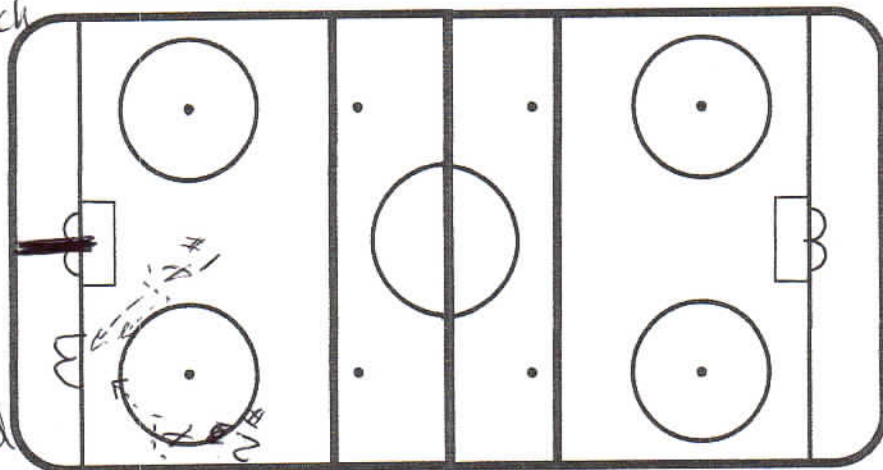


Need 4 Nets 5 Pads
System/Drill Skating + movement 15 min

Description Stations 12 min each

Station #1

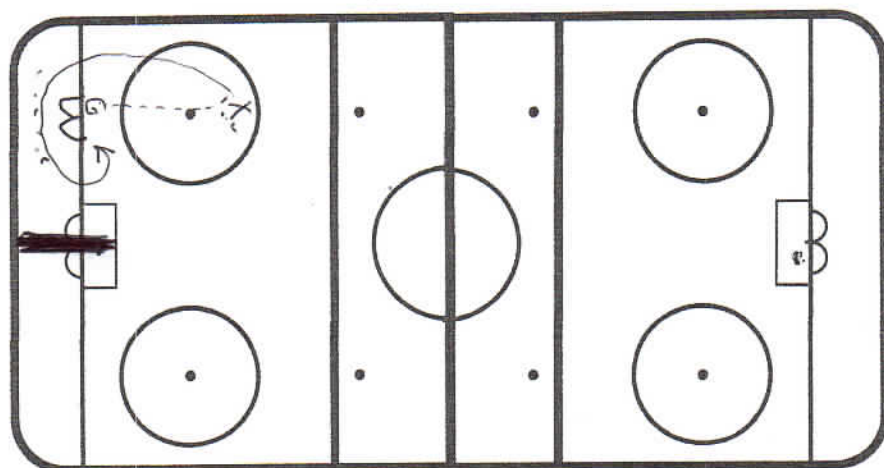
3 shot sequence
Start on shooter #1
Save rebound move to
#2 shot ~~save~~ save,
rebound trace back to
#1 shot save no rebound



Notes/Comments _____

Description Station #2

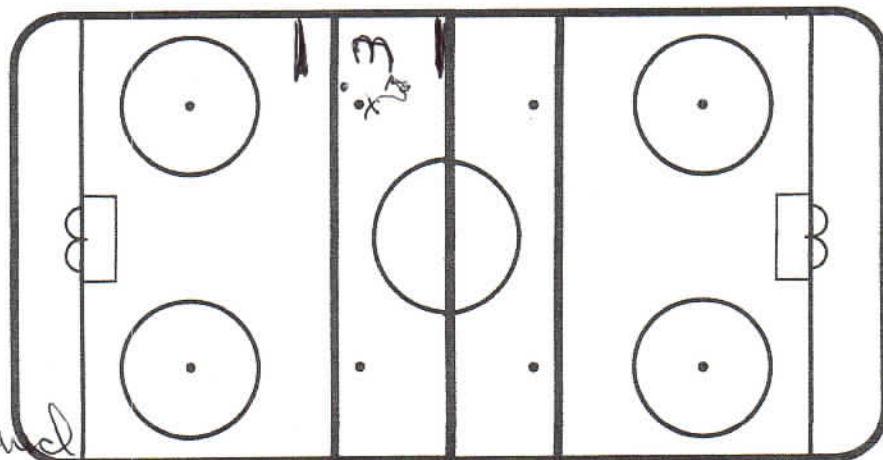
Net Play start with
shot out high save
trace rebound then trace
skater behind net
then battle out second
shot. Alternate
net play sides.



Notes/Comments _____

Description Station 3

Angles in tight.
Two pucks placed
in front of net
shooter starts with
back to goalie on go
they can pick either
puck shoot + play rebound



Notes/Comments _____

System/Drill _____

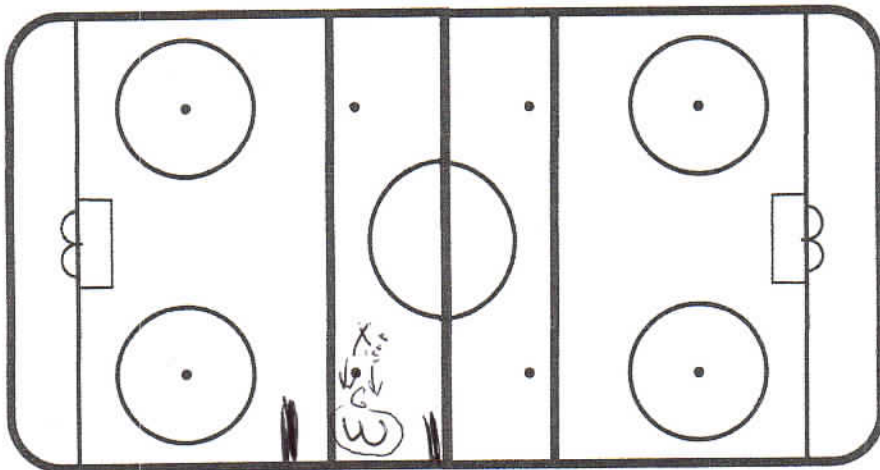
Description _____

Station 4

Goalie starts w stick
On shoulders use edges
Transition around net.
Make ~~save~~ Pad save
With lead leg then
second shot with other leg
Recover to feet repeat.

Notes/Comments _____

Two rep max -

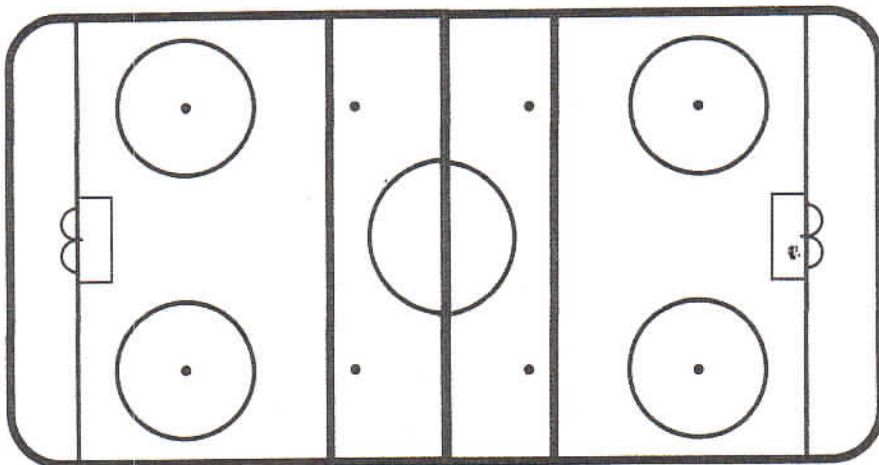


Description _____

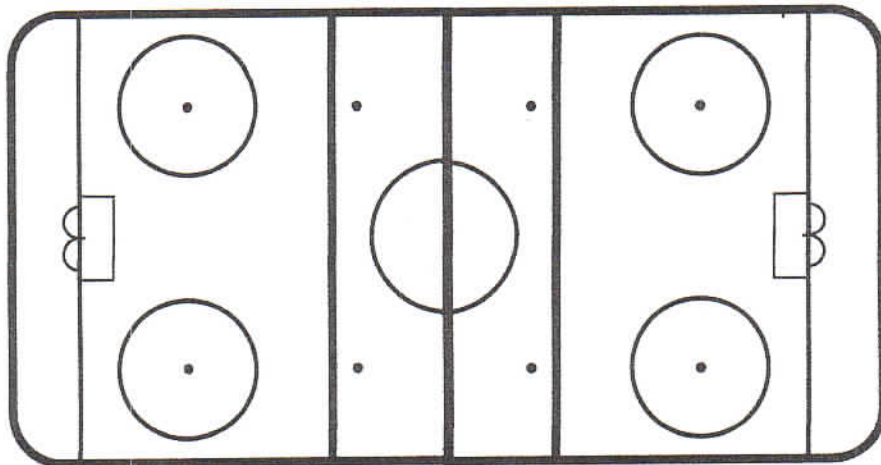
Partner ~~Battle~~
Battle

On knees
Try to push other
Goalie shoulder to
shoulder

Notes/Comments _____



Description _____



Notes/Comments _____