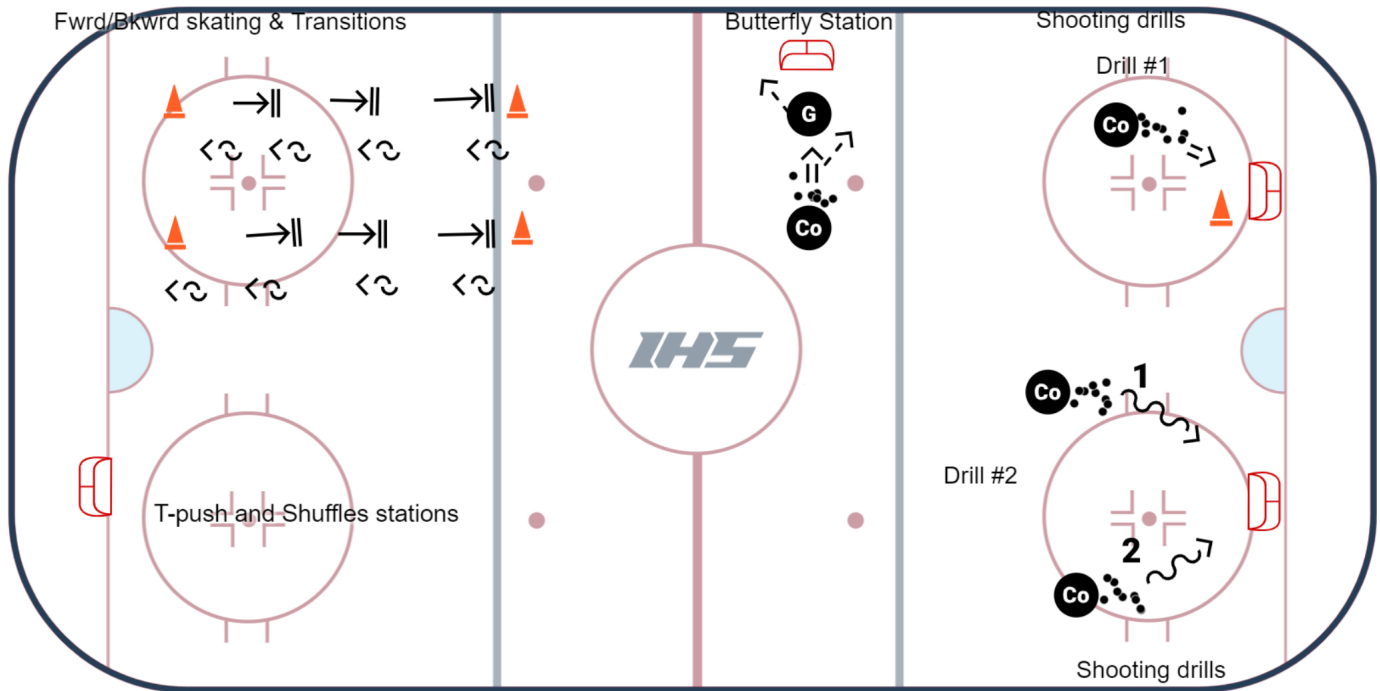


MITE/8U GOALIE TRYOUT PLAN



Time:

Station:



Total need: 4 nets, pucks, 5 cones

Skating Drills:

- 1 **Forward and backward skating:** Goalie will line up on goal line. On command, goalie will skate forward as fast as possible to cone, stop at cone and then skate backward to the line. On second and subsequent reps, goalies will do this in the "ready stance" using c-cuts there and back. Goalies will ensure to use alternate feet for stops at the cone.
- 2 **T push and Shuffle Station** - Goalies will demonstrate t-pushes and shuffles around the crease - starting from the post and working both directions across the top of the crease

Shooting Drills:

- **Drill #1:** Goalie starts lined up on cone on top of crease. On shooters command, t-push to shooter and face low angle shot - goalie will try to control rebound to corner or behind the net. Any close rebounds will be played out until covered or deflected away from goal. Repeat on both sides.
- **Drill #2:** Goalie starts on the goal line prepared to face a breakaway. On shooter's command goalie will telescope out to face a straight on breakaway attempt. After the first attempt, the goalie must gather themselves to face a second breakaway attempt from a shooter starting at the dot. Finally, the goalie must gather themselves to face a final breakaway attempt from the opposite dot. Second and third breakaway attempt will be at random but identified clearly in the drill. All breakaways will begin once the goalie is set and facing the shooter

•**Butterfly/stick save station:** Coach set-up in "slot area" with pucks. Goalie starts on post. On command, goalie pushes out to coach to face shot. Coach takes shot along ice to either glove or blocker side prompting goalie to make stick save while in the butterfly, directing puck to the appropriate corner. Goalie will then push back to opposite post and repeat drill. *Coaches to follow-up with rebounds if puck not directed into corner or failed to cover rebound.*