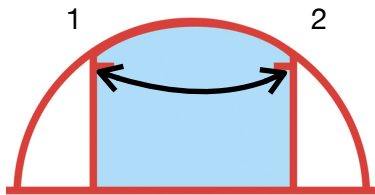




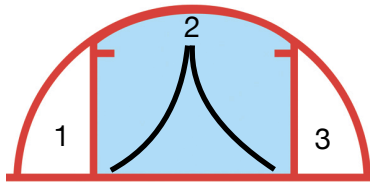
Intermediate/Senior Goalies

Crease Drills



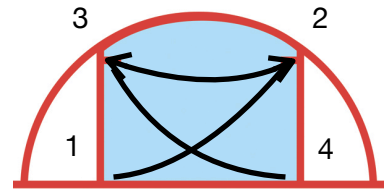
Moving Laterally

Simple but effective drill. Goalies need to be able to move quick and connected on lateral plays so that they are set for shots or 1-timers
Progression: Drop on 1,2



Low to High

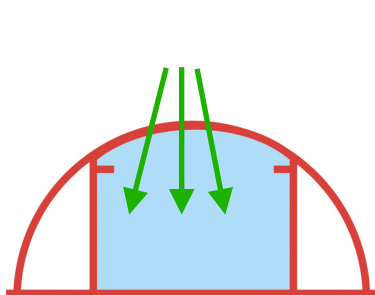
This simulates low to high plays as well as high to low plays. Getting out set for shots is important.
Progression: Drop on 2



X-Drill

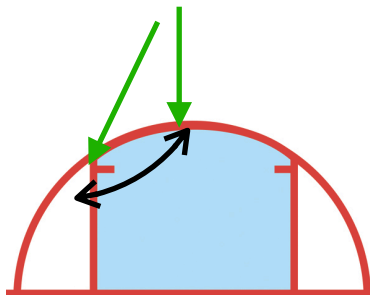
This simulates in zone play, teaches the goalie to move quickly and effectively in different situations
Progression, drop on 2,3

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



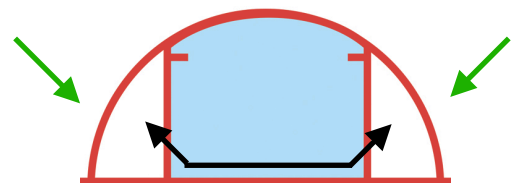
Shoot: At stick, hands, and the chest

Important for the goalie to track the puck all the way into their equipment and off if there is a rebound. Focus on rebound control.



2-Shots

1st-shot is at stick/pad, the goalie then needs to recover to their feet and be square to the rebound. Then push back to middle for second shot in the chest.



Post-Post Out

Goalie moves from post to post then out to a "bad angle" shot. It is very important for goalies to understand how much space they take up on bad angle shots and to feel comfortable in those situations