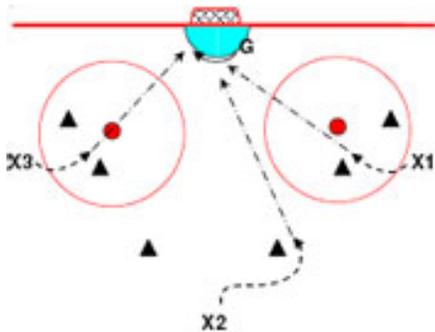


**Off Post Small Shuffle Work**

### Movement Drills – Beginner

- [Middle Out T-Push](#)
- [Three Puck Movement T-Push](#) | [Video](#)
- [Off Post Small Shuffle Work](#) | [Video](#)
- [Middle Out Butterfly Slide](#) | [Video](#)
- [Three Puck Movement Butterfly Slide](#) | [Video](#)

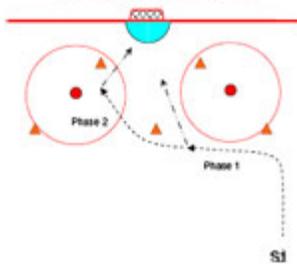


**Stick and Pad Control**

### Fundamental Save Drills – Beginner

- [Middle Out Stick Work](#) | [Video](#)
- [Middle Out Chest Saves](#) | [Video](#)
- [Triggered Half Butterfly & Stick Saves](#)
- [Stick & Pad Control](#)
- [Wildcat Butterfly Series](#)

### Lateral Cut Drill



### Team Drills – Beginner

- [Lateral Cut Phase I](#) | [Video](#)
- [Three Man Weave](#)



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### Middle Out & T- push

#### Drill Description:

1. T - push or C - cut out to the middle of the top of the crease and set feet.
2. After setting feet the goaltender T- pushes back to the opposite post from where he/she started.

#### Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. T- push – The goaltender should rotate hips, lead with stick and gloves, and push hard with the inside edge of the drive leg.
3. T- push: – Lift drive leg slightly off the ice after initial push.



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### 3 PUCK MOVEMENT SEQUENCE ( T- PUSH)

#### Drill Description:

#### Puck placement:

1. Puck 1 is the post (Drill begins from Puck 1).
2. Puck 2 is the near side corner of the top of the crease.
3. Puck 3 is the far side corner of the top of the crease.

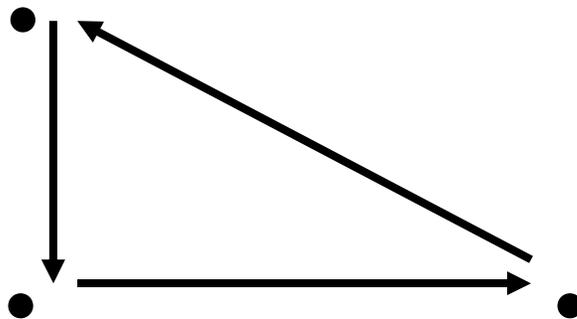
#### Goalie Movement

1. T- push or C – cut out to Puck 2 and set feet.
2. T- push across to Puck 3 and set feet.
3. T- push back to Puck 1 and set feet.

Repeat sequence 3 times.

#### Key Teaching Points:

1. T- push: Turn head, rotate hips and lead with stick and gloves.
2. T- push: – Lift drive leg slightly off the ice after initial push.
3. Set feet in position and square up to the potential shot angle.





## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### OFF POST SMALL SHUFFLE WORK

#### Drill Description:

Note: Goaltender starts from set position on the post.

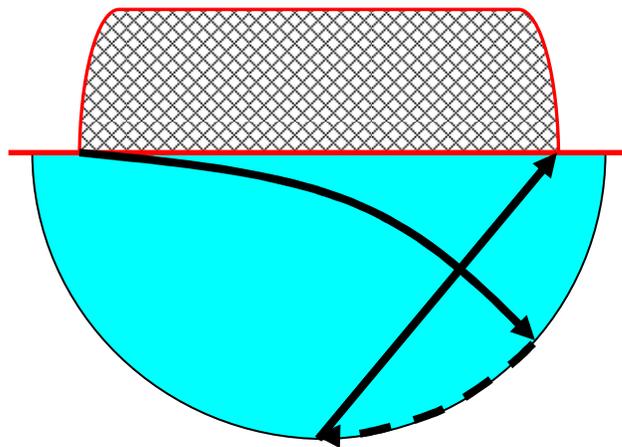
1. The goaltender comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet.
2. The goaltender small shuffles across the top of the crease until he/she reaches the puck in the middle of the slot.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post

Place a puck 3 feet above the top of the crease in the middle of the slot.

Repeat the drill for 4 - 6 reps.

#### Key Teaching Points:

1. Off post the goaltender should shift body through the middle of the net while moving out to the corner angle.
2. Small shuffles should be used while maintaining stance position.
3. Rotate hips and lead with stick and gloves when T – pushing back to opposite post.
4. T- push – Lift drive leg slightly off the ice after initial push.





## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

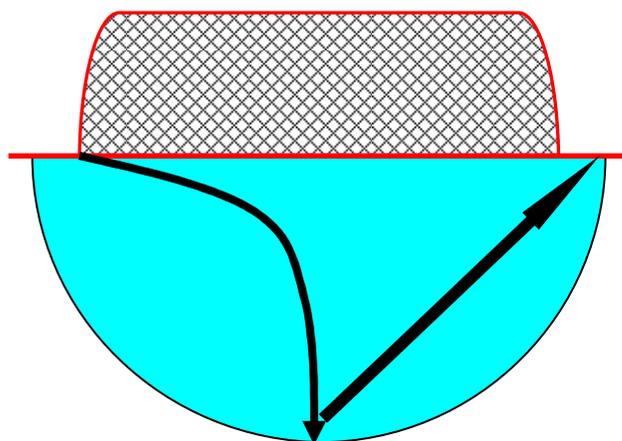
### Middle Out & Butterfly Slide

#### Drill Description:

1. T - push or C - cut out to the middle of the top of the crease and set feet.
2. After setting feet the goaltender butterfly slides back to just outside the opposite post from where he/she started.

#### Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Butterfly slide – The goaltender should rotate hips, lead with stick and gloves, and push hard with the inside edge of the drive leg.
3. Butterfly slide – Bring drive leg and lead leg together flush on the ice.
4. Butterfly slide - Goaltender should catch skate edge just outside of the post. This will keep goaltender square to the shooter and in position to move in another direction. If the goaltender hits the post it will push him/her off angle and limit his/her ability to move in another direction while also causing a small opening on the post side for the shooter.





## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### 3 PUCK MOVEMENT SEQUENCE (BUTTERFLY SLIDE)

Drill Description:

Puck placement:

1. Puck 1 is the post (Drill begins from Puck 1).
2. Puck 2 is the near side corner of the top of the crease.
3. Puck 3 is the far side corner of the top of the crease.

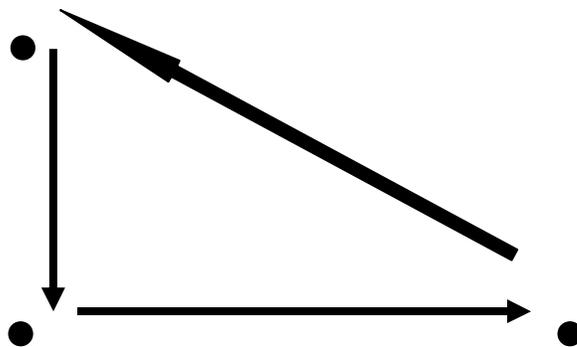
Goalie Movement:

1. T- push or C – cut out to Puck 2 and set feet.
2. T- push across to Puck 3 and set feet.
3. Butterfly slide back to just outside of Puck 1, fully recover and set feet.

Repeat sequence 3 times.

#### Key Teaching Points:

1. T- push: Turn head, rotate hips and lead with stick and gloves.
2. Set feet in position and square up to the potential shot angle.
3. Butterfly slide – The goaltender should rotate hips, lead with stick and gloves and push hard with the inside edge of the drive leg.
4. Butterfly slide - Drive leg and lead leg must come together flush on the ice.
5. Butterfly slide - Goaltender should catch skate edge just outside of Puck





# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## MIDDLE OUT STICK WORK

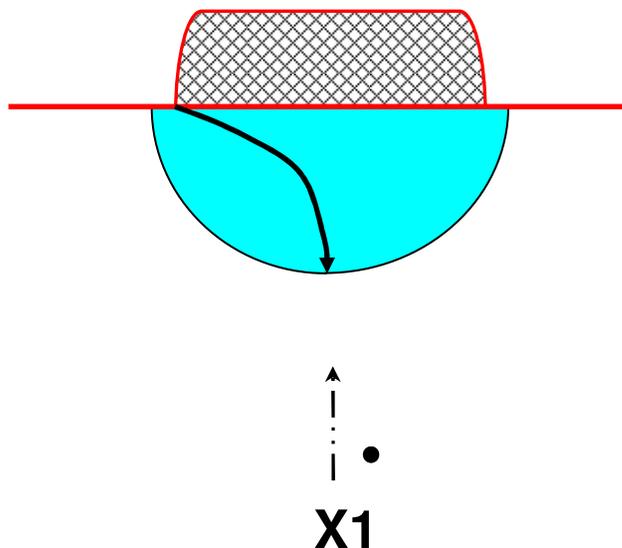
### Drill Description:

1. X1 stands with pucks 2 feet above the hash marks in the middle of the slot.
2. Goaltender is positioned on the post.
3. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
4. X1 shoots on the ice at the goaltender's five hole.
5. Goaltender directs puck into corner and recovers to rebound.

Repeat the drill 4 times from each post for a total of 8 reps.

### Key Teaching Points:

1. Off post the lead leg should be placed towards the middle of the net. This places the goaltender on angle to potential shots.
2. Stick saves – there should not be a lot of movement with the goaltenders arm. The goaltender needs to slightly turn wrist to direct puck into desired location.





## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### MIDDLE OUT CHEST SAVES

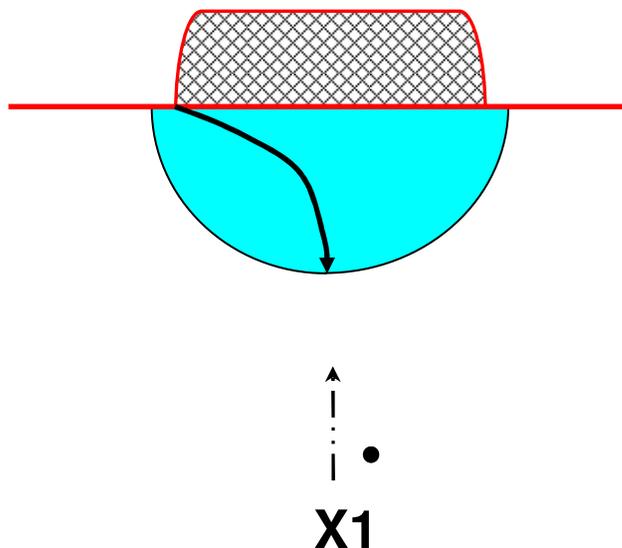
#### Drill Description:

1. X1 stands with pucks 2 feet above the hash marks in the middle of the slot.
2. Goaltender is positioned on the post.
3. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
4. X1 shoots at the goaltender's chest once he/she sets his/her feet.
5. Goaltender smothers puck with chest and fully recovers back to opposite post to begin sequence again.

Repeat the drill 4 times from each post for a total of 8 reps.

#### Key Teaching Points:

1. Off post the lead leg should be placed towards the middle of the net. This places the goaltender on angle to potential shots.
2. Chest shots - the goaltender should absorb puck with chest and use glove to cradle puck in.





## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### Triggered Movements ½ B-fly & Stick Saves

#### Drill Description:

1. X1 stands in the middle of the slot 2 feet above the hash marks.
2. Goaltender stands on the right corner angle of the top of the crease.
3. X1 commands (uses word "Push") the goaltender to move to the middle of the top of the crease.
4. Goaltender small T – pushes to middle angle of the top of the crease and sets feet.
5. X1 shoots low to the goaltender's left side.
6. Goaltender extends leg into ½ butterfly position to make save and recovers to location of rebound.

Repeat above from opposite side shooting to the goaltender's right side.

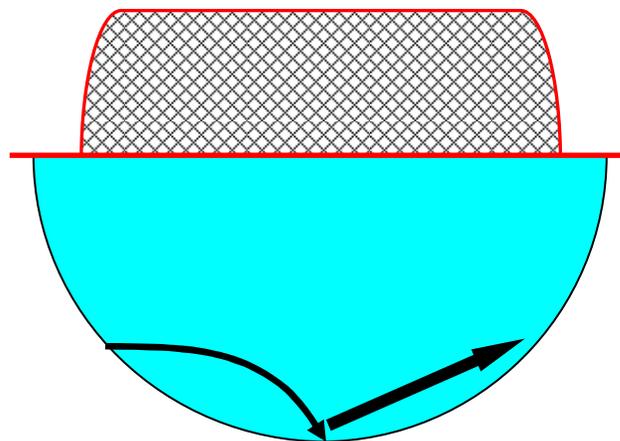
Repeat 4 times for each side for a total of 8 reps.

#### Key Teaching Points:

1. Set feet at top of crease, extend leg flush on the ice to make save, and control rebound. Stick should direct pucks along the ice.

*Full Recovery:* When moving to the right, get up with left leg. When moving to the left, get up with right leg.

2. After extending leg to make save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates goalie on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the drive leg.





## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### STICK & PAD CONTROL WITH PROPER RECOVERY

#### Drill Description:

X1 comes off the wall and shoots low for the far side when he is between the cones.

X2 attacks to either side once the goaltender gets to the middle and sets feet. X2 shoots low to the same side that X1 shot too.

X3 attacks cones when goaltender is set and shoots low to the short side.

The goaltender positions at the top of the crease and tracks puck into pads or stick. Control rebounds away from the slot into the corner or cover puck.

After each shot, the goaltender recovers fully and then Small T-Pushes over for the next shot. Set feet and then repeat.

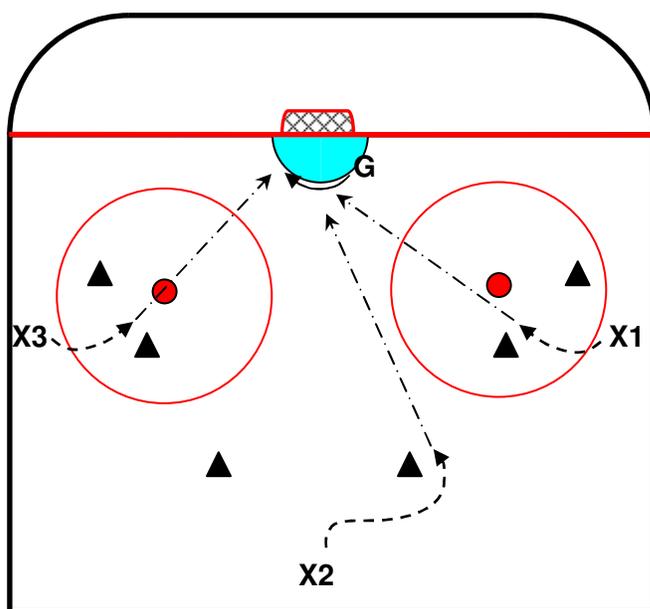
Begin next repetitions from opposite side following the above instructions.

#### Key Teaching Points:

Track puck into pads or stick and control rebounds.

*Full Recovery:* When moving to the goalies' right, get up with left leg. When moving to the left, get up with right leg.

After extending leg to make save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates goalie on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the drive leg.





# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## WILDCAT BUTTERFLY SERIES

### Drill Description:

NOTE: Begin drill by evaluating goaltender dropping into a butterfly from stance position.

#### Part 1:

- Goaltender (without stick) starts on the corner angle of the top of the crease. S1 begins at the top of the circles in the middle of the slot.
- Goaltender small T - pushes to the middle of the top of the crease and sets feet.
- Once goaltender sets feet, S1 shoots at the five hole.  
The goaltender repeats the drill from opposite side.

#### Part 2:

- Goaltender (with stick) starts at the corner angle of the top of the crease. S1 begins at the edge of the face-off circle, just below the dot.
- S1 walks to the middle (on forehand) and can shoot anytime at the five hole. The goaltender shuffles across the crease with the shooter. S2 repeats the drill from the opposite side.

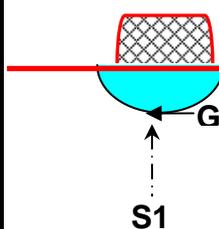
#### Part 3:

- Goaltender (with stick) begins in the middle at the top of the crease. S1 begins in the slot at the top of the circles.
- S1 skates with the puck on a diagonal angle toward cone placed inside the bottom of the face-off circle. S1 shoots at the five hole or between the goaltender's arms.  
The goaltender stays square to the shooter while following across the crease.

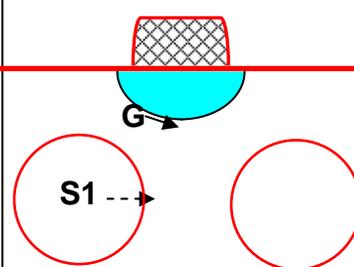
### Key Teaching Points:

- While using the butterfly save the goaltender should:
  - Drive the knees to the ice
  - Press hips forward
  - Keep the chest up and shoulders level
  - Squeeze pants/pads together
  - Maximize net coverage with pads extended
  - Be ready to close holes under the arms and keep hands in stance position

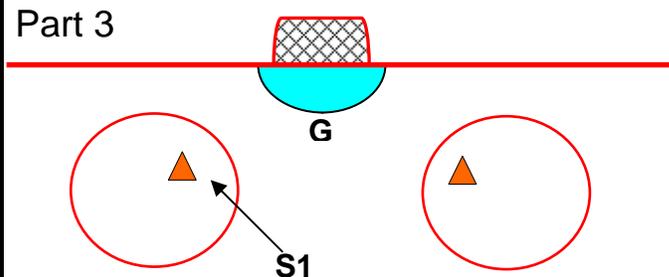
#### Part 1



#### Part 2



#### Part 3





# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## LATERAL CUT DRILL

### Drill Description:

In both ends five cones are placed on the ice as shown below.

#### Phase 1

1. Shooter begins at the red line and skates down the boards.
2. Just before the first cone (along boards) the shooter cuts to the middle and shoots somewhere prior to arriving at the second cone (middle cone).

#### Phase 2

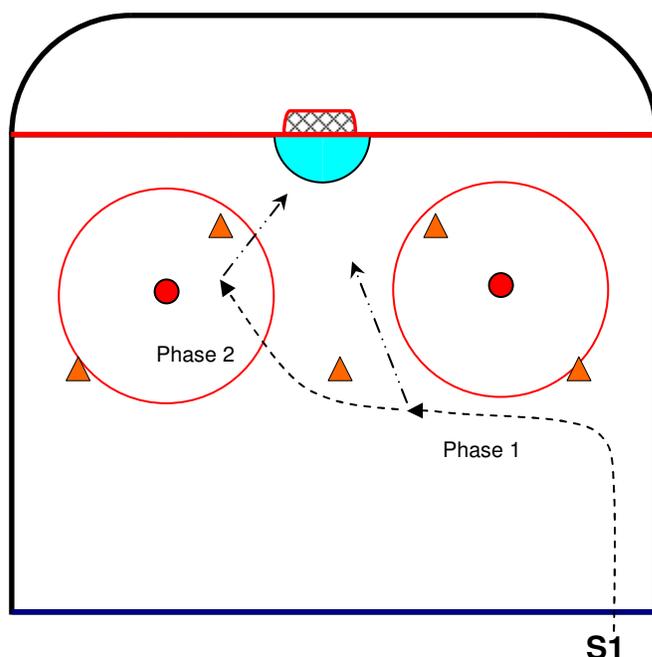
1. Shooter begins at the red line and skates down the boards.
2. Just before the first cone (along boards) the shooter cuts to the middle. The shooter has the option to shoot between the first and second cone (middle cone) or to continue the path and shoot at some point between the second and third cone (low cone).

Alternate sides with the drill.

Team drill that can be done at both ends at the same time. Have shooters lined up at the red line on both sides of center ice.

### Key Teaching Points:

1. The goaltender sets up on the shooter as the shooter moves down the wall and across the ice.
2. The goaltender must be patient and stay on feet at the top of the crease taking away as much net as possible.
3. In phase two, when the puck is carried between cones 2 and 3 the goaltender must continue to stay on his/her feet and be patient moving with the puck.





# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## THREE MAN WEAVE

### Drill Description:

A line is in one corner at each end of the ice. Lines are on opposite sides with pucks. Three cones are placed diagonally in the neutral zone on the face-off dots.

1. S1, S2, & S3 leave with pucks from the same corner leaving space between the player leaving in front:
  - S1 skates down ice along the boards and shoots from the outside.
  - S2 skates along the boards, cuts to the middle at the first neutral zone face-off dot (first cone) and skates down the middle of the ice for a long shot.
  - S3 skates along the boards, cuts to the middle at the first neutral zone face-off dot (first cone), continues to far side and skates down ice along far side boards to take long shot on goaltender.

NOTE: All shots should be taken just after crossing the blue line.

Opposite end leaves at the same time. All players must keep head up and cut across on their side of the neutral zone.

### Key Teaching Points:

#### Shooter:

1. Acceleration with puck.
2. Hitting the net.
3. Handling the puck with head up.

#### Goaltender:

1. Calm feet set on top of crease and square to shooter.
2. Maintain proper depth for each shot.
3. Rebounds must be controlled to safe area.
4. Use proper recovery to get into position for next shot.

