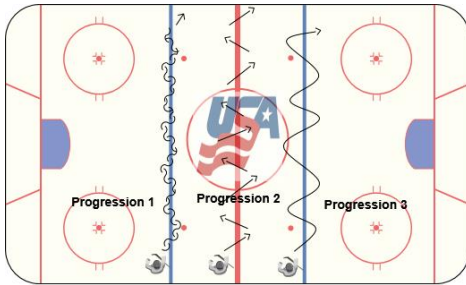


1) Network Edge Work

8 min.



OBJECTIVE: Develop goaltenders ability to use their edges as well as develop power and agility.

ORGANIZATION:

Goaltenders begin along the boards at the blue line or red line. (Group divided into 3) Coach leads the group through a series of c cuts, lateral bounds and ice touches.

VARIATION:

This can be done anywhere on the ice. (with or without coaches)

GOALIE:

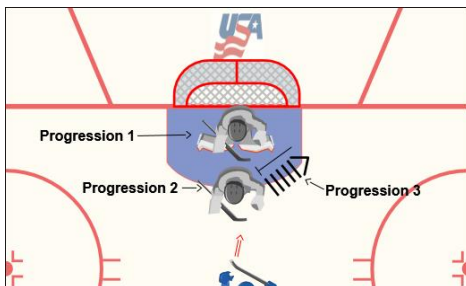
Utilize good knee bend. Lead movements with eyes and hand. Maintain good body control. Push your limits to make improvements.

KEYPOINTS:

Use the entire skate blade (heel to toe), Maintain body control, Get comfortable being uncomfortable

2) Fundamental Save Progression

16 min.



OBJECTIVE: Isolate fundamental saves to work on the goaltenders save execution.

ORGANIZATION:

Coach has pucks in the high slot area. (Vary the angle)

This can be done with or without a net.

This can be done anywhere on the ice.

VARIATION:

1. Goaltender starts in a butterfly.

2. Goaltender starts standing.

3. Goaltender does two crease movements in any pattern prior to getting square to the puck.

Have the shot come from different angles and distances.

Vary the pre-shot movements.

GOALIE:

Focus on puck tracking and technique when doing this drill.

Make saves in front of your body.

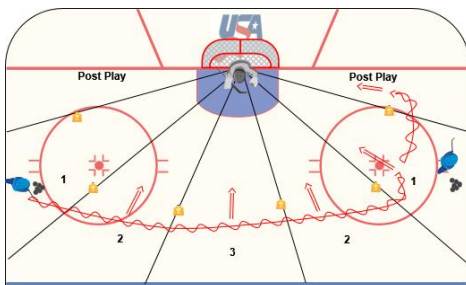
Let the puck come to you.

KEYPOINTS:

The goaltender's feet are set prior to shot, The coach tells the goaltender where the shot is going, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, The goaltender puts all pucks caught or covered into the corner

3) BPS Positioning Lanes Station

8 min.



OBJECTIVE: Teach goaltenders to understand where they need to maximize net coverage on shots coming from any shooting lane.

ORGANIZATION: Place 6 cones or tires as shown to give the goalies a visual of where the shooting lanes are. Have the shooters start in lane 1 and carry the puck to at least the next lane before shooting. The shooter must not skate below the cones prior to shooting. Alternate sides.

VARIATION: 1. The shooter starts from different lanes and go either way.

2. The shooter starts from the neutral zone and can go through any two lanes.

GOALIE: The goalie starts lined up on the puck. Once the player starts to move the puck the goaltender allows the puck to lead them, always staying square and then shuffle steps hard to be in the center of the next lane always staying at base depth (top of the crease). The goaltender focuses on being set prior to the player shooting the puck. Once the shot is taken, the goaltender tracks the puck with their eyes and chin all the way into their equipment and all the way out in the case of a rebound. Once fully recovered, line up on the next puck on the opposite side.

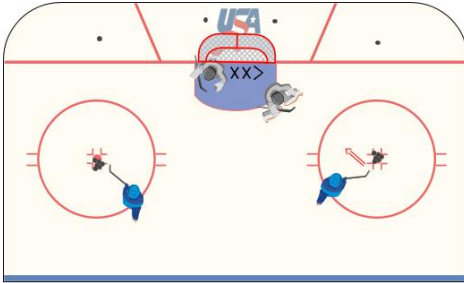
KEYPOINTS:

The goaltender must remain square to the puck. Eyes, chin, shoulders, hips and knees always facing the puck. The goaltender must let the puck to slightly lead them into the next lane.



4) Zone Work with Chest Shot

8 min.



KEYPOINTS:

Maintain sight of the puck on the strong side,
Gain optimal depth off the post, Maintain edges
prior to shot

OBJECTIVE: Develop goaltenders ability to maintain their edges and track pucks below the goal line and control shots at their chests.

ORGANIZATION:

2 shooters: 20 pucks on each face-off dot: 4 pucks set up below the goal line as shown:

The goaltender moves through a sequence to each puck and pushes out to the top of the crease to be square to F1's puck. As soon as the goaltender has his feet set, F1 shoots at the goaltenders chest. The drill repeats the opposite way, with F2 shooting.

VARIATION:

Vary the location of the shooter.

GOALIE:

Start in a standing position on the post, focused on Zone 1's puck. Shuffle to the center of the goal line and focus on Zone 2's puck. Rotate head to find Zone 3's puck then push to the opposite post and focus on Zone 4's puck. Then focus on the puck on F1's stick and push to be square at optimal depth. Make the save on the shot. This is a 100% save location.

Post-Practice Comments:

[illegible]