

Goalie Tryouts 2023 Practice Plan

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Duration:

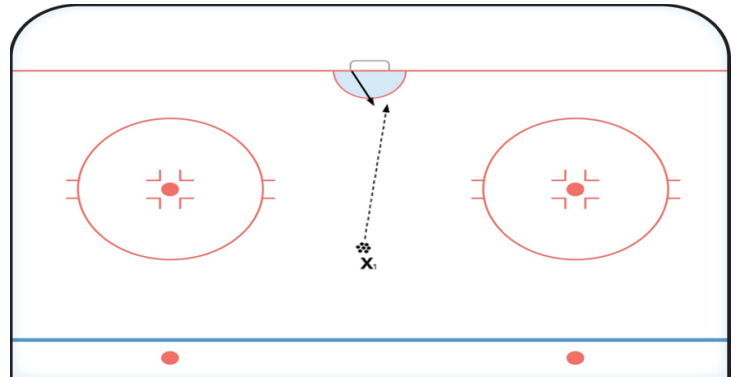
V-Drill

X1 will be stationary with the pucks in the high slot and will shoot pucks when the goalie is set on top of their crease and ready. Shot will always be towards the far side (opposite of where the goalie came from) Shooting tips: 4 shots on the ice; 6 shots in the air.

Goalies will start on post and do a powerstride to the top of the crease when they are ready. A puck will be shot when they are ready on top of their crease and will execute a save selection. After the save they will recovery (stay engaged) to the opposite post. Repeat for 8-10 shots.

Evaluators:

- save selection
- rebound control
- hand eye coordination



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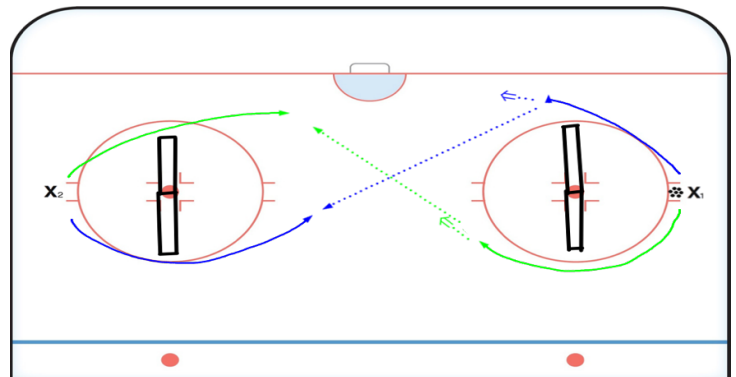
High Low

X1 - Carries puck high or low (see blue or green route) They have the option to shoot to score, pass off pad, or pass to X2

X2- skates low route if x1 chooses high route, or skates high route if x1 choose low route. Must be prepared to receive pass or rebound. Get pucks on net quickly. No skating puck across the slot line.

Evaluators:

- Ability to follow puck carrier: depth control, squareness, and stance.
- Preparedness to make save or follow slot line pass
- Control rebounds (eliminate 2nd chances)



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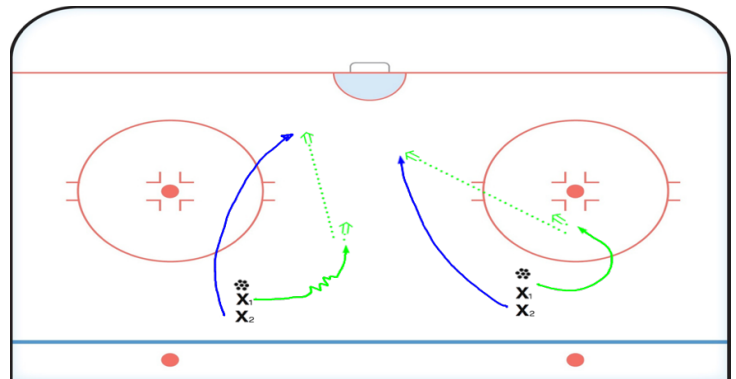
Inside Out

X1- carries the puck on the inside or outside route (see blue and green routes) and should create a delay so X2 can get to the net. X1 will shoot on net or shot/pass to x2

X2 - will go inside route if x1 choose outside route or they will go outside route if x1 chooses inside route. Have stick on the ice ready to get pucks on net quickly

Evaluators:

- Ability to follow puck carrier: depth control, squareness, and stance.
- Preparedness to make save or show body control in shifting into the redirect
- Control rebounds (eliminate 2nd chances)
- Compete level to keep the puck out



Duration:

Goalline Play

X1- will start with puck at cone on goal line. On the whistle they will attack the net and play out rebound until whistle blows again.

Initial Shot Options:

- wrap around
- attack near post
- walk the goalmouth
- must be a direct move once the puck gets shove the goal line (no moves that change directions)

X2- will do the next rep

Evaluators

- post coverage
- post transitions
- ability to protect the net and move from the post

