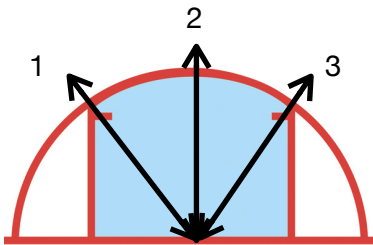




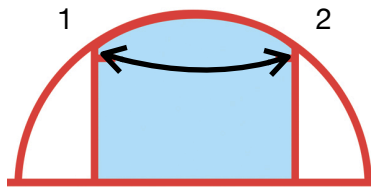
## Youth/Beginner Goalies

### Crease Drills



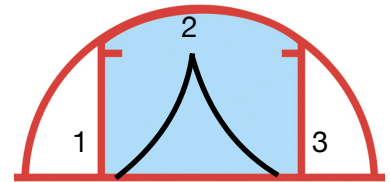
**Out and Back**

Works on young goalies ability to skate forwards and backwards effectively while staying square and taking a rush



**Moving Laterally**

Works to build strength and speed in young goalies lateral movements, this will help them be square to pucks that are passed

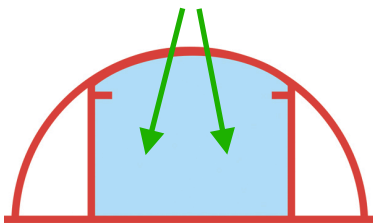


**Low to High**

This will help to teach young goalies to move from the post, out to challenge the shooter, and follow a rebound back to the far post

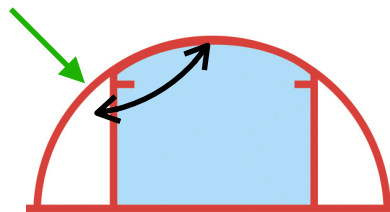
Movement Without a Crease: Not all movement drills need a crease, all of these drills can be simulated out side of the crease or net if needed

3 Drills to do without a crease - 1. Shuffling 2. T-Pushing 3. Up downs



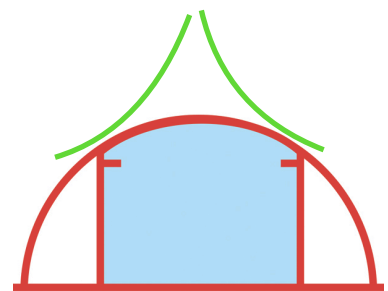
**Shoot on the ice at the goalies stick, and then at their hands**

It's important for young goalies to track pucks all the way into their body and get familiar with how their gear feels



**Moving to the shot**

Making the goalie move to the shooter, simulating a pass. This makes the goalie have to read if the shot is coming right away or if there is time to be set



**One move breakaway**

Coming in at different speeds will make the goalie have to adjust to you. Make one move and shoot. This will help the goalie read and react over time