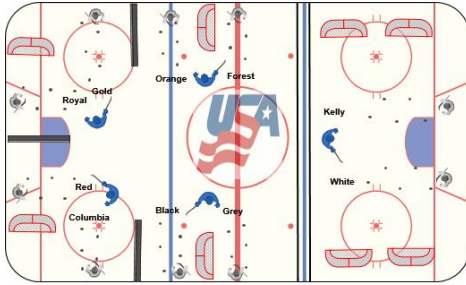


1) 20 Goalie Movement/Fundamental

12 min.



KEYPOINTS:

Ladder- T-Push up every time., Progression,
T-Push, Shuffle, Butterfly Full Recovery

OBJECTIVE: Maximize time and ice to get the goaltenders warmed up while focusing on movement and fundamental saves.

ORGANIZATION: -10 Coaches draw movement ladders on the ice where shown.

- Each coach needs 10 pucks.

- One shooter shoots through the ladder at the goalie's glove for 10 shots, chest for 10 and blocker while down for 10. During the blocker, the goalie is trying to deflect the puck to their partner.

VARIATION: Various movements within the ladder.

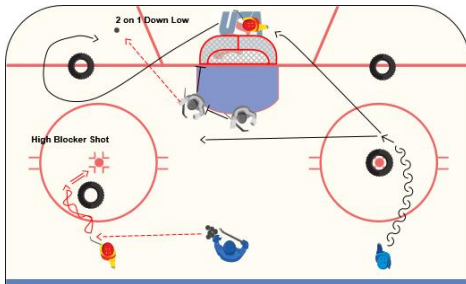
Various fundamental saves through the ladder.

GOALIE: Utilize good fundamental technique during movement.

Focus on puck tracking during the fundamental saves.

2) Scheel 2 on 1 Low

10 min.



KEYPOINTS:

The goaltender pushes over on the pass, beating the play on their feet. , Goaltenders are patient on the first shot and make a good fundamental save, deflecting the puck into the corner, The goaltender fully recovers and is set on the post

OBJECTIVE: Work on the fundamental blocker saves, tracking and reading a 2 on 1 that originates below the goal line.

ORGANIZATION:

This drill can be done in an end zone or a 1/6 station set up.

6+ Players and 1 coach.

4 Cones, barrels or tires.

F1 starts just inside the blue line ready for a pass. F2 starts directly behind the net. D1 starts just inside the blue line on the opposite side from the forward.

The coach passes to F1, F1 makes a move and goes wide around the tire and shoots high to the blocker side.

As soon as the initial pass is made, F2 skates hard around the tire, looking to pick up the rebound below the goal line.

D1 starts skating backward as soon as the initial pass is made pivots around the tire and plays the 2 on 1.

F1 and F2 play out a 2 on 1 out of the corner. They get 1 shot and 1 rebound.

If the first shot goes in. Start the drill over. Goalies must earn the second shot. Place a 2nd puck for F2 to pick up if the first puck ends up in front of the goal line.

VARIATION:

Have the initial pass come from the defenseman.

Have F1 and F2 play a high-low exchange and attack off the half wall (16U and above)

GOALIE:

Start lined up on the top of the crease as if the coach could shoot.

Beat the initial pass on your feet and maintain "Base Depth" on F1's initial shot.

Watch the puck all the way in and control the rebound to the corner.

Fully recover to the post.

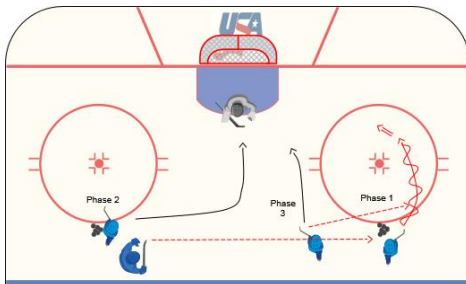
Scan the ice quickly to know where opposing players are.

Play the 2 on 1 with the goal of covering the puck.

Compete

3) Wide Shot Progression

10 min.



KEYPOINTS:

Maintain squareness on the puck, Maintain depth, Control the play after the shot

OBJECTIVE: Develop a goaltenders ability to stop shots on the rush

ORGANIZATION:

3 Players-20 Pucks

Phase 1-the coach starts with the puck and passes to F1. F1 skates in and shoots as diagrammed.

Phase 2- F2 becomes the net drive player. Plays any reasonable rebound.

Phase 3- F2 starts with the puck, passes to F1. F1 and F2 play a strong side 2 on 0.

VARIATION:

Vary the position of F1 and F2. Vary the hand of the shooters.

GOALIE:

Maintain depth and positioning on the play. Read the net drive player. Complete each play.

[illegible]