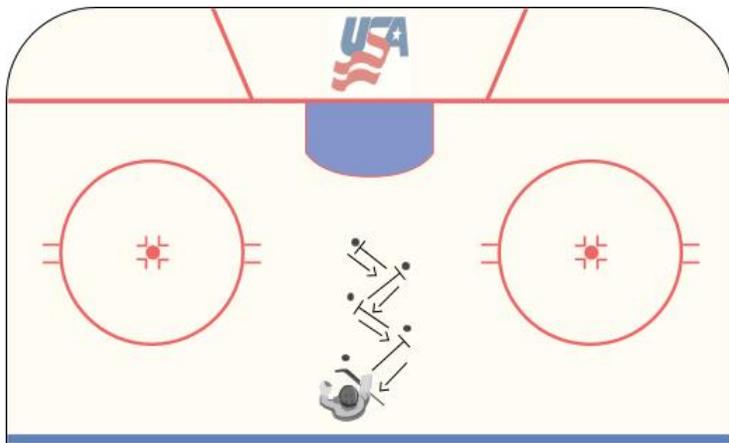


1) 5 Point Movement Ladder

3 min.



OBJECTIVE: Develop goaltending skating while utilizing visual attachment to the next point.

ORGANIZATION:

1. Set up 5 pucks or make 5 marks on the ice as shown.
2. Goaltender starts at the bottom of the ladder.
3. T-Push to the top of the ladder as if they are addressing the rush.
4. Use varying movements on the way back down the ladder.
5. Skate as if the imaginary net is behind you.

VARIATION:

Use the following movement progression. Always using T-Push to climb the ladder.

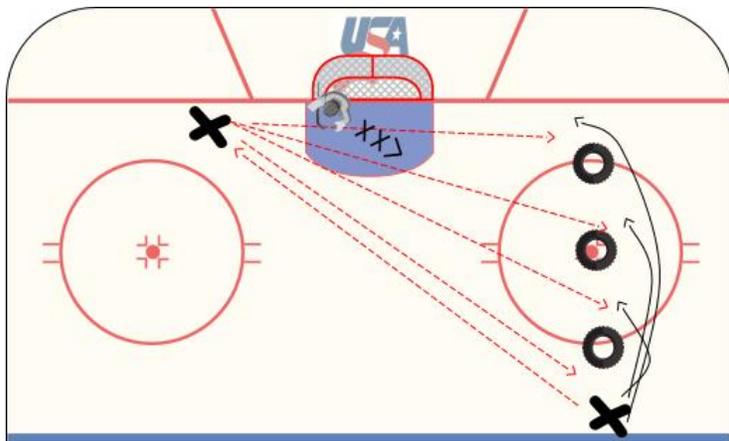
1. T-Push.
2. Shuffle.
3. Butterfly-Full Recovery.
4. Butterfly- On-Ice Recovery.
5. Add a save visualization on the way up the ladder.
6. Add a save visualizaaiion on the way down the ladder.

GOALIE:

Lead every movement with your eyes, chin and shoulders. When visualizing a save, make sure eyes and chin are fully committed to watching the save all the way.

2) Desander 3 Layer Recovery

8 min.



OBJECTIVE: Develop a goaltenders ability to recognize and utilize proper recovery.

ORGANIZATION:

This drill should be don in an end zone or half of an end zone. Needs: 1.) Net with a crease (standard or drawn) 2.) 2-8 shooters. 3.) 3 Tires 4.) Pucks.

X1 starts with a puck and passes it dow to X2. X2 passes it back to X1 who is in one of the 3 layers. As soon as X1 gets the return pass, he shoots. Both X1 and X2 play any reasonable rebound. The goaltender finishes every play with proper recovery.

VARIATION:

- 1.) Vary X2's location.
- 2.) Add a screen

GOALIE:

Start lined up on the puck X1 has on their stick. As soon as the pass is made push hard to be sqaure to X2's stick blade, trying to beat the puck on your feet. As soon as the pass is made back to X1, lead with your eyes, stick and gloves and again try to beat the play to your optimal depth and position.

Post-Practice Comments:
