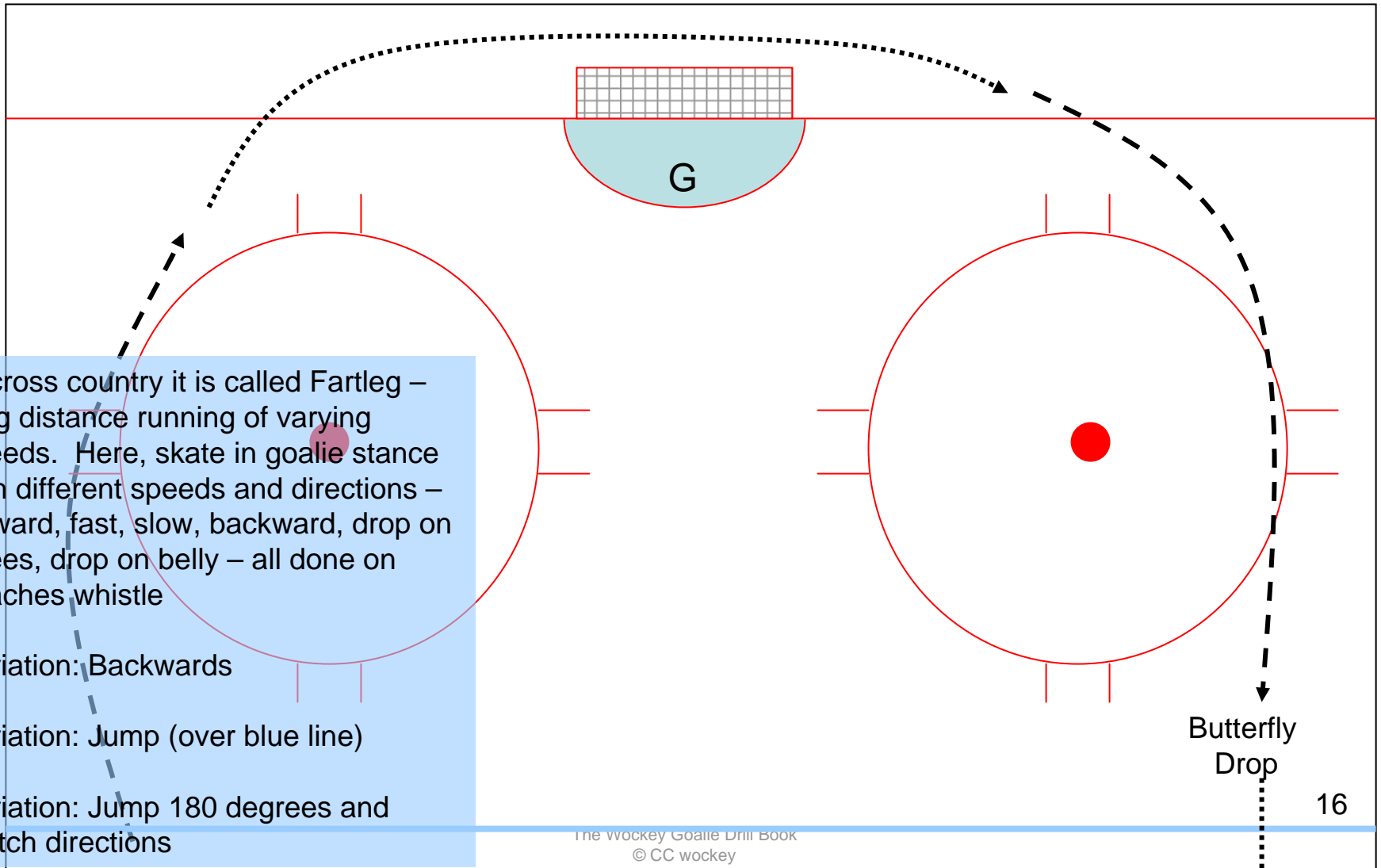
Skating

- Goalie should be the best skater on the ice. Don't let goalies slake during skating drills just because they are wearing futons. Get them to skate.
- Roller blade off ice. Bicycle. Play Ultimate Frisbee (anything aerobic using those legs)
- Skate out during spring league
- Play Goalie Hockey (goalies only) – objective is to get those lazy guys skating
- Go to power skating.
- Goalies need powerful legs with bursting energy. Skating should focus on burst drills - sprints

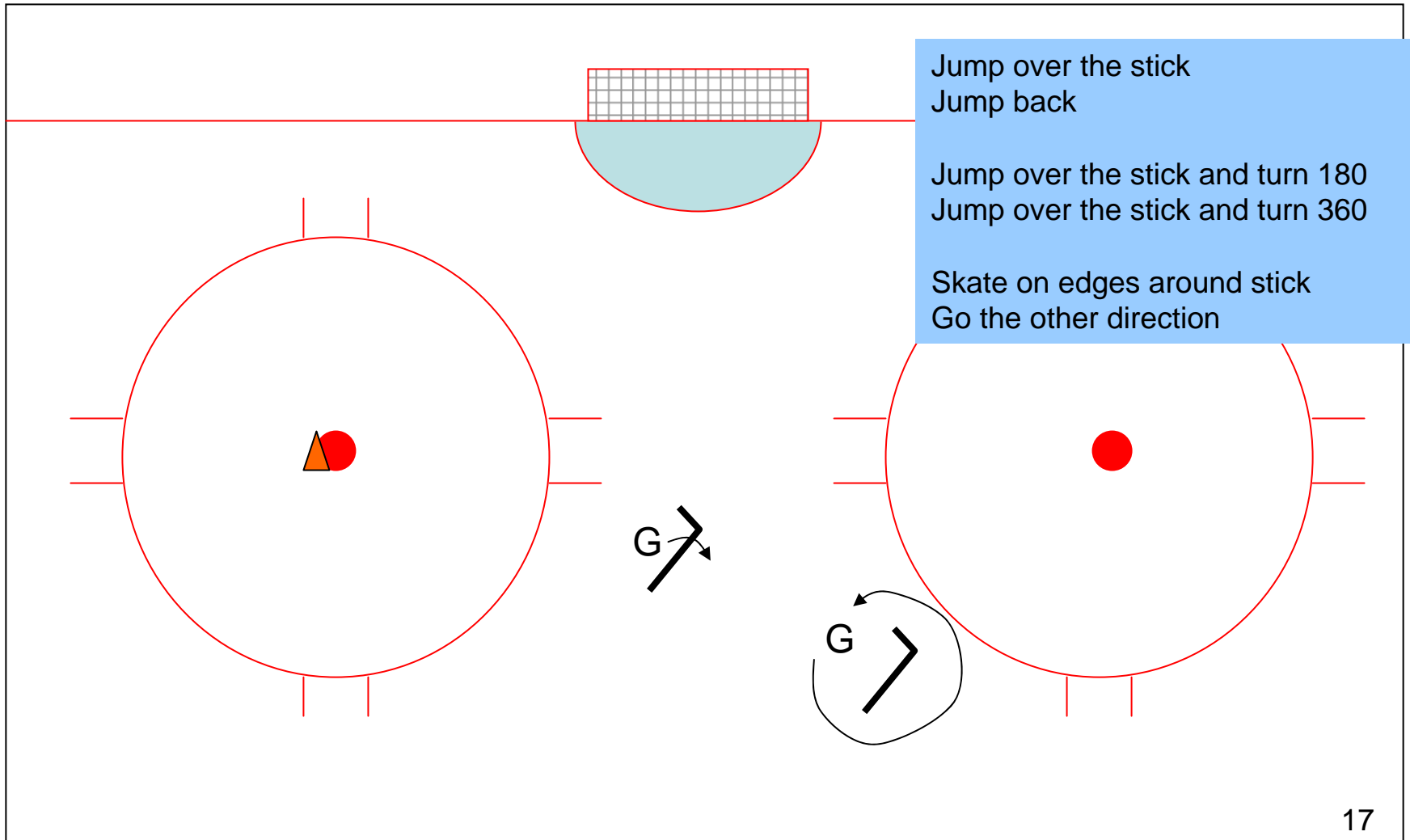
Skating Goalie Stance



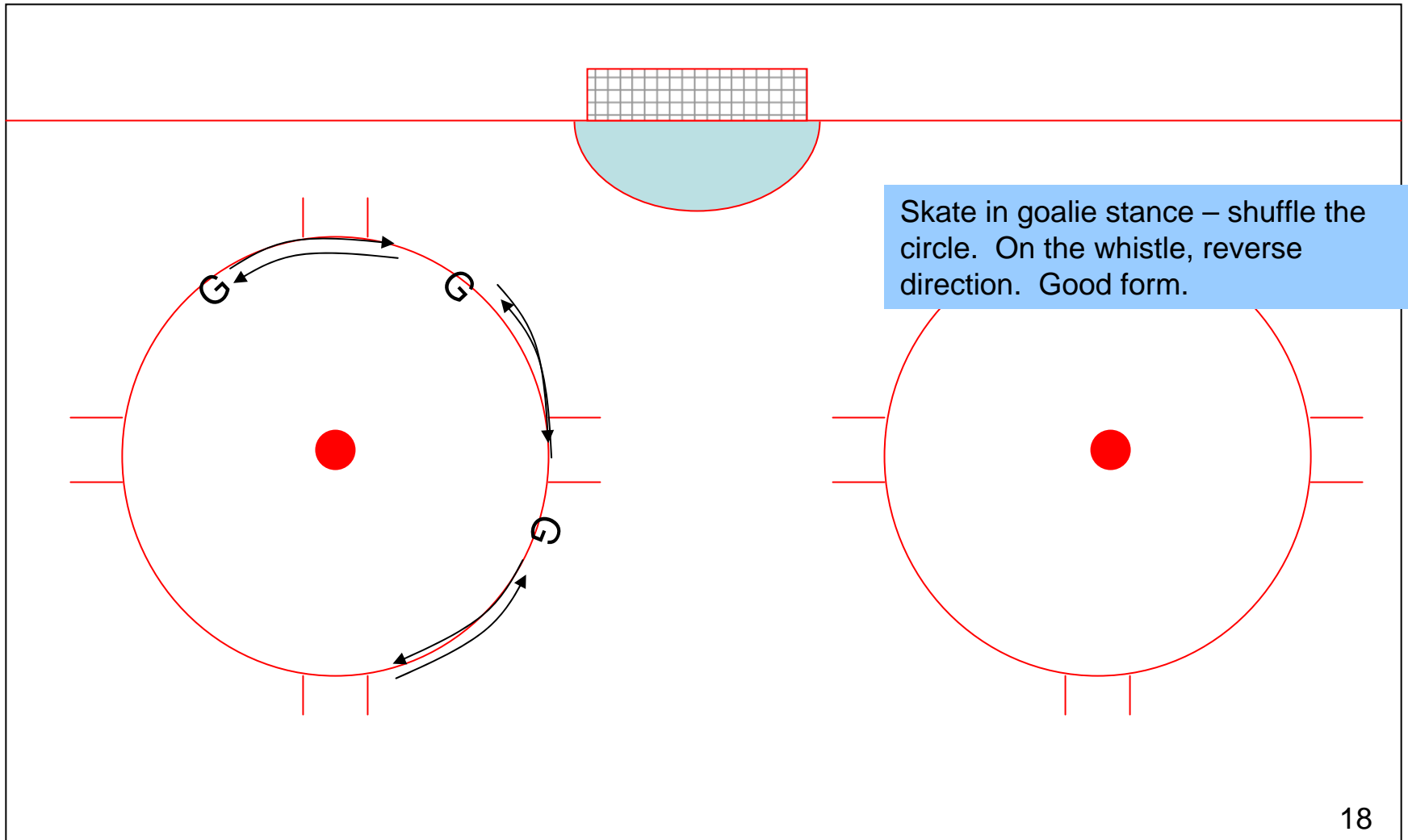
Fartleg (sp)



Jump the Stick

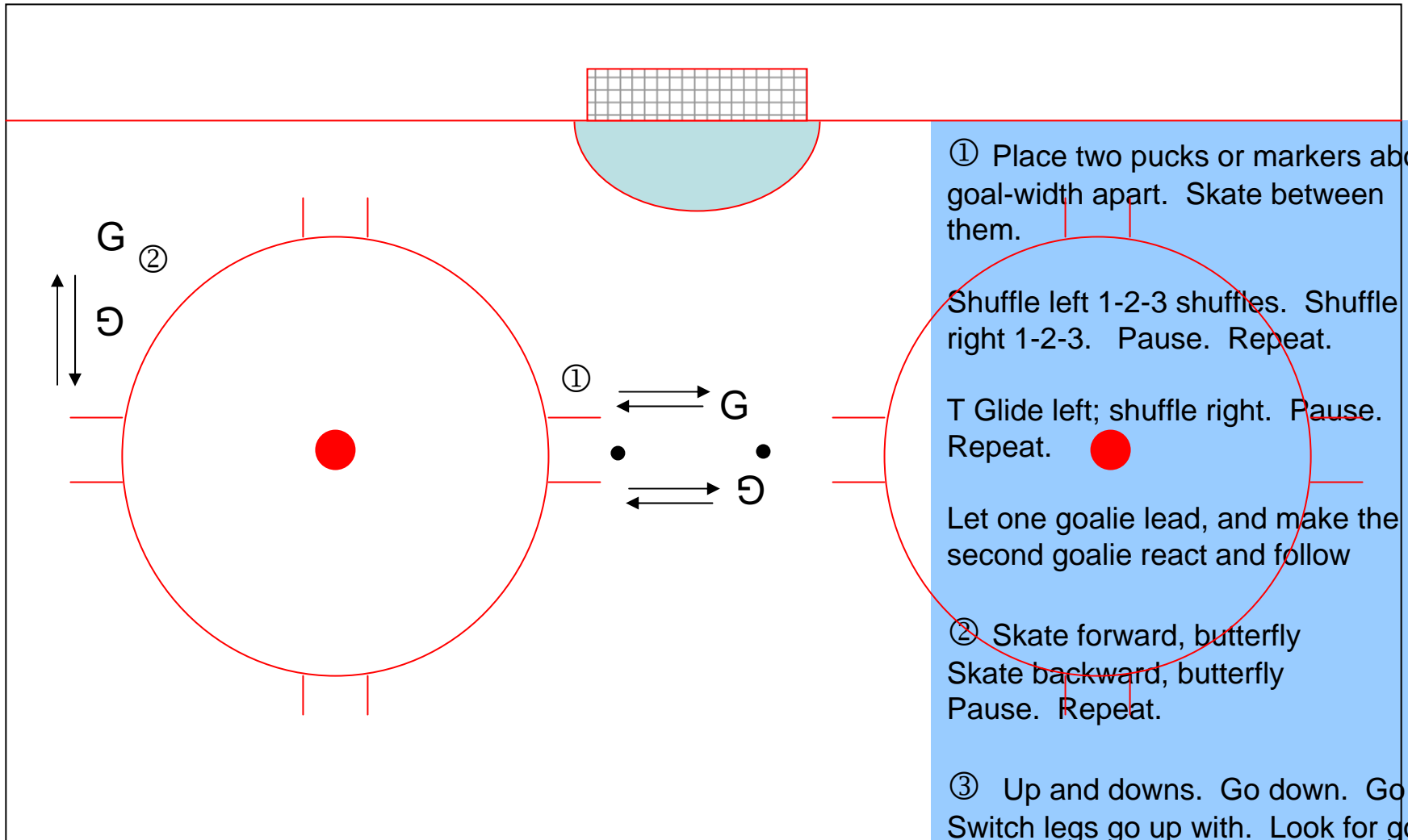


Skate the Circle



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- ②
- ③
- ④
- ⑤

Double Goalie Skating



① Place two pucks or markers about goal-width apart. Skate between them.

Shuffle left 1-2-3 shuffles. Shuffle right 1-2-3. Pause. Repeat.

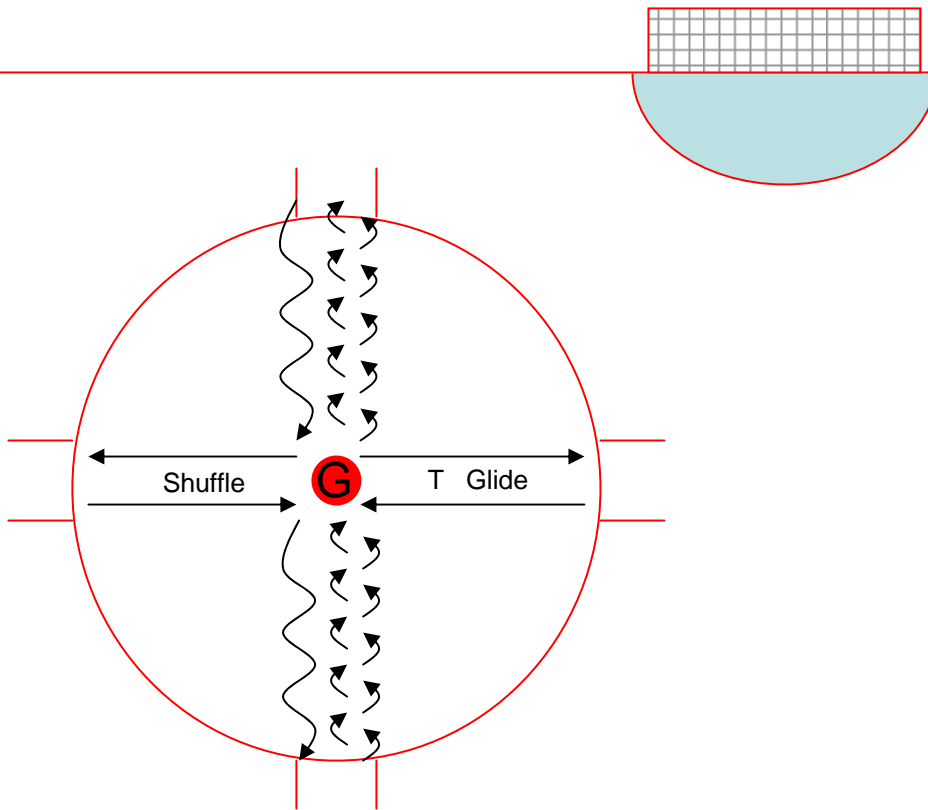
T Glide left; shuffle right. Pause. Repeat.

Let one goalie lead, and make the second goalie react and follow

② Skate forward, butterfly
Skate backward, butterfly
Pause. Repeat.

③ Up and downs. Go down. Go up.
Switch legs go up with. Look for good form. Pause. Repeat.

Cross



A good warm up skating drill. The cross. Hockey circles are good to use but not necessary.

- * Goalie skates to goalies left and back with a T glide.

- * Goalie skates back with c cuts and forward

- * Goalie skates right with shuffle

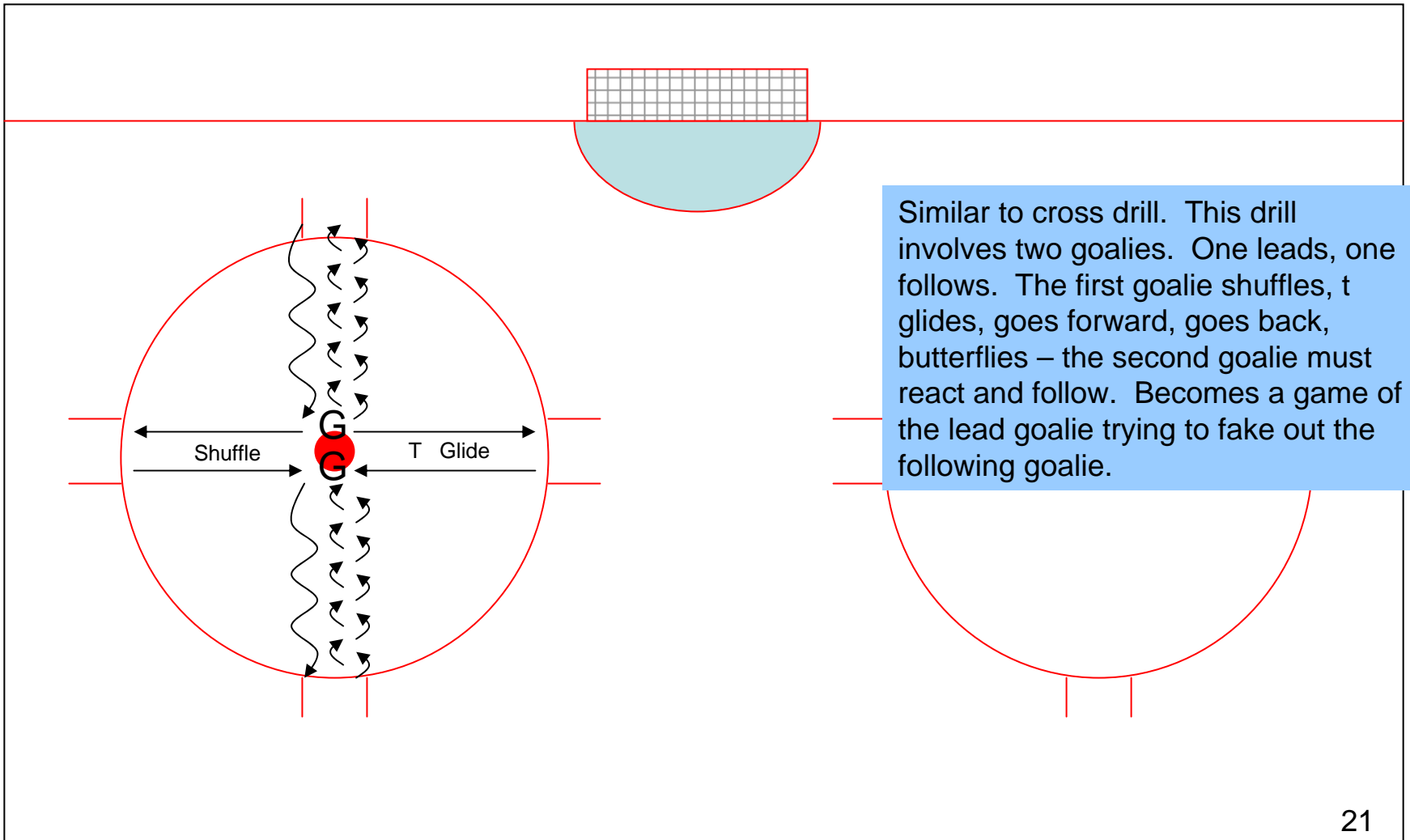
- * Goalie skates forward and back with C cuts

Variations:

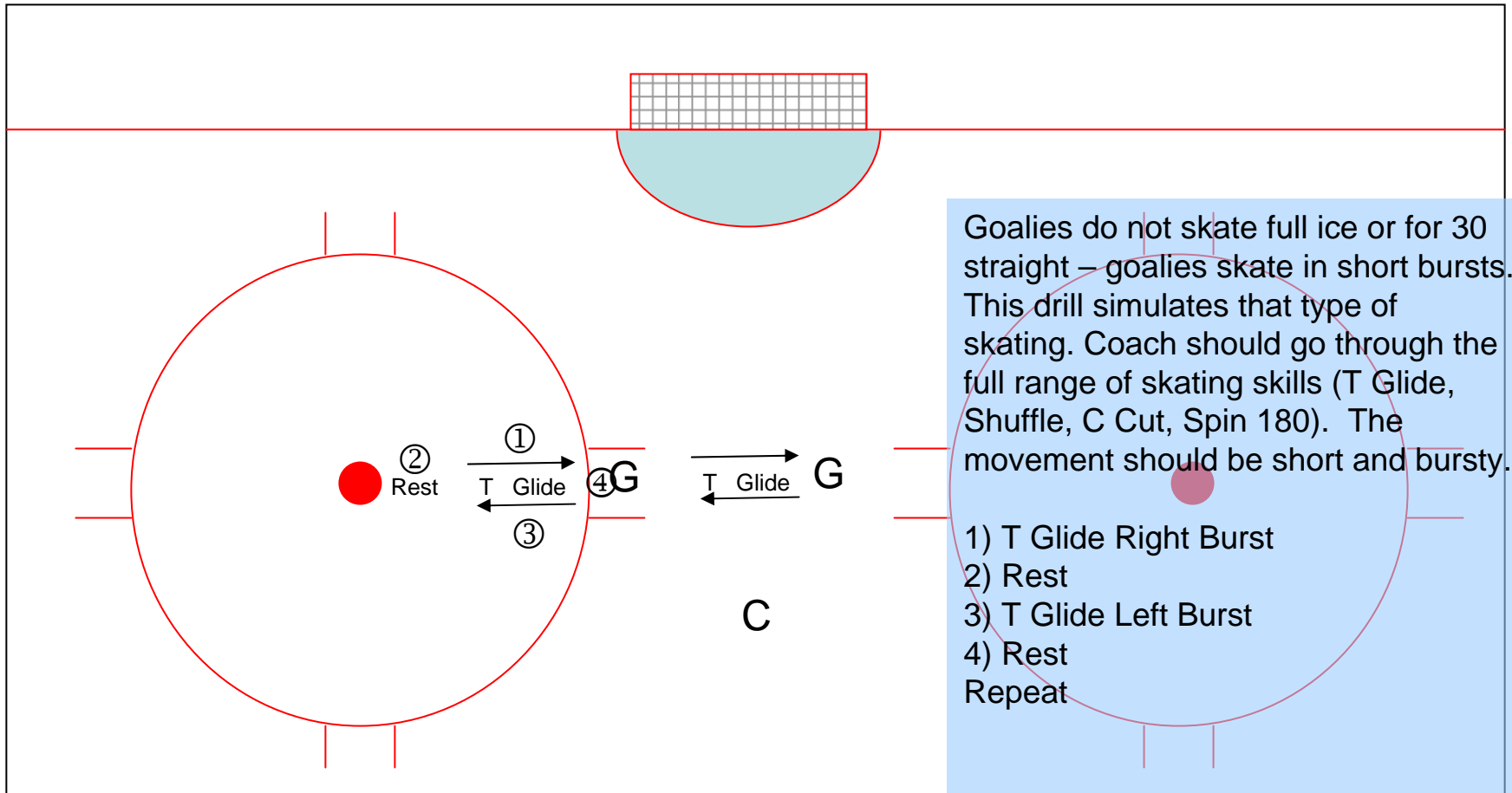
- > Butterflies in center of drill

- > Two goalies together facing each other. One leads, other must react and follow lead. And switch leads.

Mirror Drill

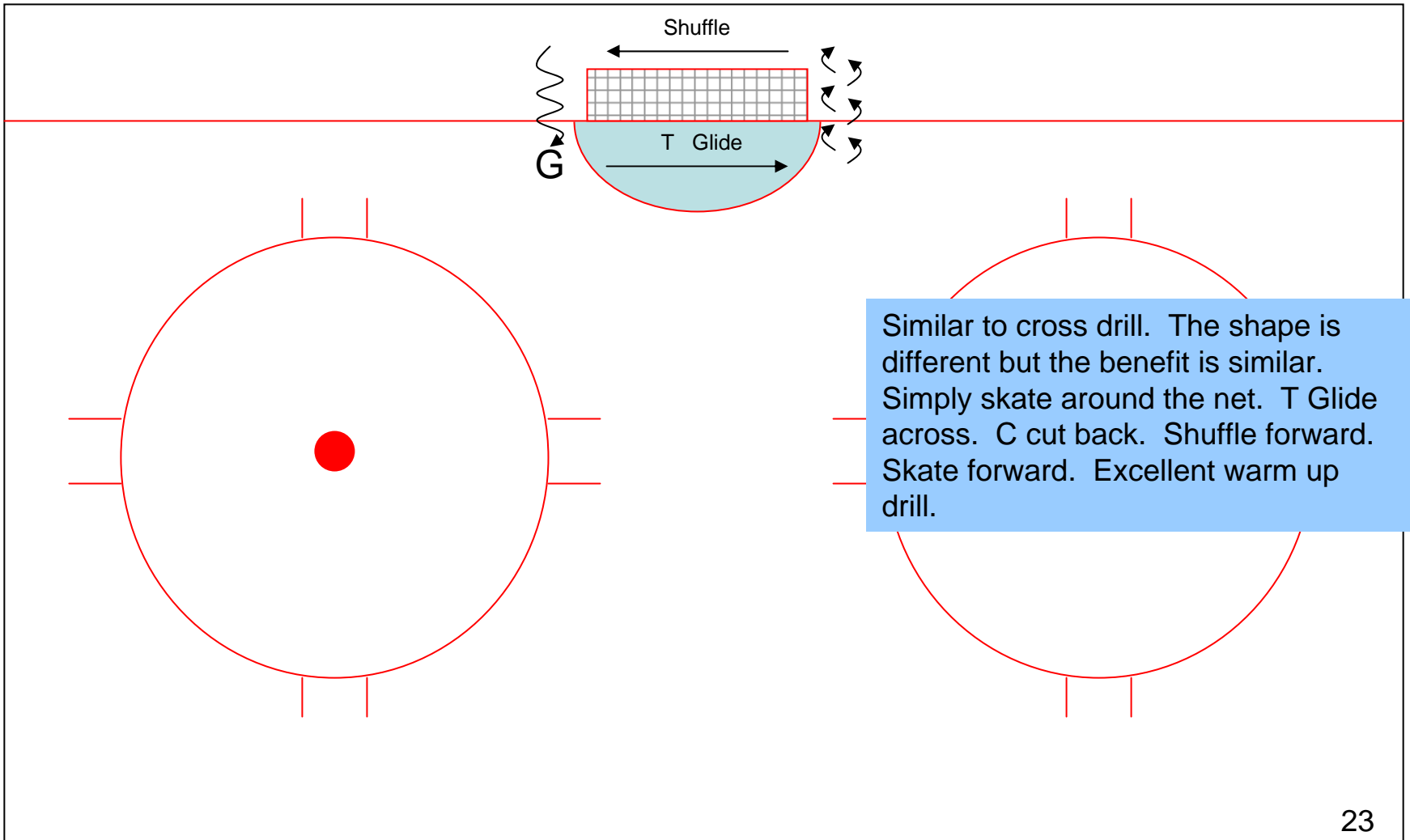


Burst Drill

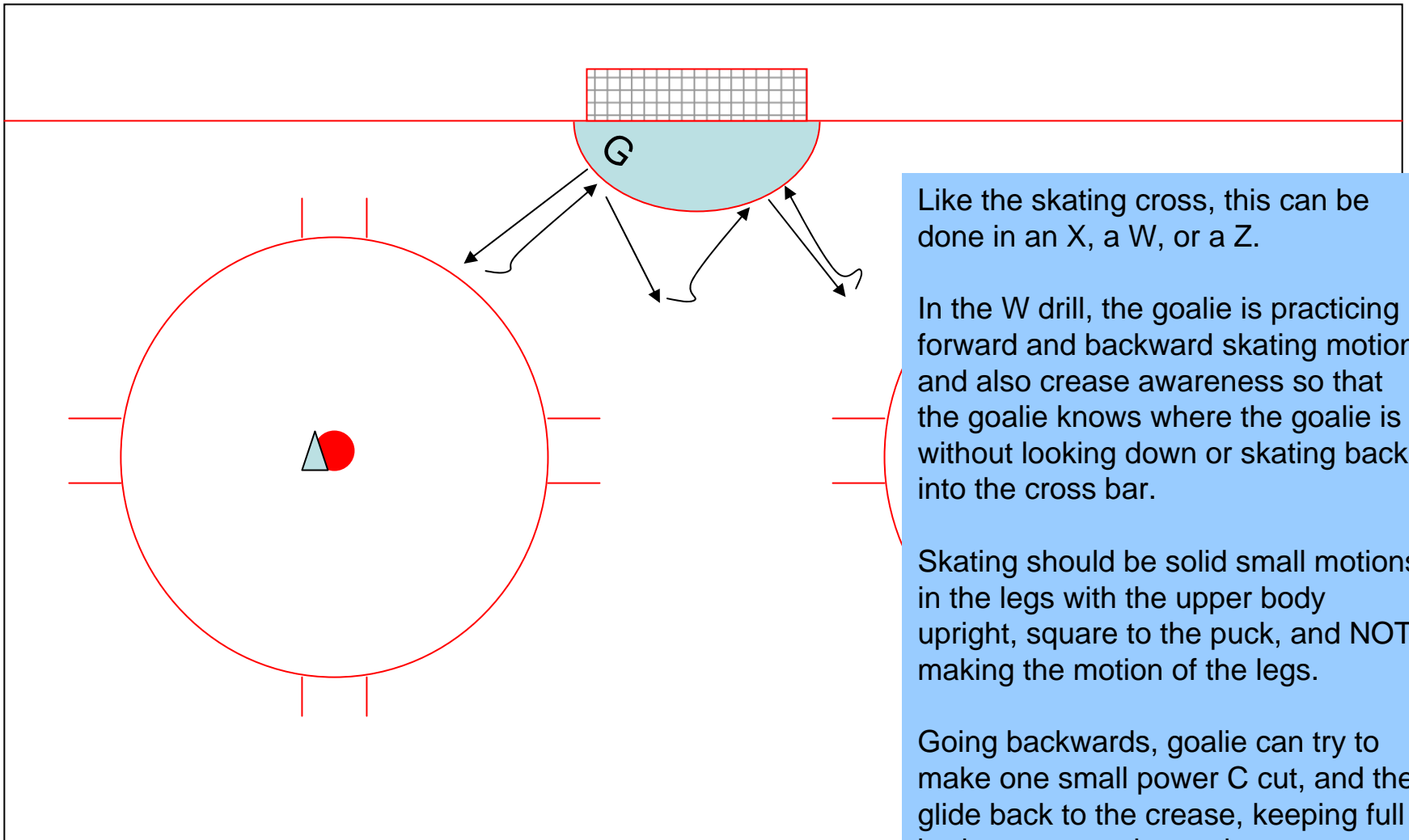


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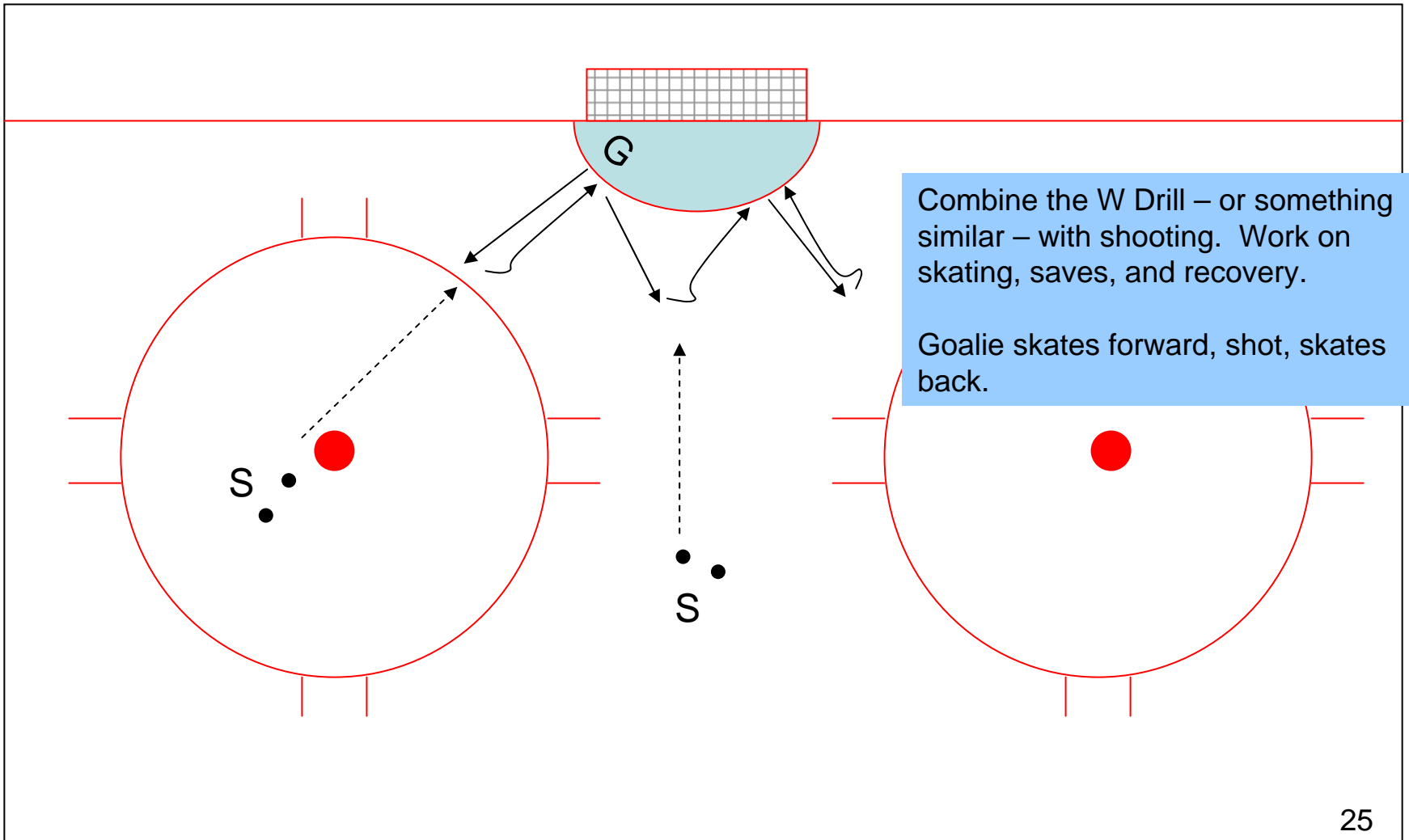
Round the Net Skate



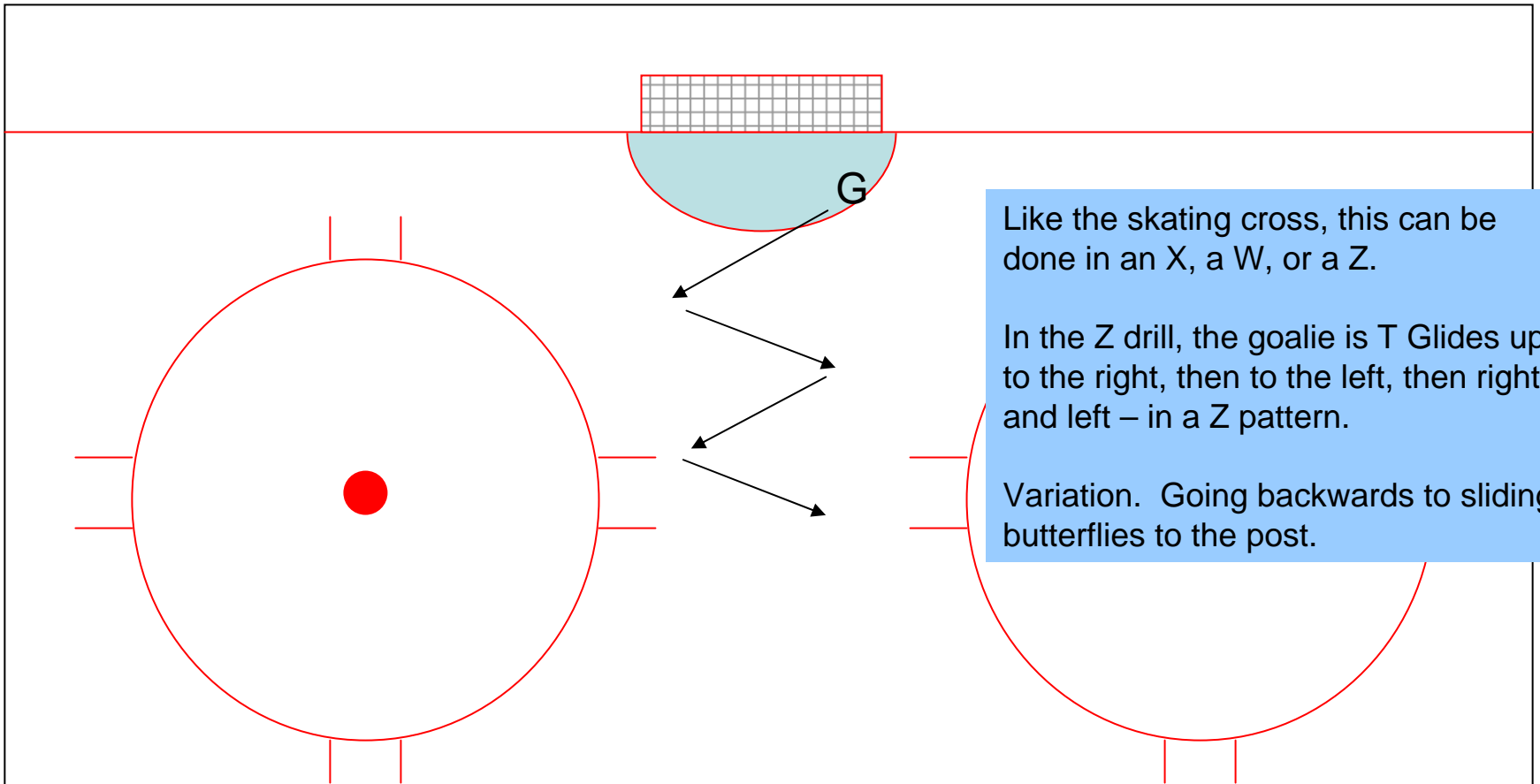
W Drill



W Drill - Shooting



Z Drill

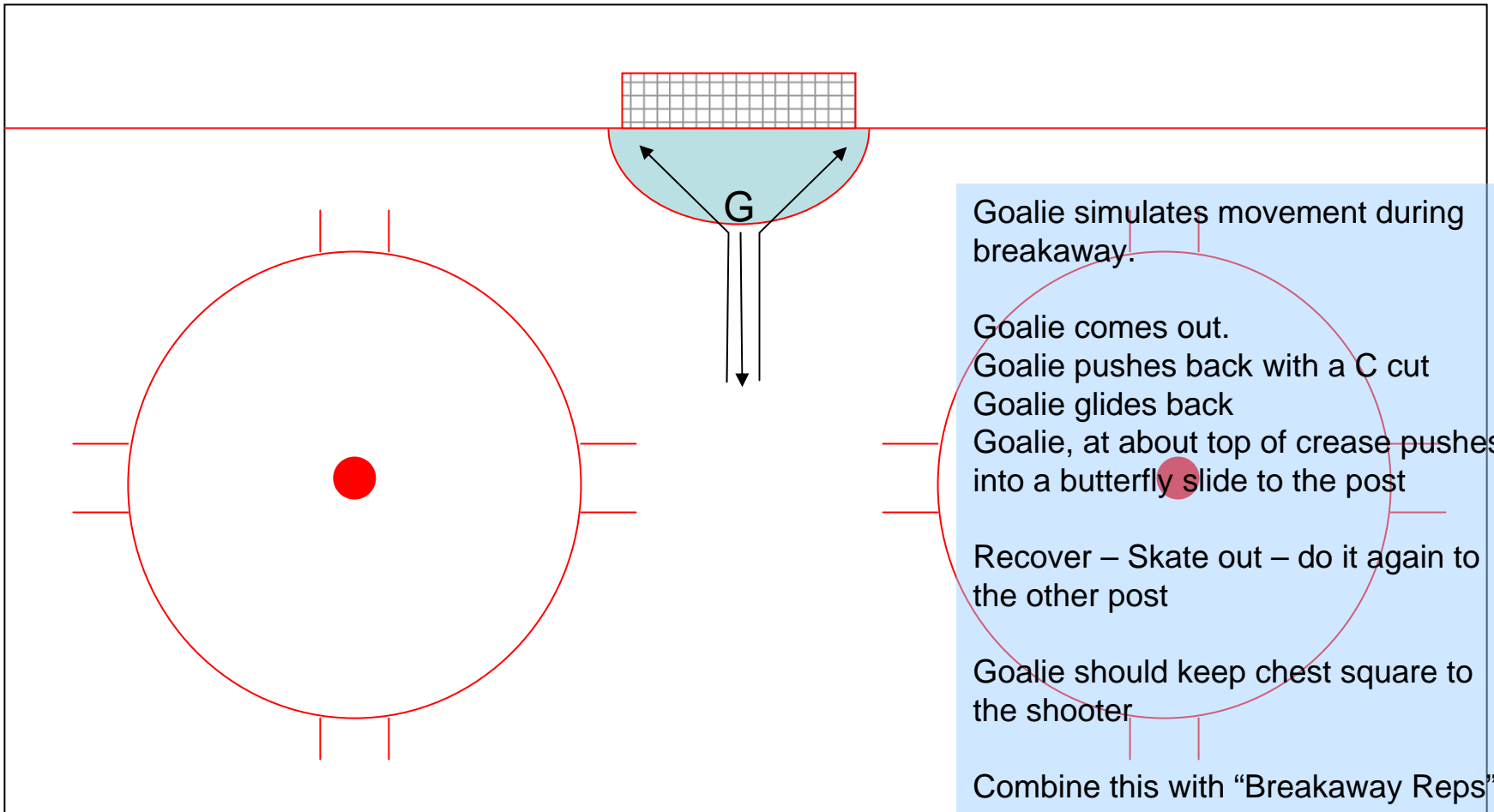


Like the skating cross, this can be done in an X, a W, or a Z.

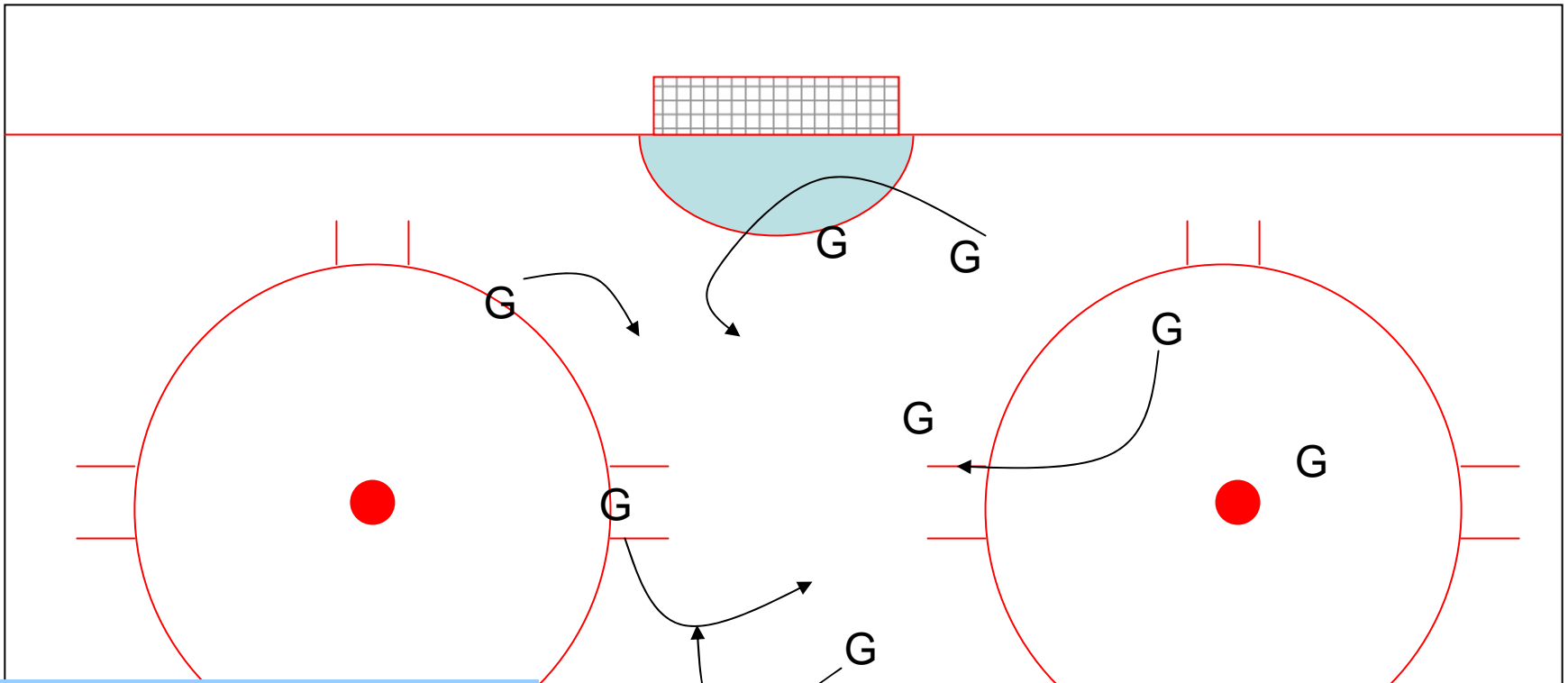
In the Z drill, the goalie is T Glides up to the right, then to the left, then right, and left – in a Z pattern.

Variation. Going backwards to sliding butterflies to the post.

Y Drill

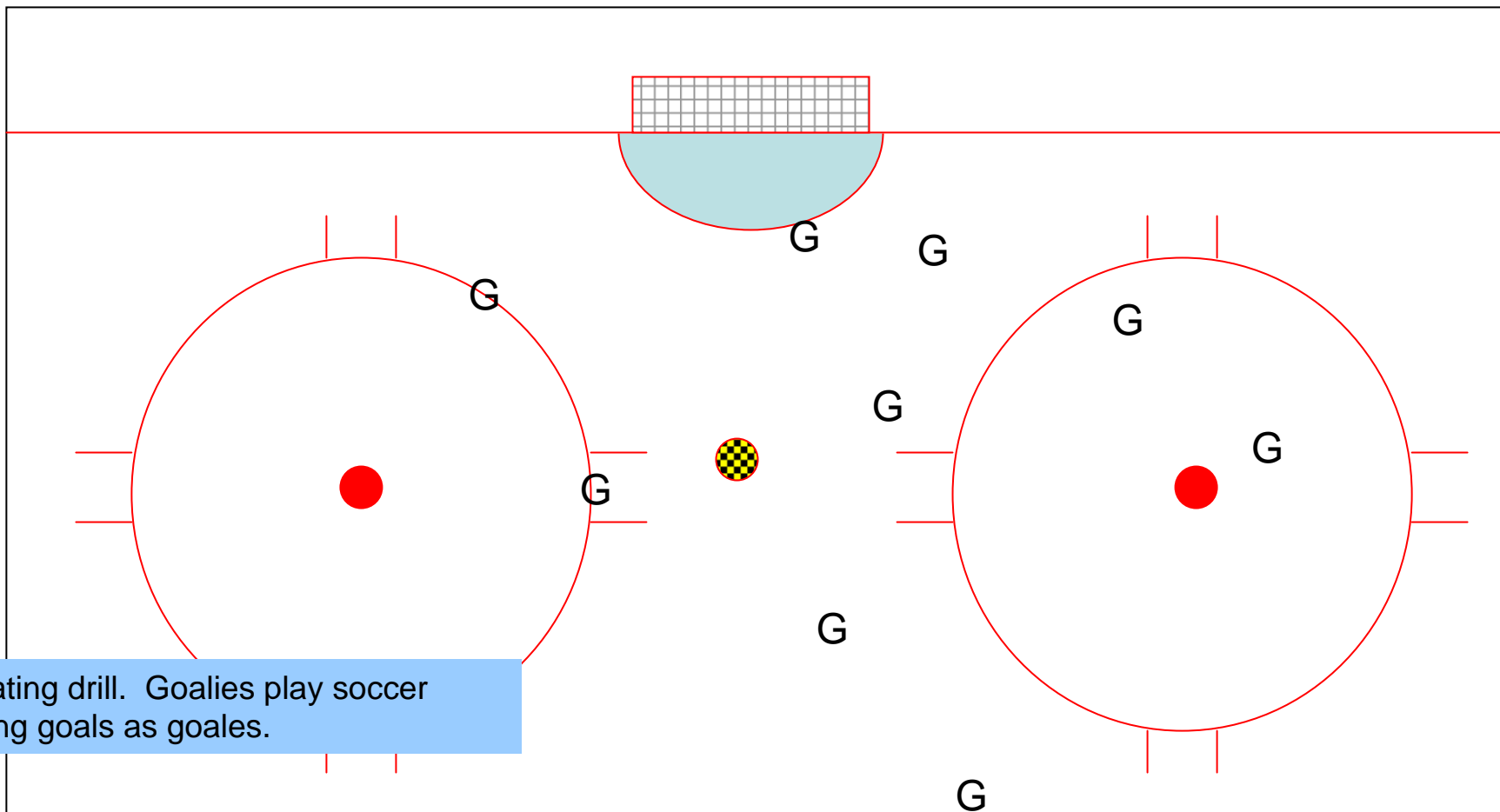


Bumper Butts Skating Backwards

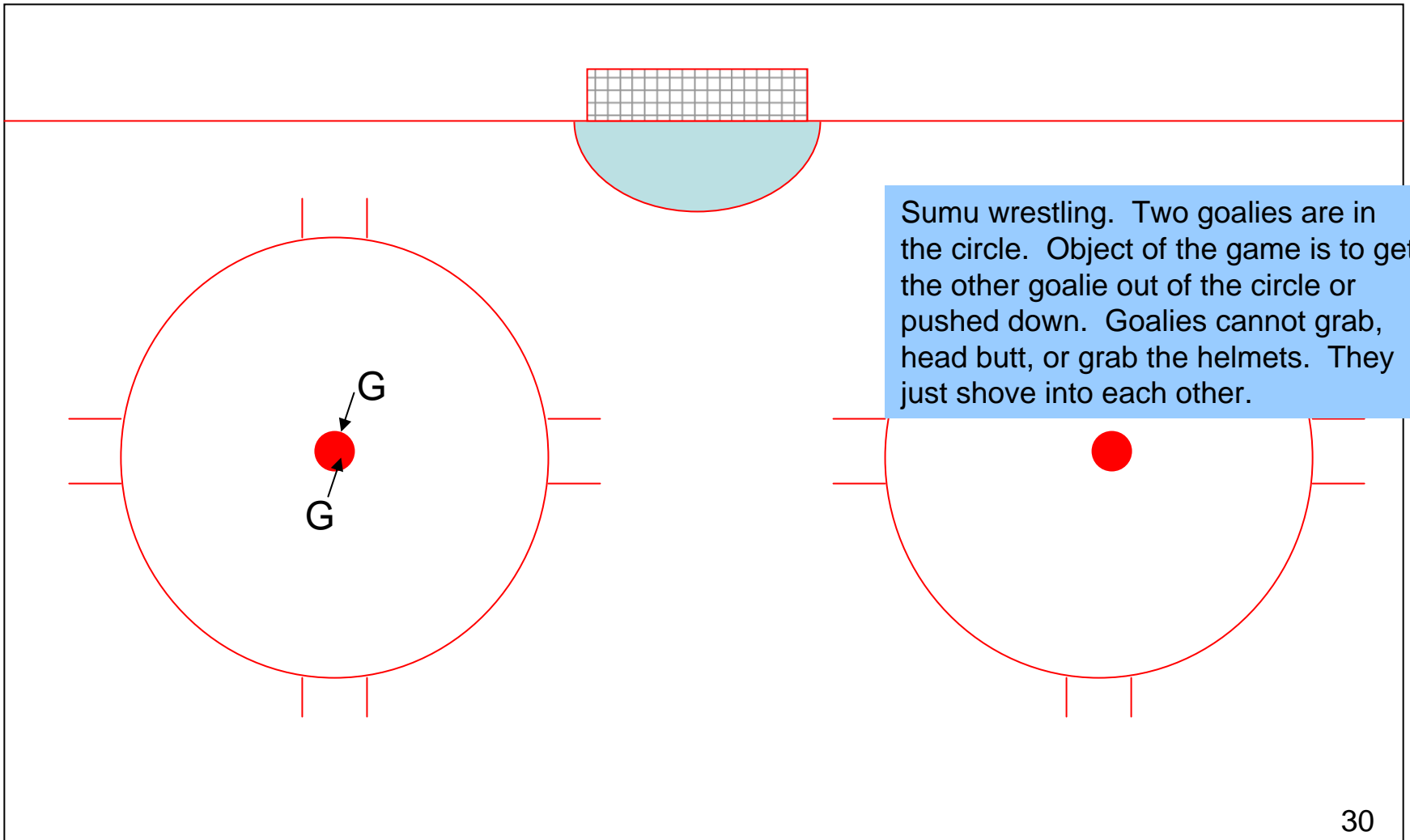


Goalies only – skating backward drill. Goalies skate backwards trying to bump into each other. Who ever is knocked down is out. Last bumper goalie left is the winner. (be sure to get goal out of the way – goalies should stay in select zone)

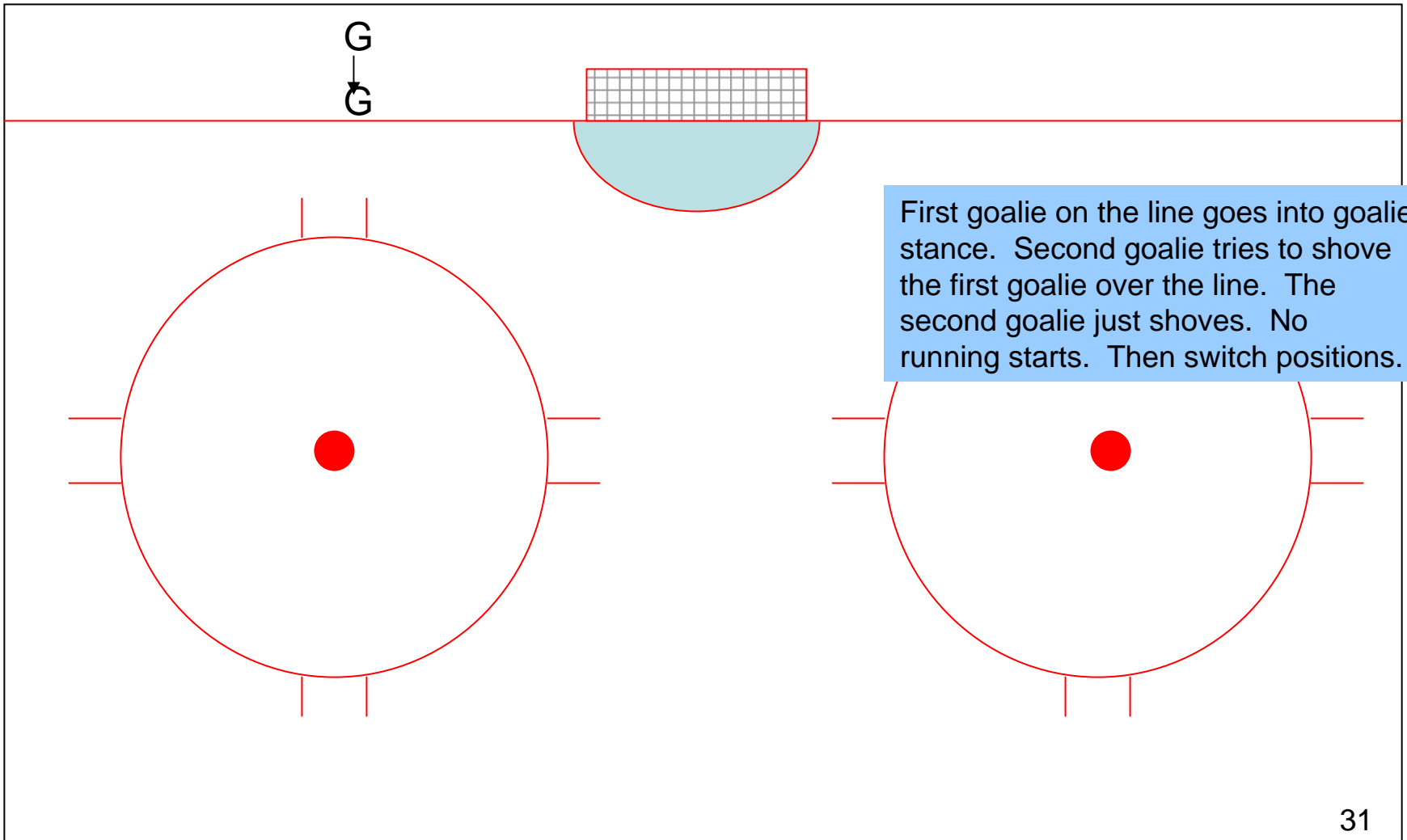
Goalie Soccer Skating



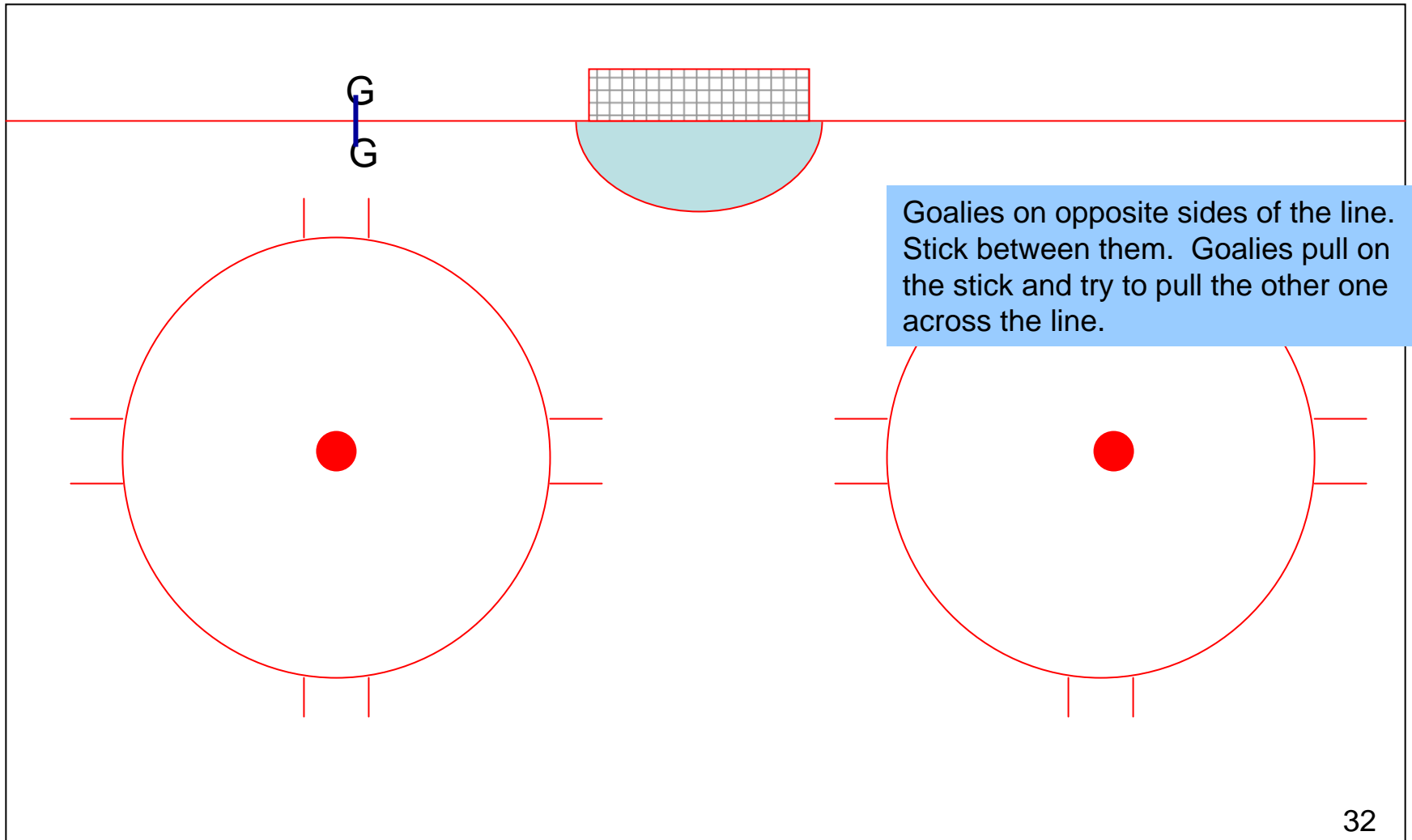
Summu Wrestling



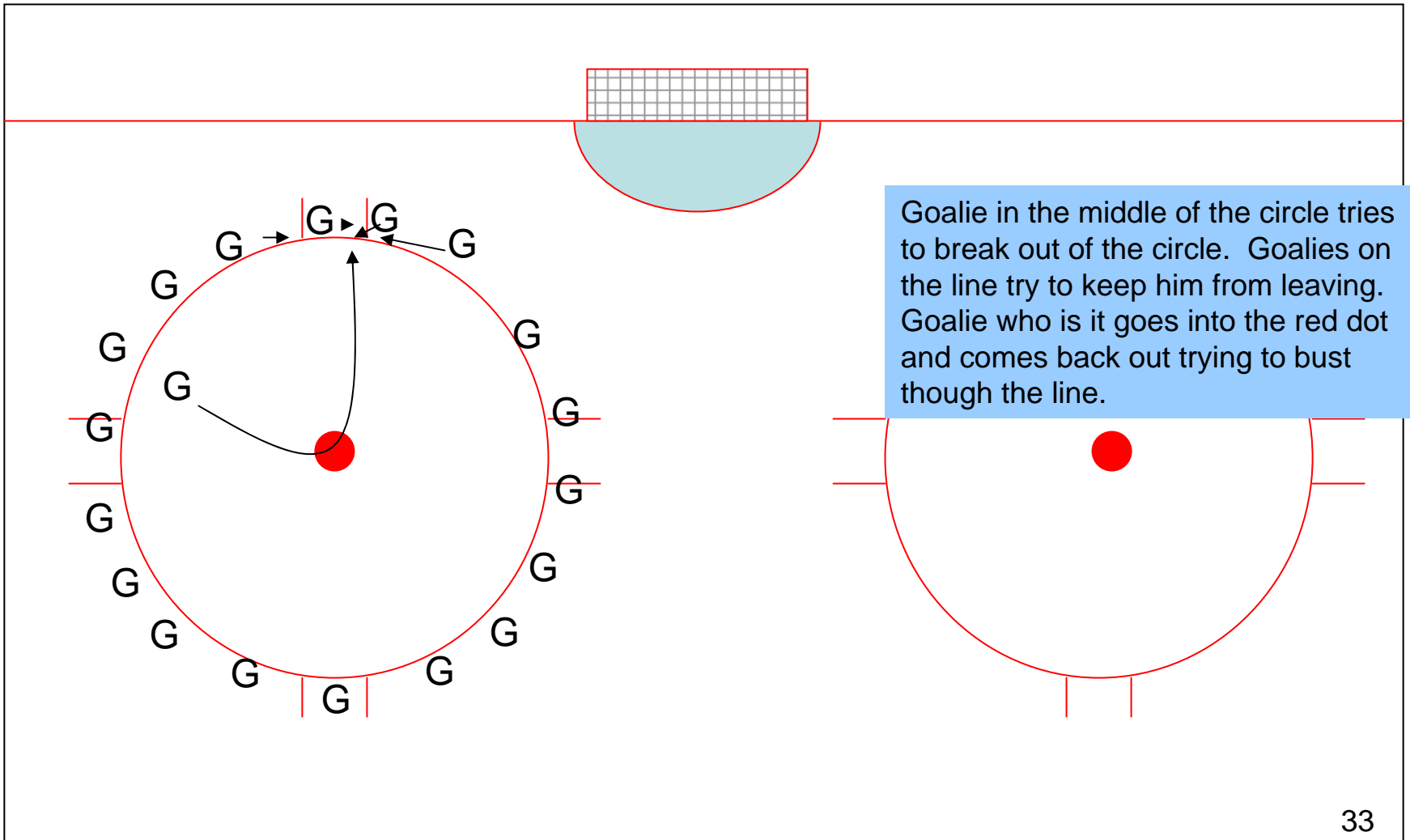
Over the Cliff



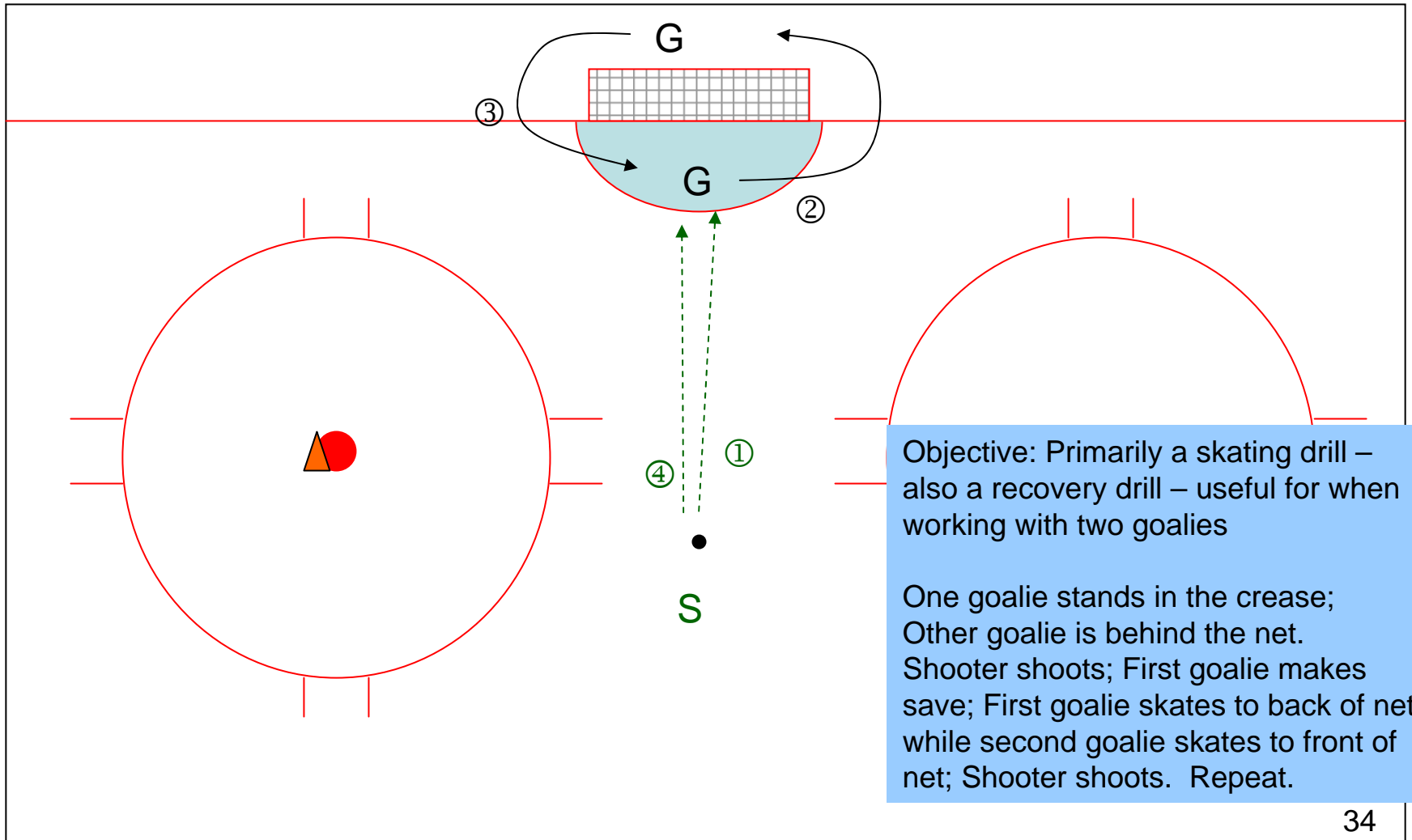
Tug of War



Break out of Circle



Merry Go Round (2 Goalie Drill)

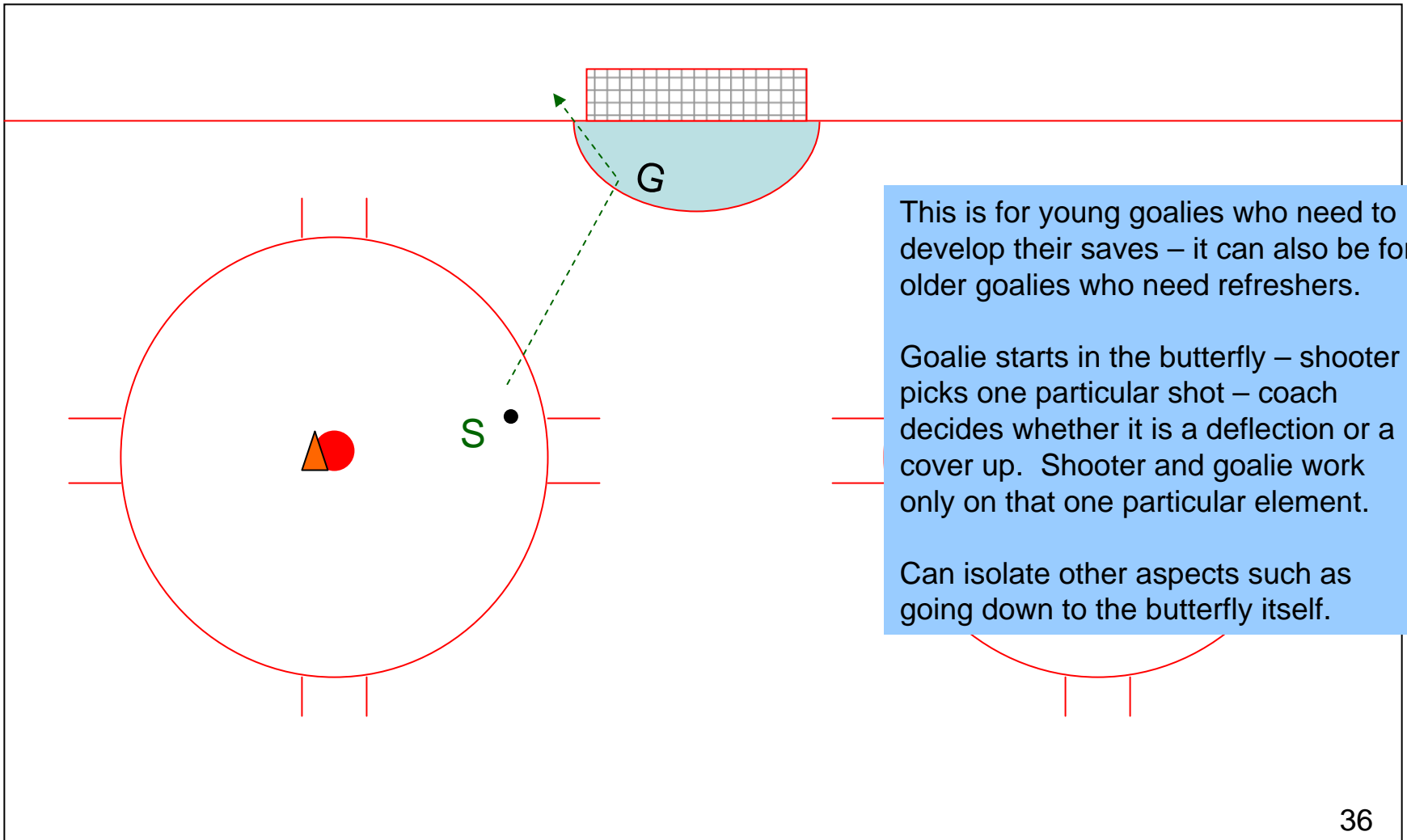


Objective: Primarily a skating drill – also a recovery drill – useful for when working with two goalies

One goalie stands in the crease; Other goalie is behind the net. Shooter shoots; First goalie makes save; First goalie skates to back of net while second goalie skates to front of net; Shooter shoots. Repeat.

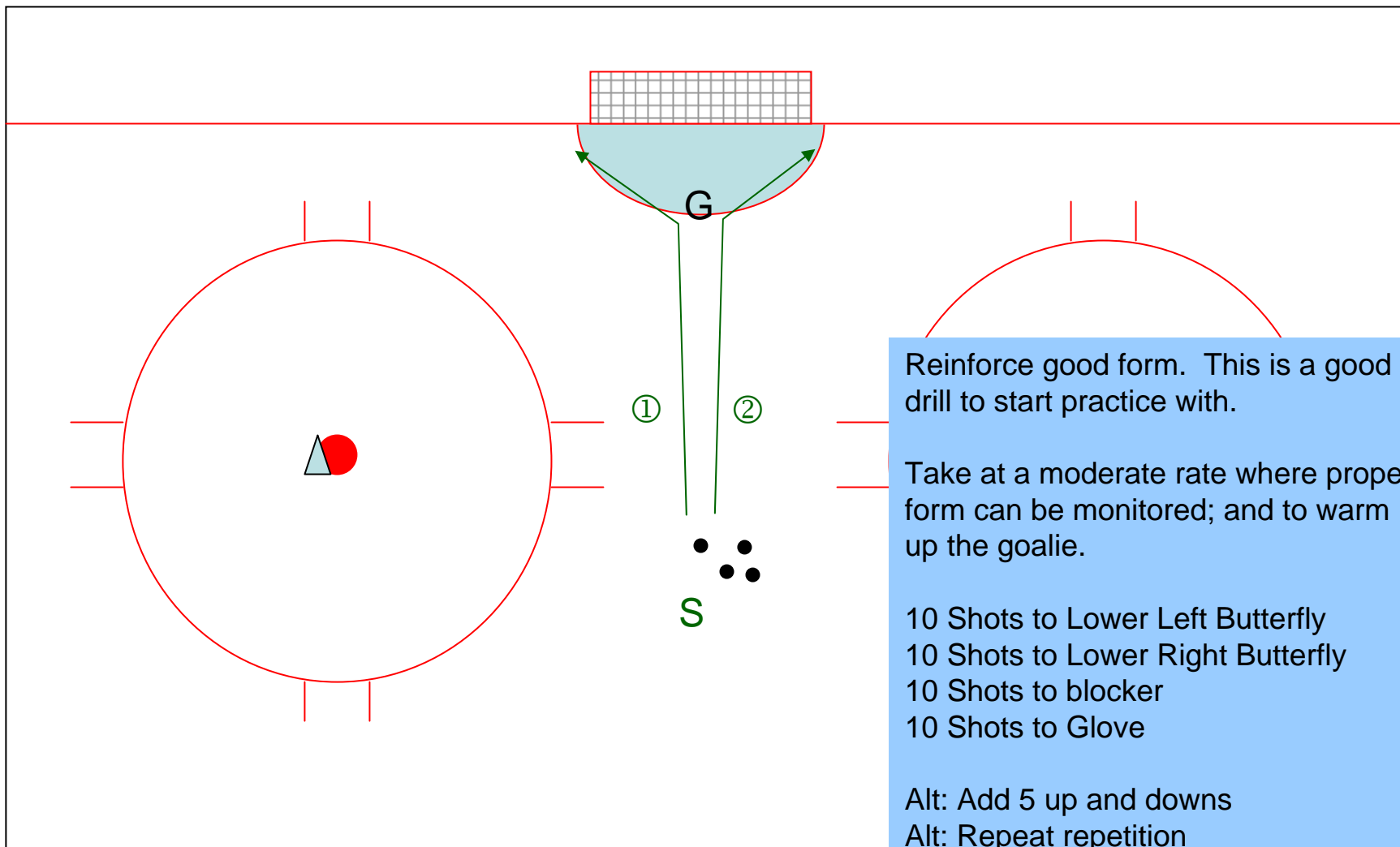
Butterflies & Deflections

Isolation

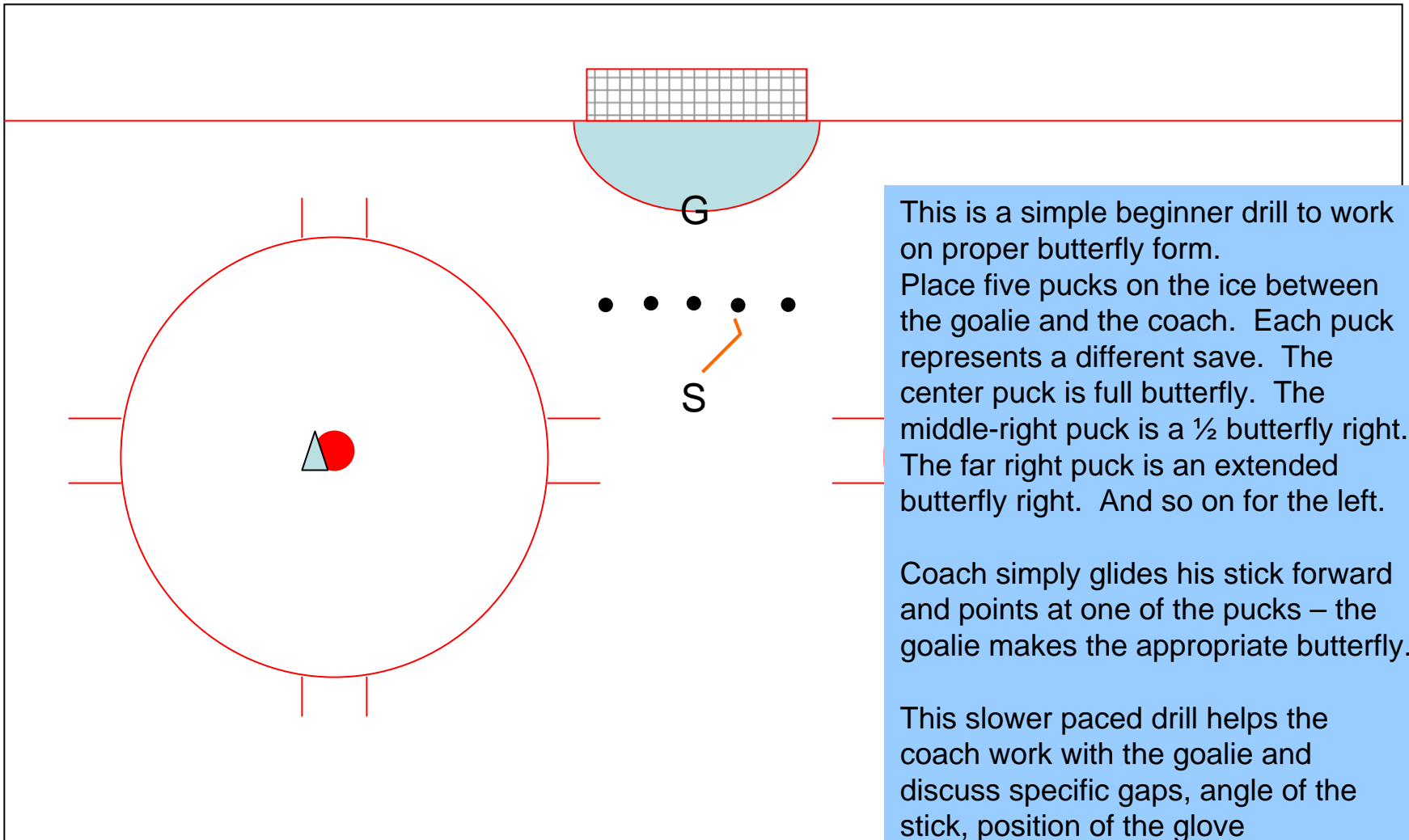


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Tens

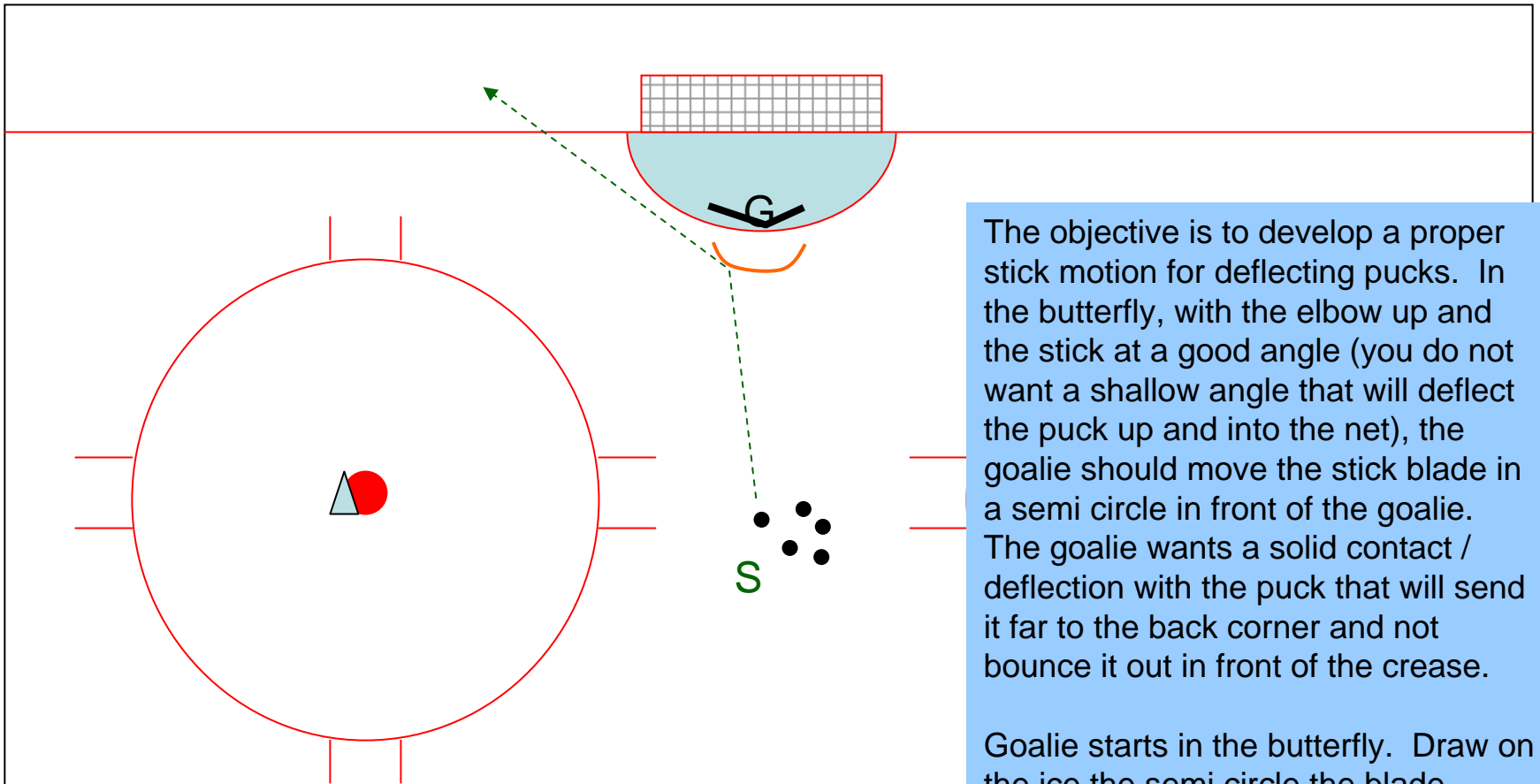


5 Pucks : Butterfly Form



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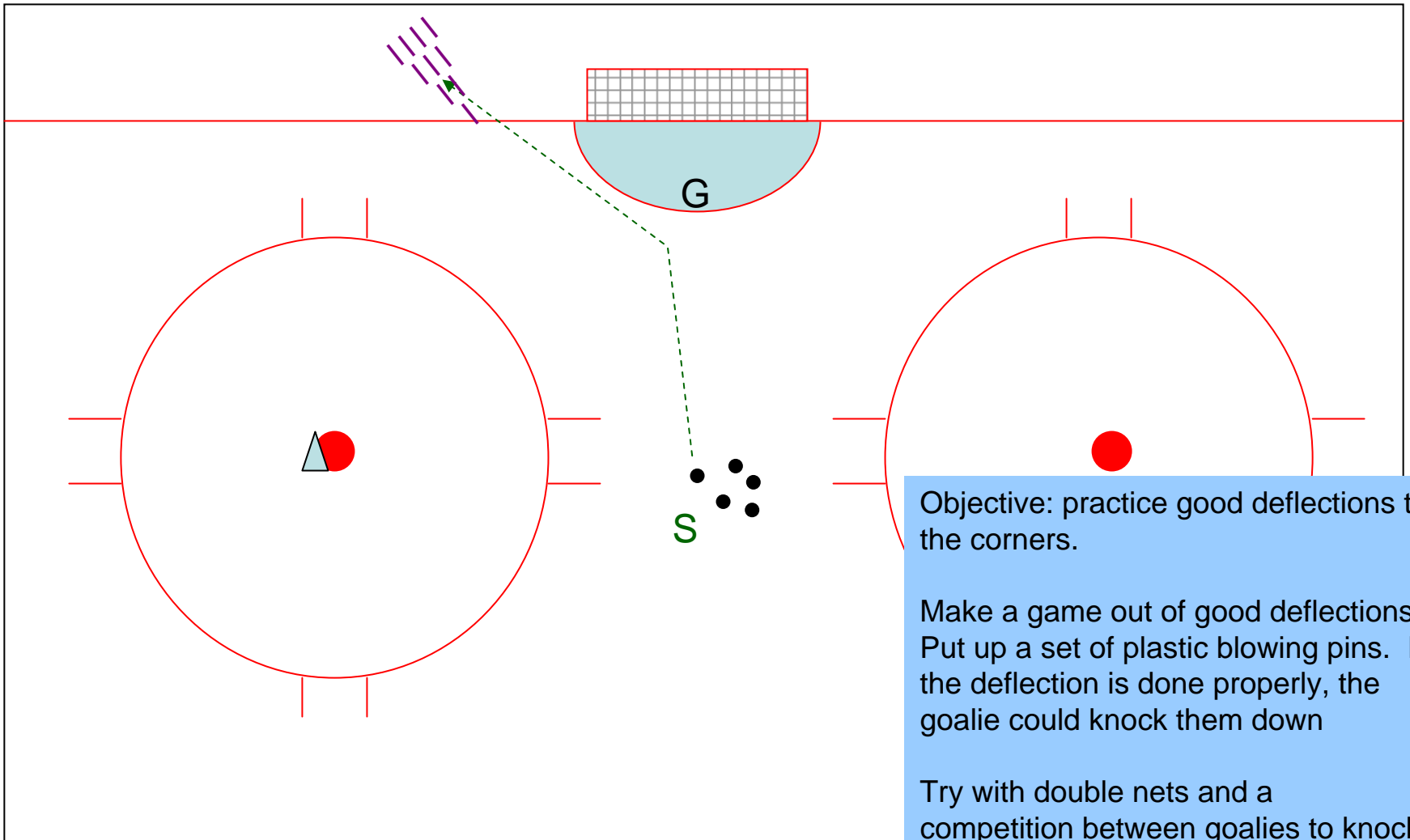
Basic Deflection Form



The objective is to develop a proper stick motion for deflecting pucks. In the butterfly, with the elbow up and the stick at a good angle (you do not want a shallow angle that will deflect the puck up and into the net), the goalie should move the stick blade in a semi circle in front of the goalie. The goalie wants a solid contact / deflection with the puck that will send it far to the back corner and not bounce it out in front of the crease.

Goalie starts in the butterfly. Draw on the ice the semi circle the blade should follow. Take medium shots at the goalie with the goalie making solid motion thru the semi circle, deflecting the puck.

Goalie Bowling

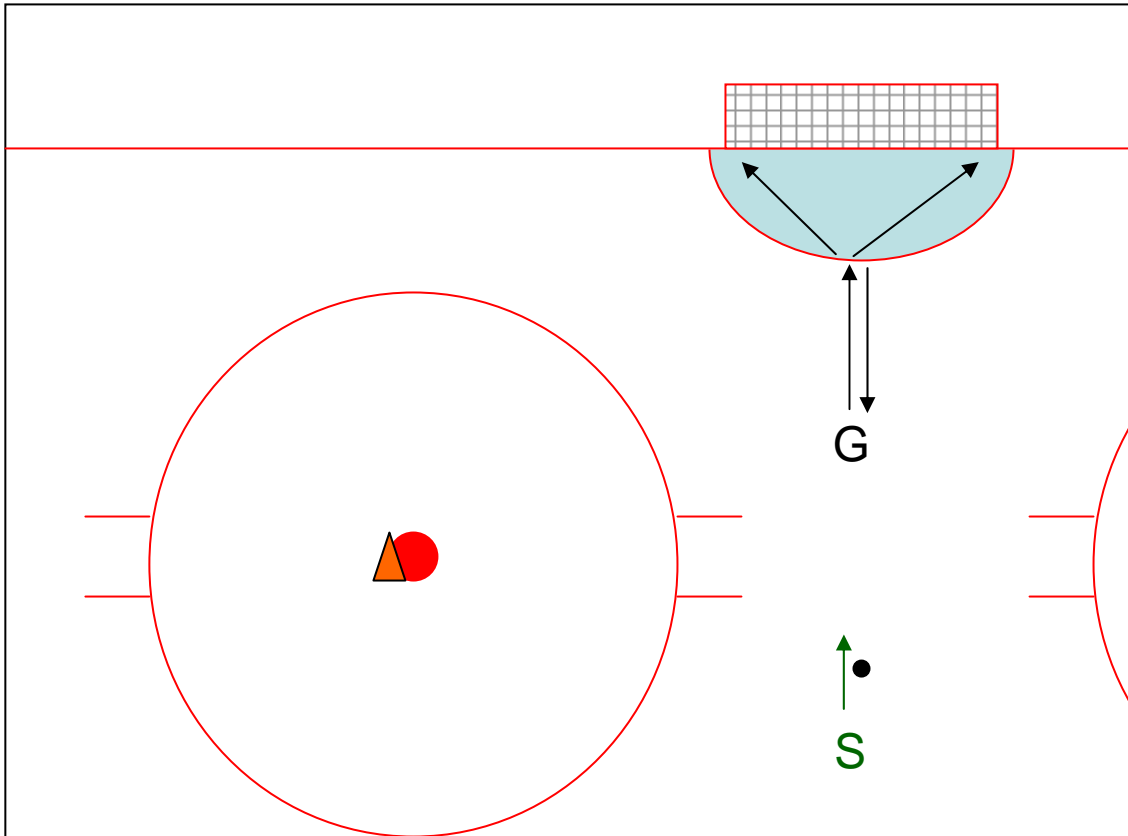


Objective: practice good deflections to the corners.

Make a game out of good deflections. Put up a set of plastic blowing pins. If the deflection is done properly, the goalie could knock them down

Try with double nets and a competition between goalies to knock down pins

Y



Goalie comes out to meet the shooter and cut the angles.

Having met the shooter, goalie skates backwards maintaining a proper gap between the shooter and the goalie to keep the angles blocked.

When shooter makes move, goalie follows the Y, moving to the post – a butterfly with the skate on the post.

Skating Drill: Goalie goes through Y motion as a skating drill

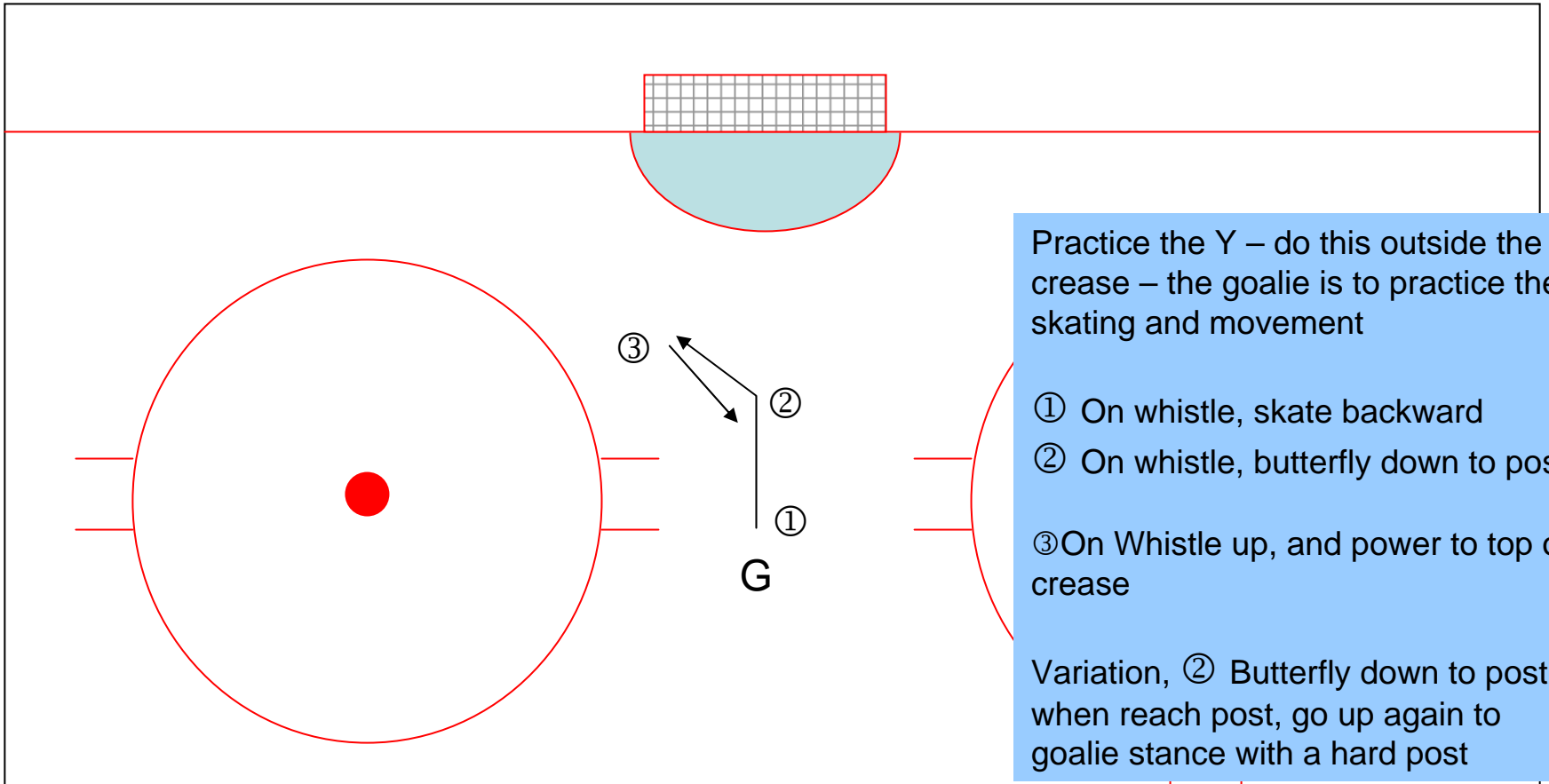
- Skate out
- Butterfly to the left post
- Skate out
- Butterfly to the right

Movement must become second nature

To do this effectively, it is important for the goalie to maintain a proper gap and have movement with the shooter – effectively this will mean that the shooter has no angle and also cannot skate past the goalie. If the goalie has no motion and just flops to a butterfly, the shooter will deek around the goalie and hit the corner

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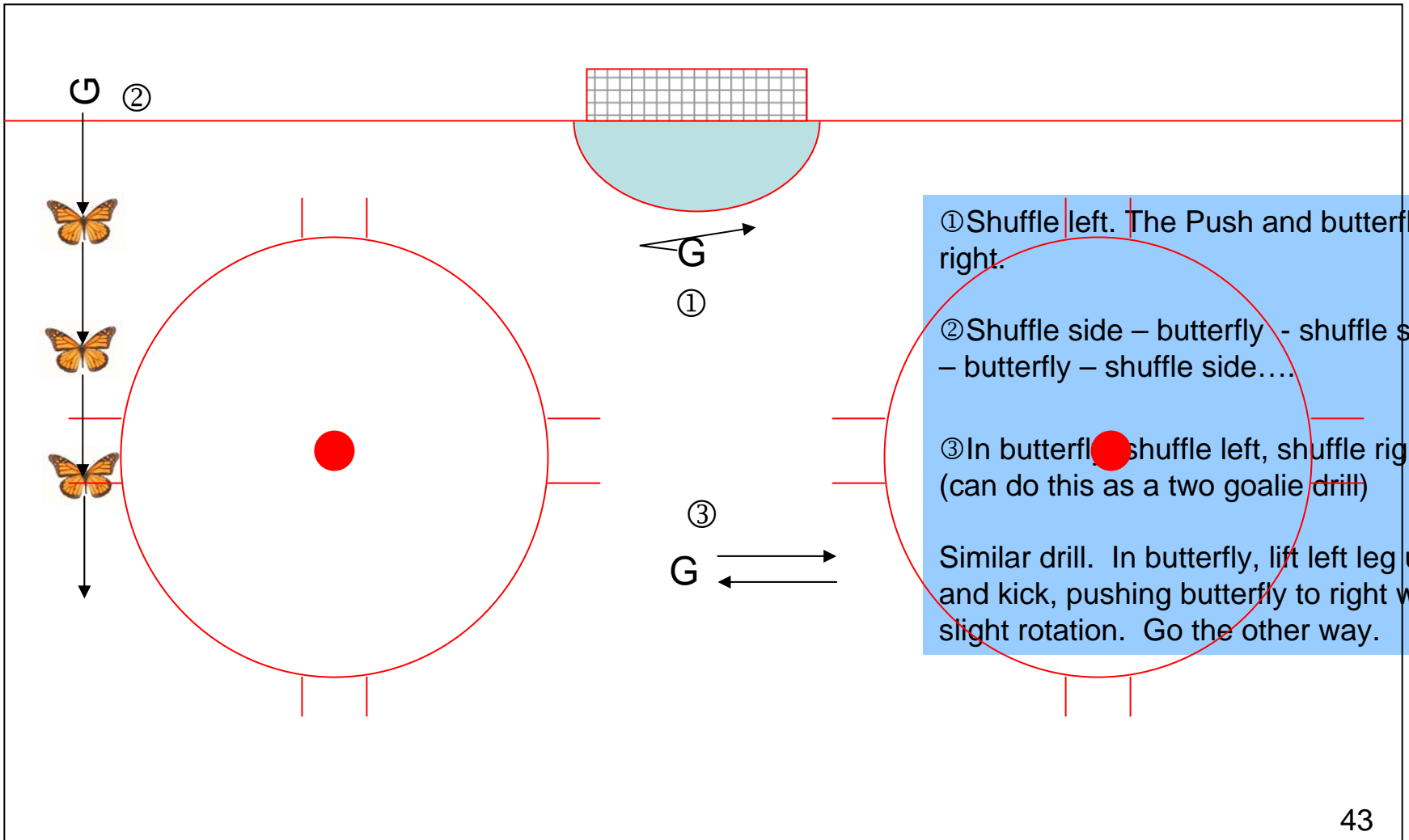
Y



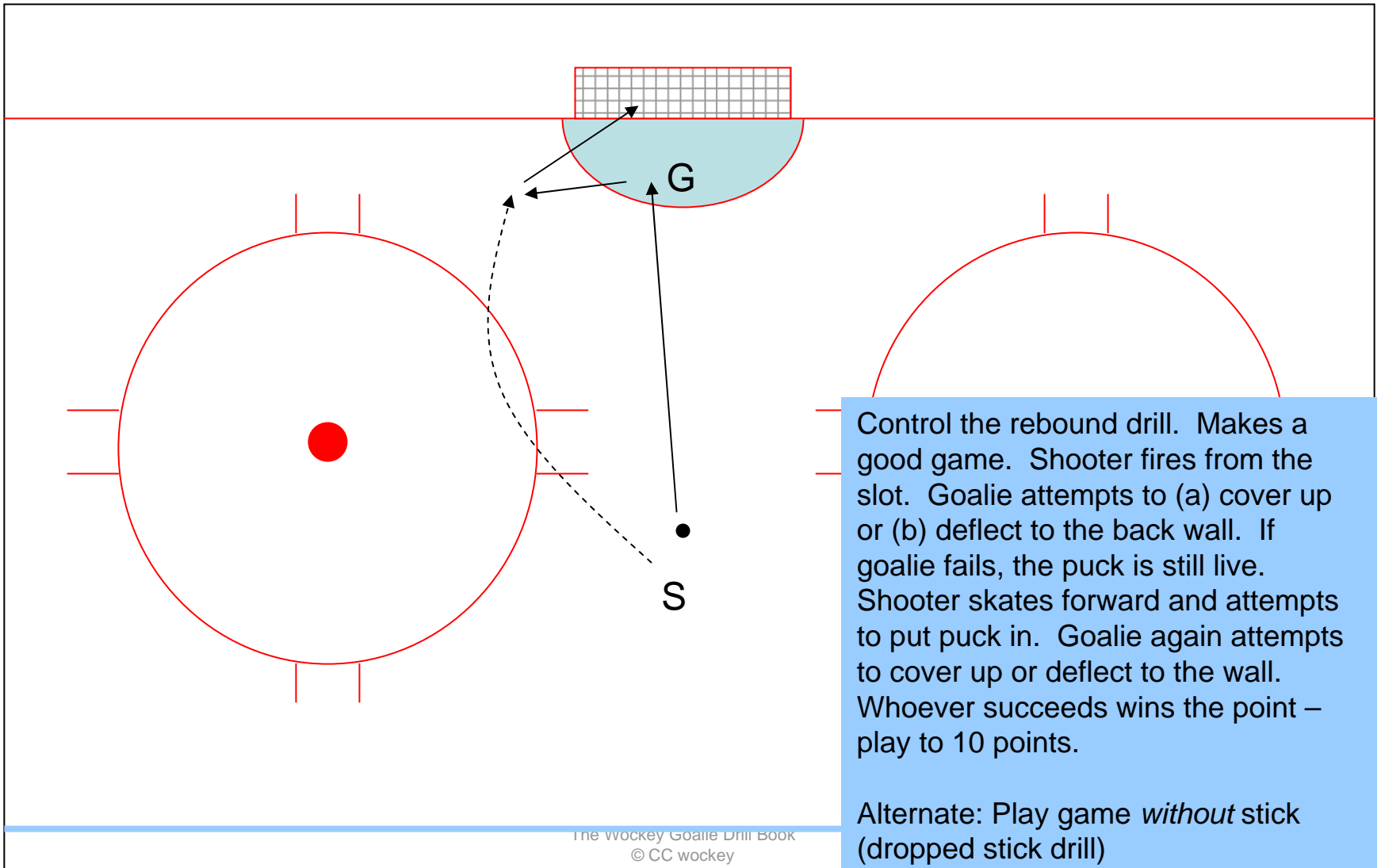
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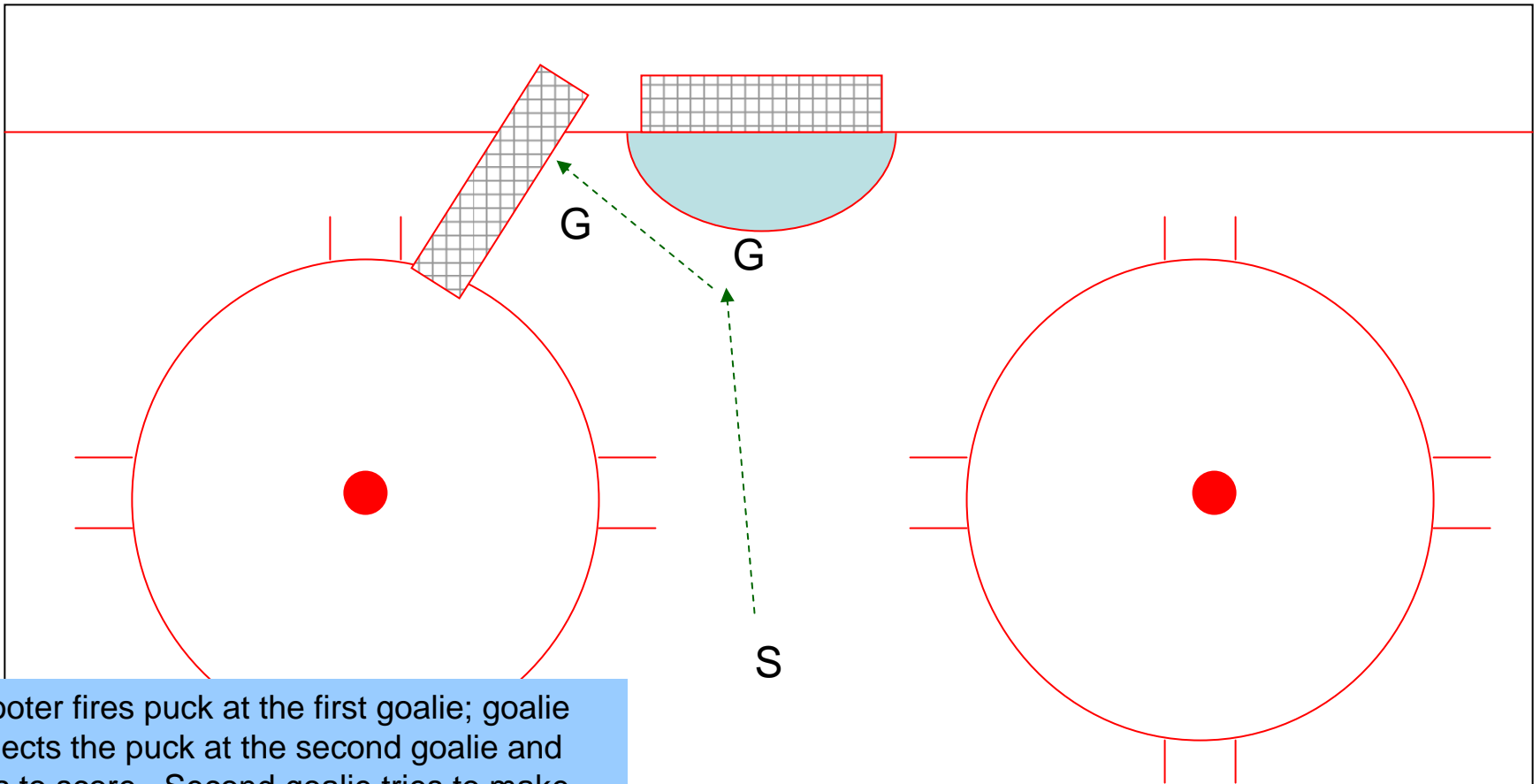
Drills



Game to 10



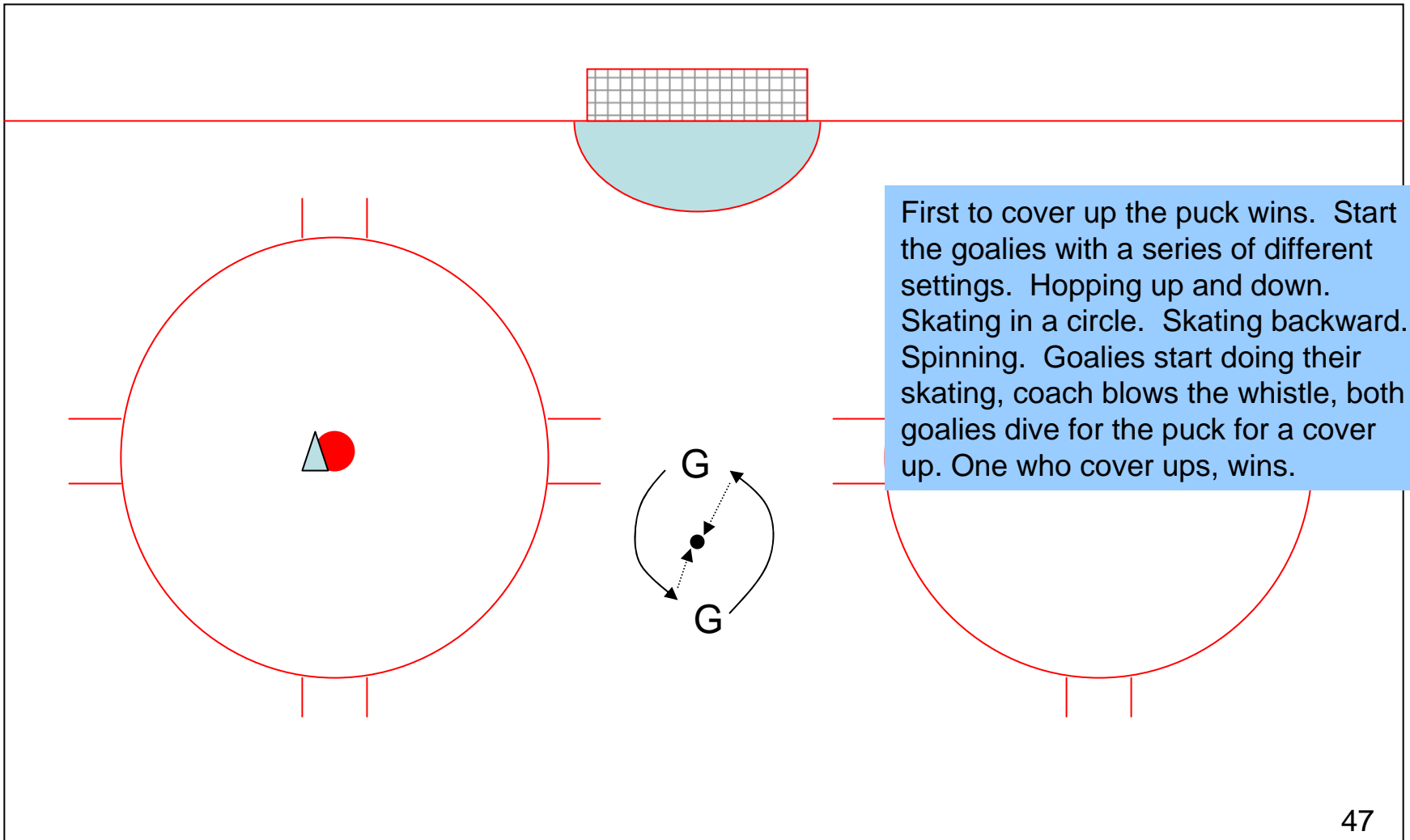
Deflection Game



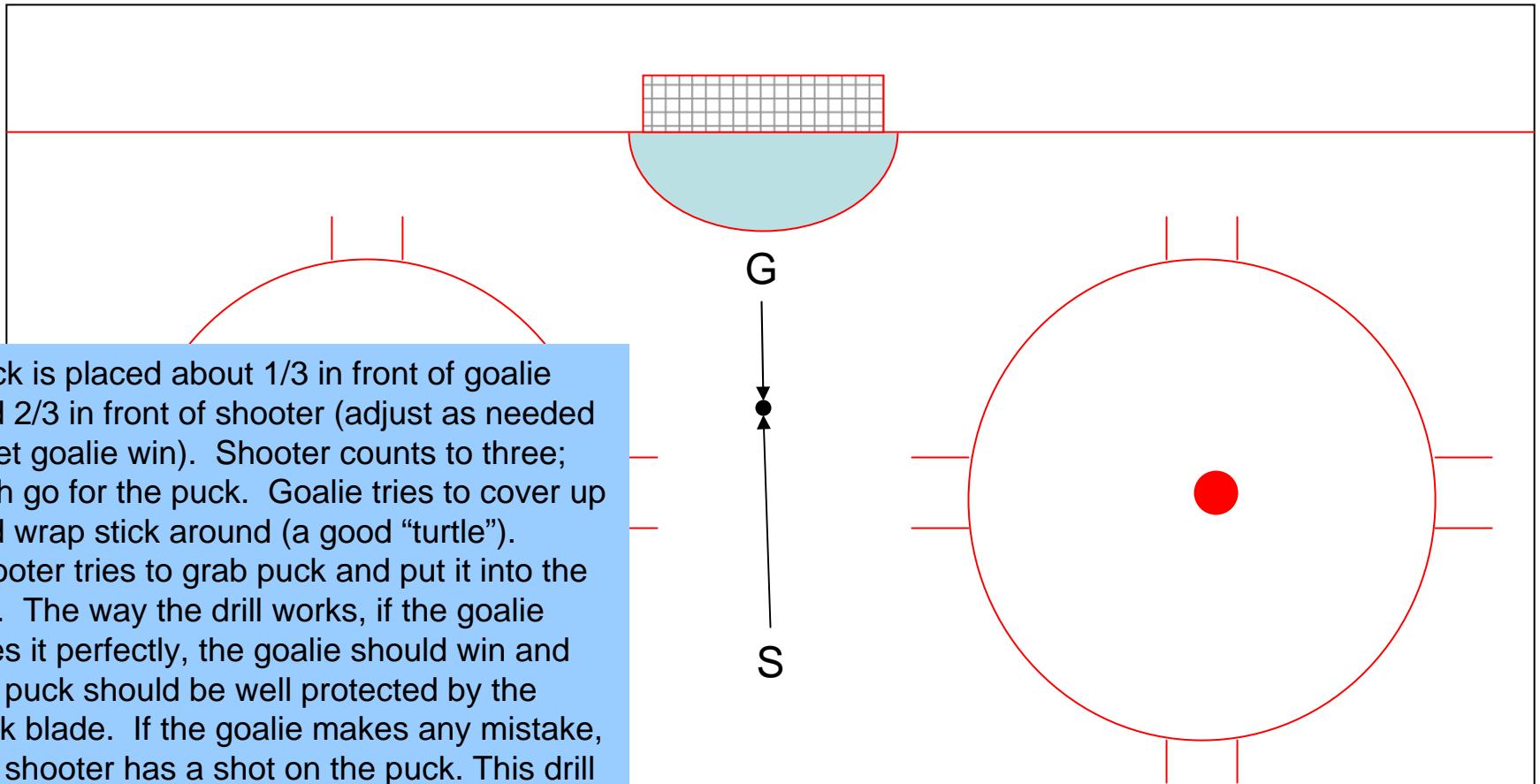
Shooter fires puck at the first goalie; goalie deflects the puck at the second goalie and tries to score. Second goalie tries to make the save.

Cover Ups

Cover Up Game



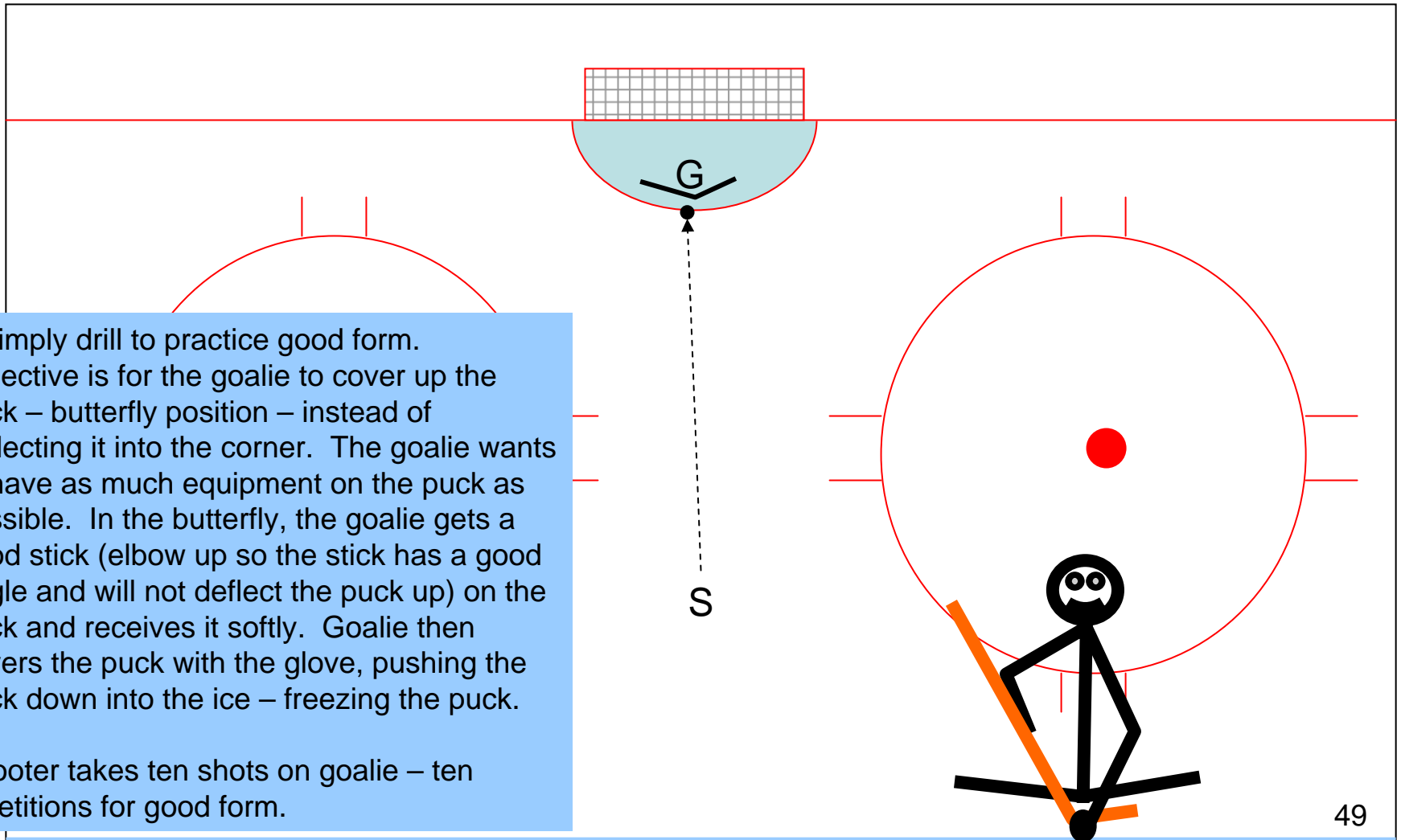
Cover Up Drill



Puck is placed about 1/3 in front of goalie and 2/3 in front of shooter (adjust as needed to let goalie win). Shooter counts to three; both go for the puck. Goalie tries to cover up and wrap stick around (a good “turtle”). Shooter tries to grab puck and put it into the net. The way the drill works, if the goalie does it perfectly, the goalie should win and the puck should be well protected by the stick blade. If the goalie makes any mistake, the shooter has a shot on the puck. This drill can be done anywhere on the ice.

Skills: Practice solid cover ups, pushing puck into ice with trapper, and guarding puck with blocker and stick.

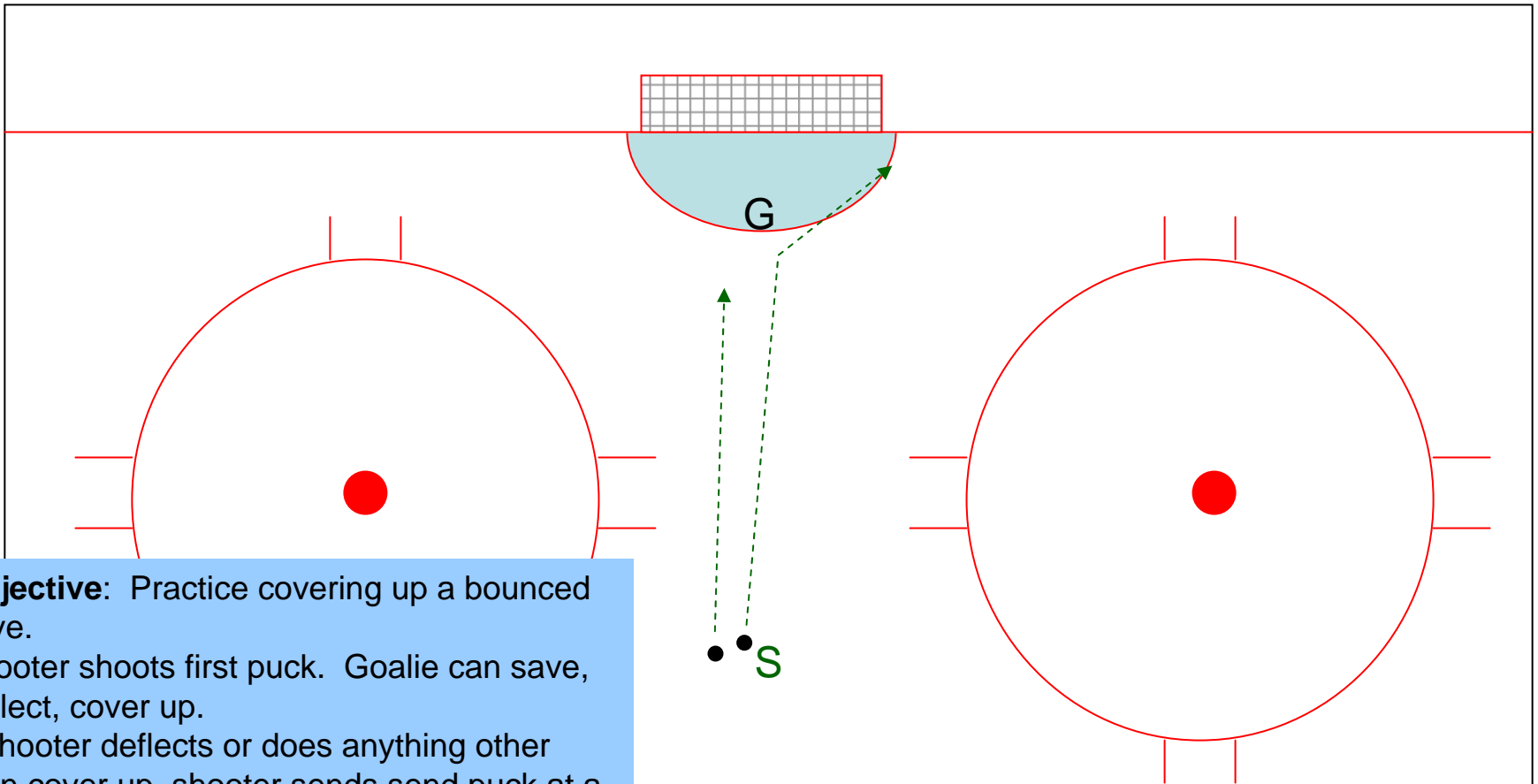
Cover Up Drill 2



A simply drill to practice good form. Objective is for the goalie to cover up the puck – butterfly position – instead of deflecting it into the corner. The goalie wants to have as much equipment on the puck as possible. In the butterfly, the goalie gets a good stick (elbow up so the stick has a good angle and will not deflect the puck up) on the puck and receives it softly. Goalie then covers the puck with the glove, pushing the puck down into the ice – freezing the puck.

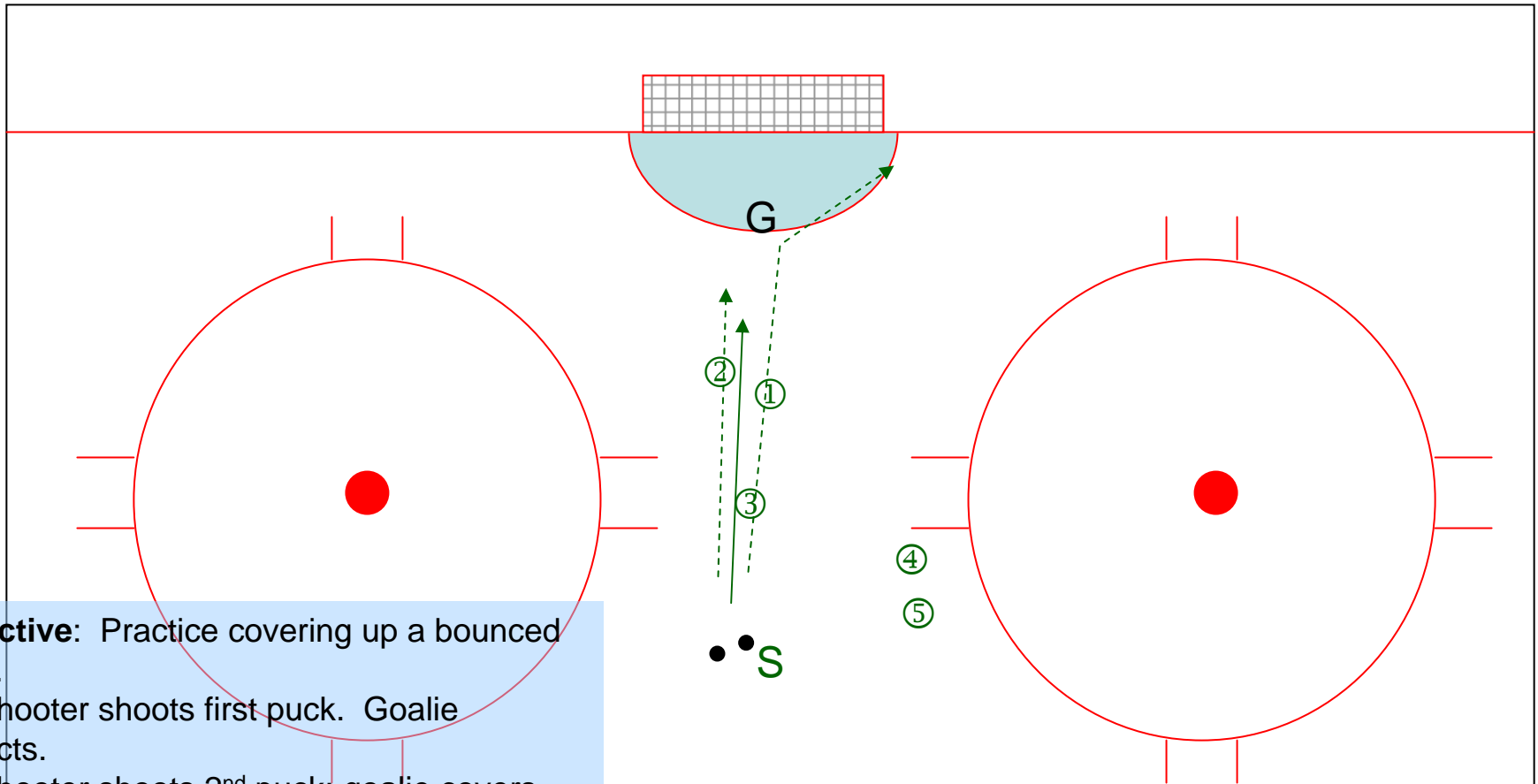
Shooter takes ten shots on goalie – ten repetitions for good form.

Cover Up Drill – Double Shot



Objective: Practice covering up a bounced save.
Shooter shoots first puck. Goalie can save, deflect, cover up.
If shooter deflects or does anything other than cover up, shooter sends puck at a moderate speed – goalie covers up second shot.

Cover Up Drill – Double Shot 2

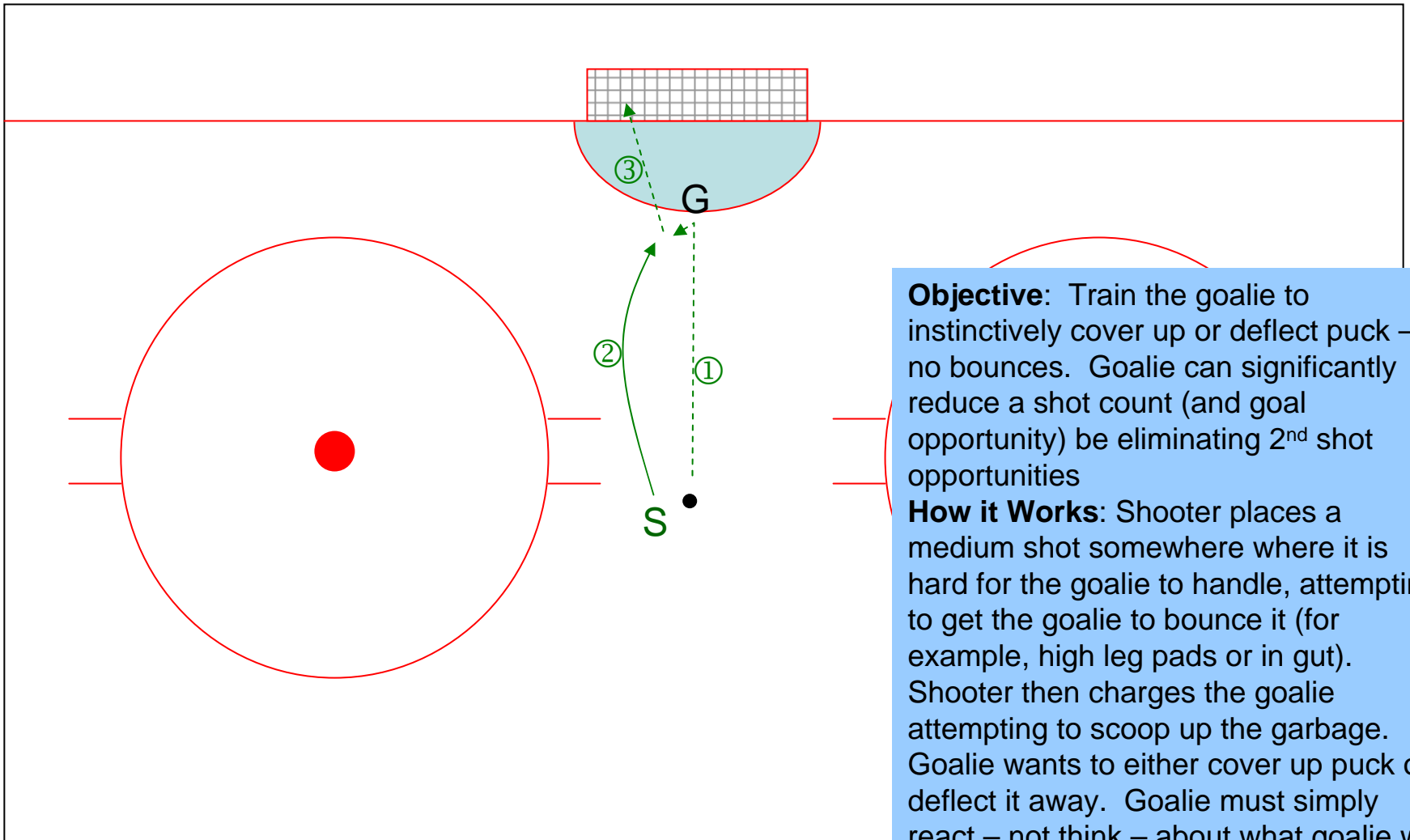


Objective: Practice covering up a bounced save.

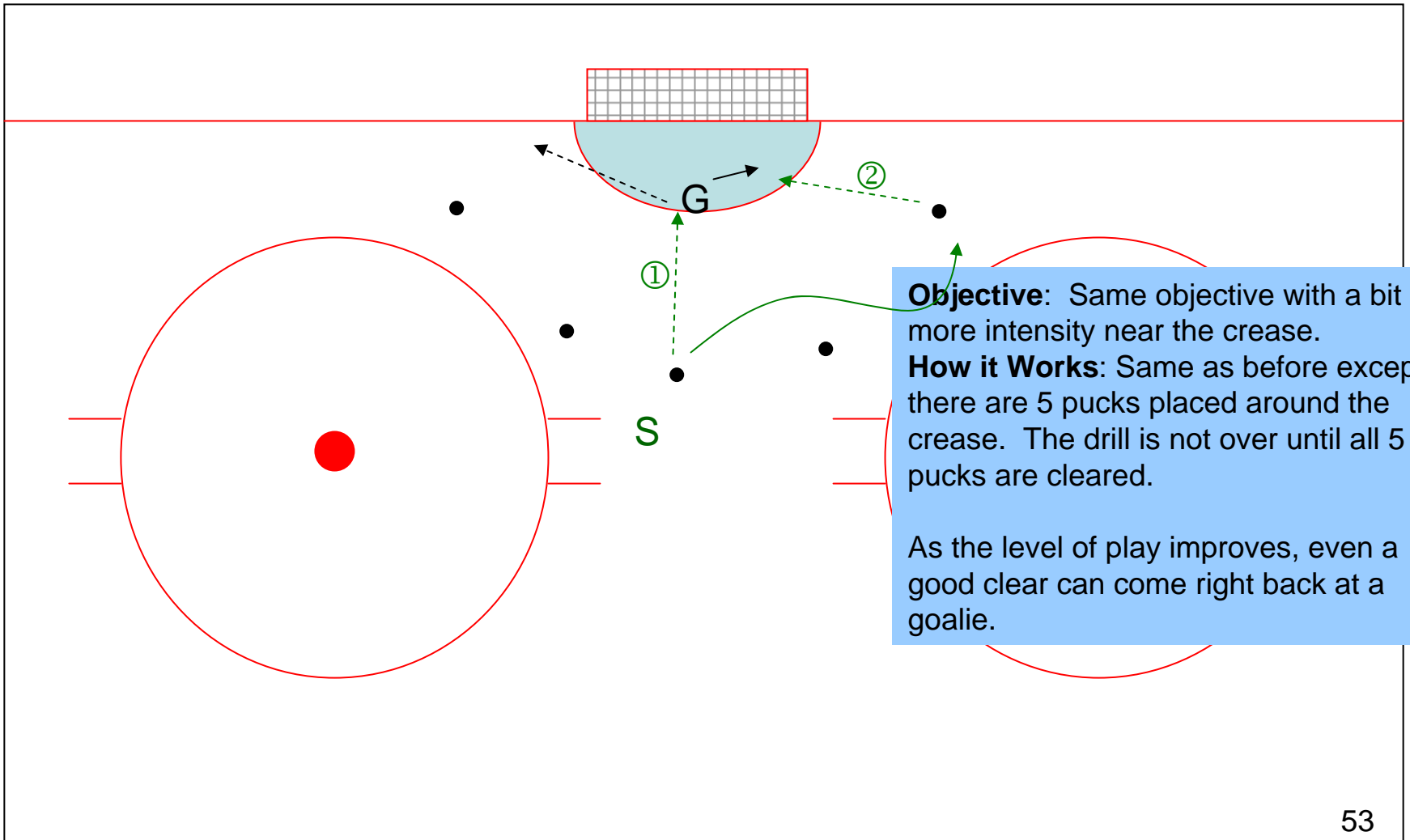
(1) Shooter shoots first puck. Goalie deflects.

(2) Shooter shoots 2nd puck; goalie covers up; (3) shooter charges the net and scoops up any garbage if the goalie bobbles the cover up. Shooter gives goalie light tap to simulate agitation in front of net.

No Second Shot



No Second Shot 2

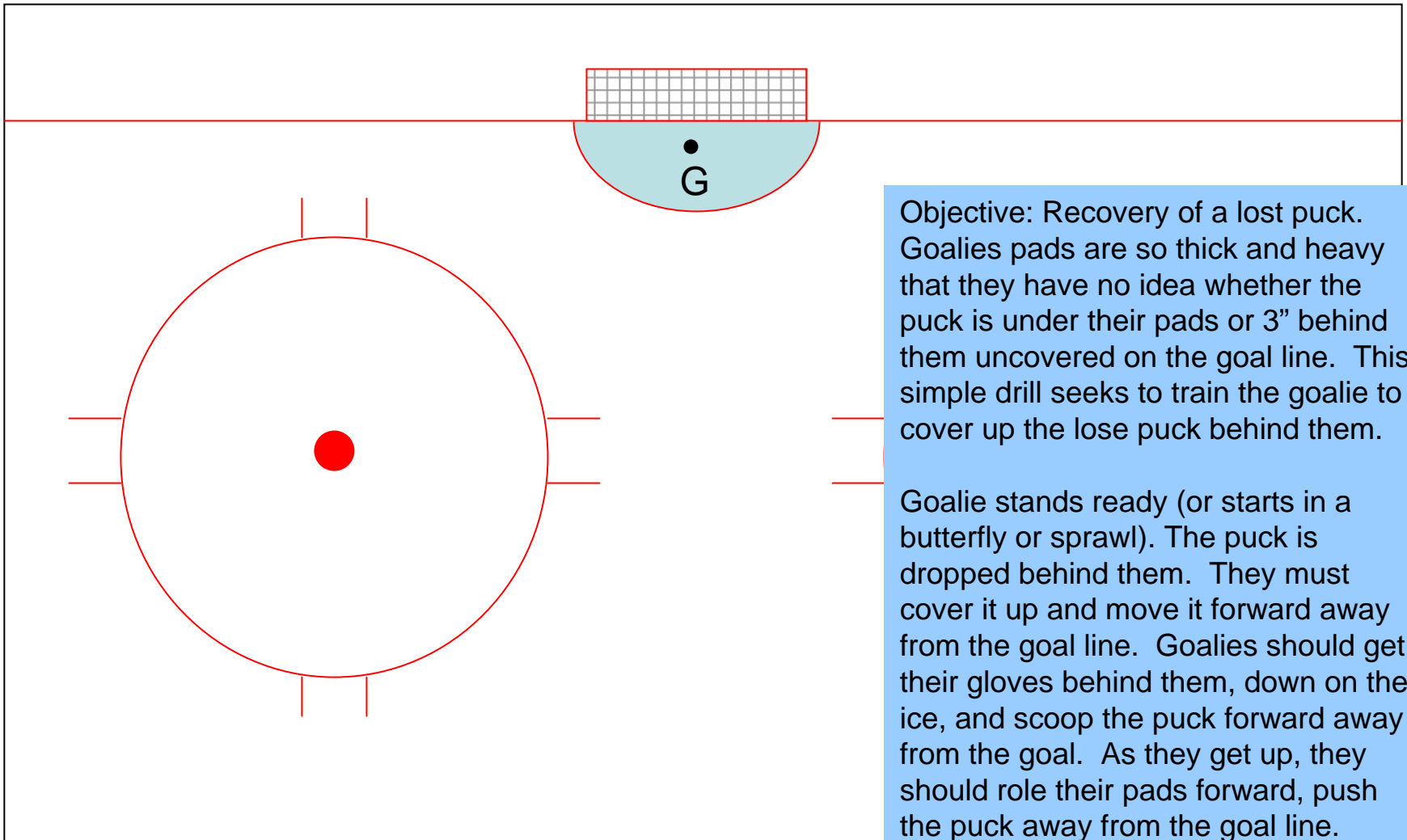


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It Aint A Goal if the Ref don't See it



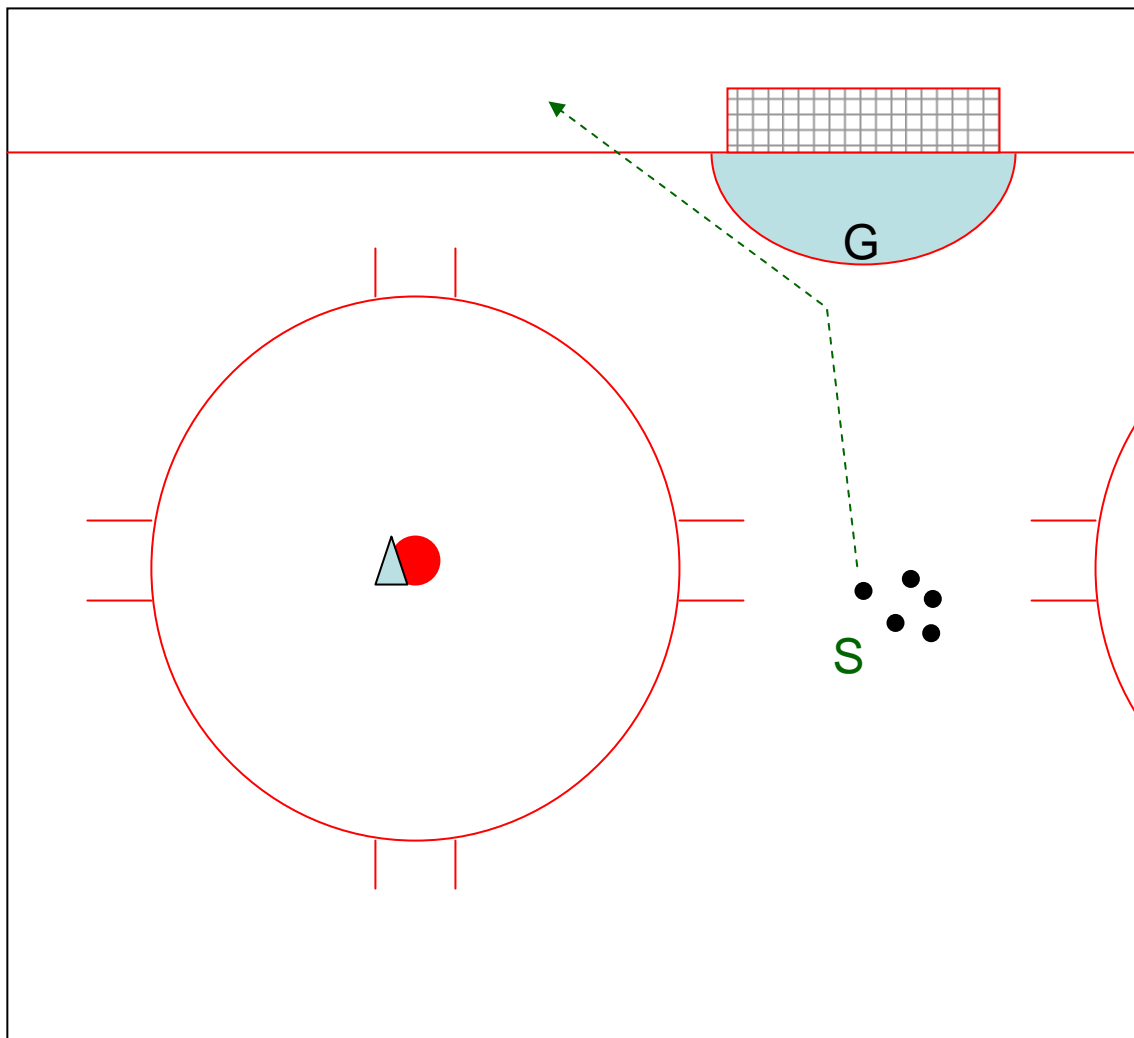
Objective: Recovery of a lost puck. Goalies pads are so thick and heavy that they have no idea whether the puck is under their pads or 3" behind them uncovered on the goal line. This simple drill seeks to train the goalie to cover up the lose puck behind them.

Goalie stands ready (or starts in a butterfly or sprawl). The puck is dropped behind them. They must cover it up and move it forward away from the goal line. Goalies should get their gloves behind them, down on the ice, and scoop the puck forward away from the goal. As they get up, they should role their pads forward, push the puck away from the goal line.

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Glove & Blocker

Glove & Blocker



Objective: Good glove and blocker work.

Goalie should stare the puck all the way into the glove (when the puck is in the glove, goalie should be looking at the glove – both eyes with depth perception – not peripheral vision out of one eye with no depth perception).

Blocker deflections should be in the center of the blocker, deflecting back to the corner away from the crease.

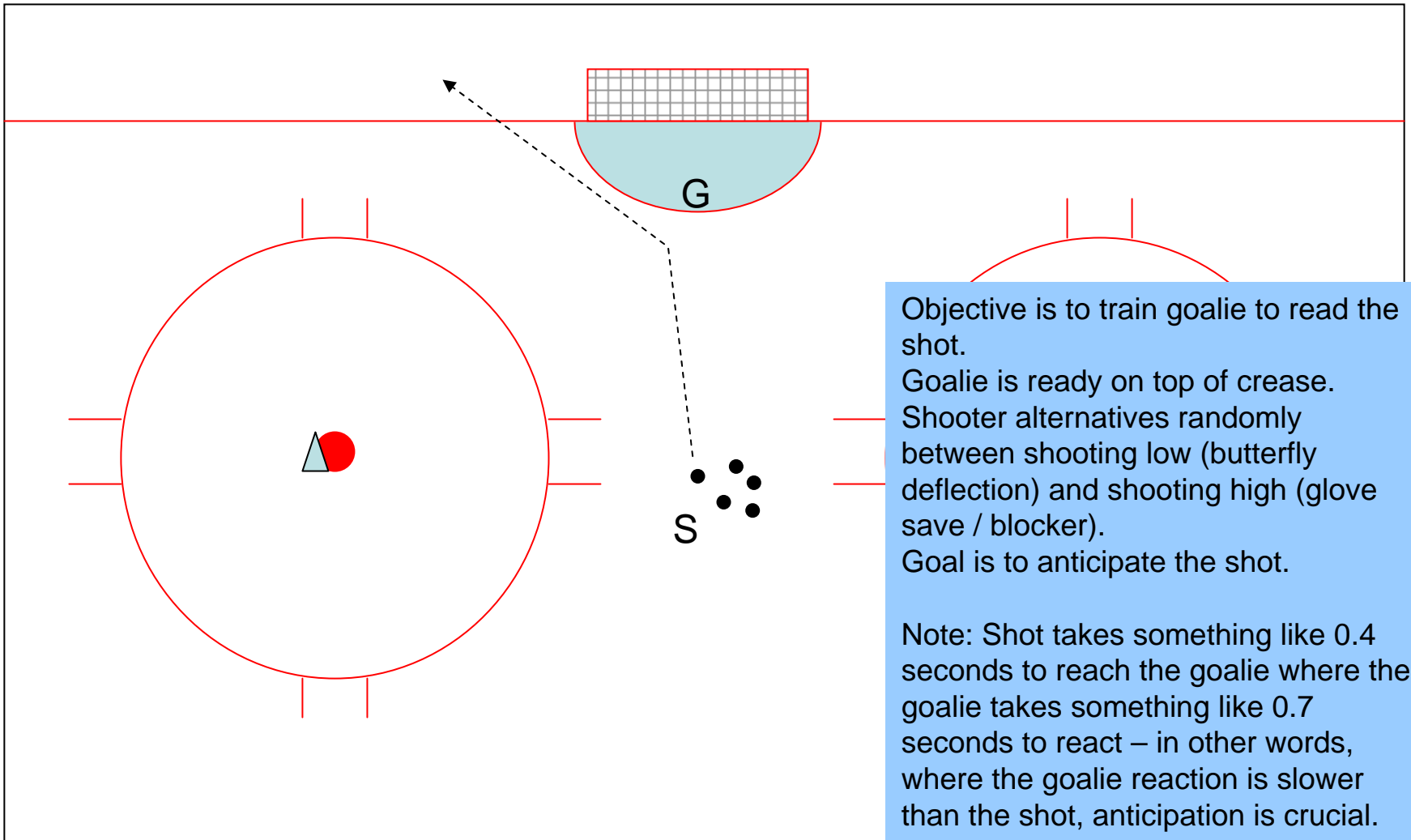
Shoot takes simple shots. 10 to the glove. 10 to the blocker. Work on good muscle memory.

Variation: lacking shooting accuracy, shooter may simply throw 10 rounds at the blocker

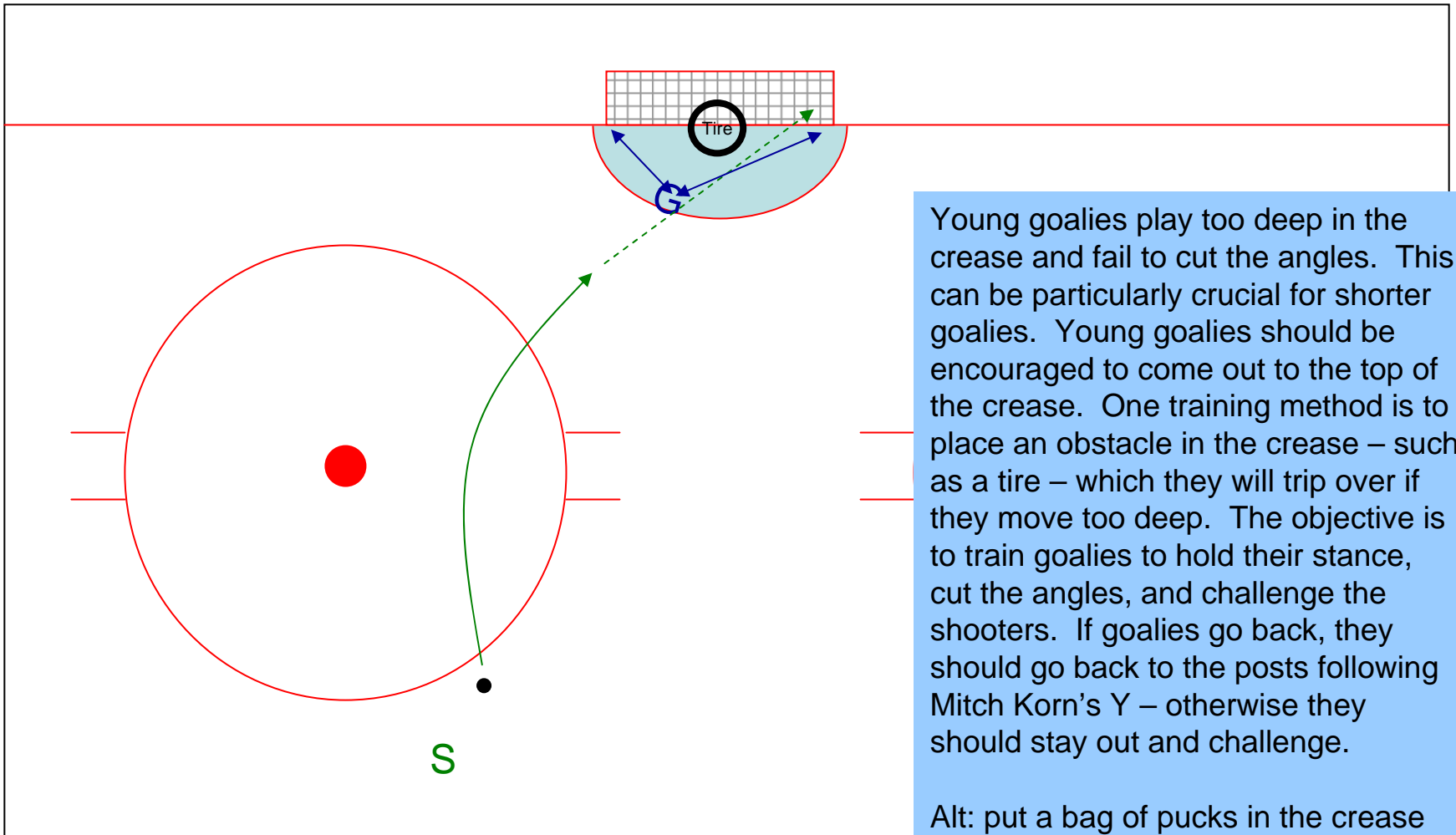
Variation: Use glove and blocker weights

Adjustments

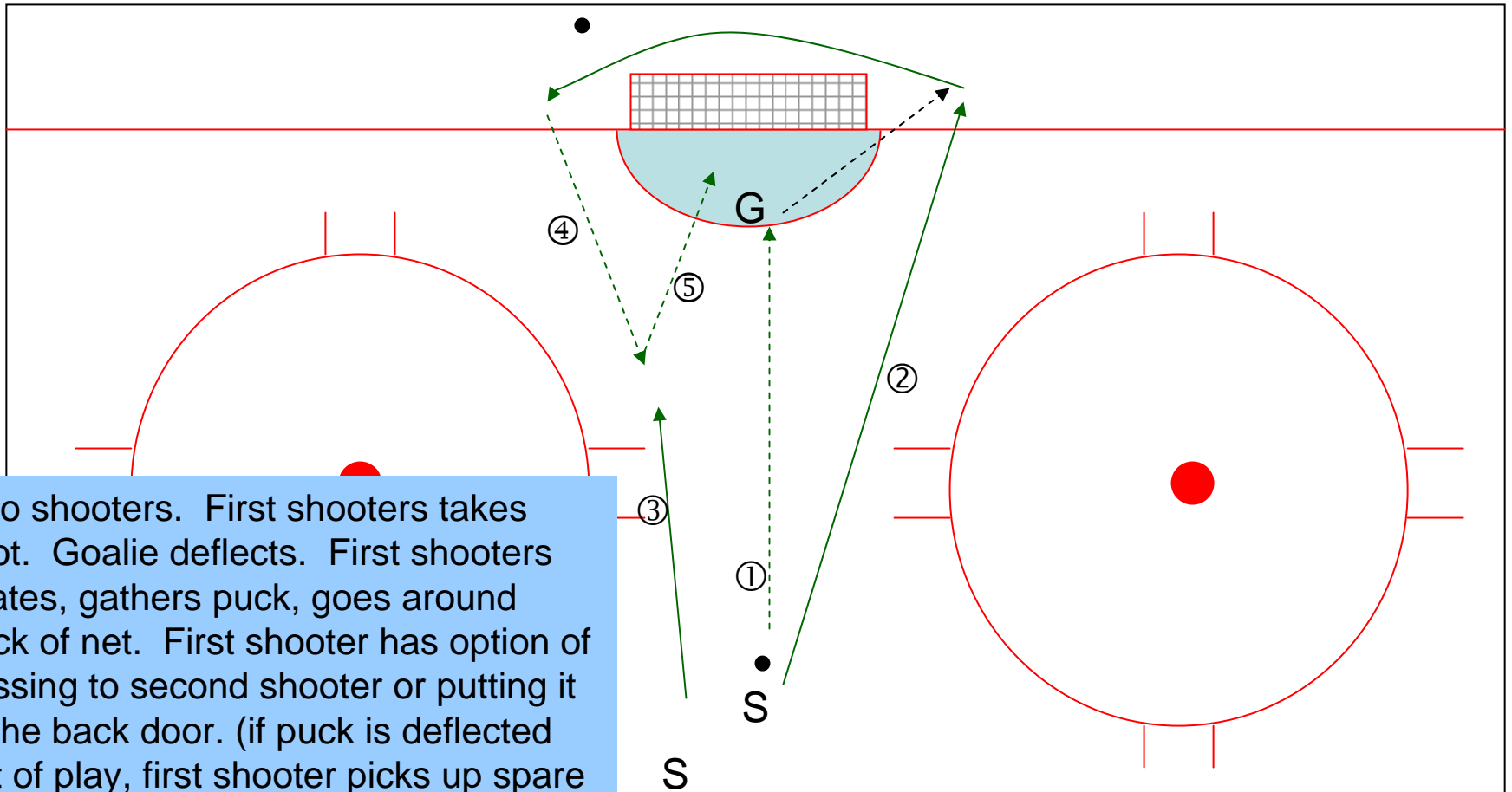
Up & Down



Too Deep in the Crease



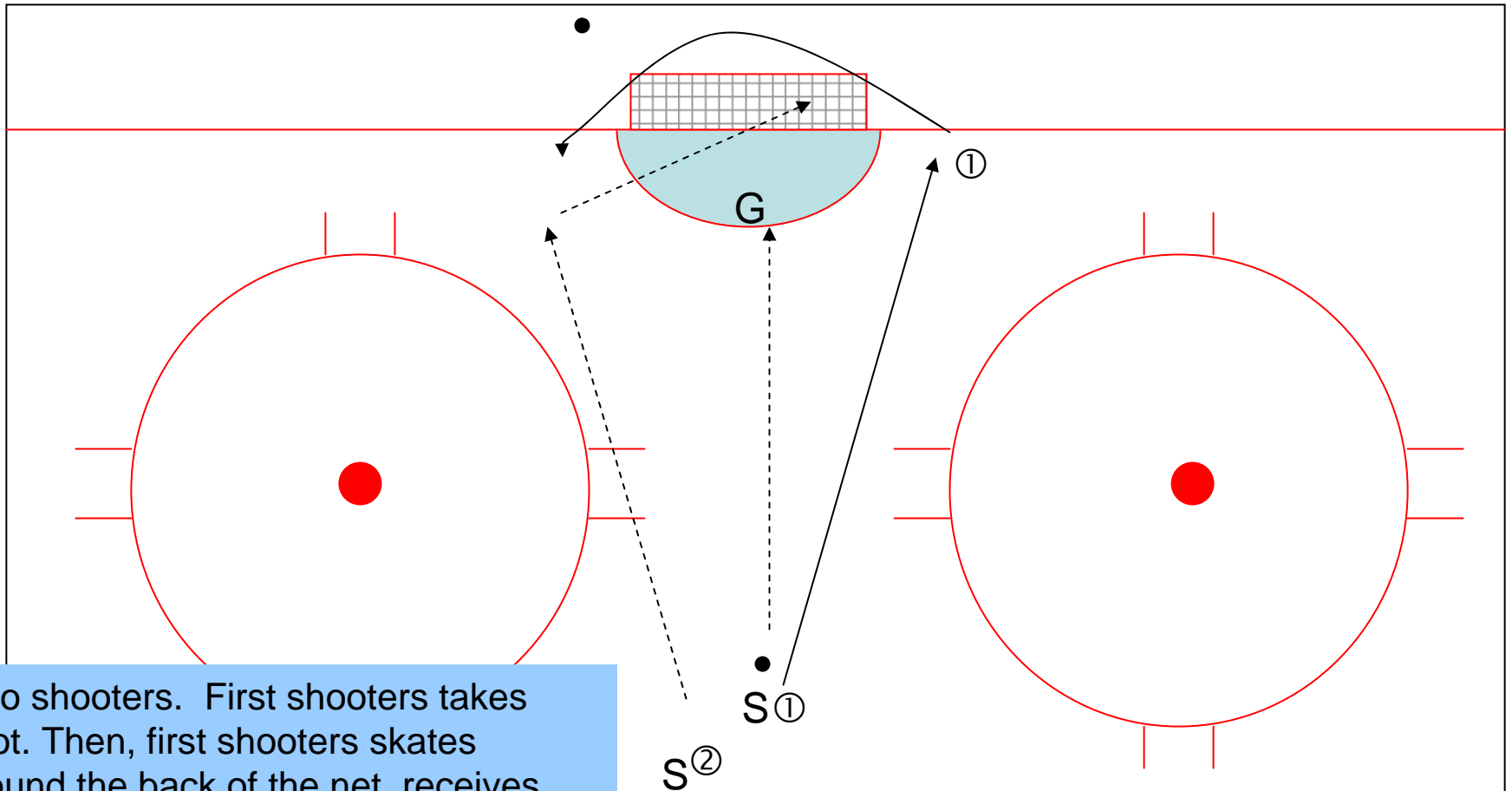
Behind the Net



Two shooters. First shooter takes shot. Goalie deflects. First shooter skates, gathers puck, goes around back of net. First shooter has option of passing to second shooter or putting it in the back door. (if puck is deflected out of play, first shooter picks up spare puck behind net)

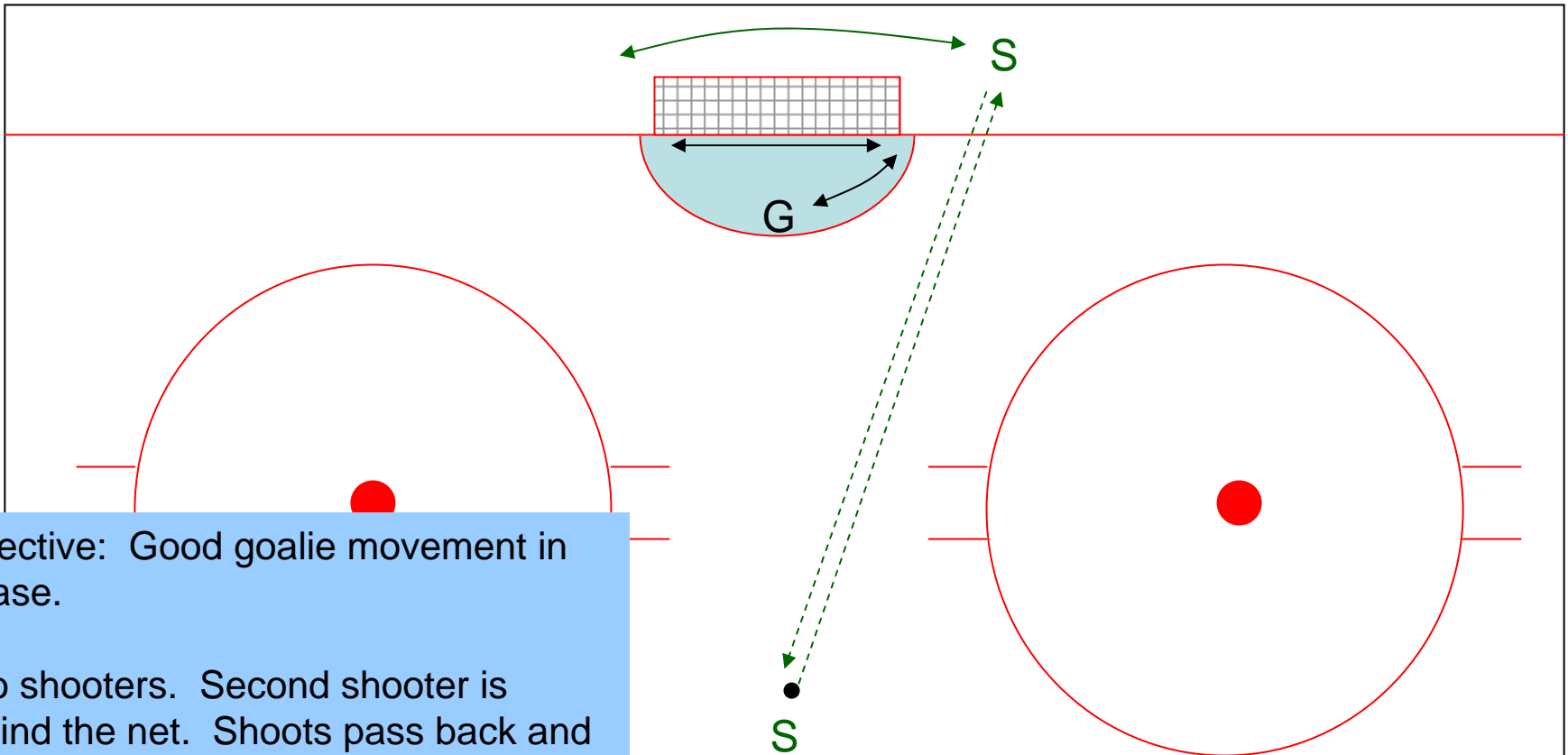
Skills: Adjustment and tracking puck behind net.

Behind the Net - 2



Two shooters. First shooter takes shot. Then, first shooter skates around the back of the net, receives pass from 2nd shooter, and shoots. Skills: Adjustment and tracking player behind net.

Behind the Net - 3

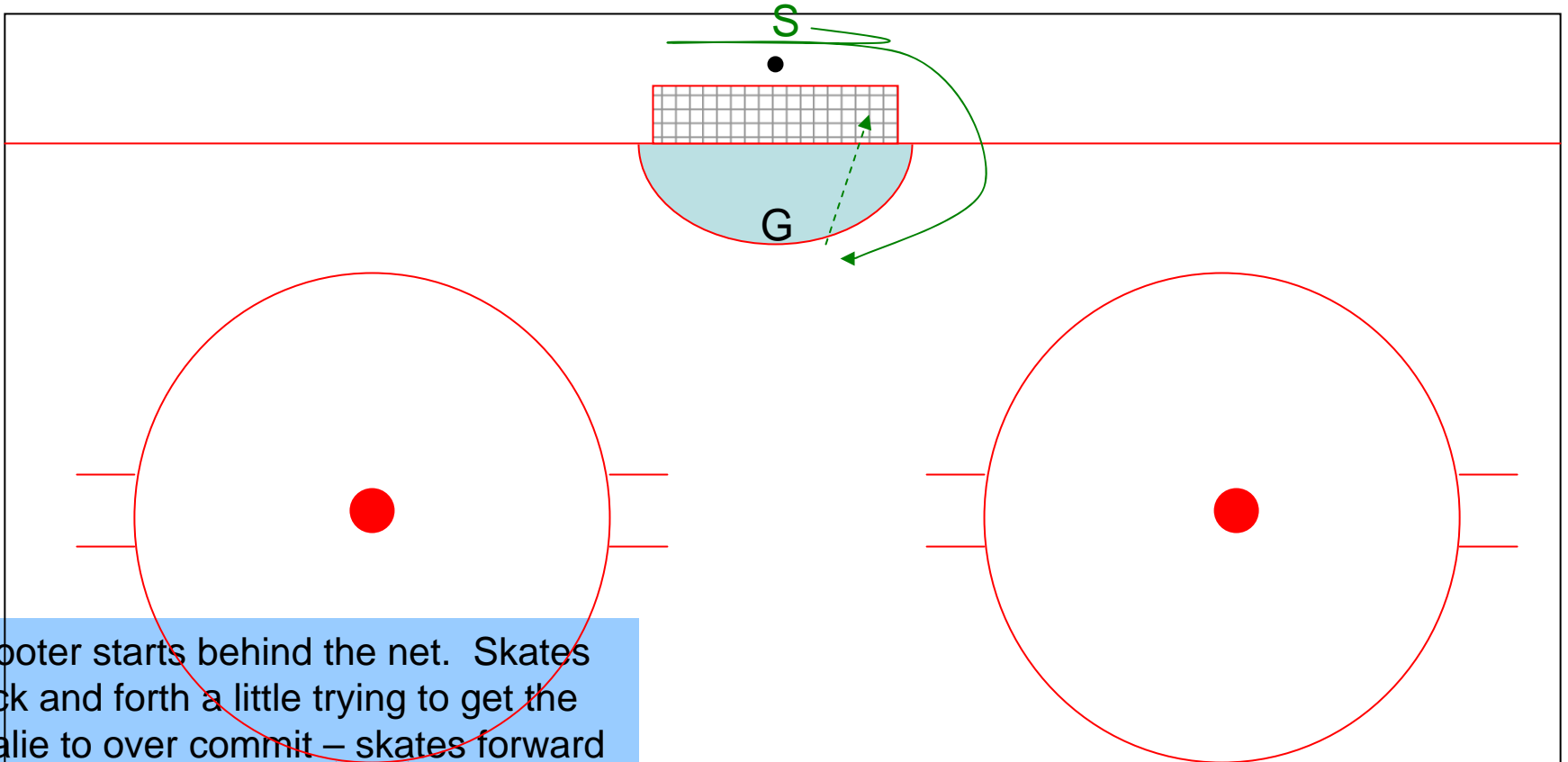


Objective: Good goalie movement in crease.

Two shooters. Second shooter is behind the net. Shoots pass back and forth; goalie shifts to post to cover; shooters shoot at will.

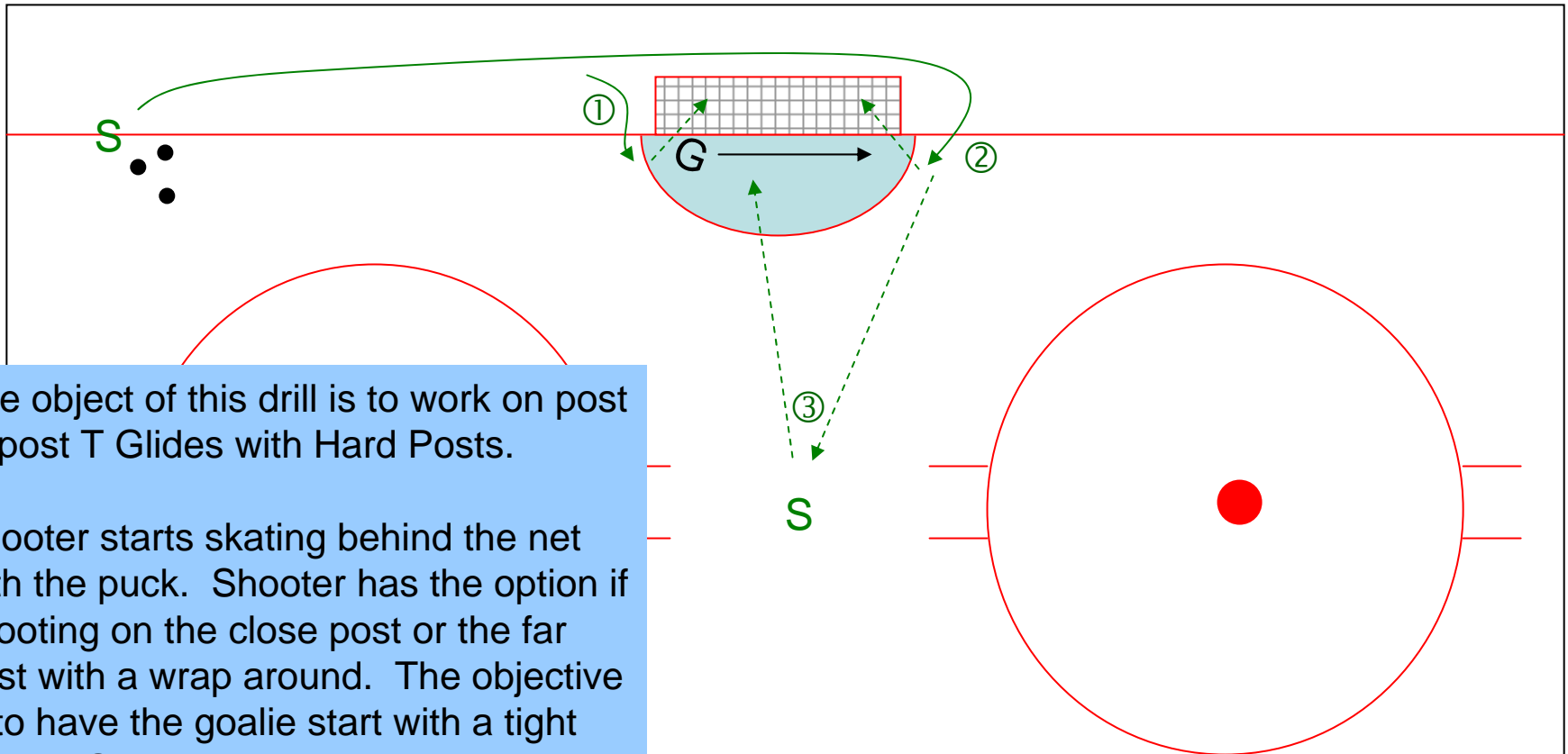
Goalie should make good TGlides between posts.

Behind the Net - 3



Shooter starts behind the net. Skates back and forth a little trying to get the goalie to over commit – skates forward and takes a close shot. Objective is to get the goalie to work the posts and be able to see what is behind him without turning around.

Behind the Net -

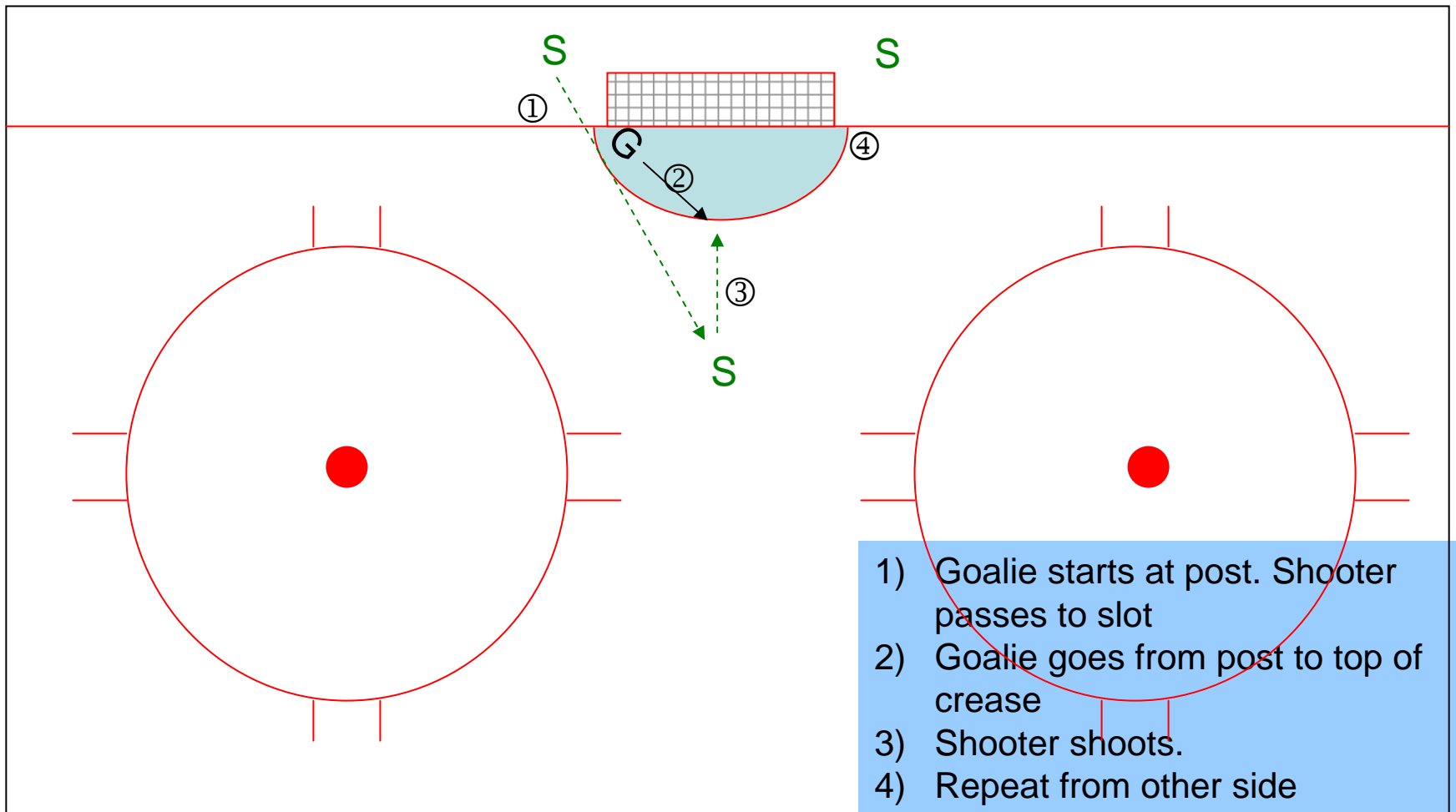


The object of this drill is to work on post to post T Glides with Hard Posts.

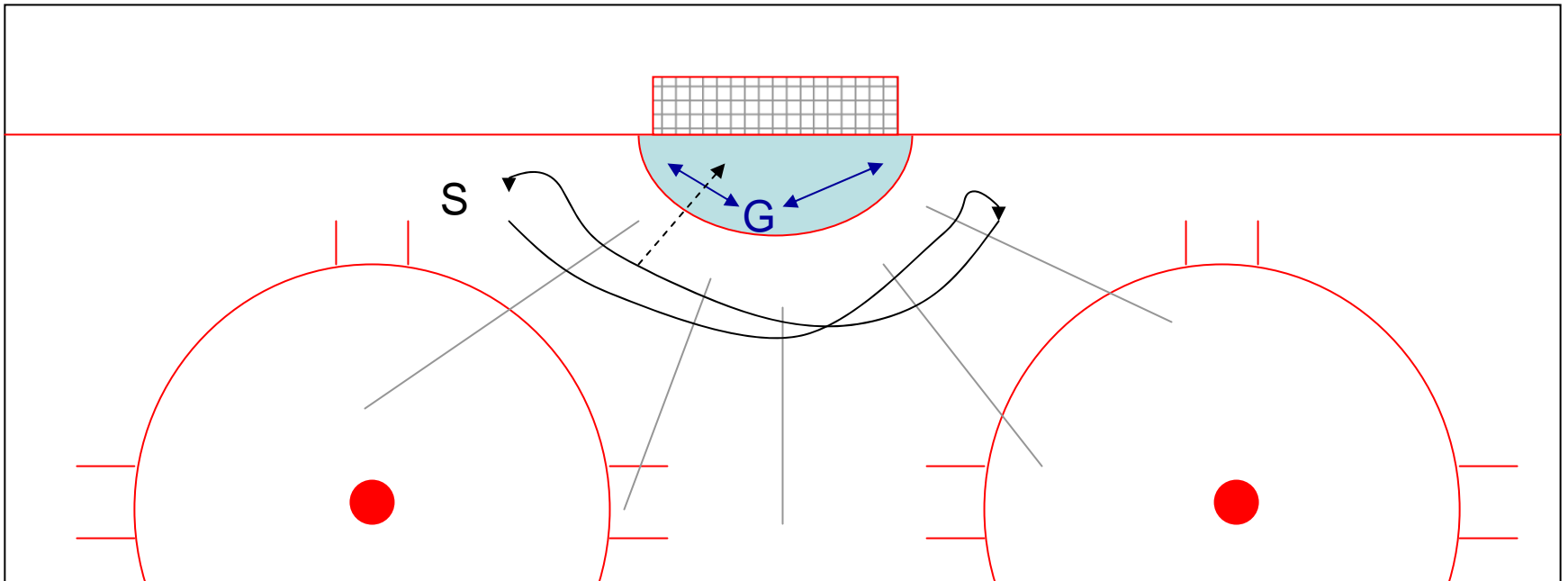
Shooter starts skating behind the net with the puck. Shooter has the option if shooting on the close post or the far post with a wrap around. The objective is to have the goalie start with a tight post, T Glide, and end with a tight post. Optionally, can add a shooter in the slot waiting for the pass.

Reverse directions.

Post to Top



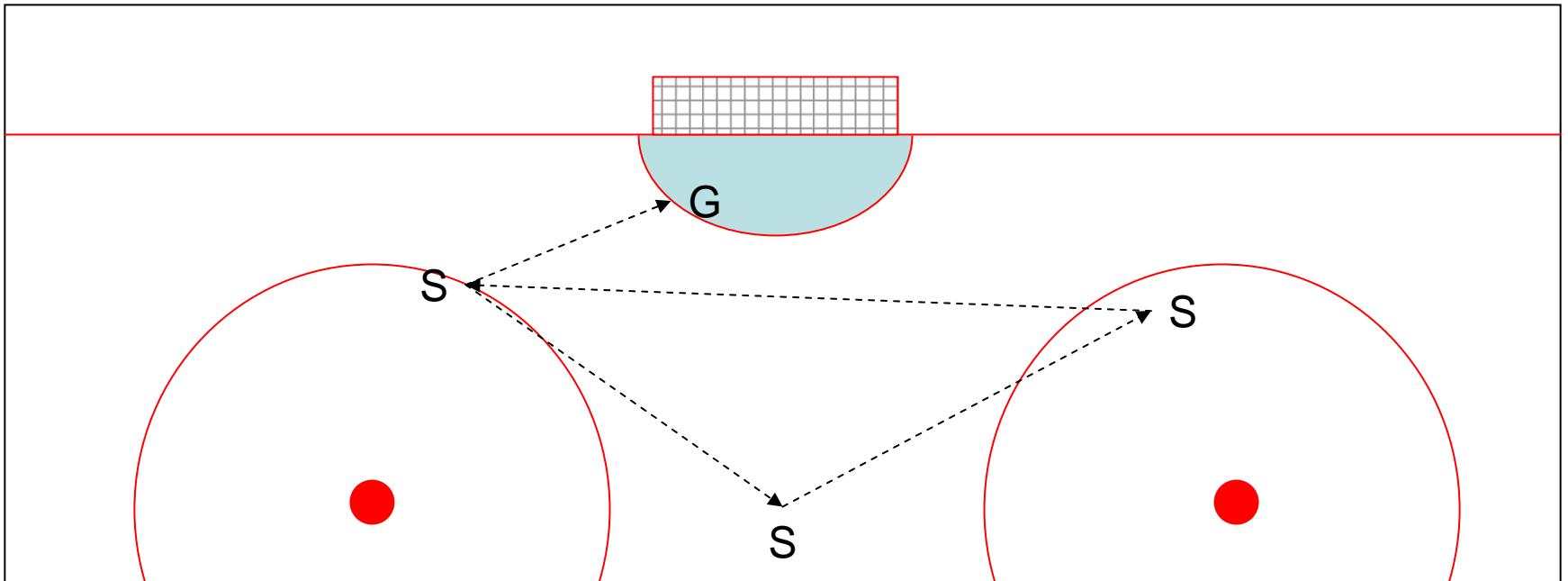
Centering / Position Drill



Draw guide lines in the ice to assist goalie with seeing center. Goalie should center on those lines when the puck is on them. Shooter weavers back and forth in front of goal. When goalie goes off center, shooter pops it into the gap.

Alt: Go behind the net as well
Skill: Centering on puck and not leaving a gap.

Adjust to Pass

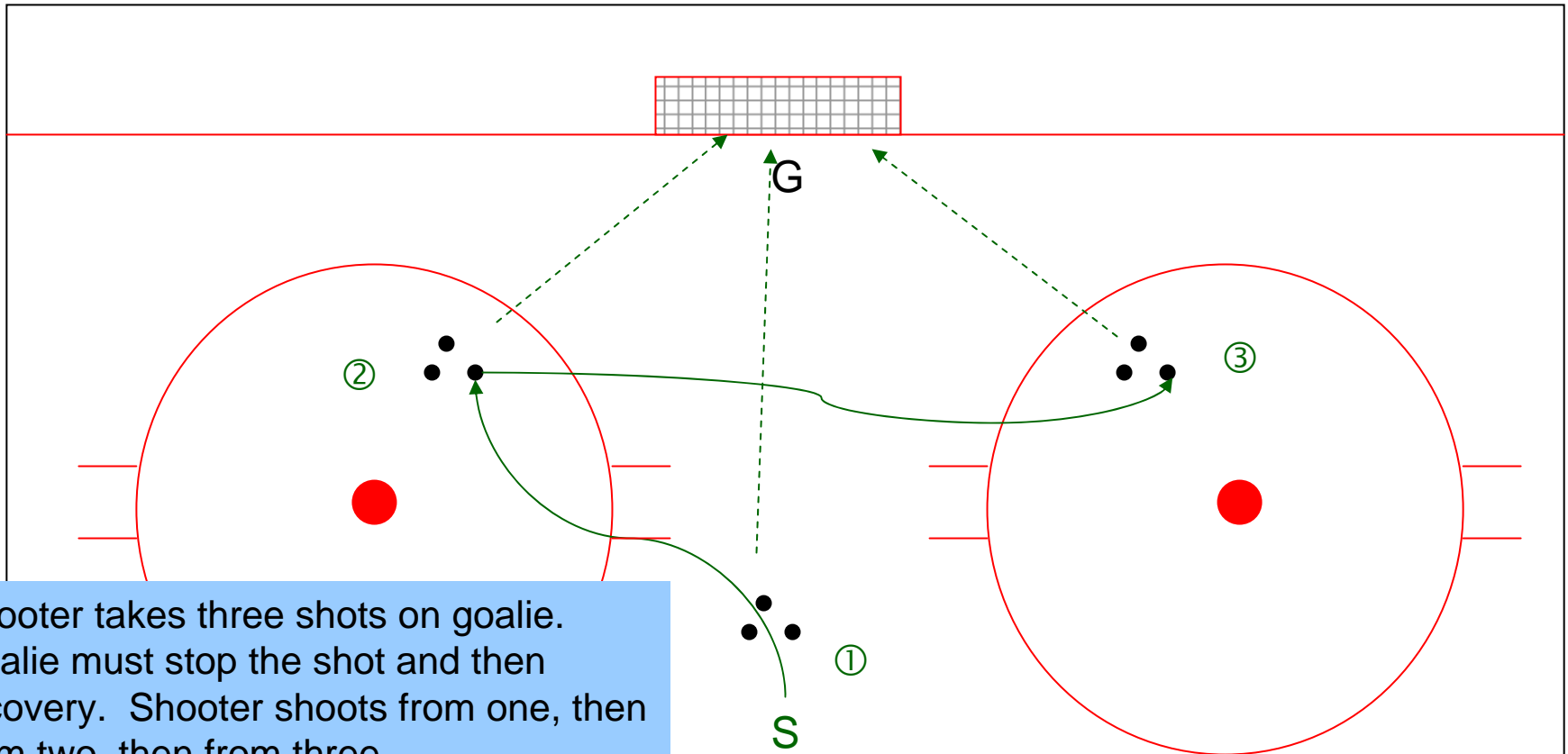


Three Shooters. Shooters (forwards) pass back and forth at will. Goalie must adjust with pass. Shooters shoot at will.

Skills: Adjustment and center on the shooter.

Option: Same drill with defensemen on point and slap shots.

Save Recovery Save

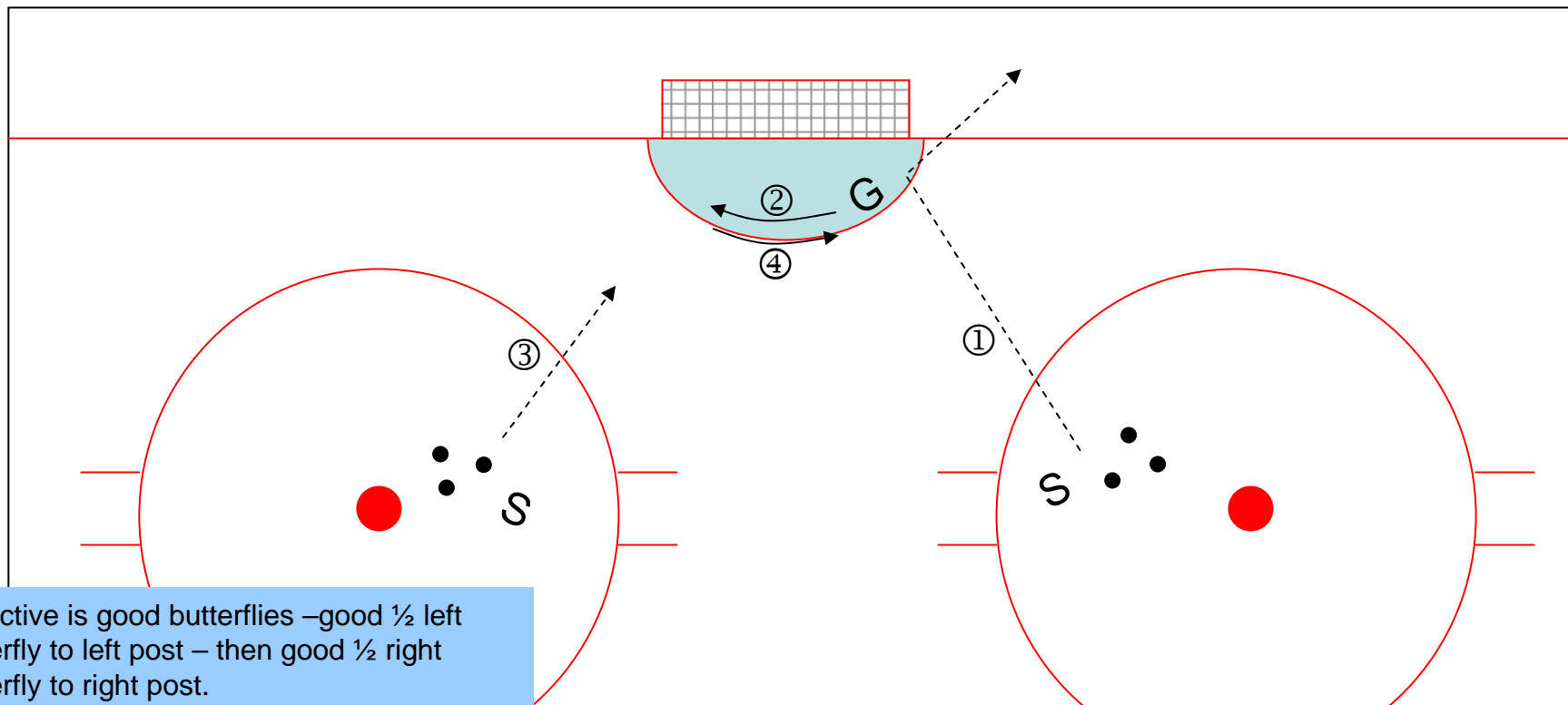


Shooter takes three shots on goalie. Goalie must stop the shot and then recovery. Shooter shoots from one, then from two, then from three.

Skills: Goalie must adjust rapidly and house stay centered.

Variation: Add different puck stations in order to work on different shots.

Butterfly Left - Right



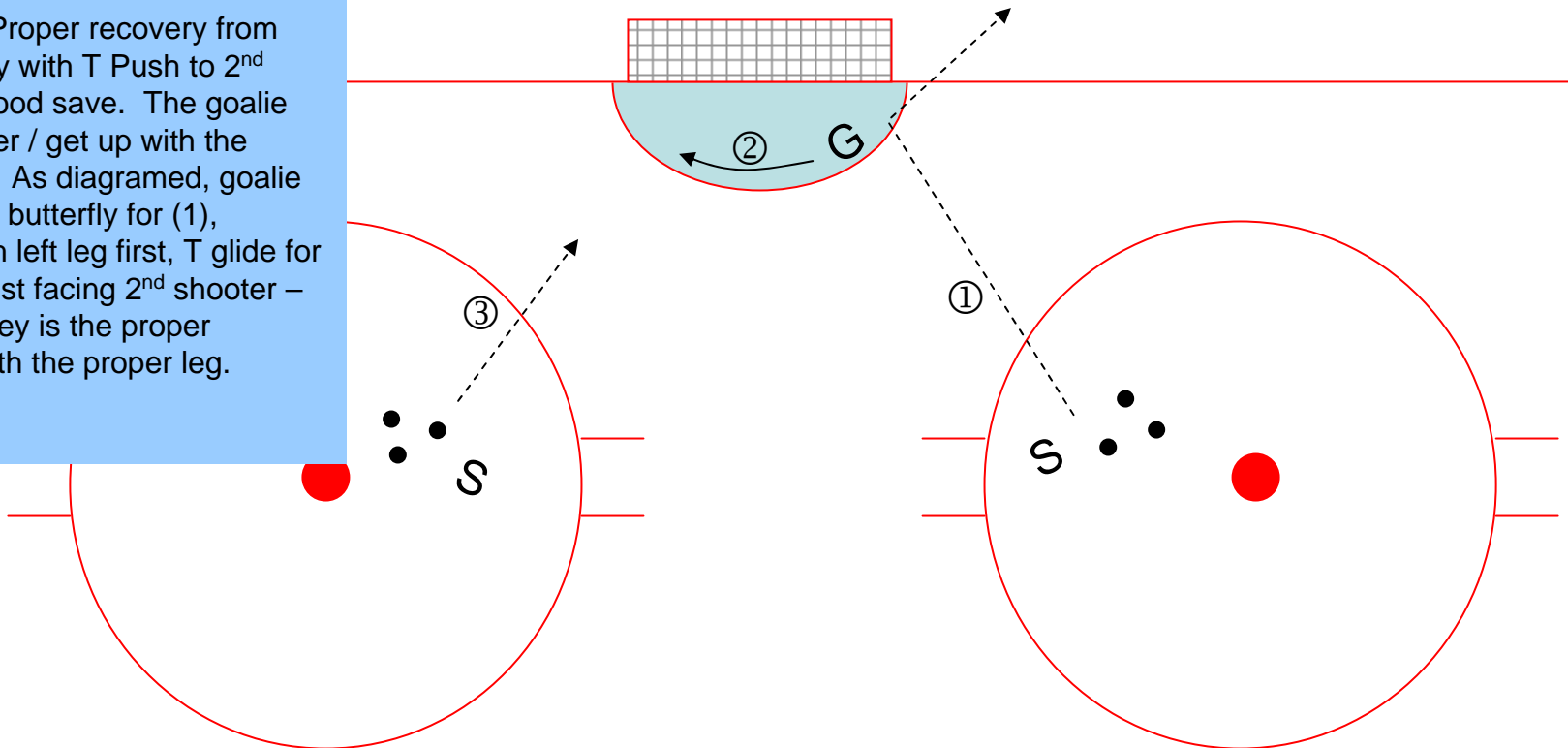
Objective is good butterflies – good ½ left butterfly to left post – then good ½ right butterfly to right post.

Speed of shots can vary depending on goalie – primary objective is to have the goalie correctly in good form make a ½ butterfly save.

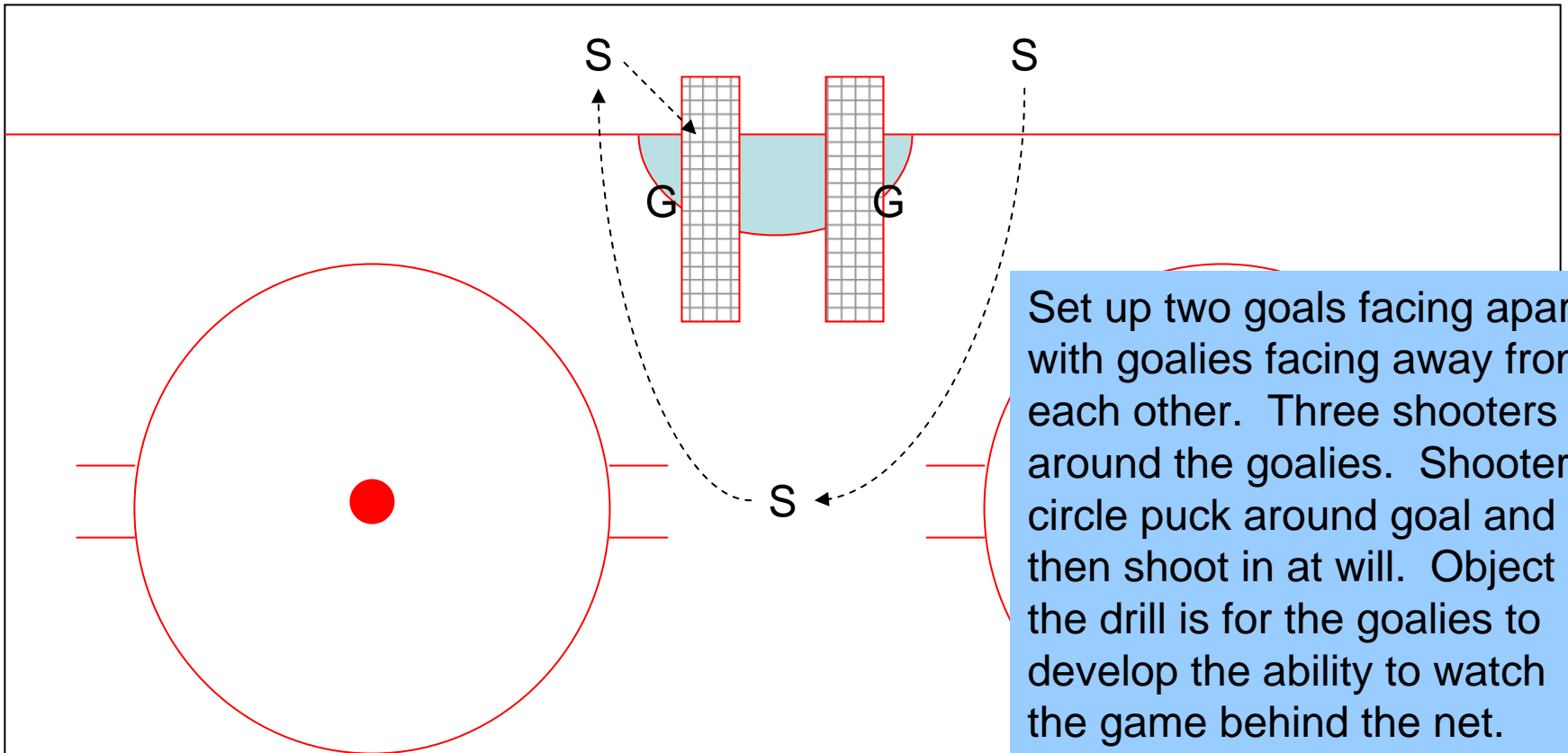
First shooter shoots at left (goalie perspective) corner, goalie makes ½ butterfly save, then 2nd shoot shoots at right corner, goalie makes ½ BF save – repeat.

Butterfly – Up - Save

Objective: Proper recovery from first butterfly with T Push to 2nd save and good save. The goalie must recover / get up with the correct leg. As diagramed, goalie would go to butterfly for (1), recover with left leg first, T glide for (2) with chest facing 2nd shooter – the whole key is the proper recovery with the proper leg.



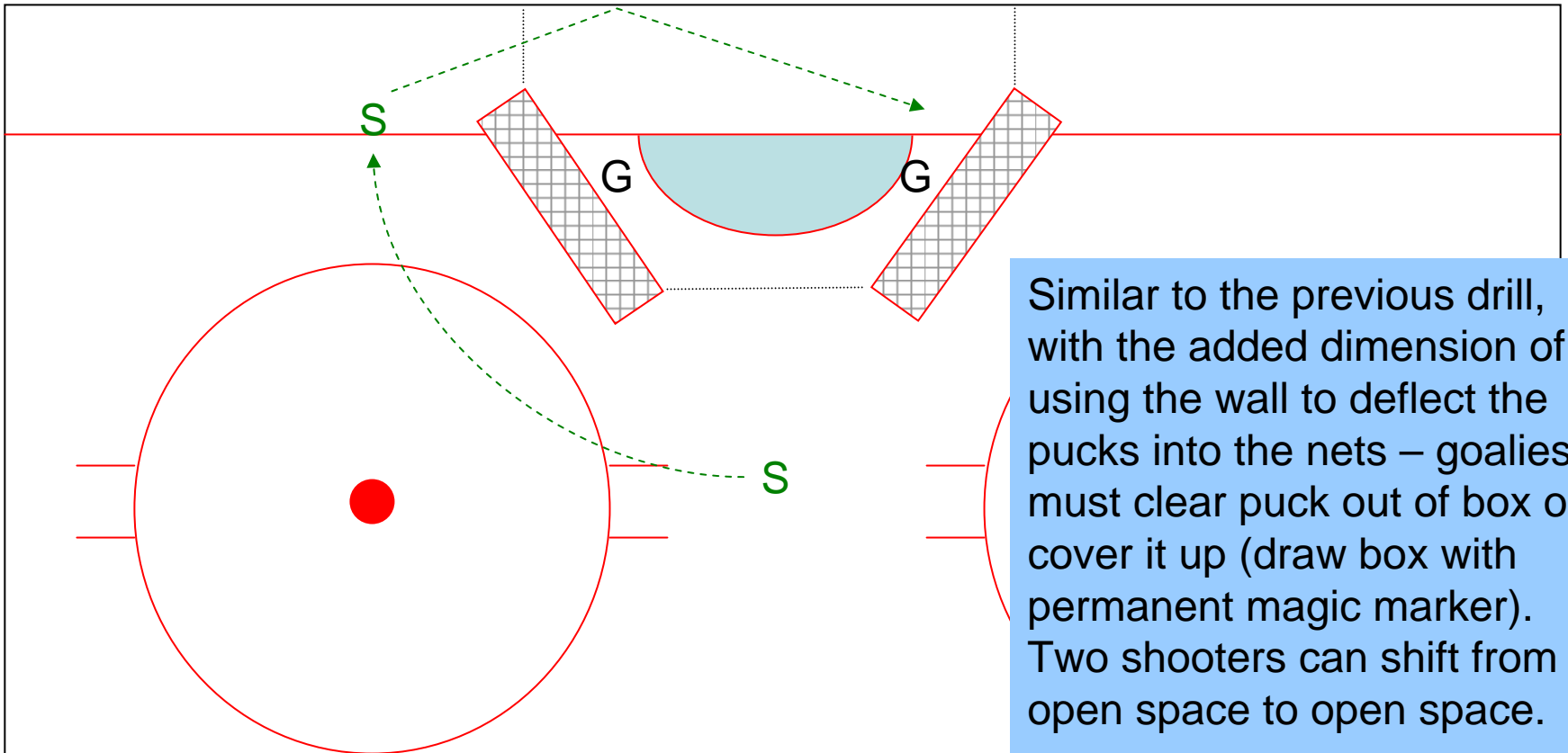
Behind the Net



Set up two goals facing apart with goalies facing away from each other. Three shooters around the goalies. Shooters circle puck around goal and then shoot in at will. Object of the drill is for the goalies to develop the ability to watch the game behind the net.

If only 2 shooters, bounce passes off of a wall – acting as a third shooter

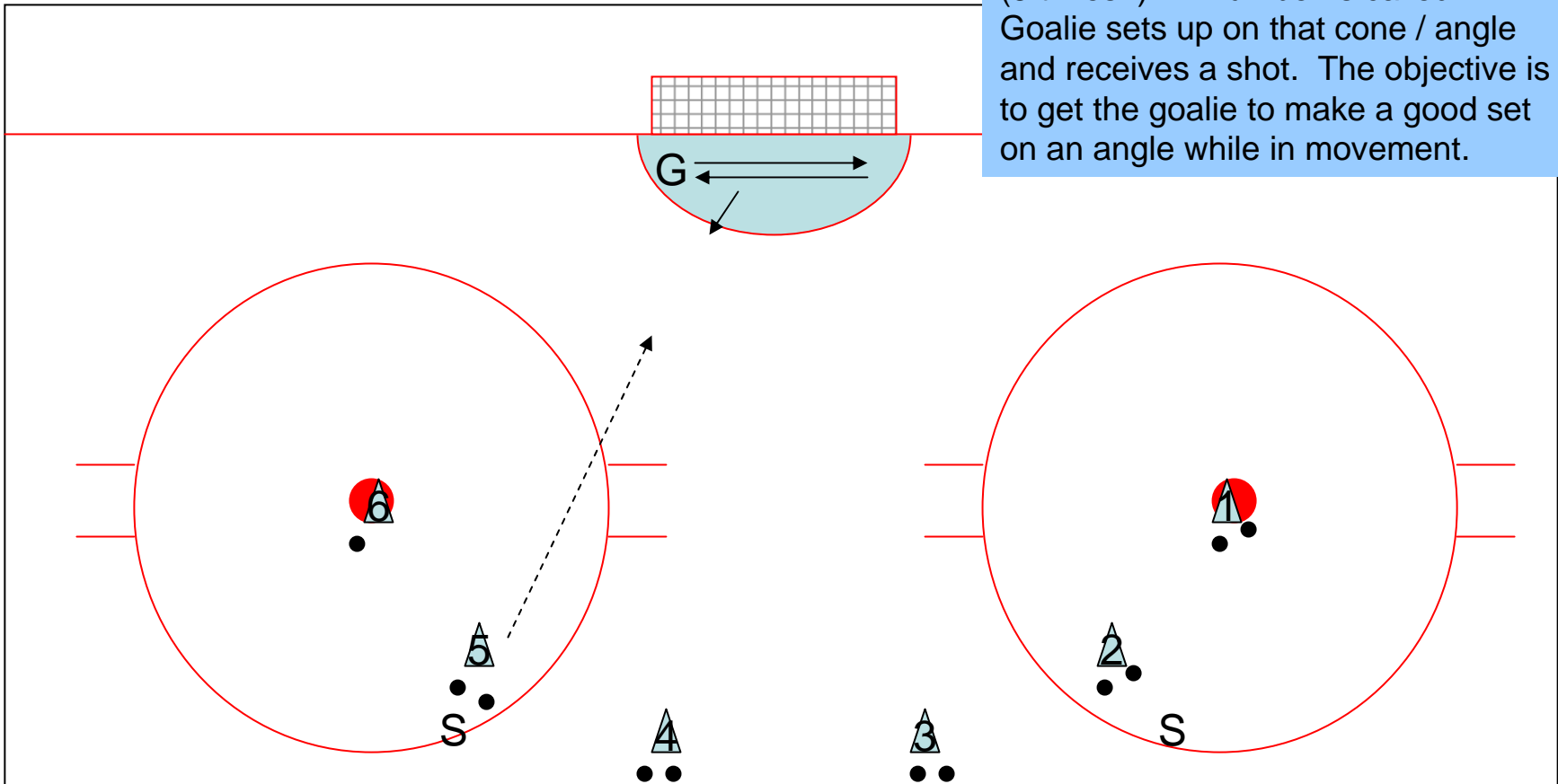
Behind the Net 2



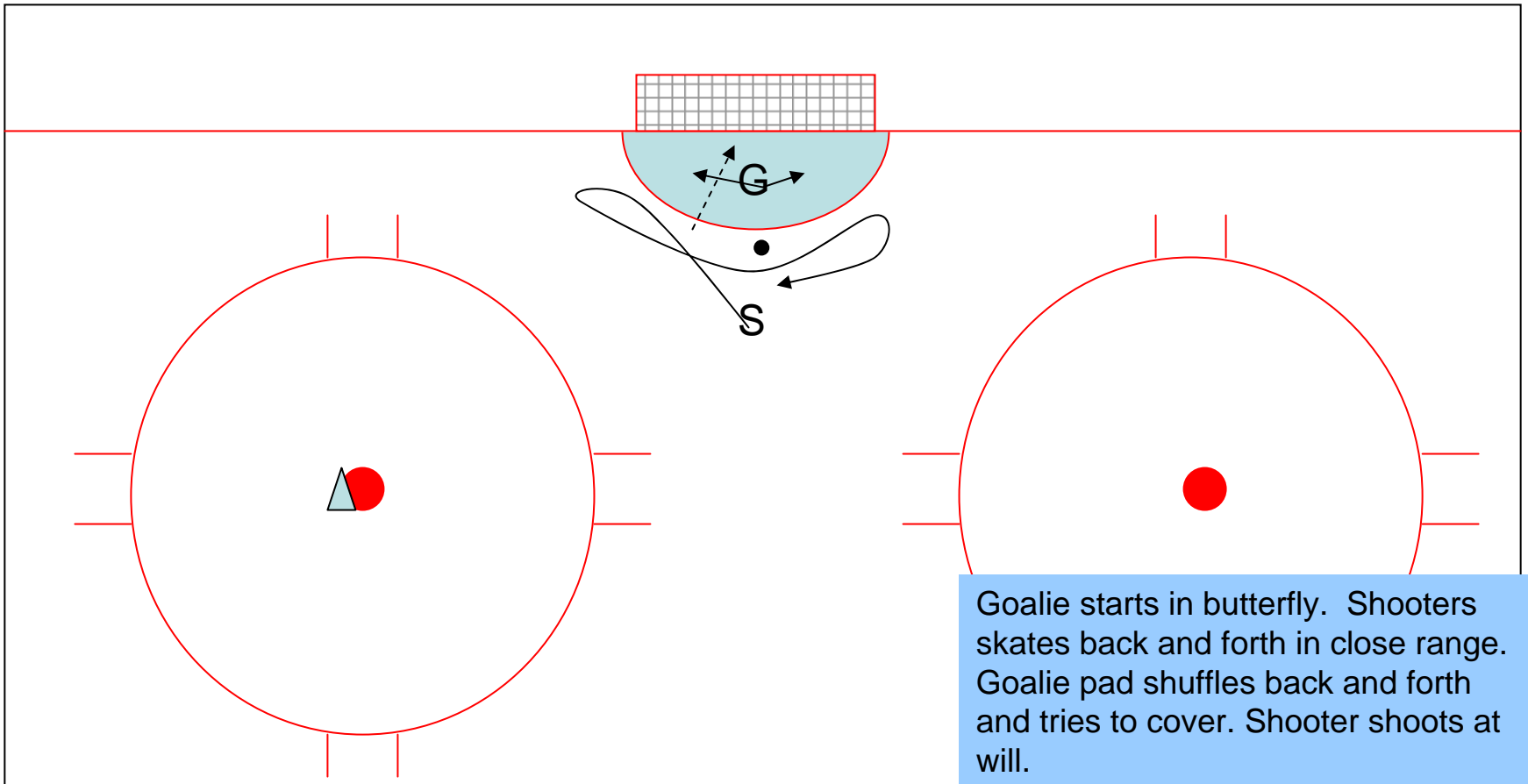
This drill is designed to work on the goalie being aware of the puck behind him and post-to-post movement.

Shuffle - Angles

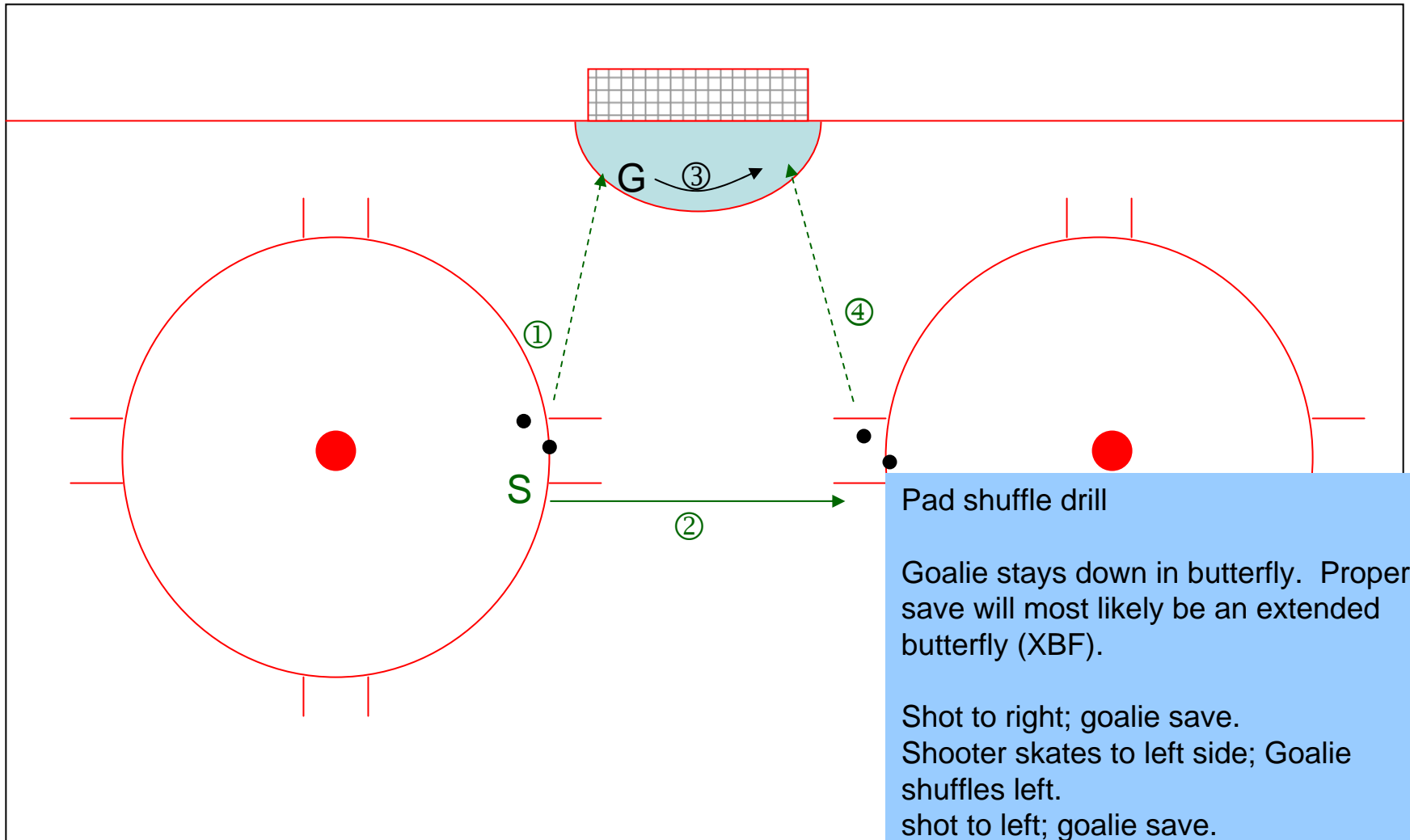
Goalie Shuffles back and forth N times (3 times?). A number is called. Goalie sets up on that cone / angle and receives a shot. The objective is to get the goalie to make a good set on an angle while in movement.



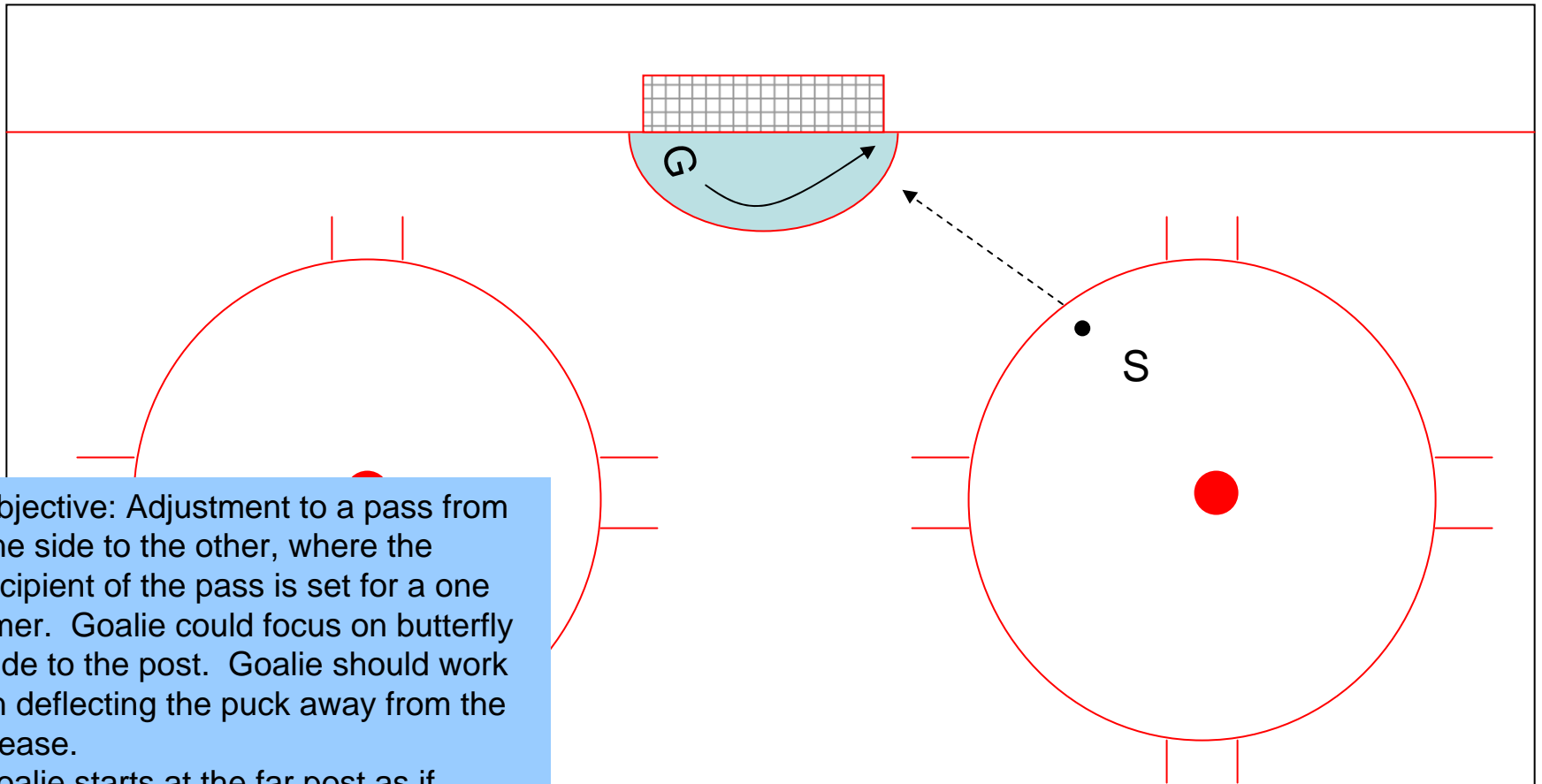
Pad Shuffles



Pad Slide – Left Right



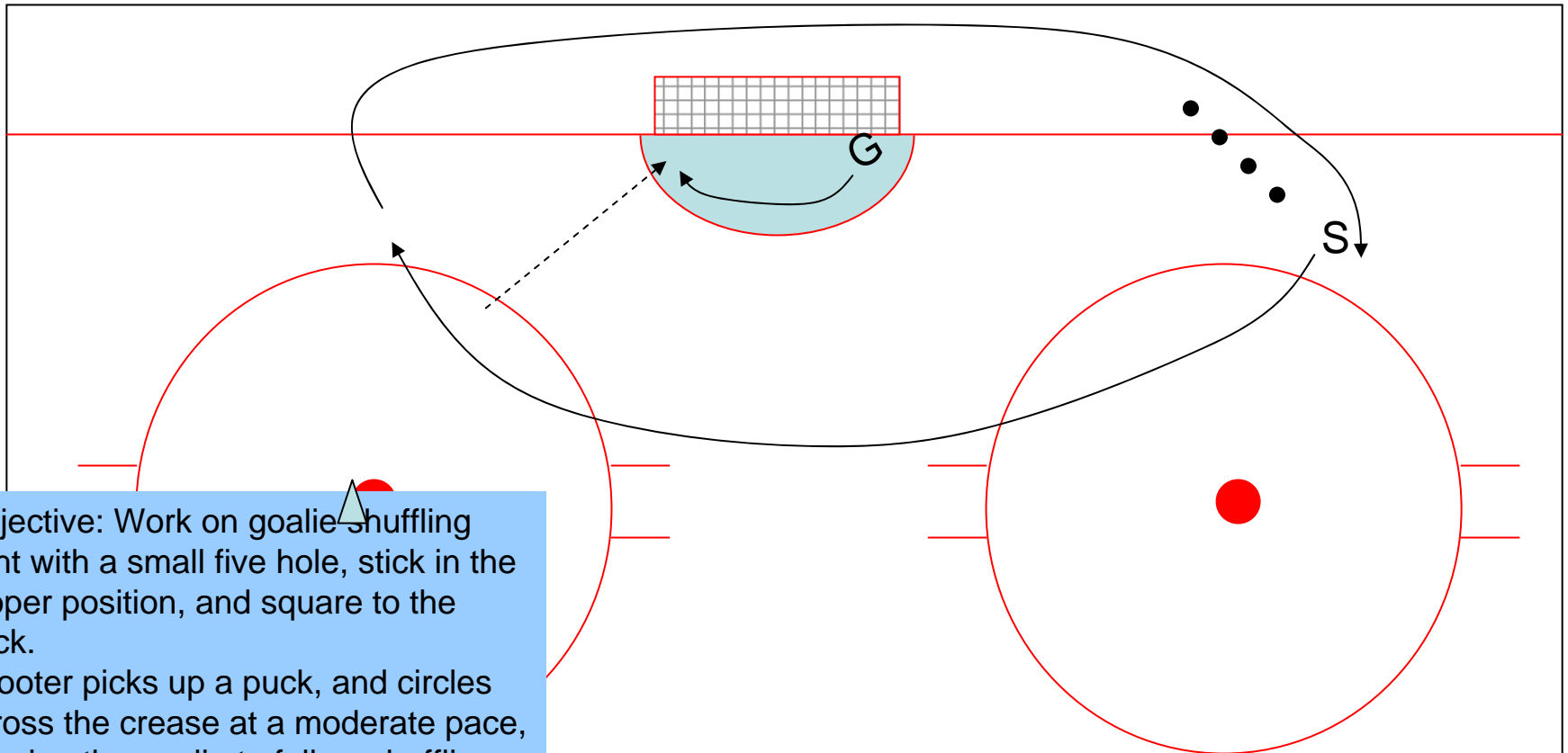
Adjust on “shot”



Objective: Adjustment to a pass from one side to the other, where the recipient of the pass is set for a one timer. Goalie could focus on butterfly slide to the post. Goalie should work on deflecting the puck away from the crease.

Goalie starts at the far post as if covering the pass. Shooter calls “shot,” goalie adjusts to the shooter, shooter makes a quick shot.

Shuffle Right

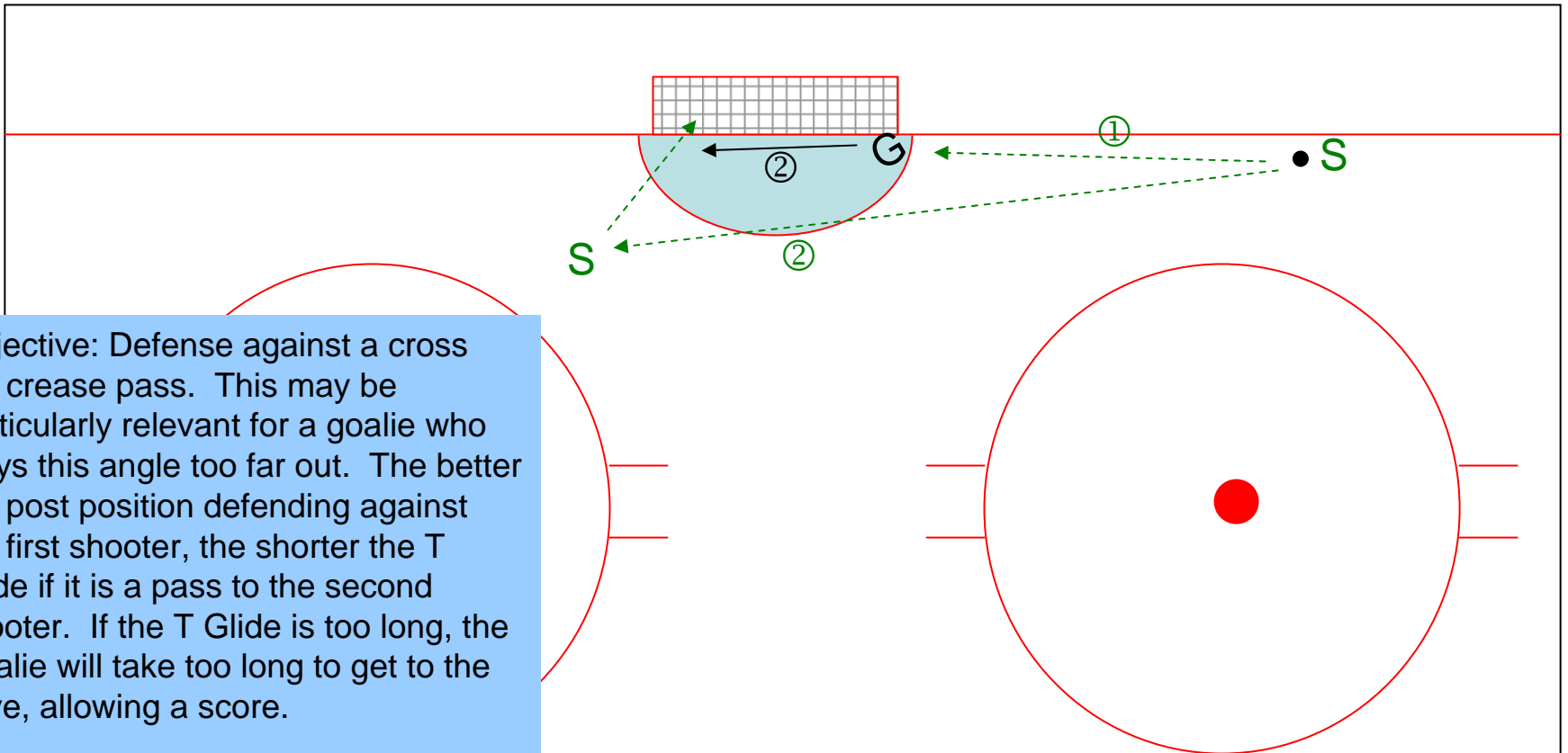


Objective: Work on goalie shuffling right with a small five hole, stick in the proper position, and square to the puck.

Shooter picks up a puck, and circles across the crease at a moderate pace, drawing the goalie to follow shuffling right. Focus on developing form.

When goalie opens the 5 hole, shoot – or shoot when all the way across crease. Circle around, pick up another puck and do it again.

Crossing Pass

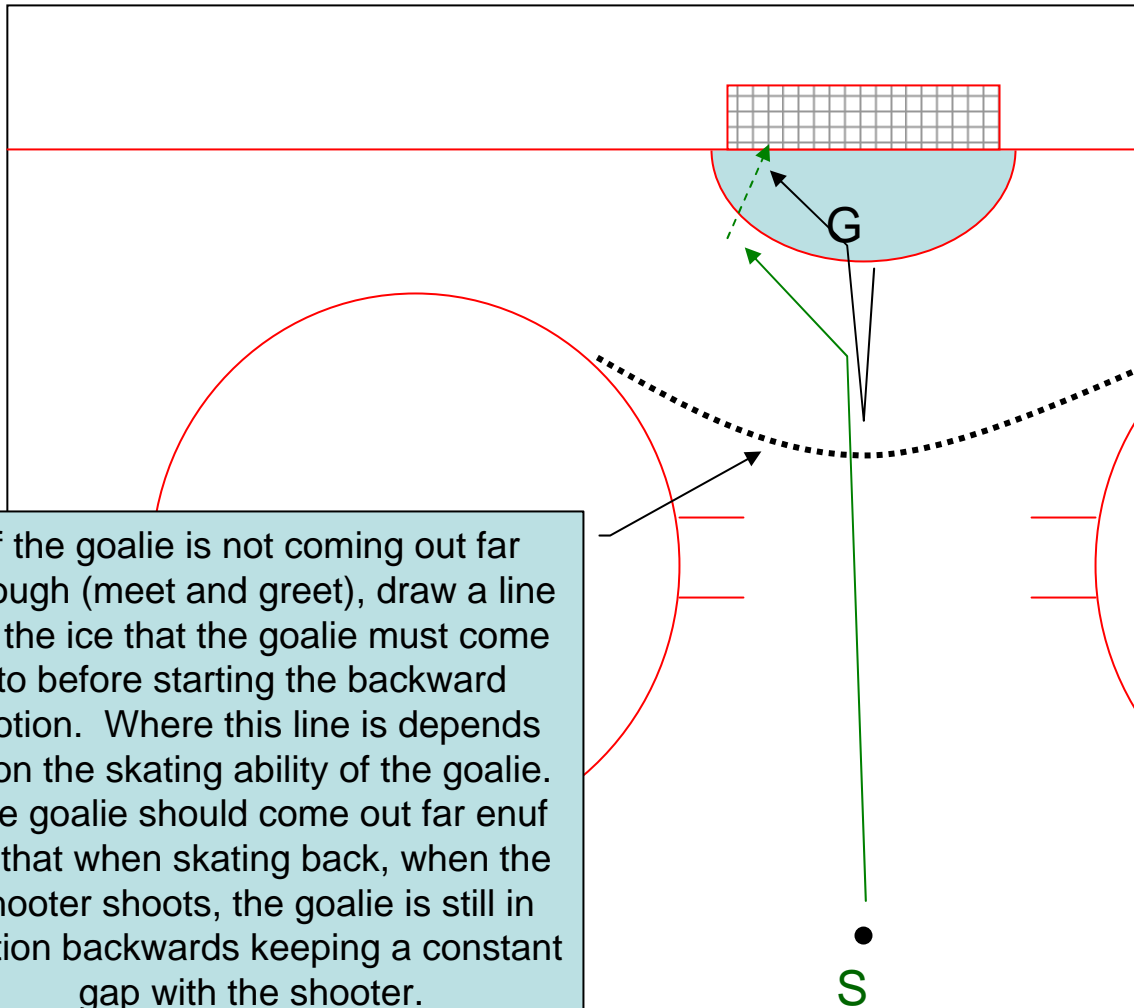


Objective: Defense against a cross the crease pass. This may be particularly relevant for a goalie who plays this angle too far out. The better the post position defending against the first shooter, the shorter the T Glide if it is a pass to the second shooter. If the T Glide is too long, the Goalie will take too long to get to the save, allowing a score.

Set the drill up. First shooter has a choice of a straight shot at net, or a pass to the 2nd shooter. Goalie should T glide to save.

Breakaway (aka Meet and Greet)

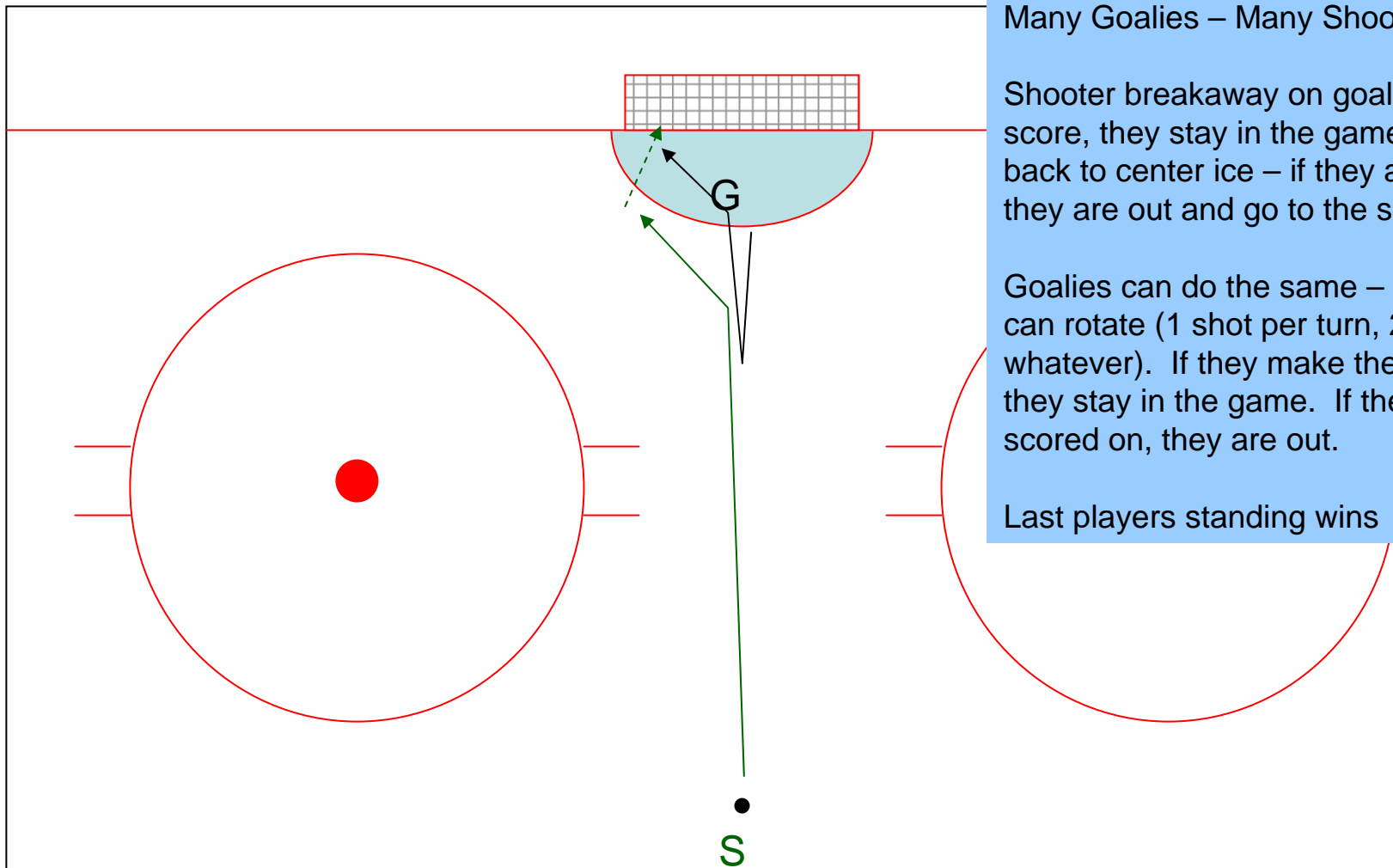
Breakaways



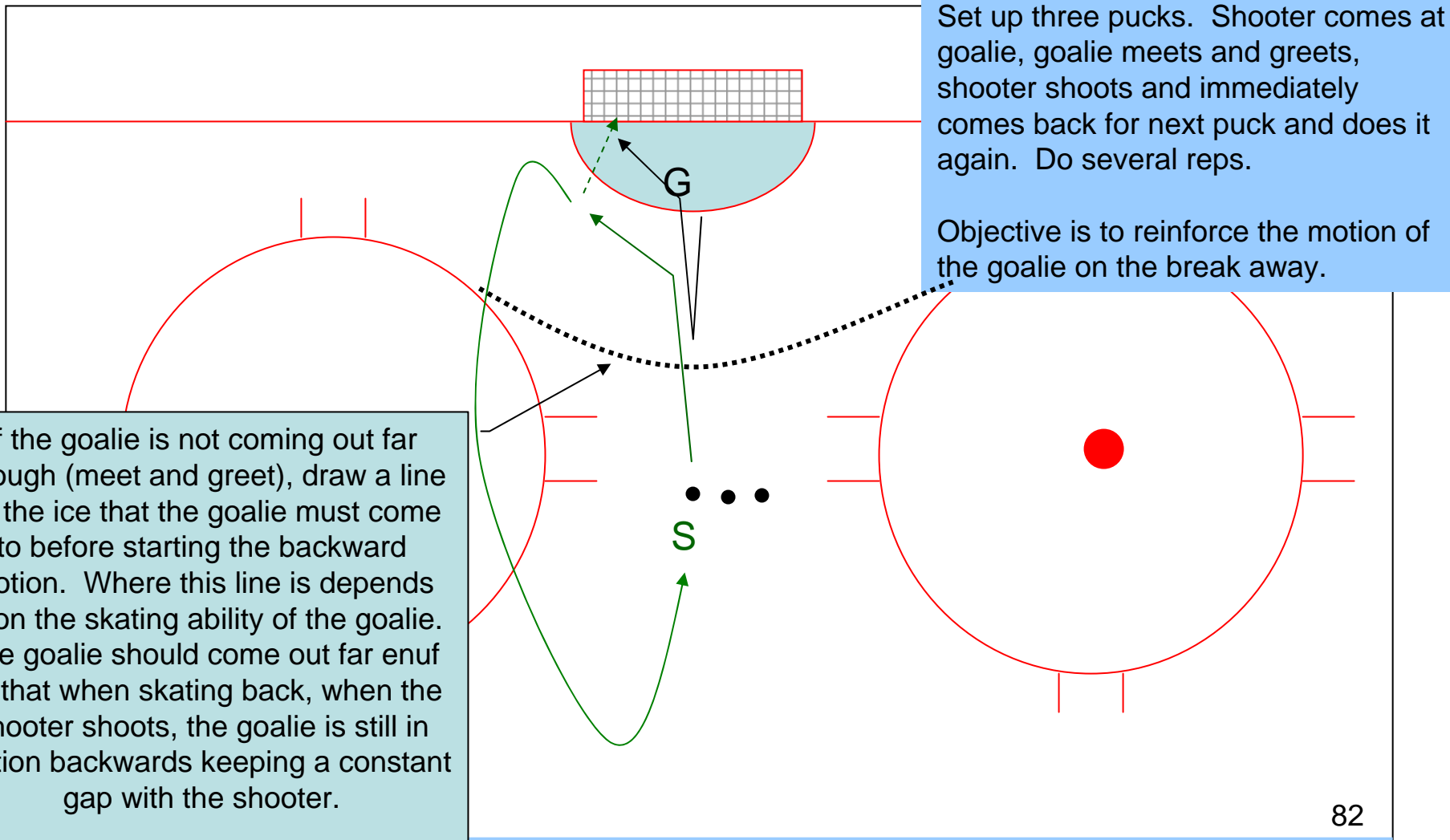
Goalie comes out and meets the shooter – stops – sharp C cut propelling backwards – glides back to the crease – when the shooter makes a move, reacts to the move with the proper save. Goalie must maintain a proper gap between shooter and goalie in order to cut off angles. Goalie also seeks to have motion so as to push down a butterfly gliding to the post. With no motion, goalie drops to a butterfly on top of the crease and shooter simply skates to the back door. Goalie does not want to go back too fast and end up too deep in the crease or having to come to a dead stop. Goalie does not want to go too slow so that shooter skates around goalie. How far out a goalie comes depends on how fast the goalie can glide backwards and how fast the shooter is.

If the goalie is not coming out far enough (meet and greet), draw a line on the ice that the goalie must come to before starting the backward motion. Where this line is depends upon the skating ability of the goalie. The goalie should come out far enough so that when skating back, when the shooter shoots, the goalie is still in motion backwards keeping a constant gap with the shooter.

Breakaway Game

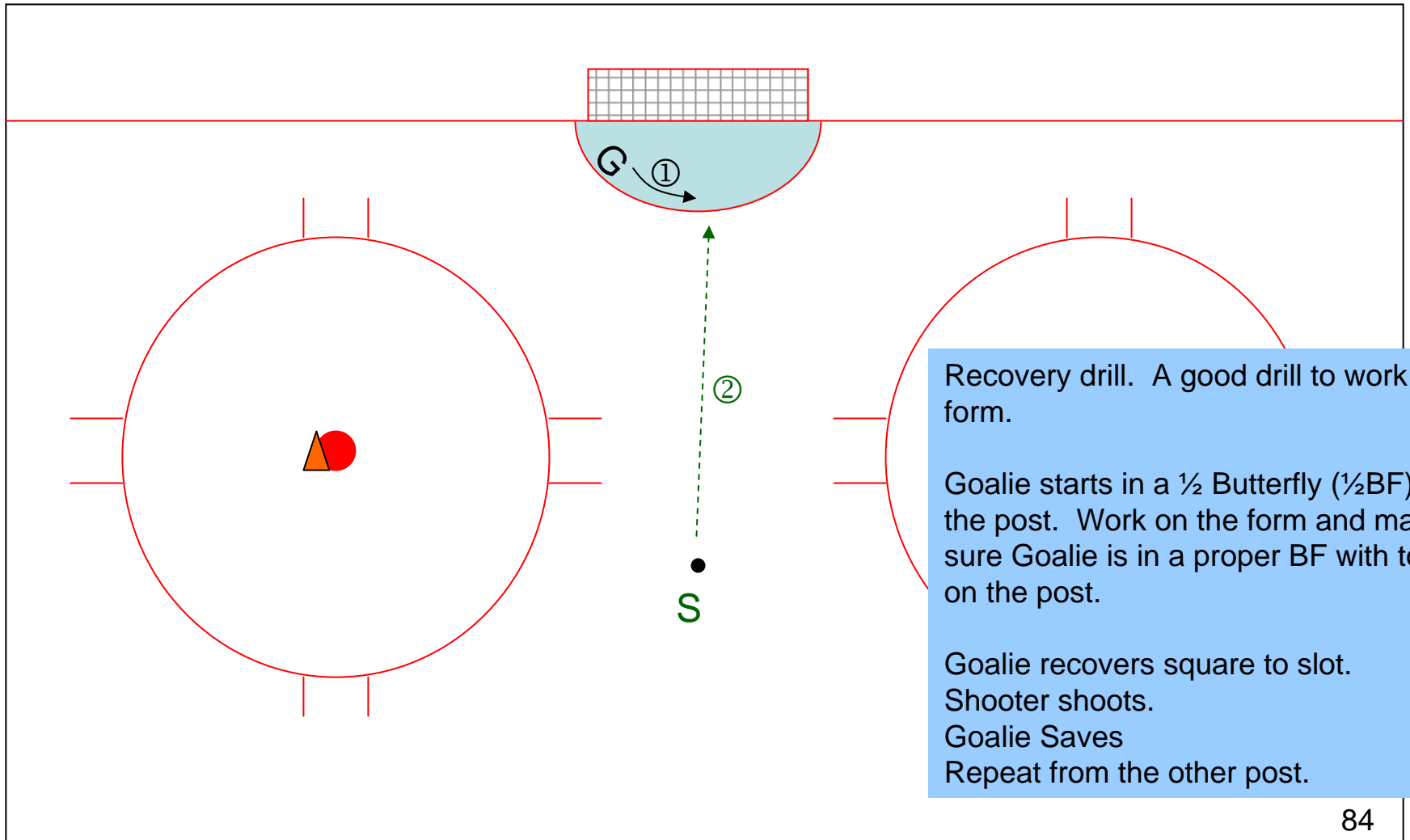


Breakaway Reps

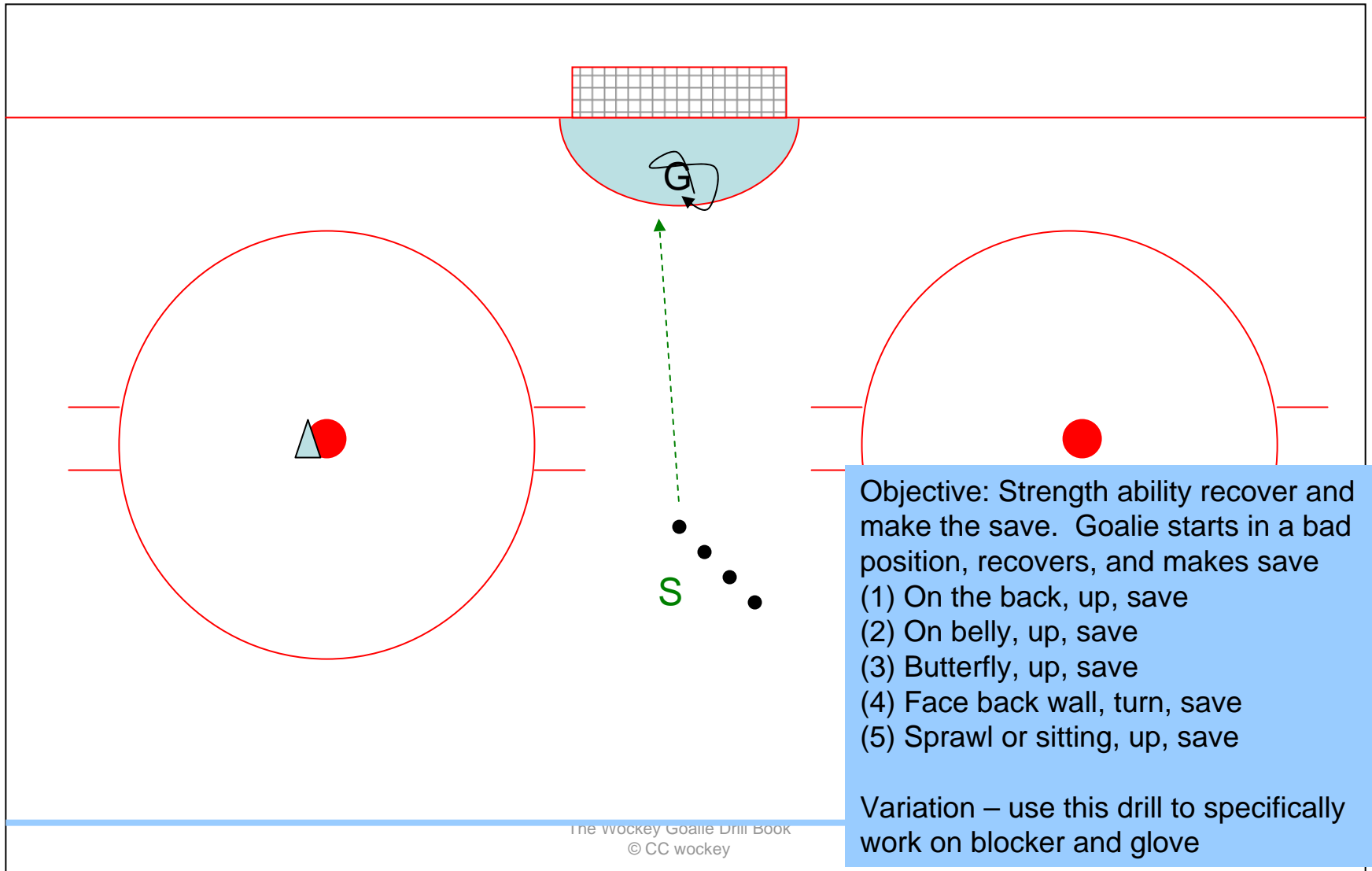


Recovery

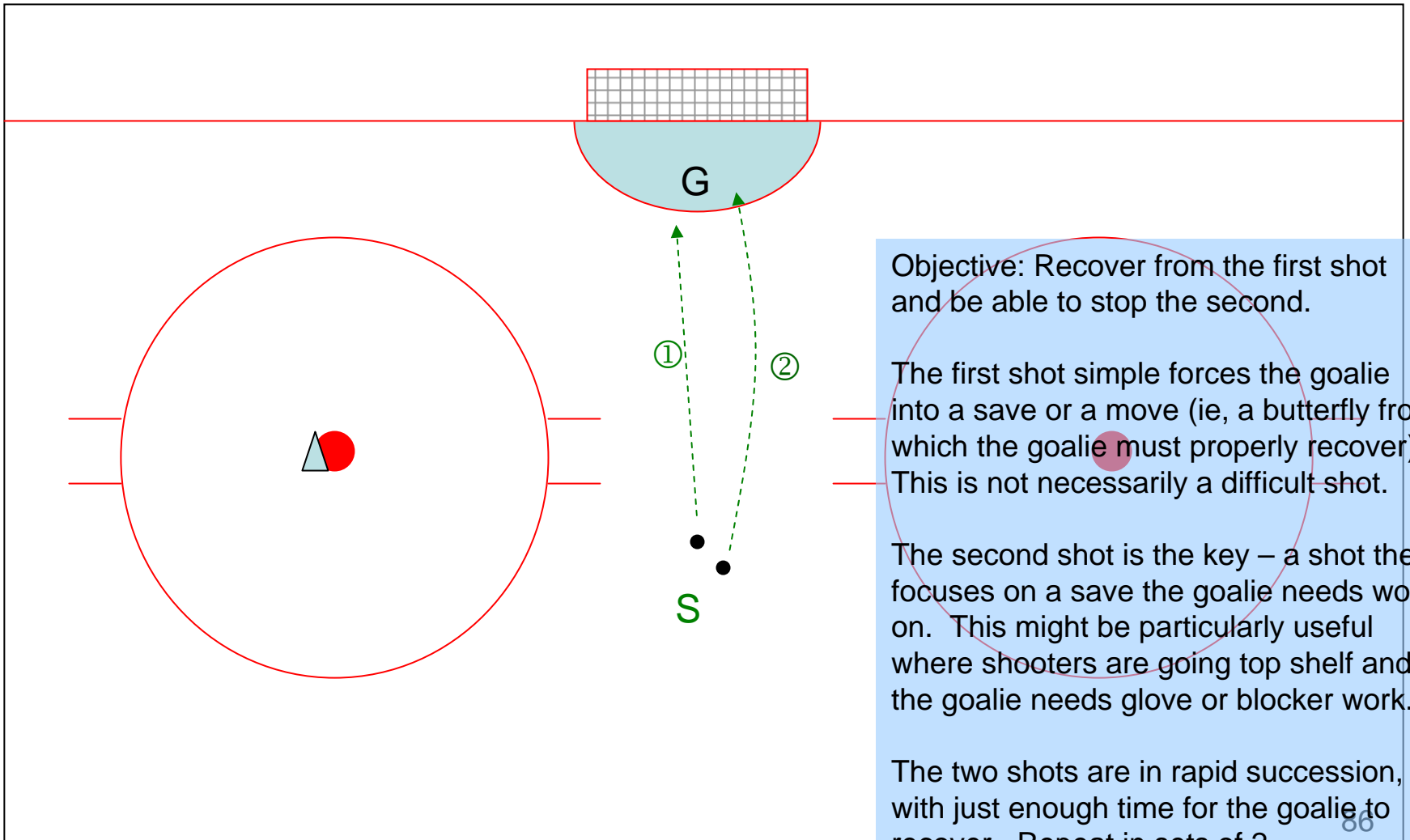
Post to Up



Recover Drill



One - Two



Objective: Recover from the first shot and be able to stop the second.

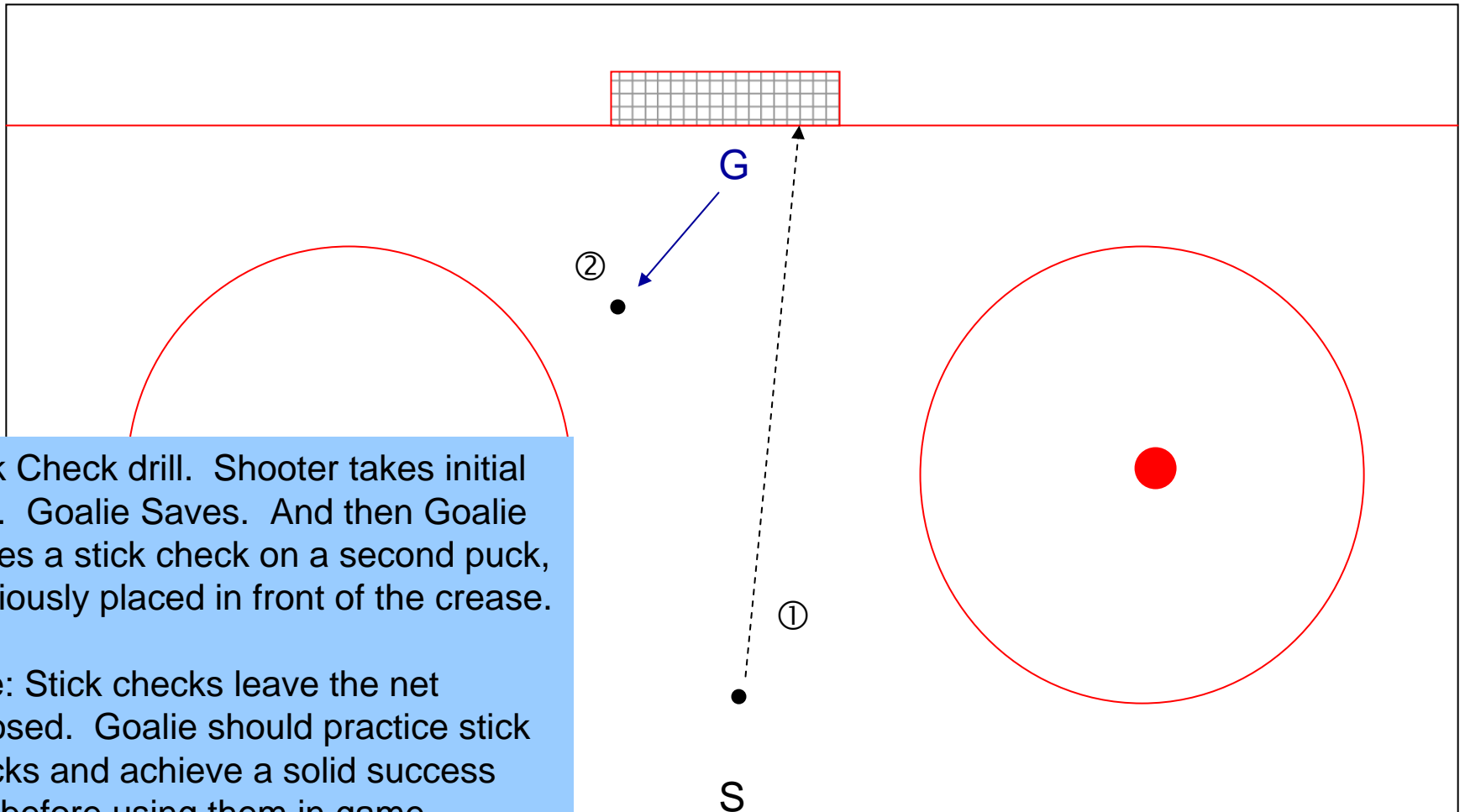
The first shot simple forces the goalie into a save or a move (ie, a butterfly from which the goalie must properly recover). This is not necessarily a difficult shot.

The second shot is the key – a shot the focuses on a save the goalie needs work on. This might be particularly useful where shooters are going top shelf and the goalie needs glove or blocker work.

The two shots are in rapid succession, with just enough time for the goalie to recover. Repeat in sets of 2.

Stick Work

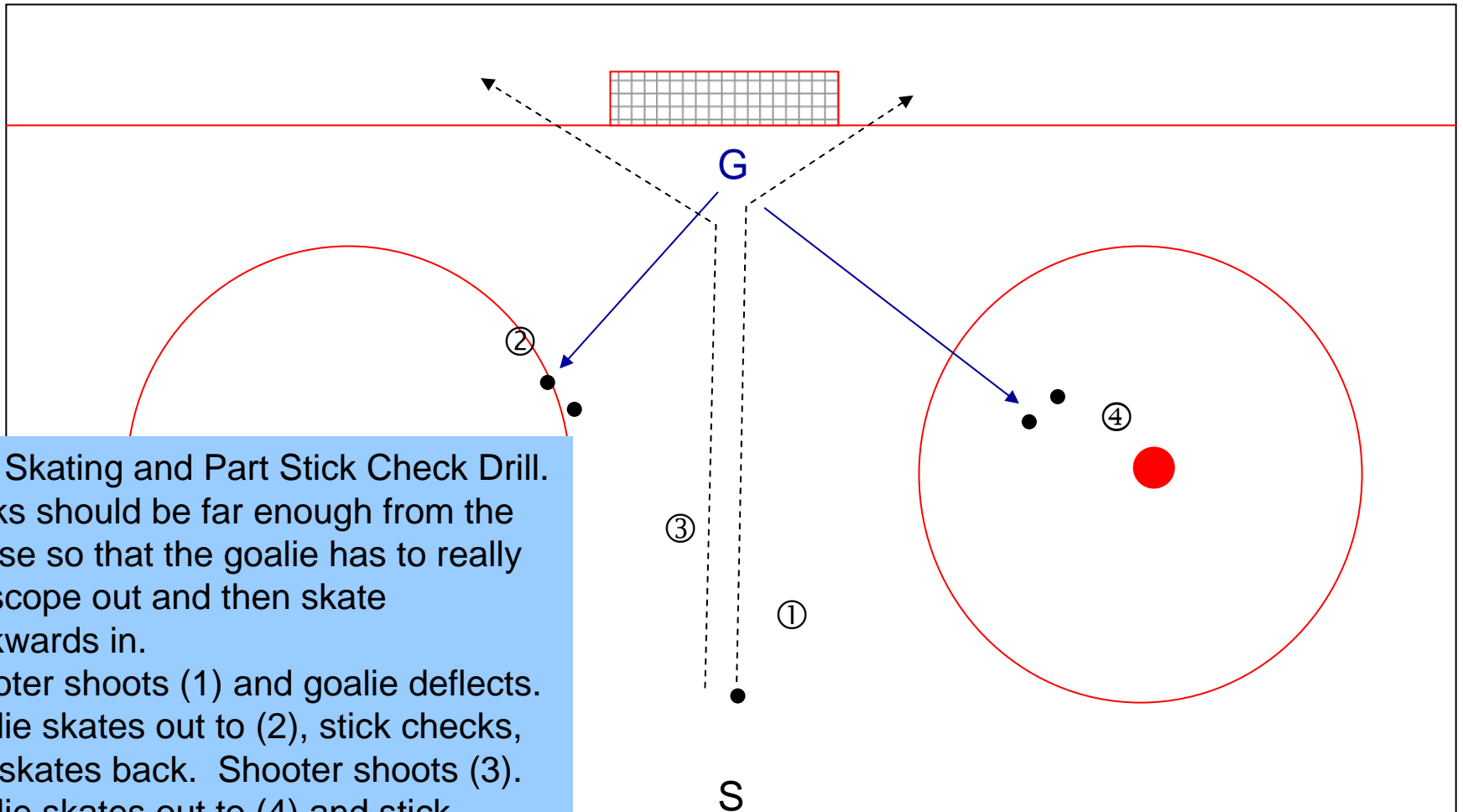
Stick Check



Stick Check drill. Shooter takes initial shot. Goalie Saves. And then Goalie makes a stick check on a second puck, previously placed in front of the crease.

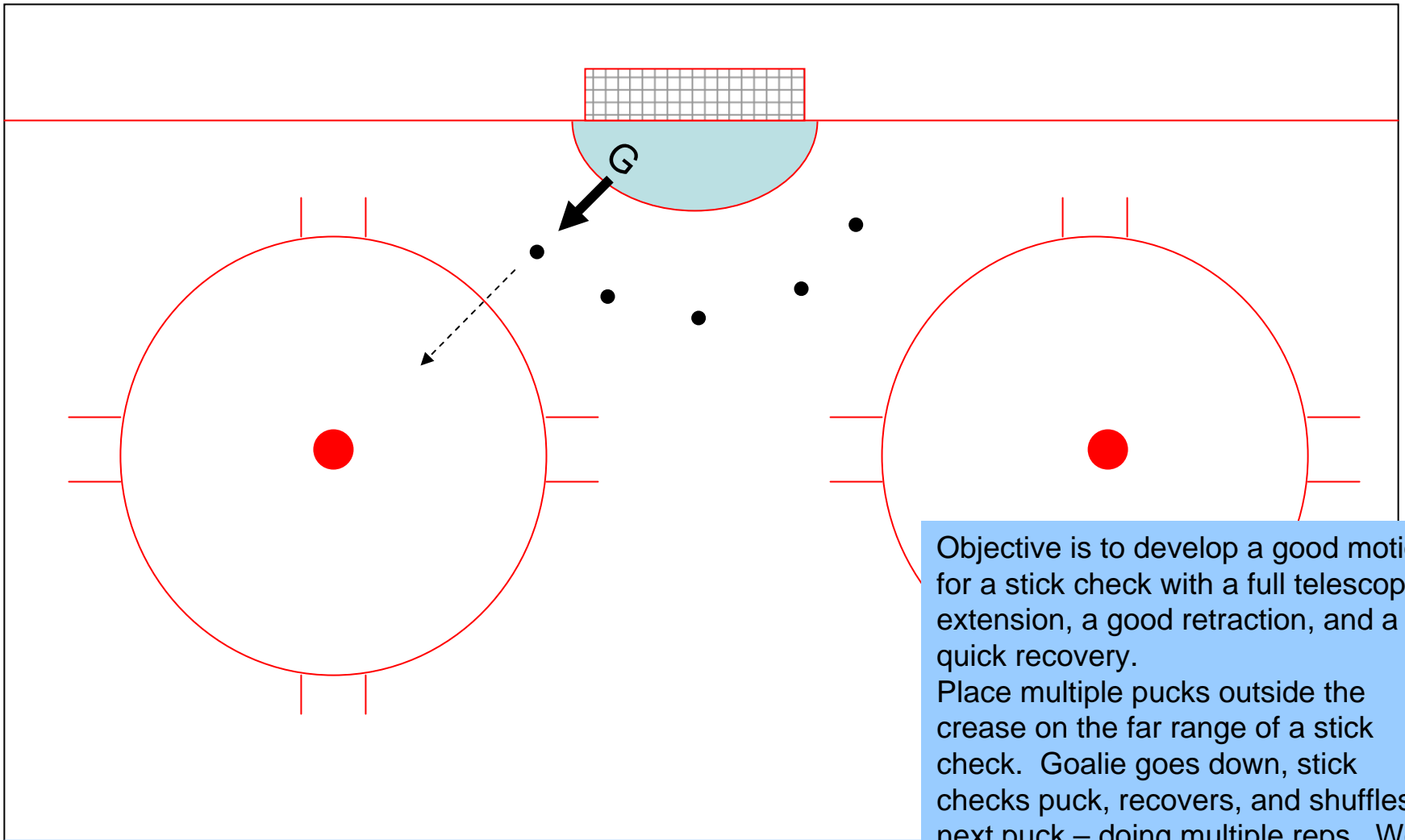
Note: Stick checks leave the net exposed. Goalie should practice stick checks and achieve a solid success rate before using them in game situations. This is an aggressive tool which must be pulled off successfully.

Stick Check 2.0



Part Skating and Part Stick Check Drill. Pucks should be far enough from the crease so that the goalie has to really telescope out and then skate backwards in. Shooter shoots (1) and goalie deflects. Goalie skates out to (2), stick checks, and skates back. Shooter shoots (3). Goalie skates out to (4) and stick checks. Repeat. This can be a demanding skating drill.

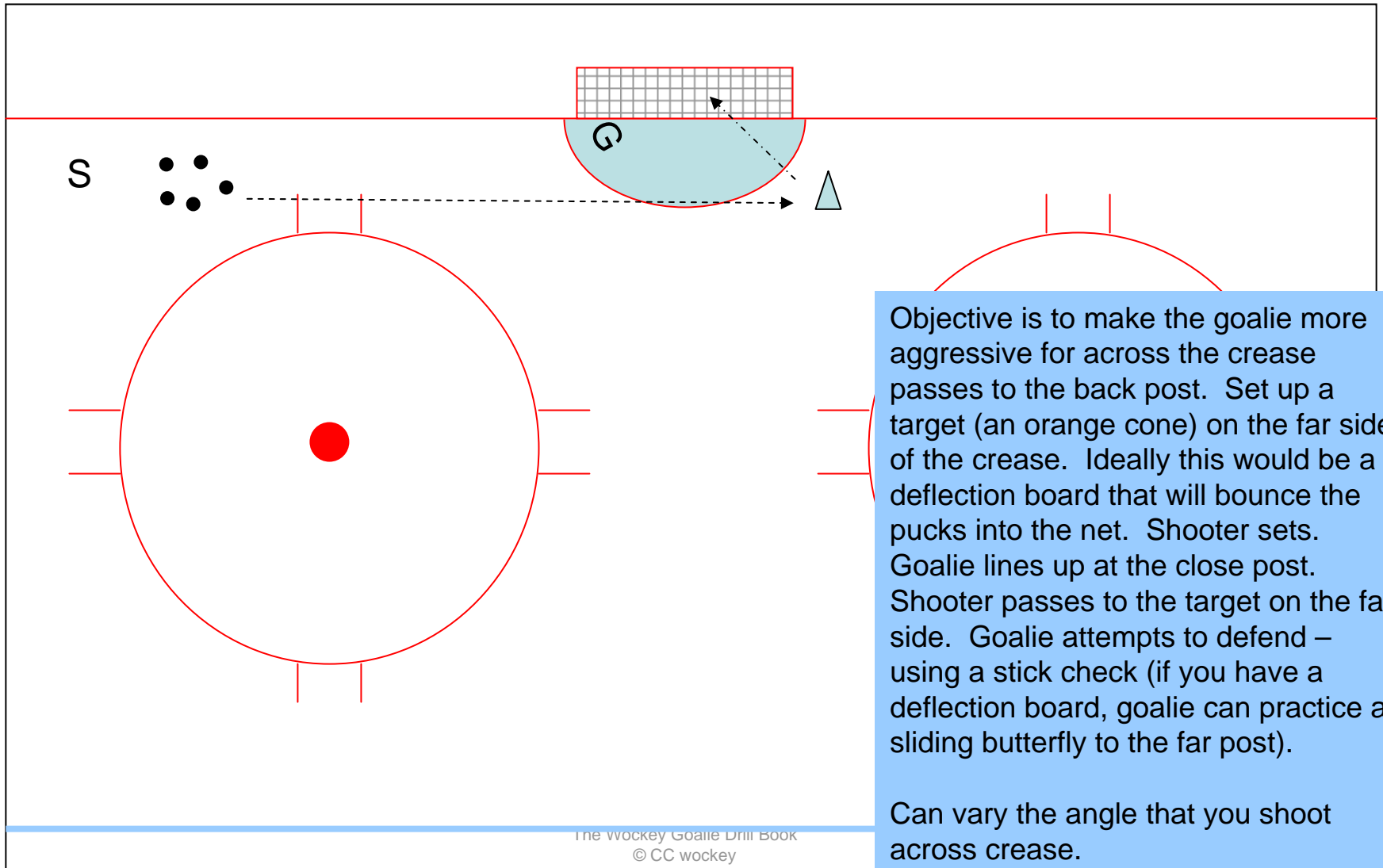
Stick Check 2



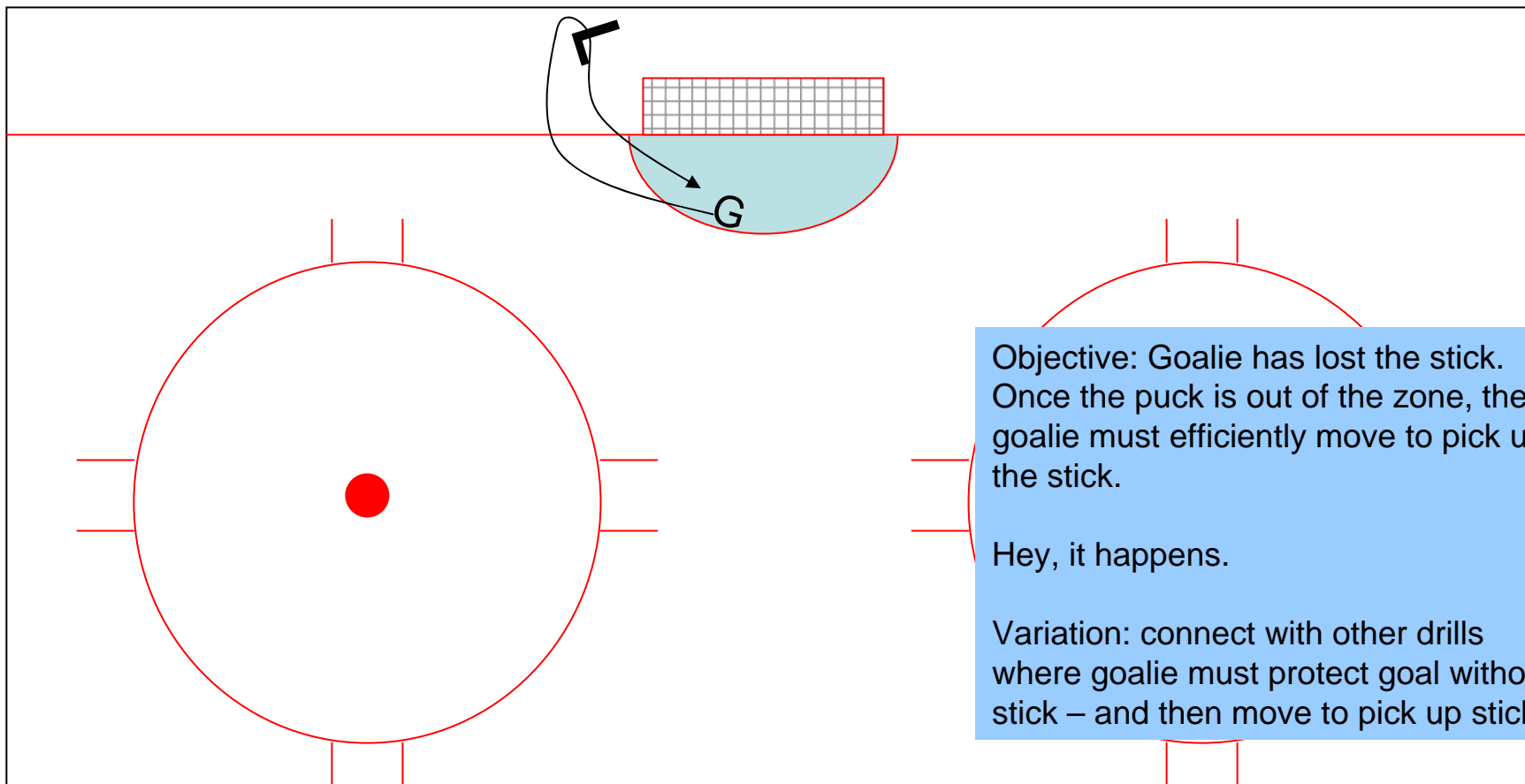
Objective is to develop a good motion for a stick check with a full telescoping extension, a good retraction, and a quick recovery.

Place multiple pucks outside the crease on the far range of a stick check. Goalie goes down, stick checks puck, recovers, and shuffles to next puck – doing multiple reps. Work on good form.

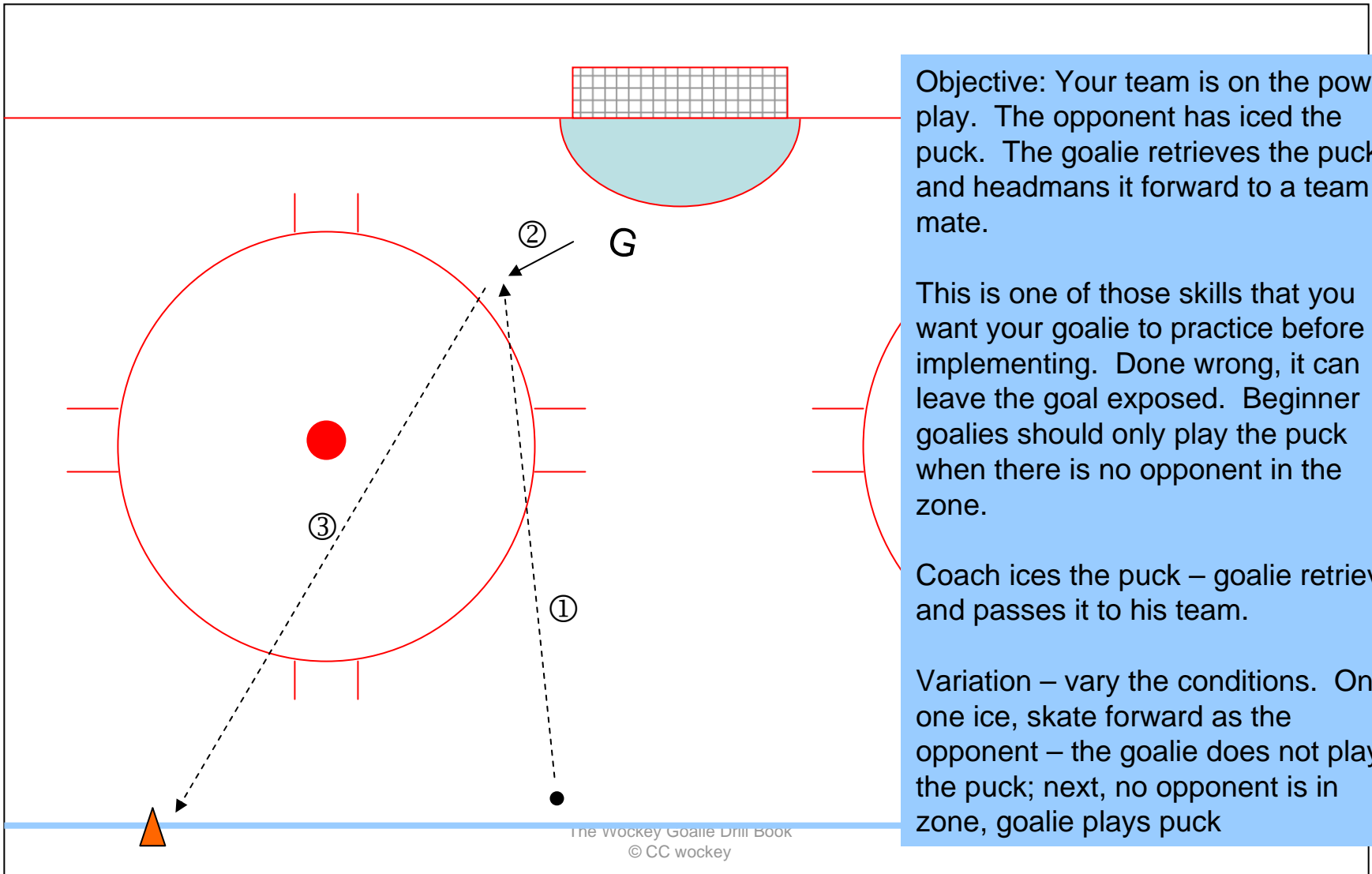
Across the Crease Pass



Loose Stick Drill



Power Play Pass



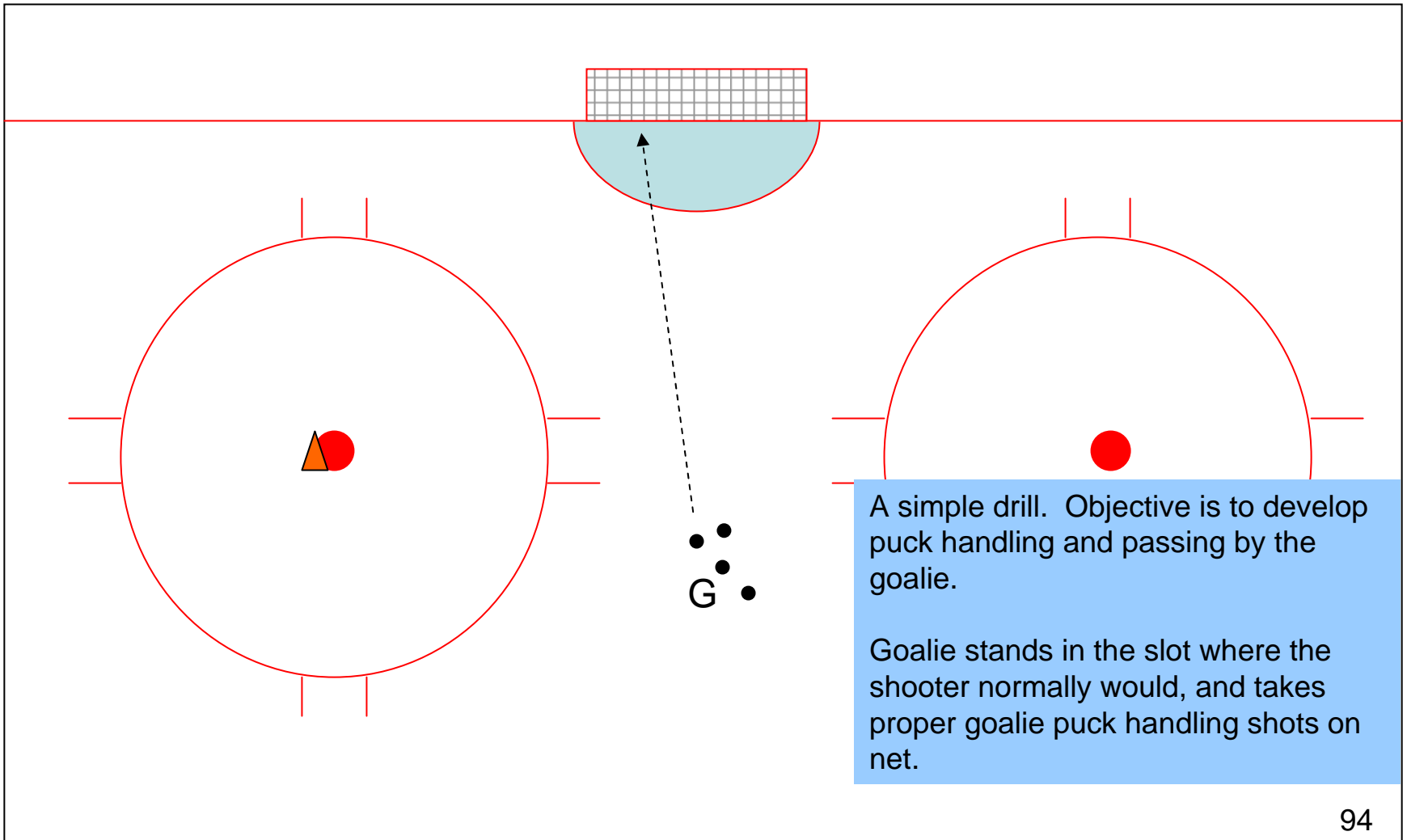
Objective: Your team is on the power play. The opponent has iced the puck. The goalie retrieves the puck and headmans it forward to a team mate.

This is one of those skills that you want your goalie to practice before implementing. Done wrong, it can leave the goal exposed. Beginner goalies should only play the puck when there is no opponent in the zone.

Coach ices the puck – goalie retrieves and passes it to his team.

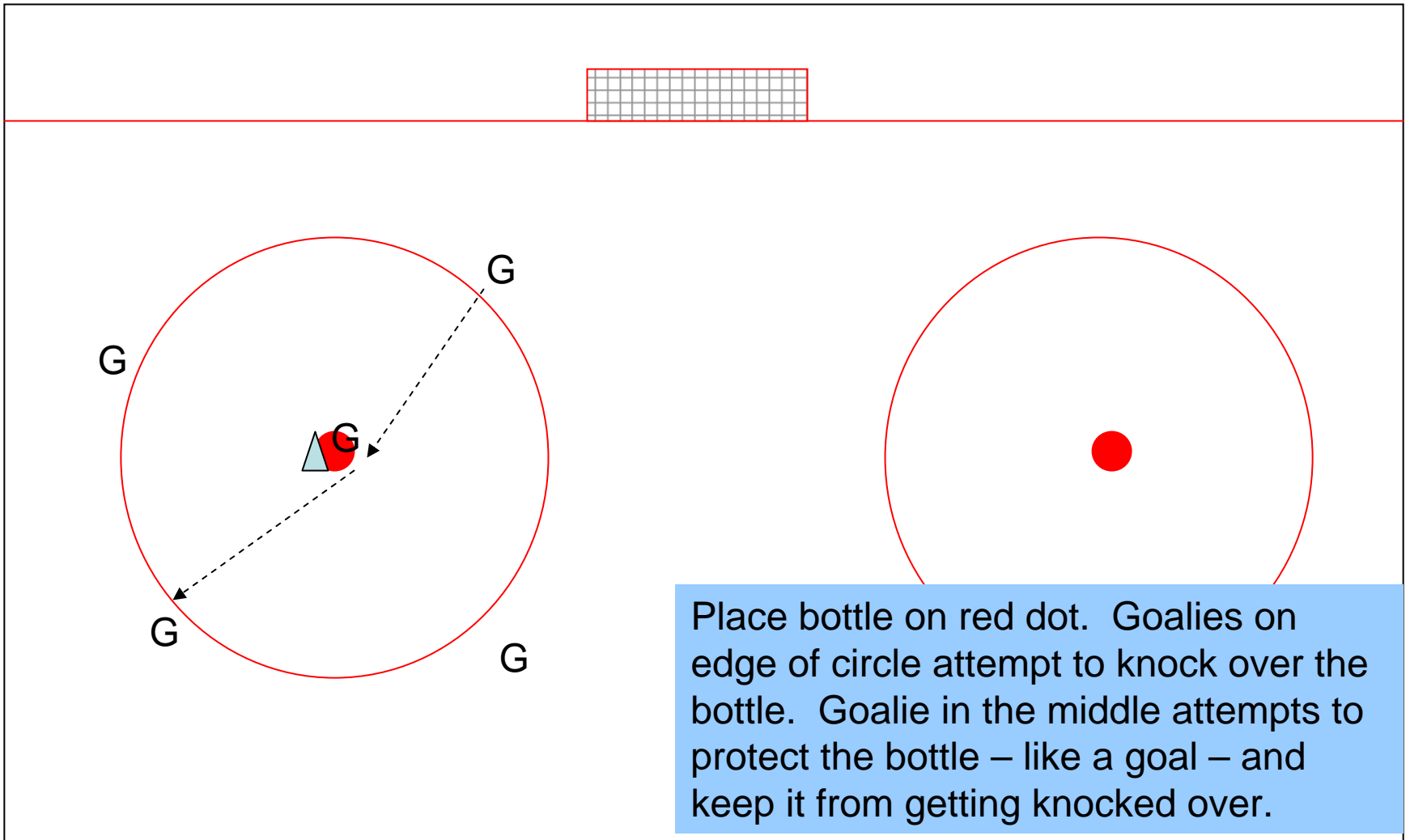
Variation – vary the conditions. On one ice, skate forward as the opponent – the goalie does not play the puck; next, no opponent is in zone, goalie plays puck

Puck Handling



Fun

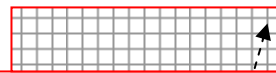
King of the Bottle



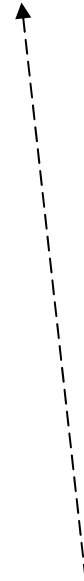
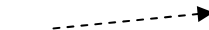
Place bottle on red dot. Goalies on edge of circle attempt to knock over the bottle. Goalie in the middle attempts to protect the bottle – like a goal – and keep it from getting knocked over.

Shoot Out Game

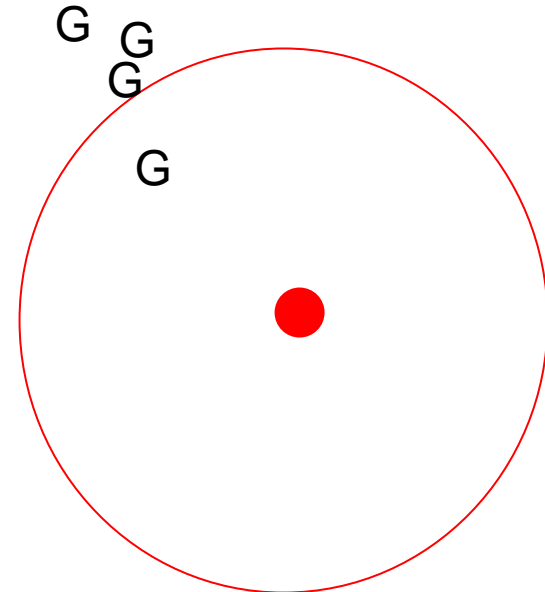
For shooters and goalies. Each Goalie and shooter takes a turn. If the shooter makes the goal, the shooter goes to the back of the line for another turn. If the shooter misses, the shooter is out. If the goalie stops the puck, the goalie goes to the back of the line for another turn. If the goalie misses, the goalie is out. Last shooter remaining wins among shooters. Last goalie remaining wins among goalies. Side (goalies v shooters) with the most players remaining wins.



G



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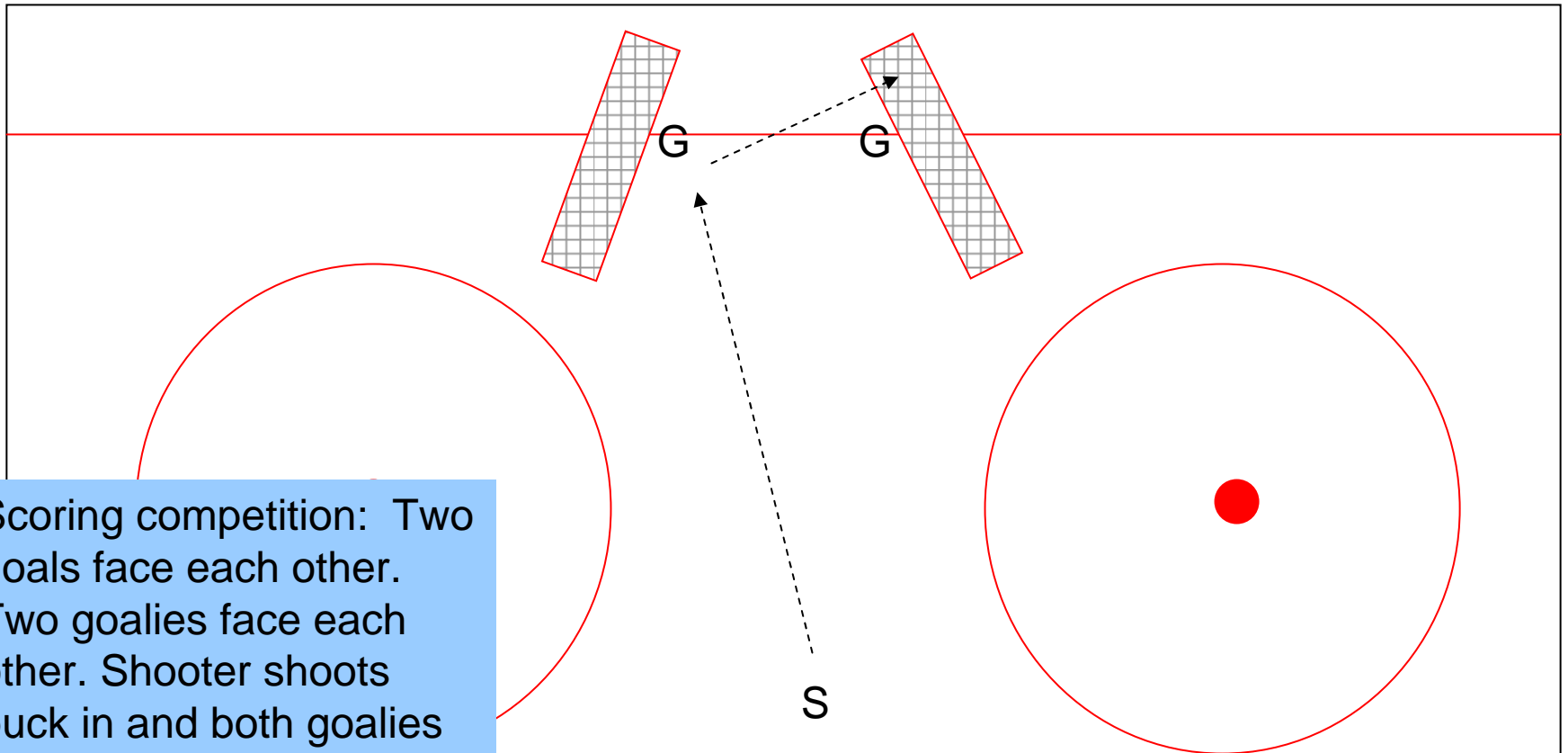
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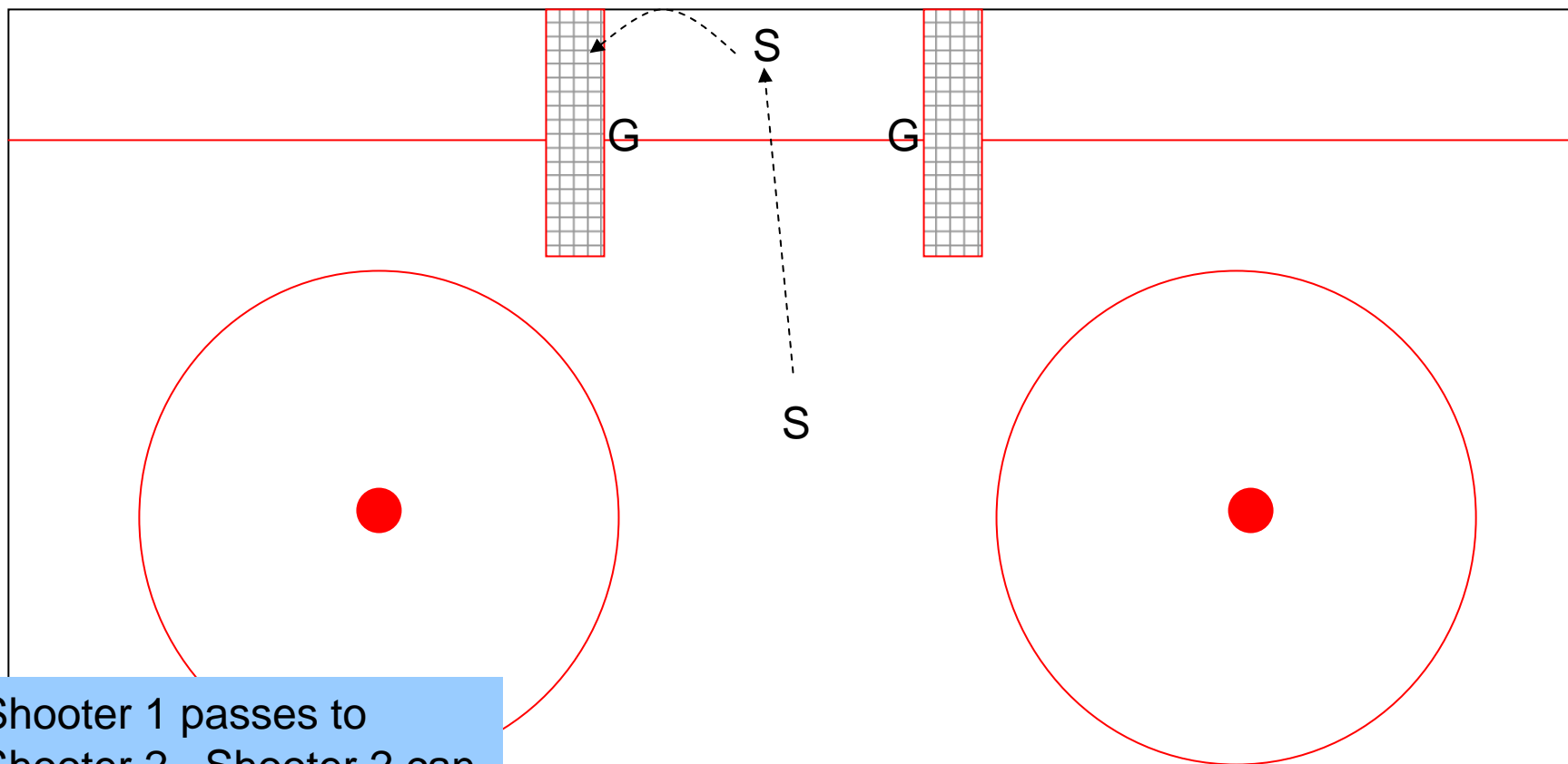
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Scoring Competition



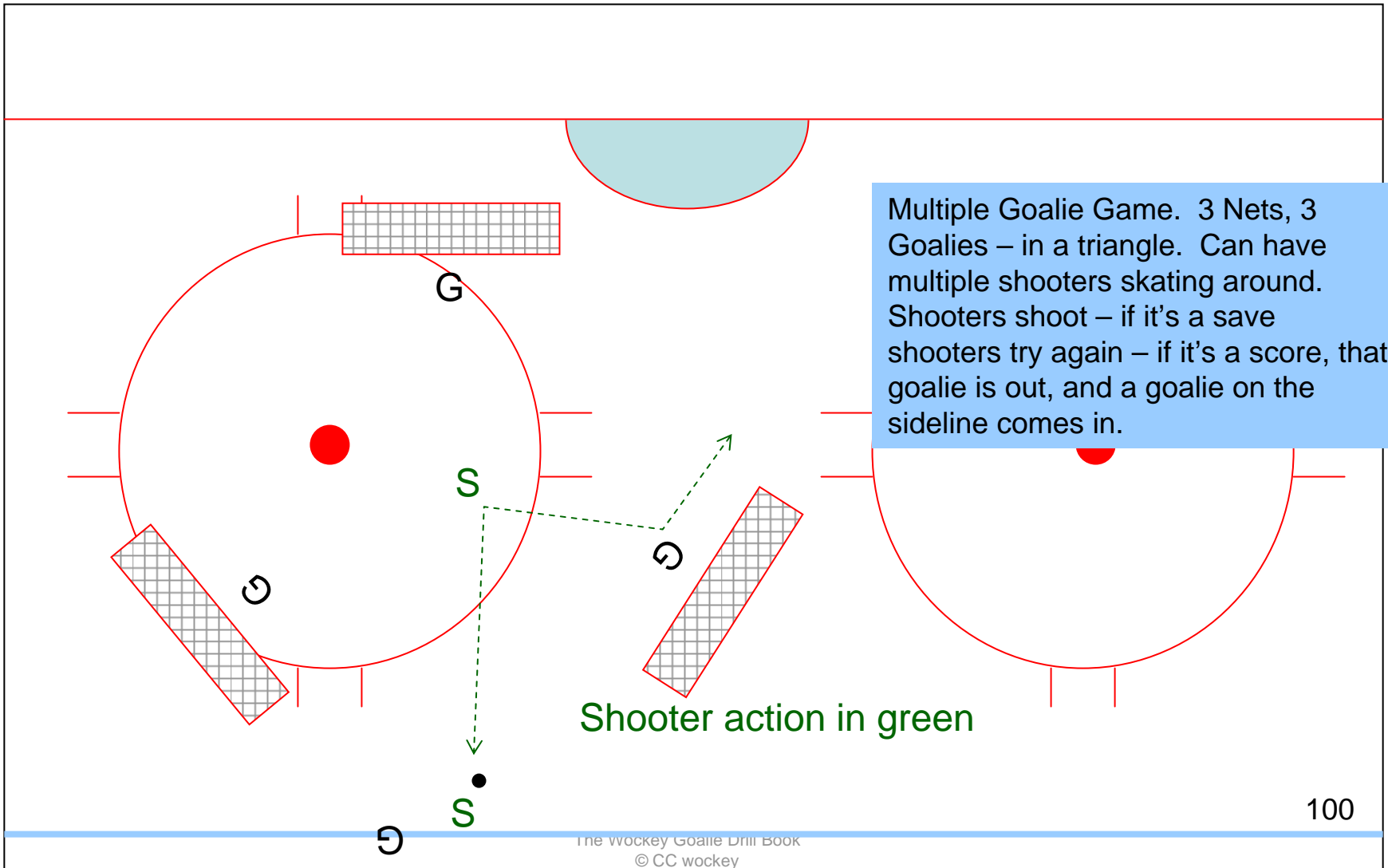
Scoring competition: Two goals face each other. Two goalies face each other. Shooter shoots puck in and both goalies try to knock the puck into the other's goal.

Double Goal



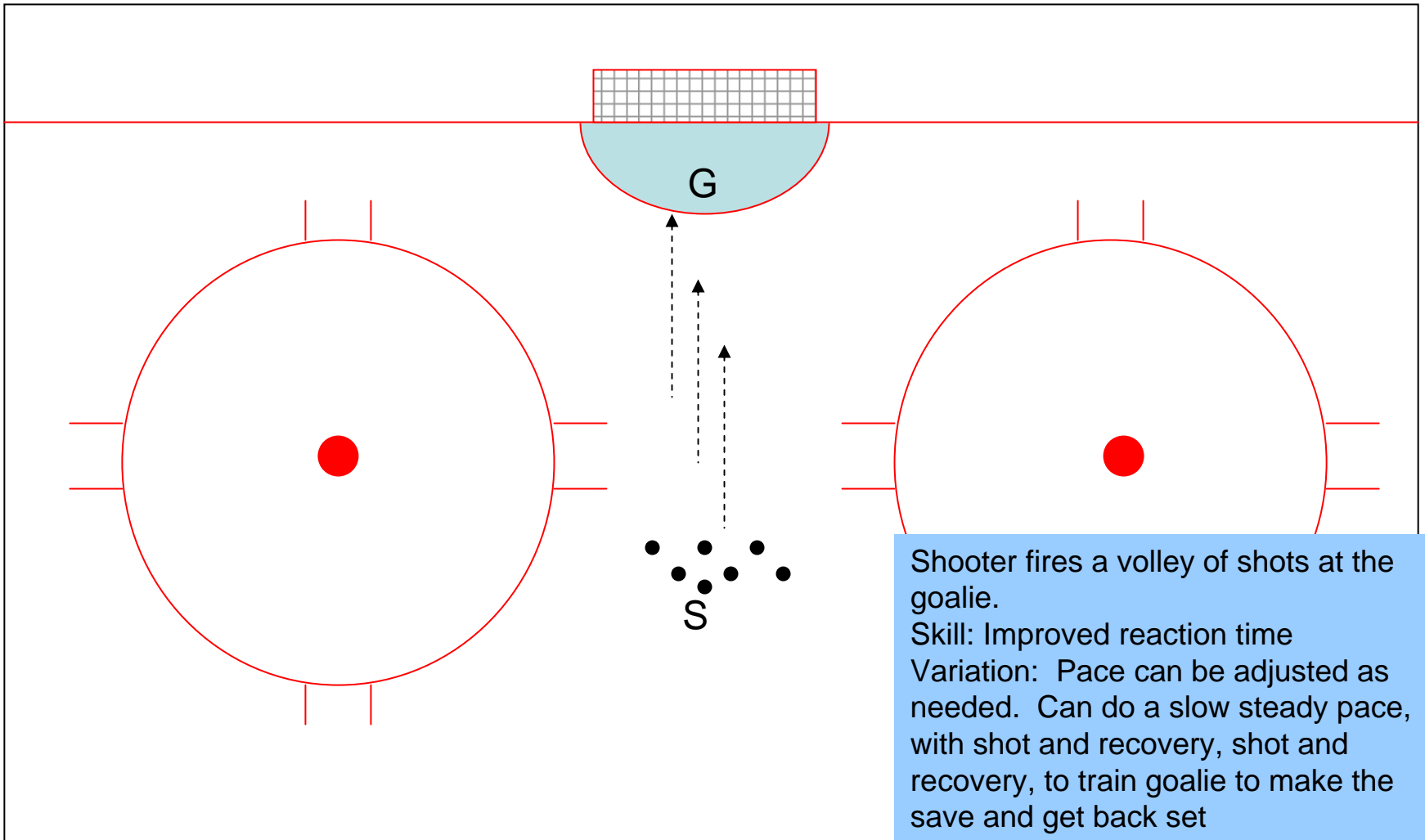
Shooter 1 passes to Shooter 2. Shooter 2 can shoot on either goalie, and can deflect puck against wall.

Triangle Hockey

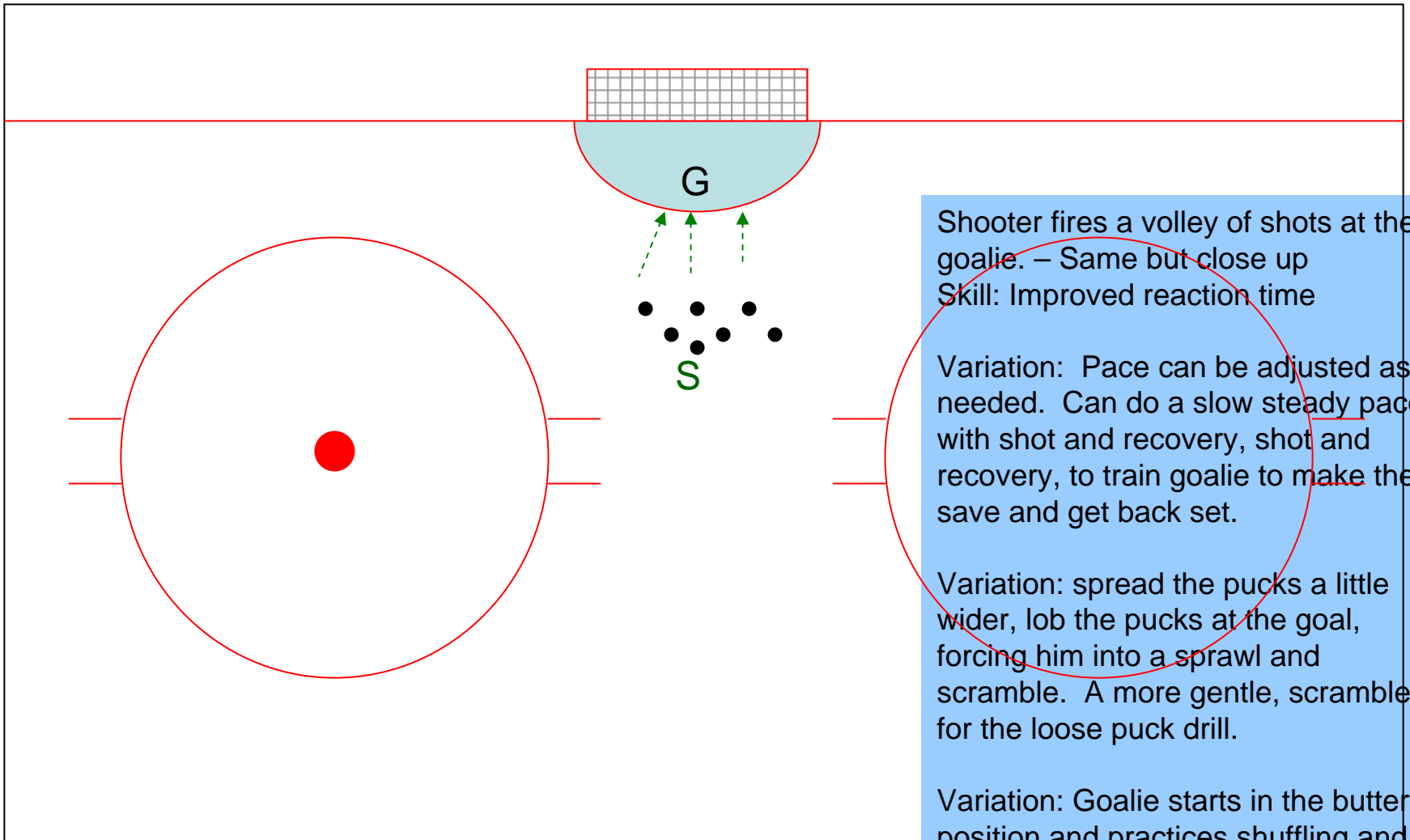


Reaction Time

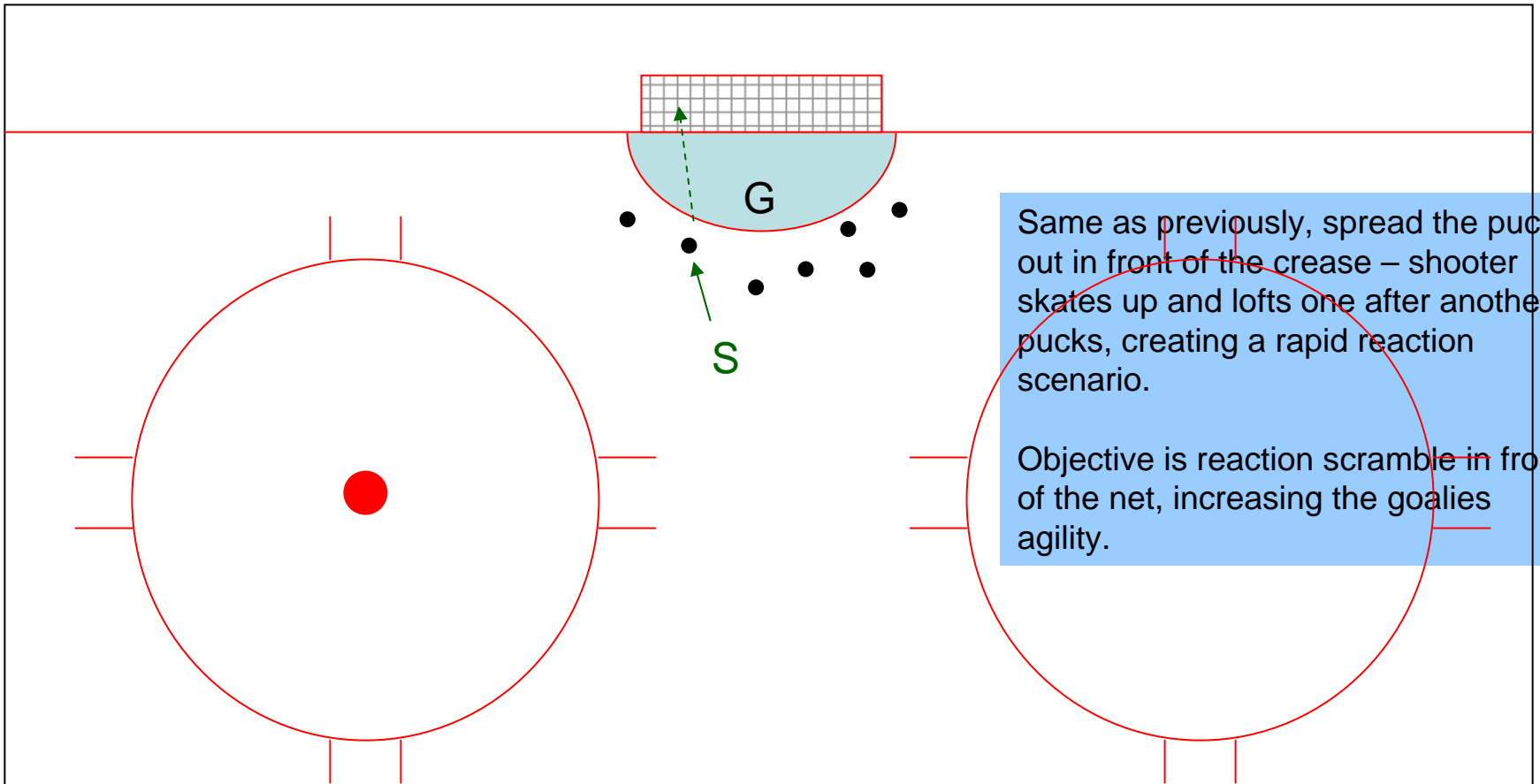
Rapid Fire



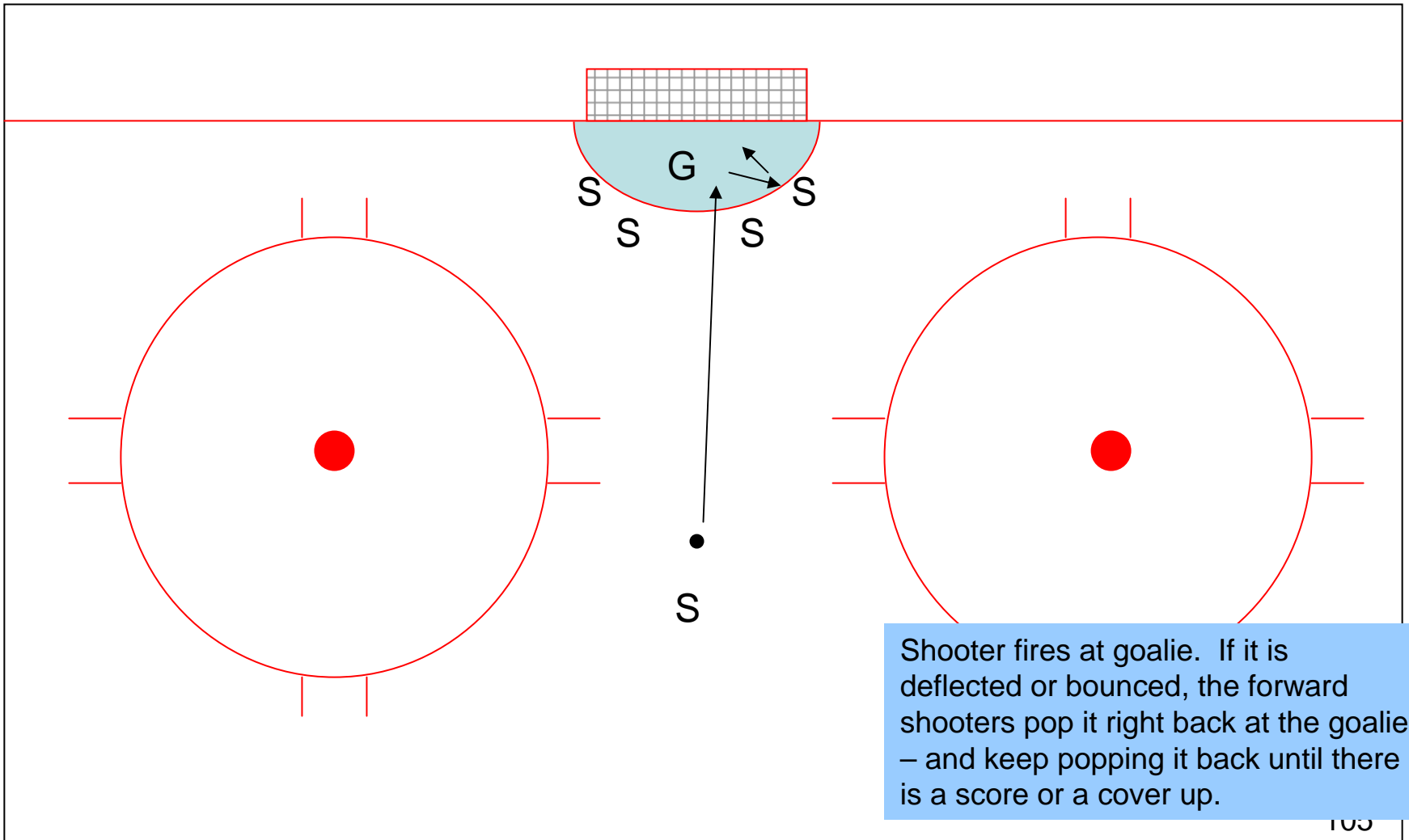
Rapid Fire 2



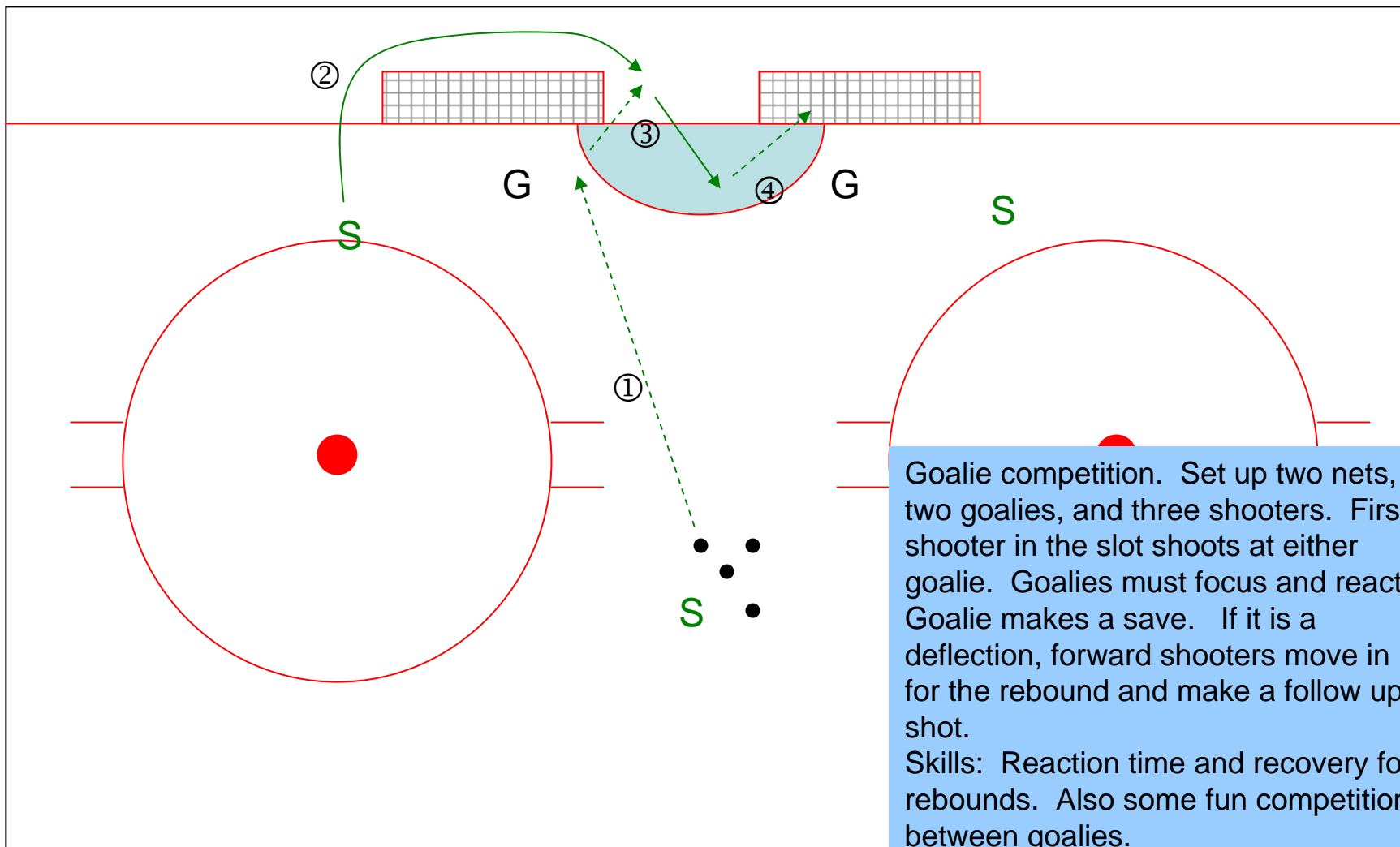
Rapid Fire 3



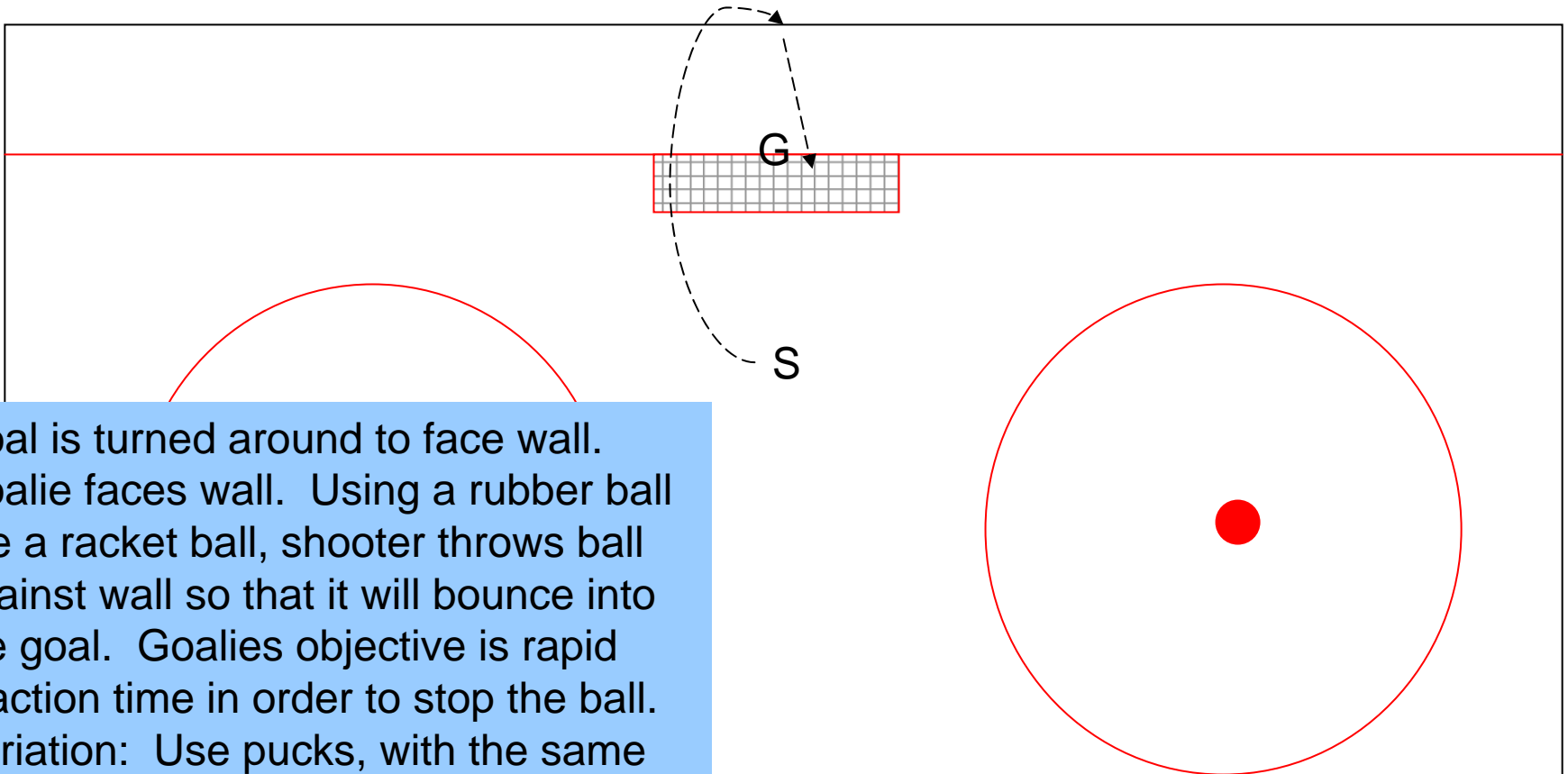
No Rebounds



Double Goalie React and Cover Up

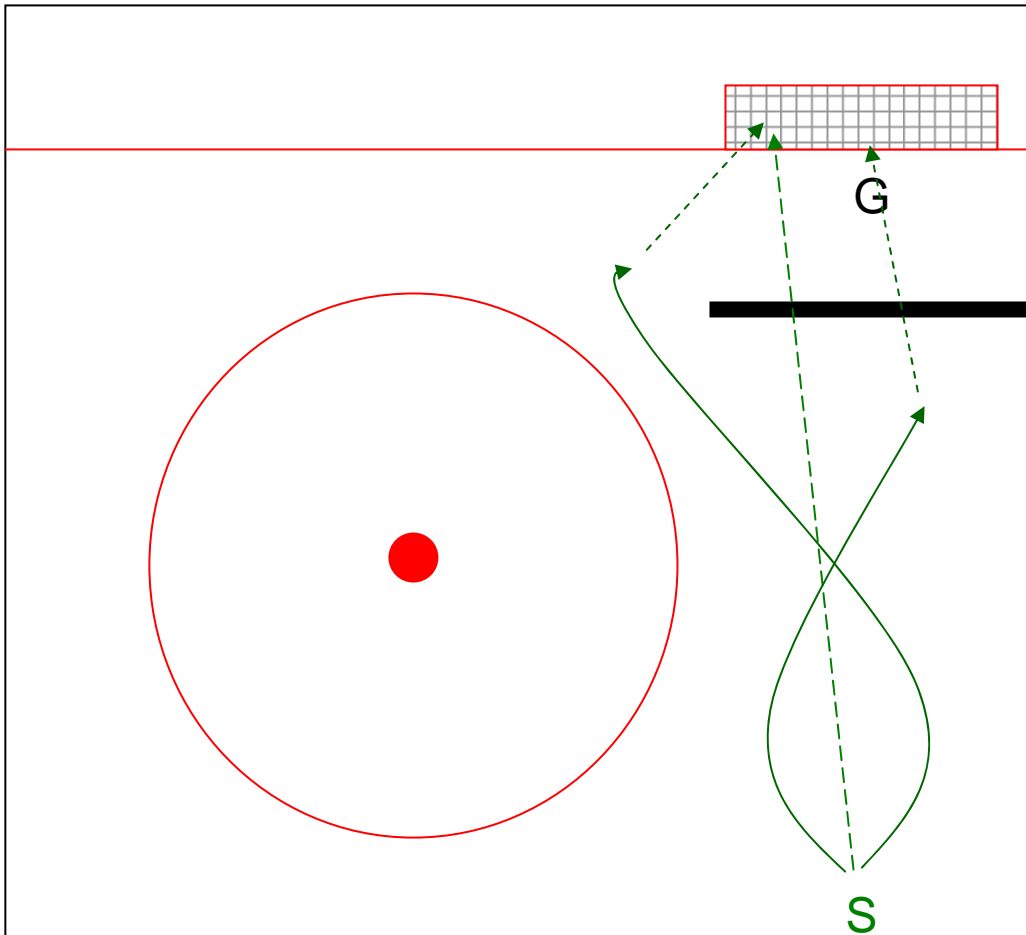


Bounce Back



Goal is turned around to face wall. Goalie faces wall. Using a rubber ball like a racket ball, shooter throws ball against wall so that it will bounce into the goal. Goalies objective is rapid reaction time in order to stop the ball. Variation: Use pucks, with the same set up, shooting the pucks against the wall and into the net.

Screen



A blinder is put in front of the goal. This can be a board or a curtain. There should be enough clearance at the bottom to let the puck through. The blinder should be tall enough to obscure the view of the shooter by the goalie. Shooter shoots directly at goal. Goalie's objective is quick reaction time when puck becomes visible under board.

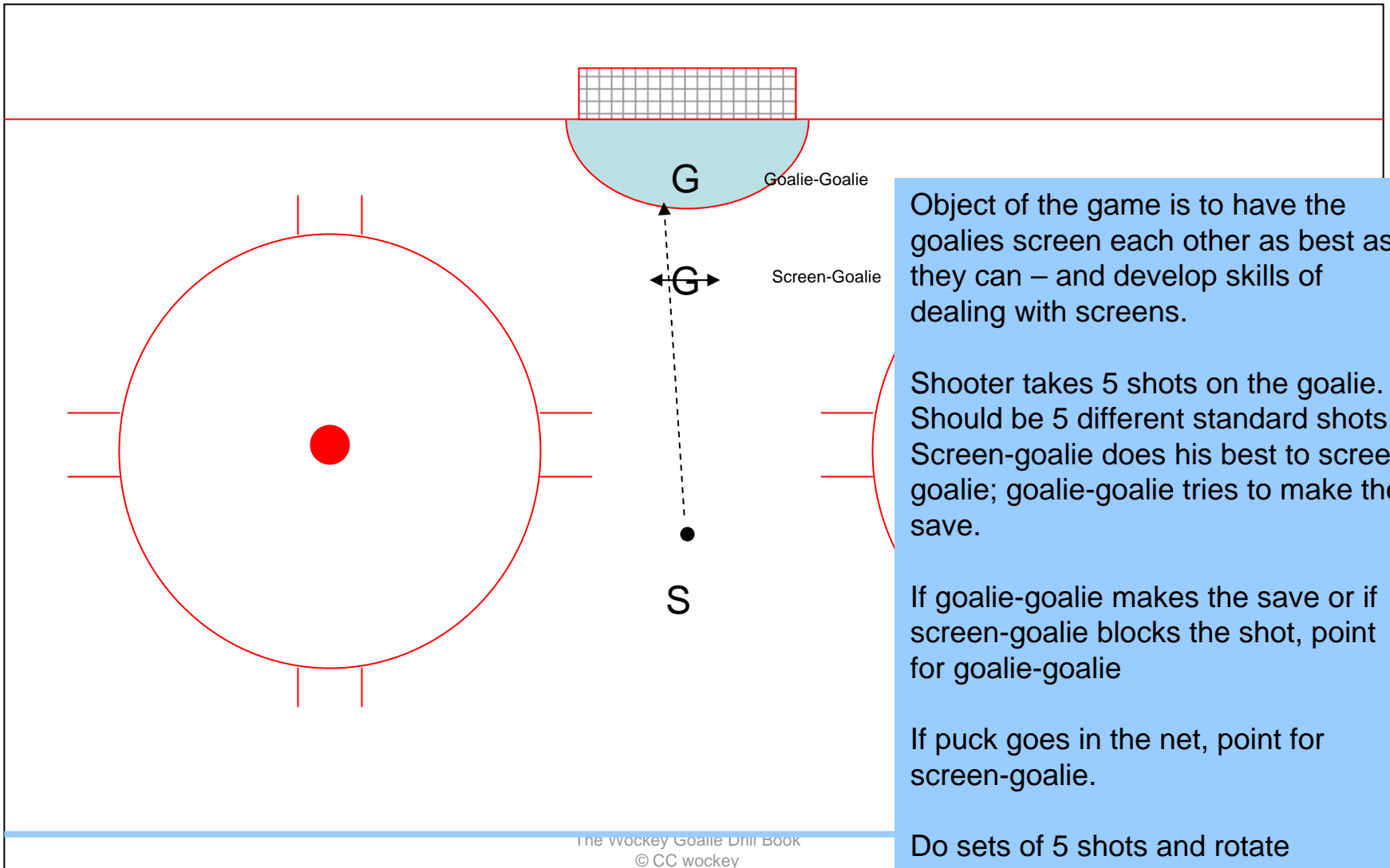
With a board, it is a low shot.

With a blind, the shot can be through the curtain.

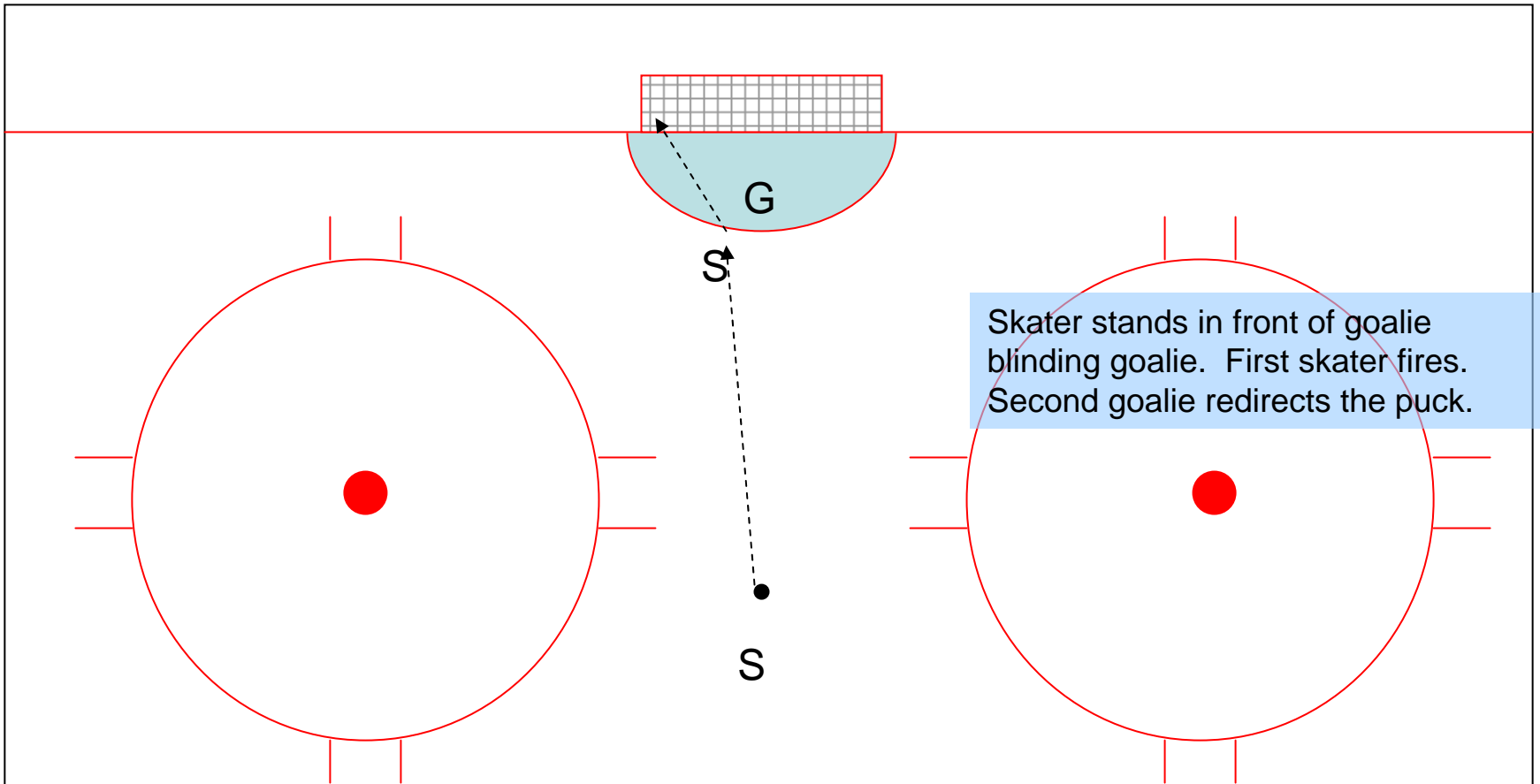
Variation: Replace blinds with shooters or goalies

Variation: Shooter skates up from behind the blind – shooter can shoot under the board, or go left or right, fully outside the board and visible, and shoot.

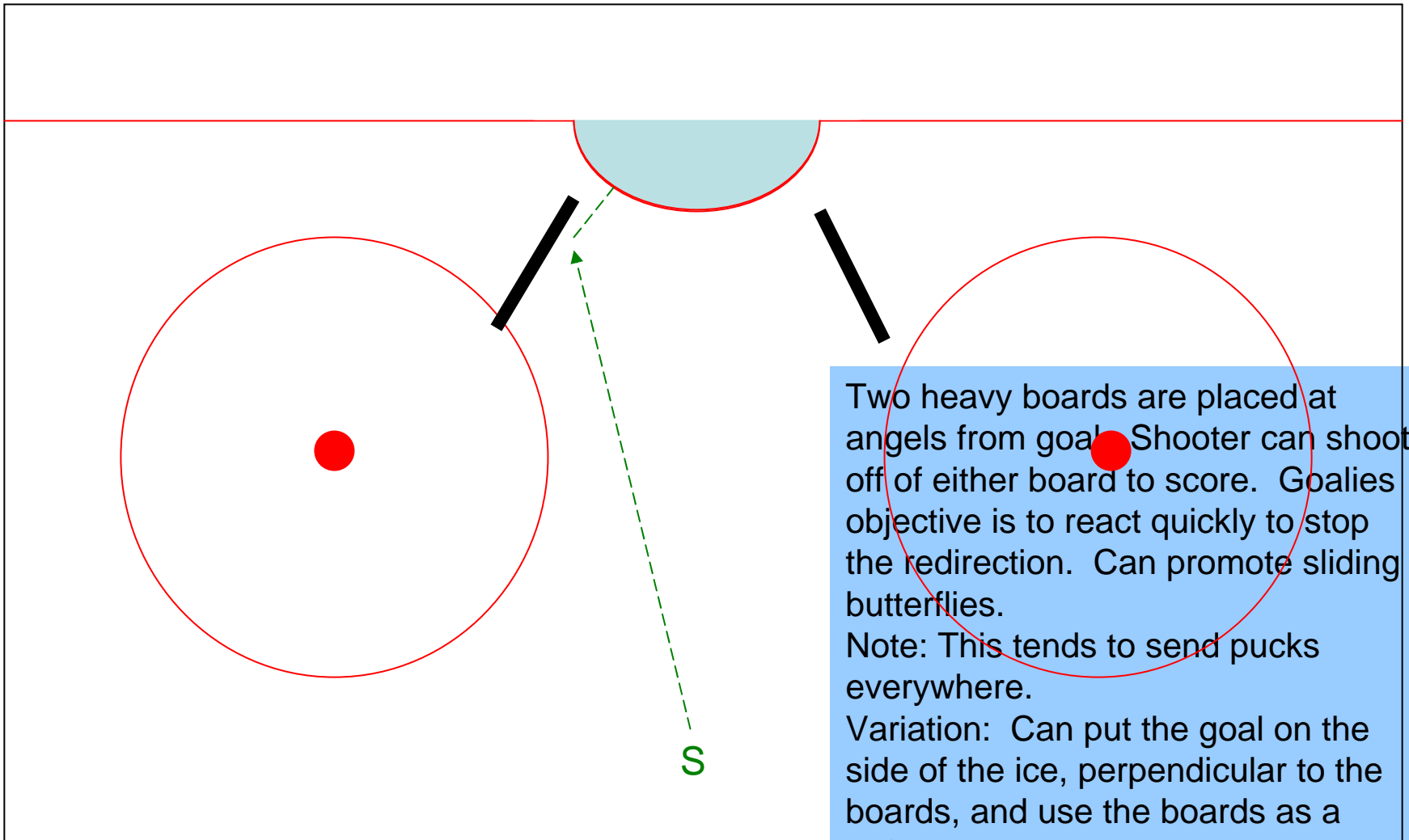
Screen Game – Two Goalies



Redirection



Redirection

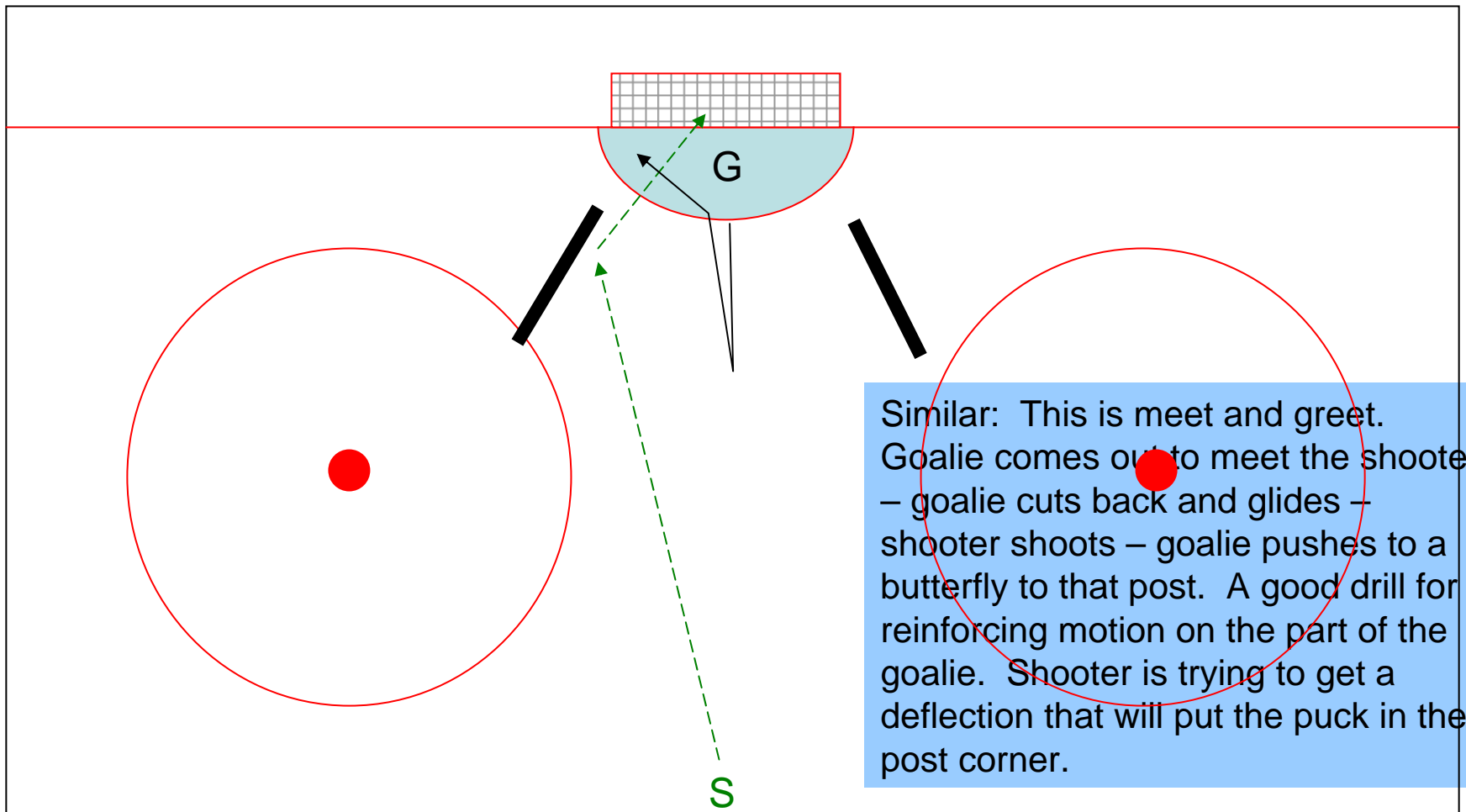


Two heavy boards are placed at angles from goal. Shooter can shoot off of either board to score. Goalies objective is to react quickly to stop the redirection. Can promote sliding butterflies.

Note: This tends to send pucks everywhere.

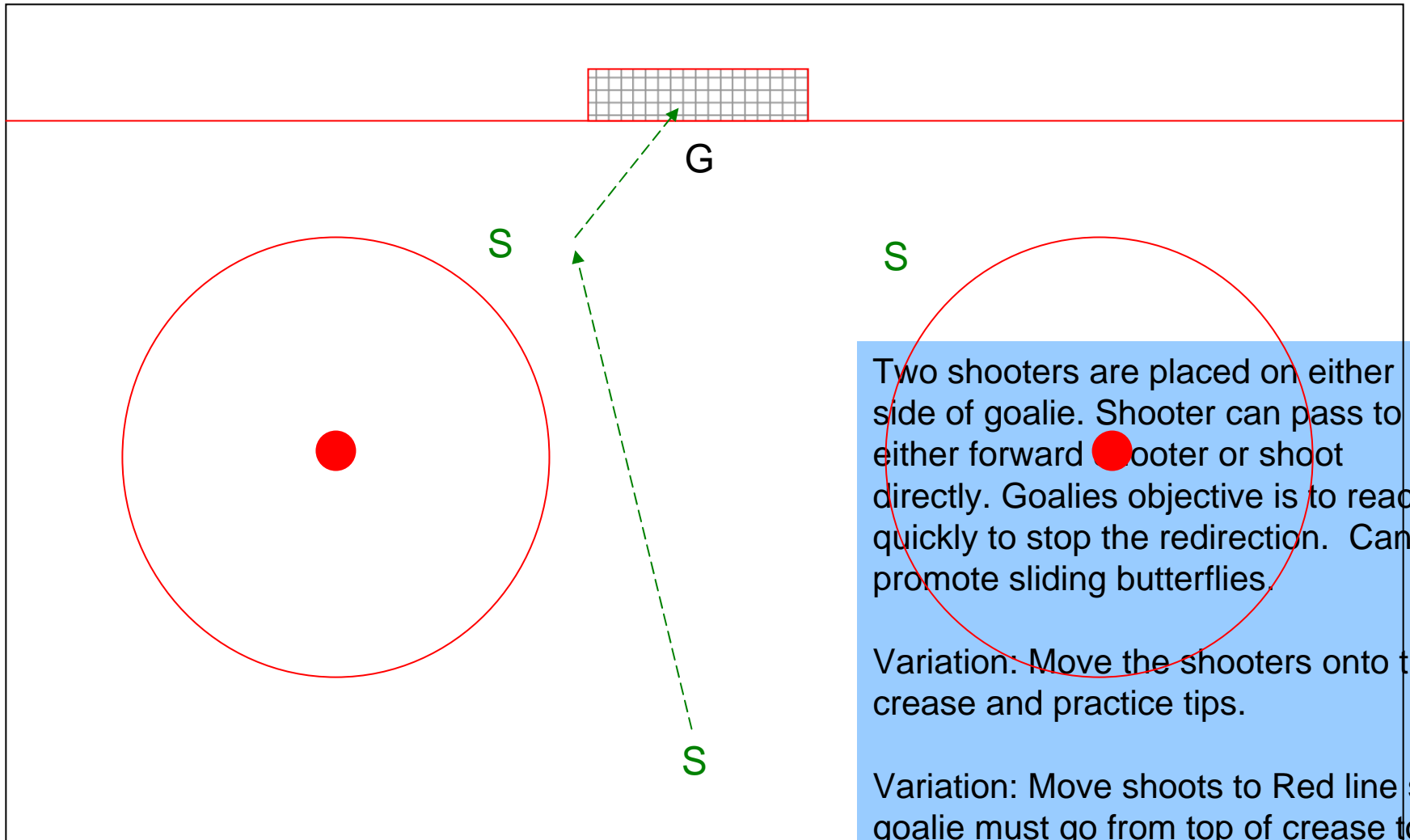
Variation: Can put the goal on the side of the ice, perpendicular to the boards, and use the boards as a deflector.

Redirection: Meet and Greet



Similar: This is meet and greet. Goalie comes out to meet the shooter – goalie cuts back and glides – shooter shoots – goalie pushes to a butterfly to that post. A good drill for reinforcing motion on the part of the goalie. Shooter is trying to get a deflection that will put the puck in the post corner.

Redirection w Shooters / Tips

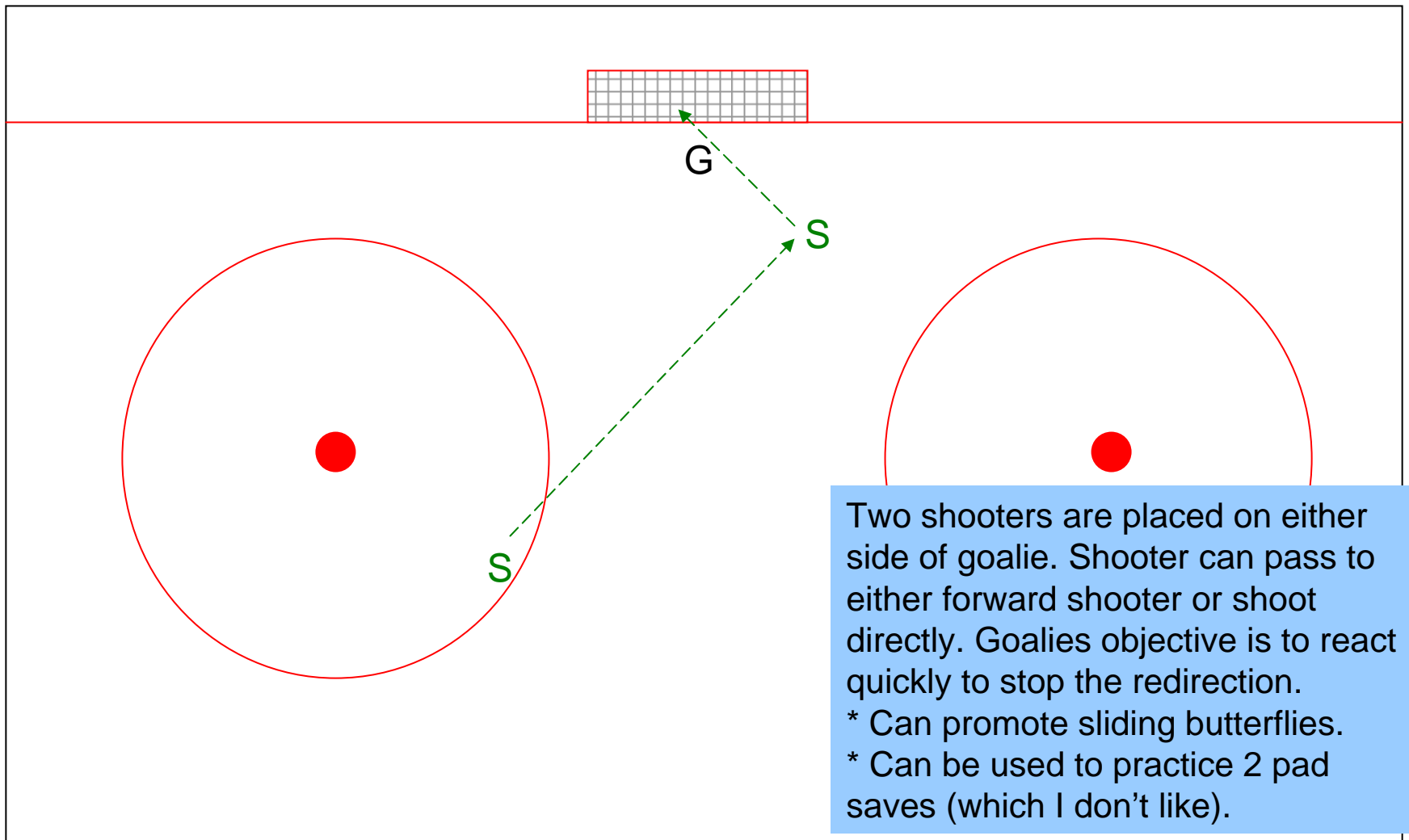


Two shooters are placed on either side of goalie. Shooter can pass to either forward shooter or shoot directly. Goalies objective is to react quickly to stop the redirection. Can promote sliding butterflies.

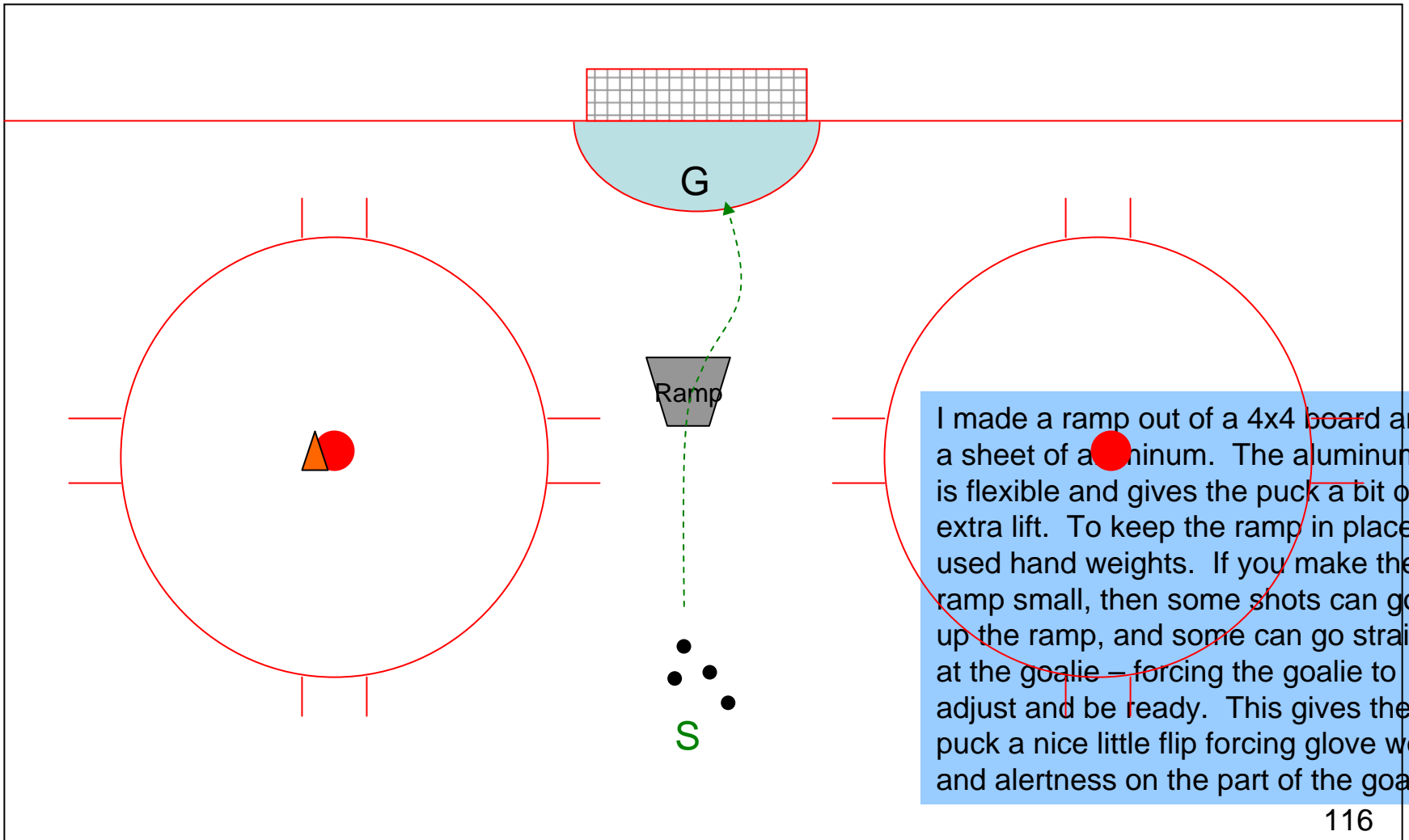
Variation: Move the shooters onto the crease and practice tips.

Variation: Move shoots to Red line so goalie must go from top of crease to post.

Redirection w Shooters (2)



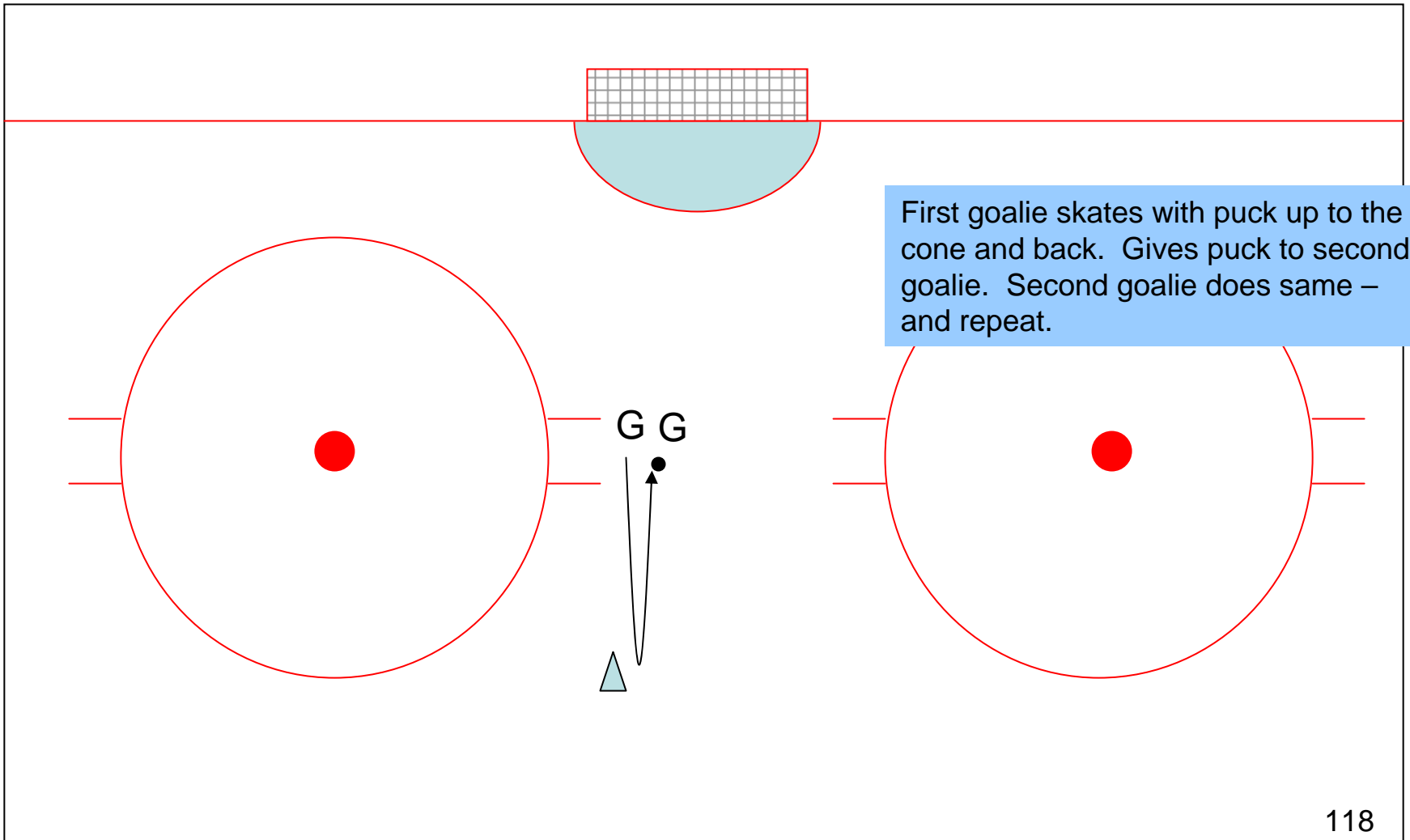
Ramp



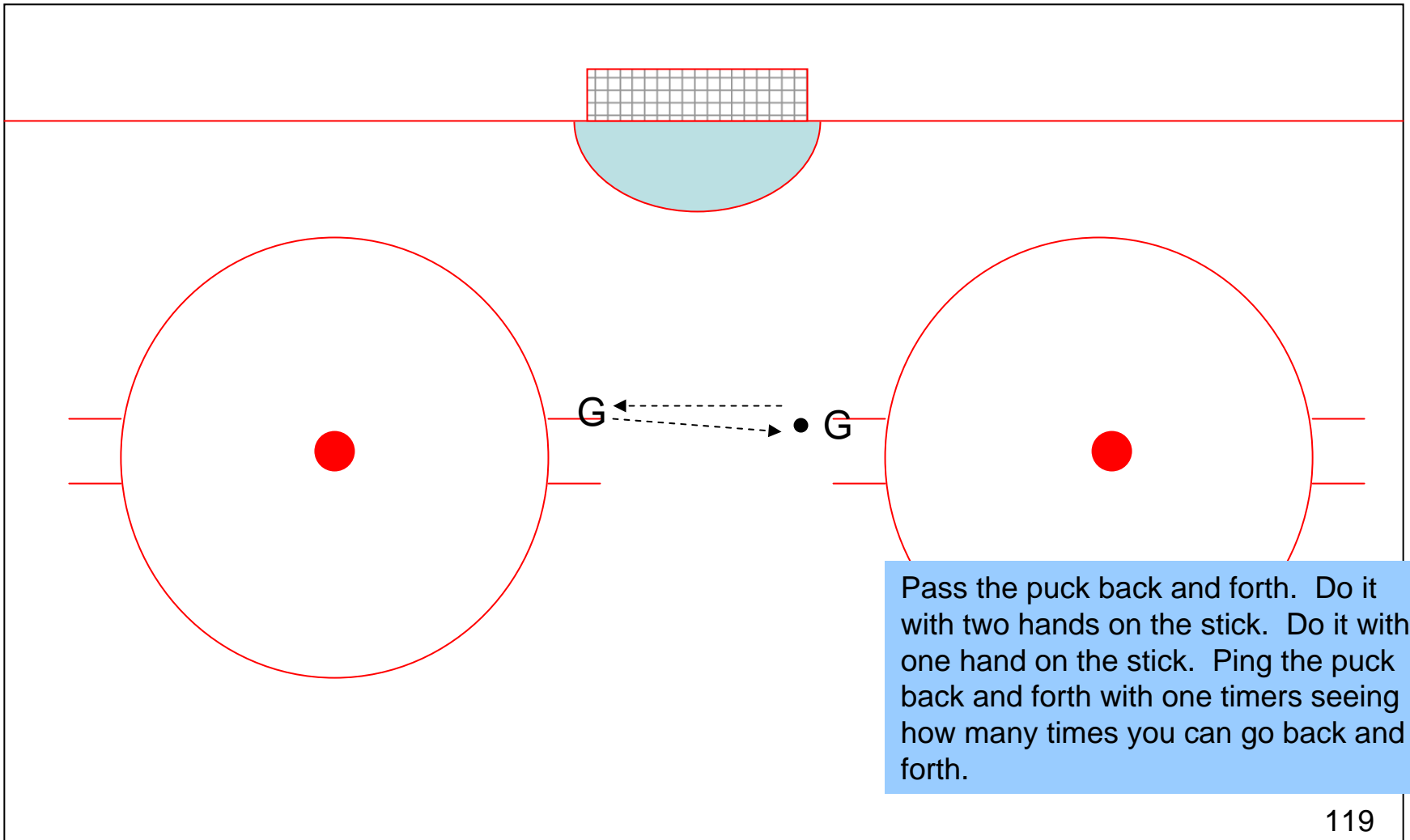
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Puck Handling

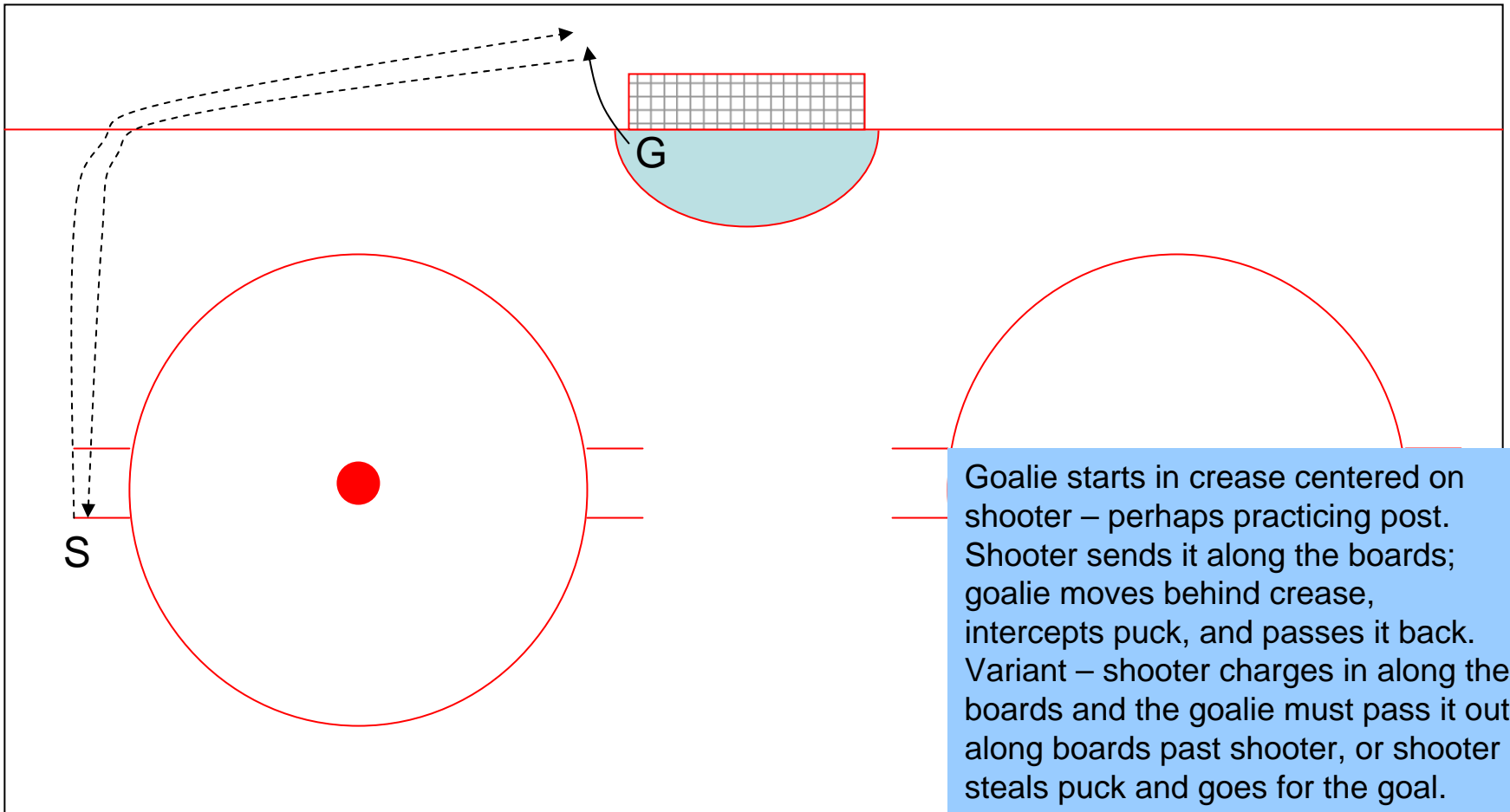
Back and forth



Passing



Behind the Net



Off Ice Drills

Off Ice Training Basics

There are two big objectives for off ice training for goalies: (1) leg strength and agility and (2) eye hand coordination.

- Stretching, Jogging, Biking
- Role blading
- Eye Hand Coordination Sports
 - Tennis, Ping Pong, Racket Ball, hand ball, volley ball, beach paddle ball
 - Paddle with rubber ball attached by rubberband
 - Juggling
 - Use a blocker, hit a racket ball against a wall repeatedly
 - Basket ball
- Jump rope
- Soccer against wall
- Hacky sack
- Catch
 - using goalie glove
 - Toss ball back in for in stance
 - 2 or more balls simultaneously
 - Slap the ball back and forth
 - While Moving
 - Bounce Reaction Ball off wall
- Tumbling – fwd or back ending is basic stance
- An option also is to get a small patch of artificial ice for your goalie to work on

Stretches

- Neck
 - Touch ear to shoulder, roll and touch chin to chest, roll and touch other ear to other shoulder

Strength Training

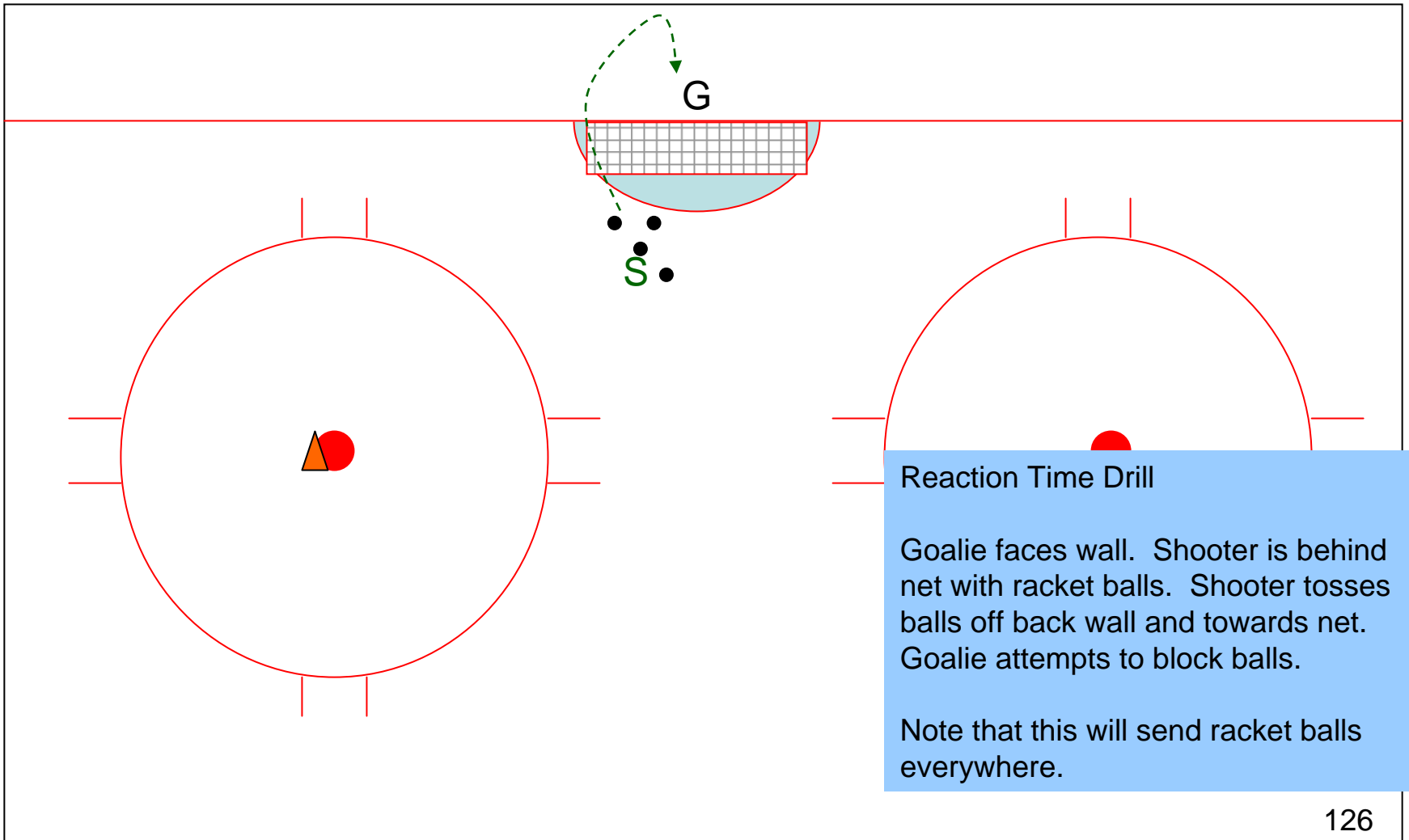
- Focusing on leg strength
 - Lunges while holding weights
 - Squats
 - One Legged Squats
- Note that muscles are strengthened by tearing them down and rebuilding them – true of stretching or weight training – it takes time to rebuild, like 48 hours. In other words, do not do this right before a game.

Strength Training in Stance

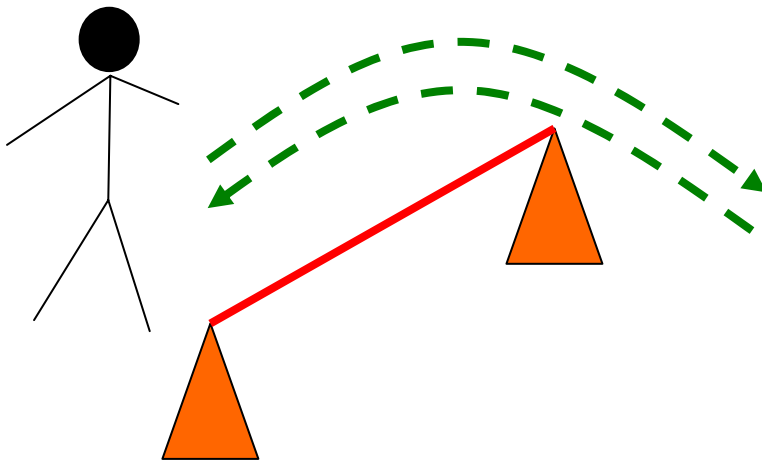
- Medicine Ball toss
- Cable Pulls

Racket Balls Against Wall

On Ice or Off Ice



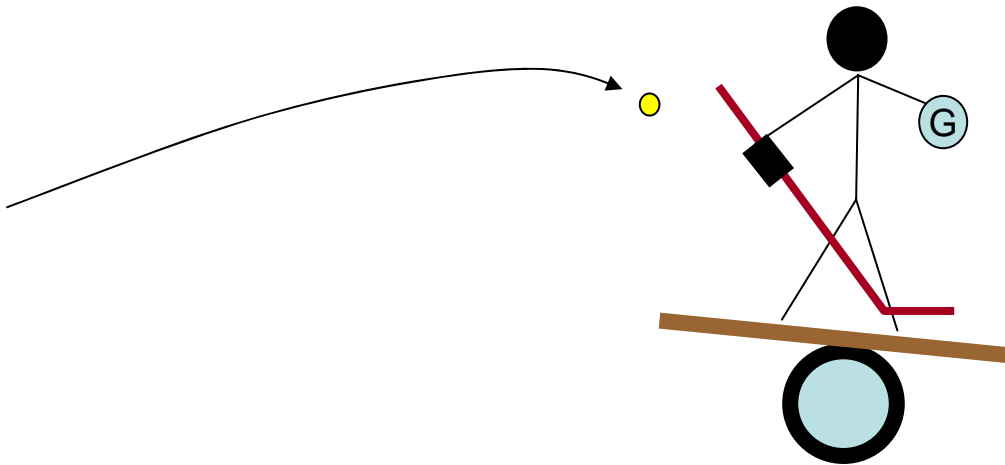
Jumping



- Put up a barrier. Goalie jumps back and forth over the barrier
- Jump Rope
- Lateral jumping
- Alternating legs; just one leg
- In Stance
- Back and forth; 2 across or 3 across...
- Squat position – jump fwd and back – kangaroo jumps

Wobble Board

Balance, Reaction, Deflection



Wobble Board drill. Creates balance, reaction time, deflections and glover work. The wobble board can be made of a pipe with a board over it.

Throw balls at the goalie and let him deflect them. Use a tennis rack and tennis balls, and fire five consecutive balls at the goalie.

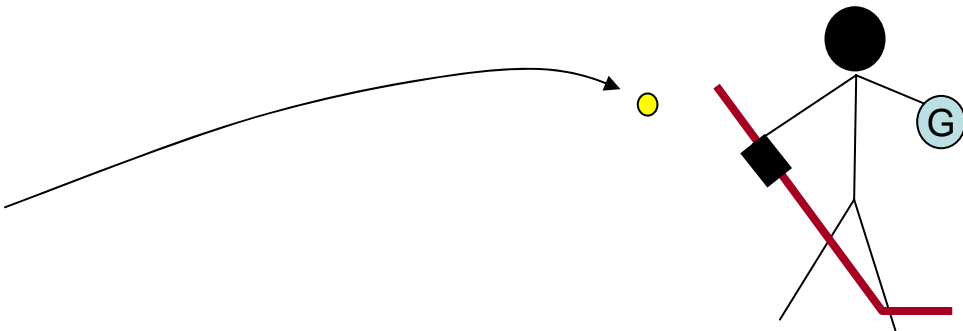
Tennis Balls

Similar to wobble drill. Hit tennis balls at goalie; goalie catches or deflects.

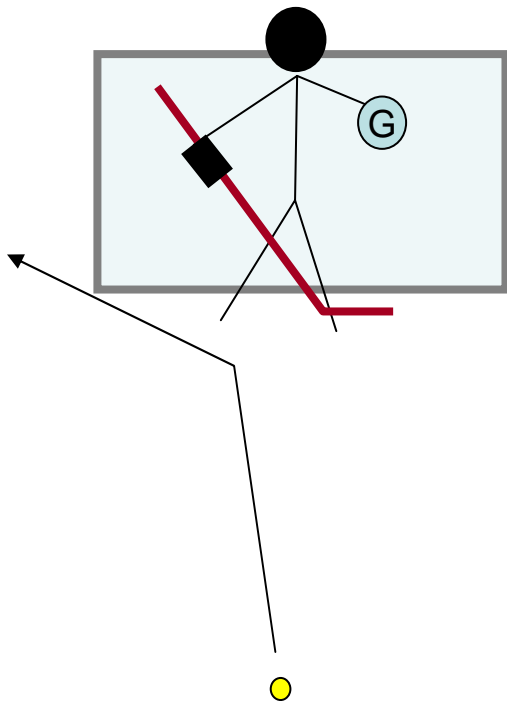
Goalie should be in stance.

Goalie can somersault forward, come up, hit tennis balls at him. Or do a down and hum (padded surface) and then deflect.

Goalie can face away, spin towards partner, partner hits ball



Deflections



Goalie in proper stance, practices deflecting balls. The closer to the feel of a hockey puck, the better – but be careful, if you use a hard ball like a lacrosse ball, the goalie will need protective gear. Street hockey pucks are an option. One book recommended team handballs or volleyballs (larger balls).

Just like one ice versions, you can introduce screens and deflection boards. Just remember the goalie is not on ice and cannot move

Mental Training

- Goalies must develop focus and hit the ice mentally prepared to play
 - Notice the mental prep of many athletes at the olympics
 - Visualization drills
 - Empty you mind of distractions: Use of things like IPODs to listen to music before the game or event
 - Care not to get psyched out
 - A mistake during tryouts is to be in the locker room staring at your competition – you will get psyched out.

Health

- Sleep – proper and complete sleep
- Diet – proper diet
 - Carbo loading before games
 - Hydration
 - Hydrate before thirsty
 - Drink before the game, not just when the water has been lost

Practice Plan

Practice Plan for DATE

Paste Drill
Here

Objectives & Comments

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Paste Drill
Here

Objectives & Comments

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Objectives & Comments

Game Tracking

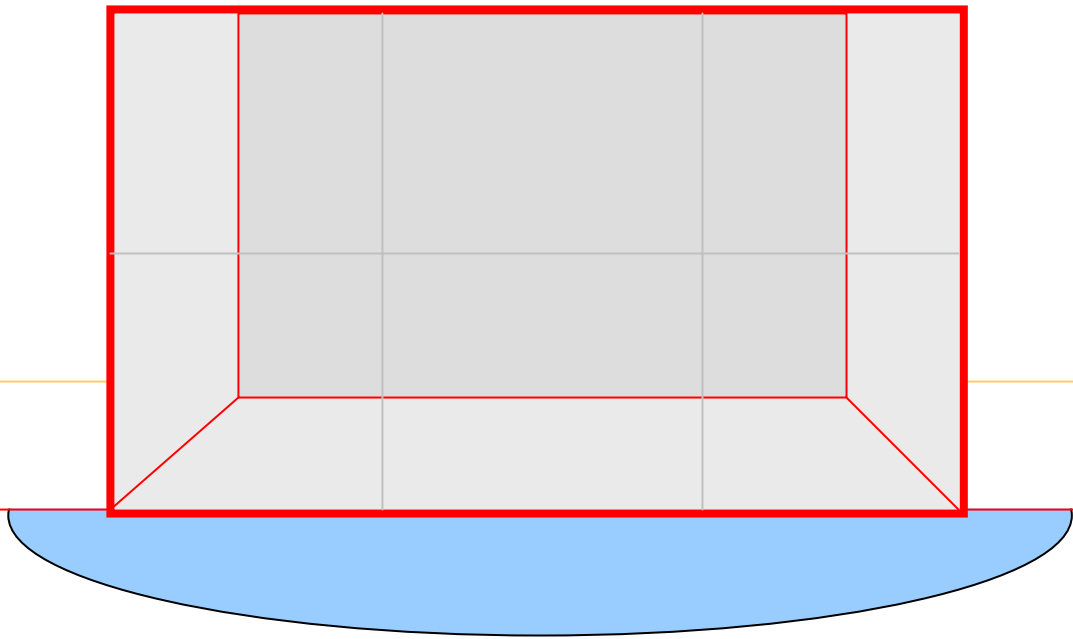
- Use the following slide for tracking the goalie.
- Draw the path of the shots.
- In the table on the right
 - Mark what save was made (for example BF = butterfly, SP = sprawl, SU = standup)
 - Mark what equipment was used (ST = stick, PD = leg pad)
 - Mark result (D = deflection, CU = cover up, B = bounce)
 - Note BA for Breakaway on side
 - If it is a goal, circle the shot number, draw the shot with an “O” at the end
 - Use different color pens for the different periods
 - Write notes on the side
- This should help you observe trends.
 - What save does the goalie favor when tired
 - Does the goalie avoid a save
 - Does the goalie favor a save
 - Is Glove Side High a weakness?
 - Does your defense tend to force a particular shot – such as stick side corner

Goalie:
Opponent:
Date:

M	Opp

S	G?

S	G?	sv	Equ	Def?
1				
2				
3				
4				
5				
6				
7				
8				
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32				
33			1	
34				
35				



X = Stop (x) = Globe Stop -> = Deflection O = Score