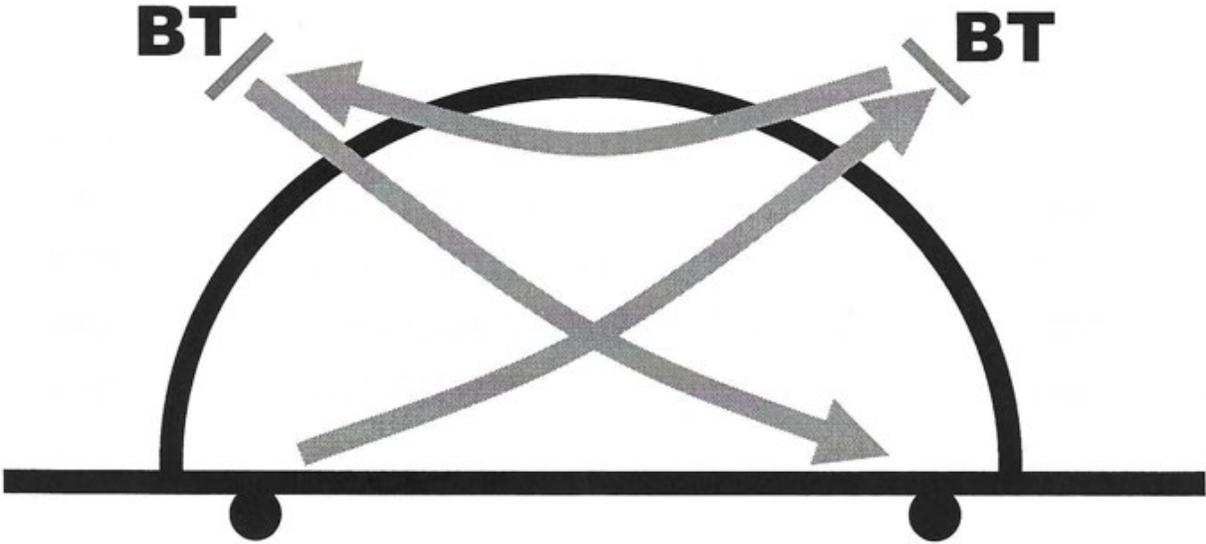


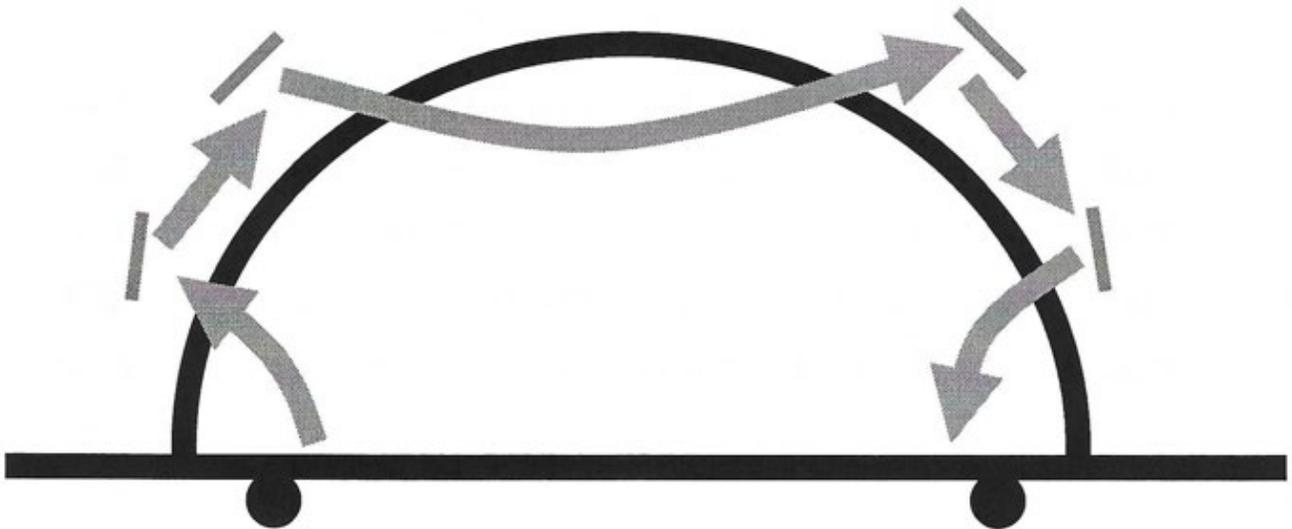
POSITION SPECIFIC MOVEMENT #1

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



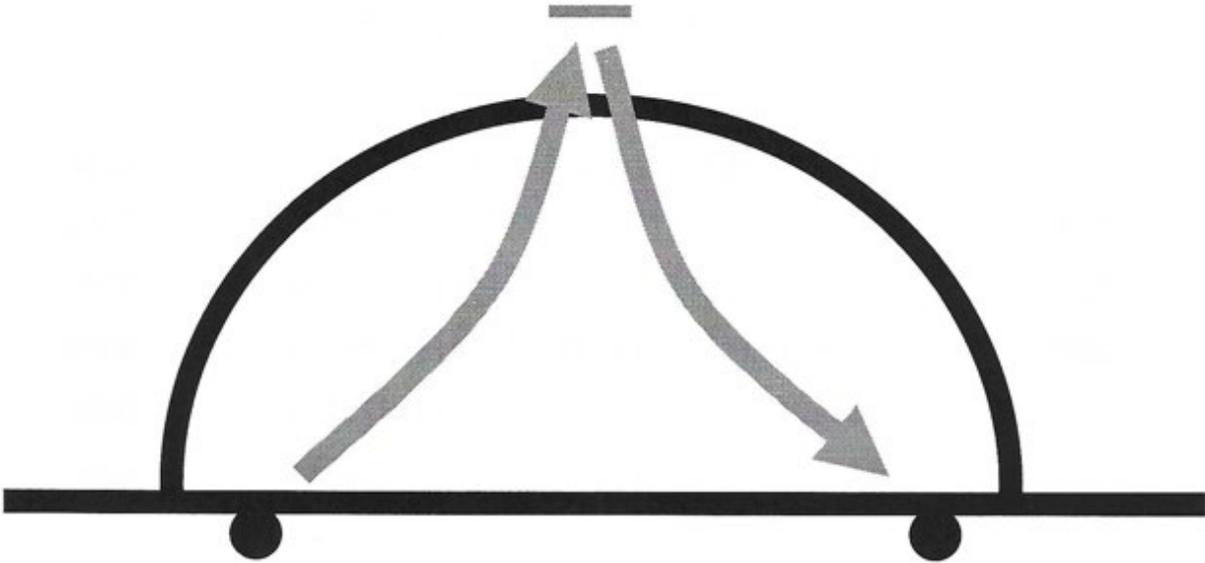
POSITION SPECIFIC MOVEMENT #2

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



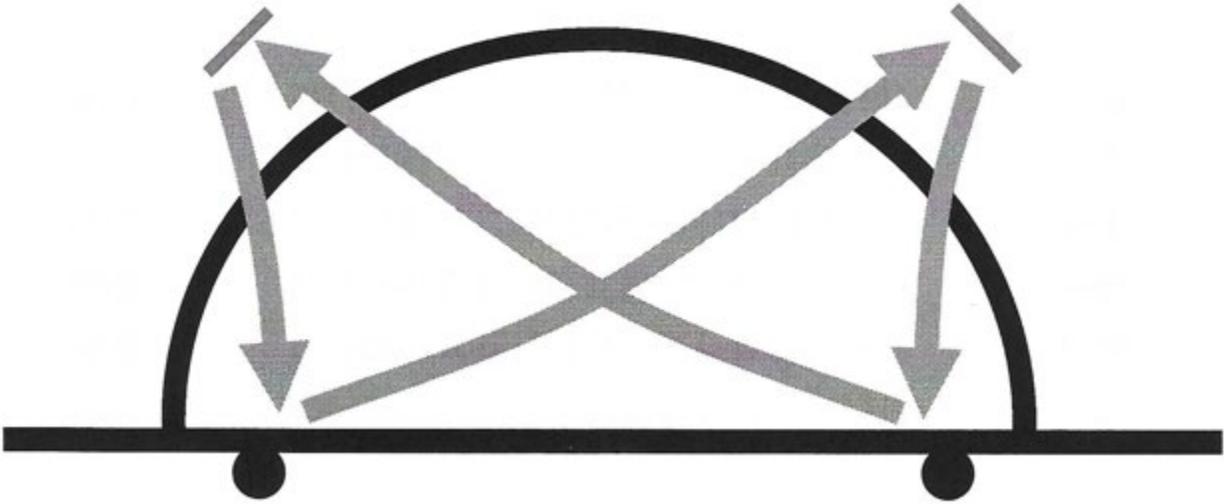
POSITION SPECIFIC MOVEMENT #3

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



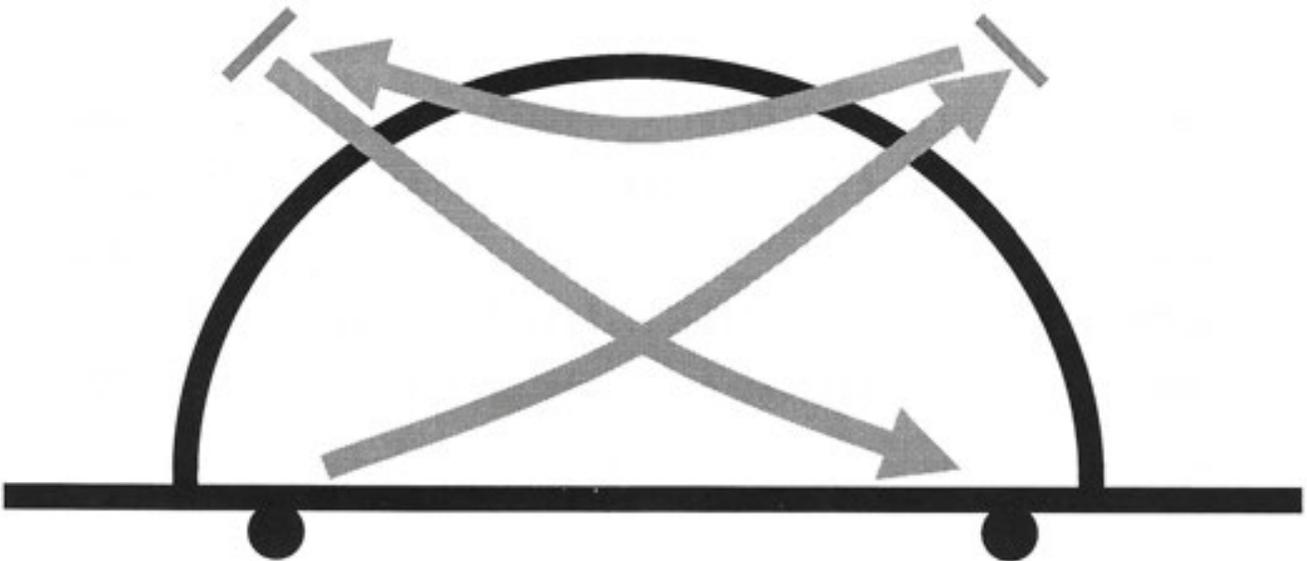
POSITION SPECIFIC MOVEMENT #4

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



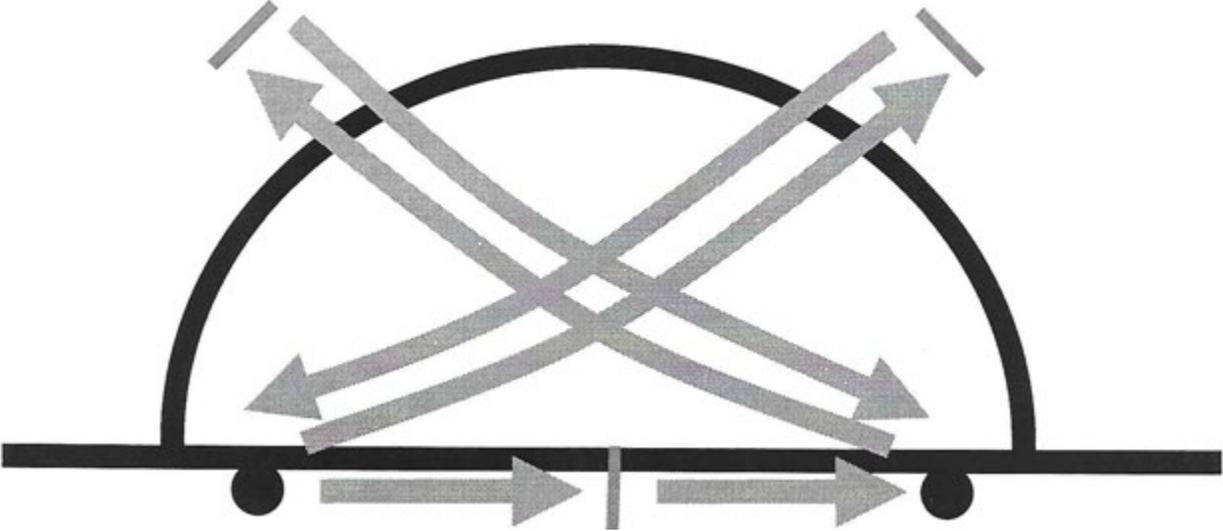
POSITION SPECIFIC MOVEMENT #5

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



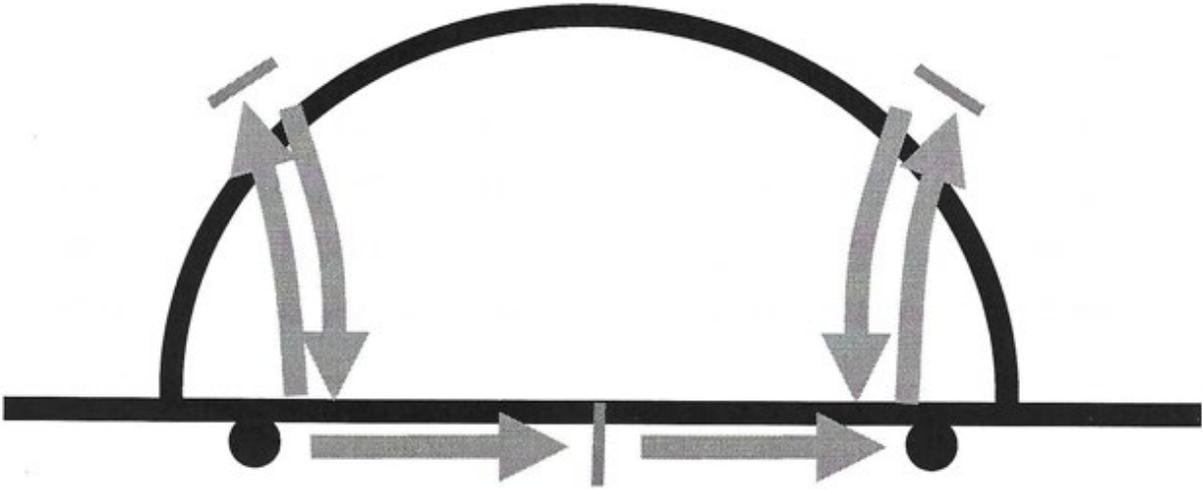
POSITION SPECIFIC MOVEMENT #7

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



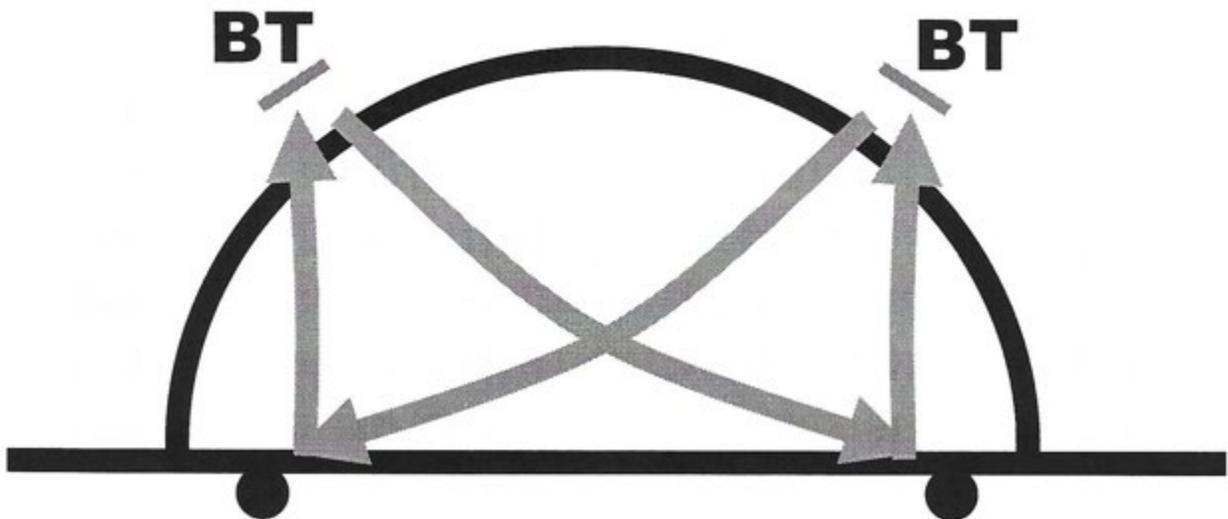
POSITION SPECIFIC MOVEMENT #8

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



POSITION SPECIFIC MOVEMENT #9

| <u>SYMBOLS</u> | | <u>ACRONYMS</u> | |
|-----------------------------|---|------------------|-----------|
| T-push |  | Butterfly | BT |
| Shuffle (from feet) |  | VH Position | VH |
| Backside Push (from BT) |  | Narrow Butterfly | NB |
| Knee Shuffle (from BT) |  | Distance Carry | DC |
| Butterfly Slide (from feet) |  | Quick Trigger | QT |
| Set Point |  | | |



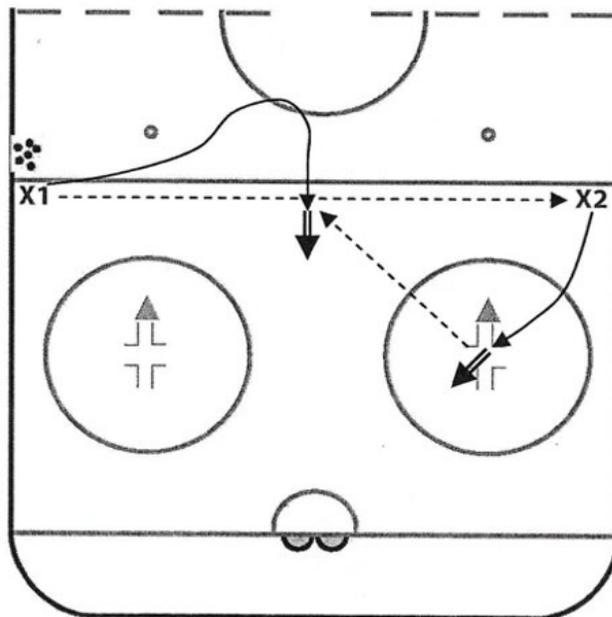
DRILL TYPE: POSITIONAL SPEED

Description:

1. Pucks begin on the boards / blue line on each side
2. X1 passes across to X2
3. X2 drives wide around the pylon
4. X2 now has the option of shooting or dropping the puck back to X1
5. X1 circles outside the blue line and receives dropped puck high in the slot above circles (see diagram)
6. If X1 receives the puck, X1 must shoot with X2 going for the rebound (there is no second pass)

Key Development Points:

- G wants to “beat the pass”
- The first opportunity to “beat the pass” is on the initial pass between X1 and X2 – don’t let G be complacent on this pass
- G should track X2’s movement through angle-tightening moves (i.e. the shuffle)
- If X2 shoots the save is made from this strong, centered position
- If X2 drops the puck back to X1, G must, again, “beat the pass”
- Beating the pass in this manner not only gives G the opportunity to reach an optimal position but also to get fully set for the shot



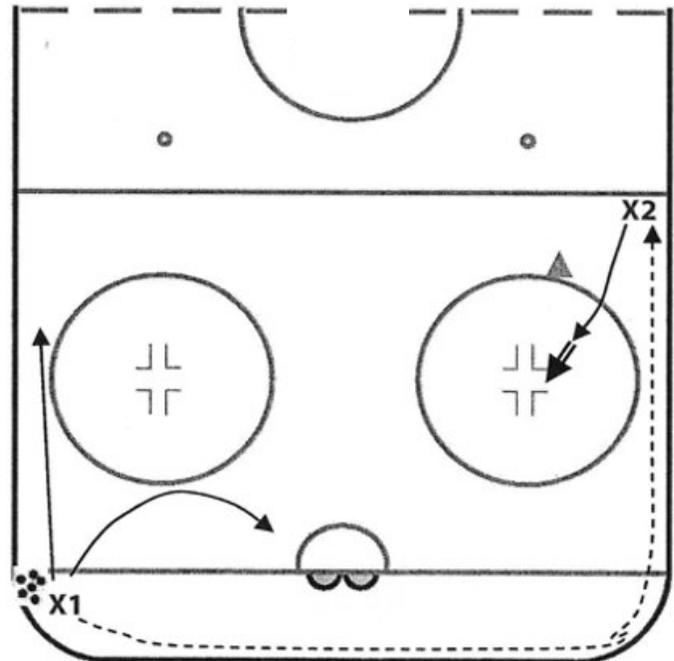
DRILL TYPE: ICE AWARENESS

Description:

1. X1 and X2 position as indicated on diagram
2. X1 rims the puck around to X2
3. X2 receives puck at point and drives down and around a pylon as indicated
4. X1 will opt to go to the net OR go up the wall and away from the net
5. X2 always shoots the puck

Key Development Points:

- When the play is developing, ice awareness will help the goalie anticipate the play
- Good awareness also aids a goalie in positioning: increase depth if no weak side threat, give back depth if low threat is present
- As the play moves into the zone, the goalie can visually identify which options are available to the puck carrier aiding them in their decision-making process



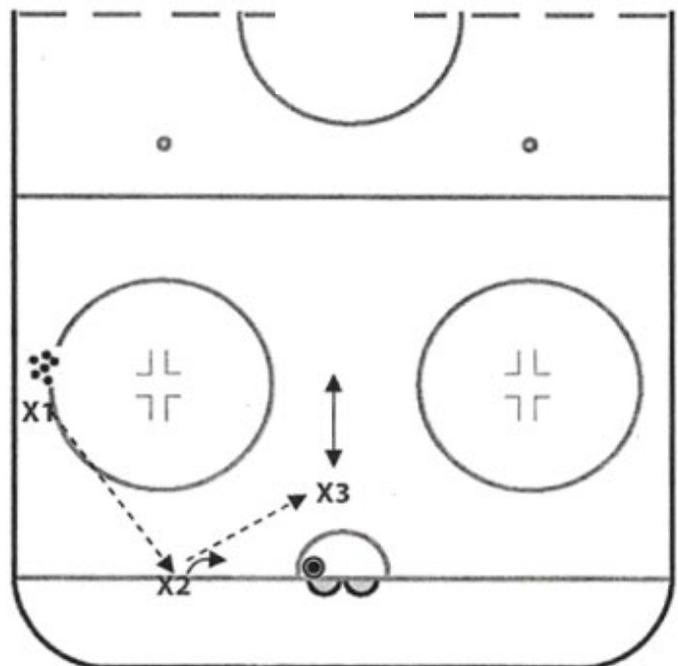
DRILL TYPE: POWER PLAY SETUP

Description:

1. X1, X2, X3 and pucks situated as indicated on diagram
2. X1 passes to X2 on the goal line
3. X2 can now take the puck quickly to the net or pass to X3
4. X3 will always start in the low slot but randomly reposition as the first pass is made
5. X3 can either one-time the shot or receive it fully before releasing the shot
6. Repeat on other side

Key Development Points:

- Goalie must get organized quickly on the post with proper post integration
- A read must be made using peripheral vision along with the slope of the pass
- This information should allow the goalie to take a hard slope at X3 to jam him if the play is in tight
- Goalie should react from the feet not the knees on the shot from the slot
- Early and calm eyes are key



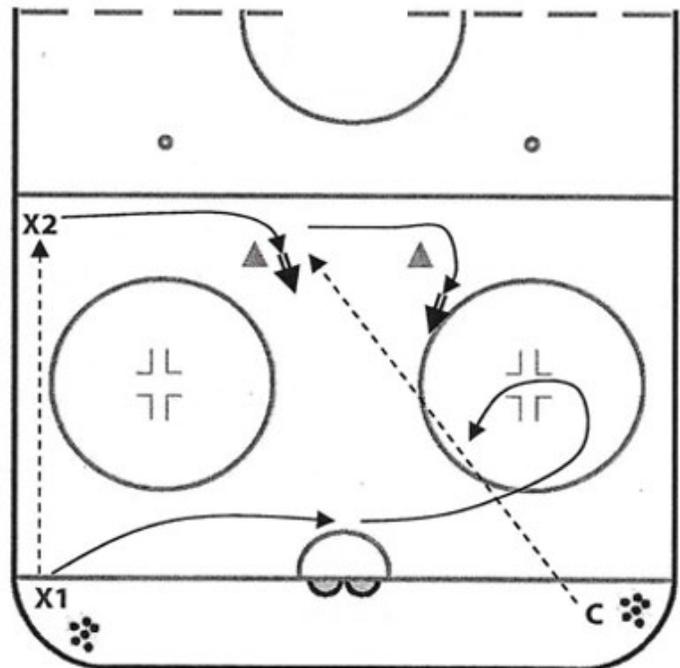
DRILL TYPE: HANDLING TRAFFIC

Description:

1. X1, X2, and C position as indicated (pucks in each corner)
2. X1 passes to X2 and goes to the front of the net
3. X1 must have a physical confrontation with G before X2 shoots the puck
4. X2 will drag the puck towards the center of the blue line before using some deception and stepping around either cone and releasing a wrist shot at the opportune time of confrontation
5. C will then pass a 2nd puck to X2 (who is now standing on the blue line between the cones) while X1 slides out into the mid slot
6. X2 steps around one of the cones and wrist shoots the 2nd puck and a rebound is played

Key Development Points:

- Goalie must maintain the strength of their position in traffic and not get pushed deep
- Goalie must be quick to position so traffic is forced to form around their position
- Goalie does not want to get tangled or distorted in traffic but does want to continue to be big and strong in the space
- Goalie must visually battle for sight lines on both the tight screen and the mid-zone screen
- Goalie should seek to strengthen or regain lost depth following the first shot



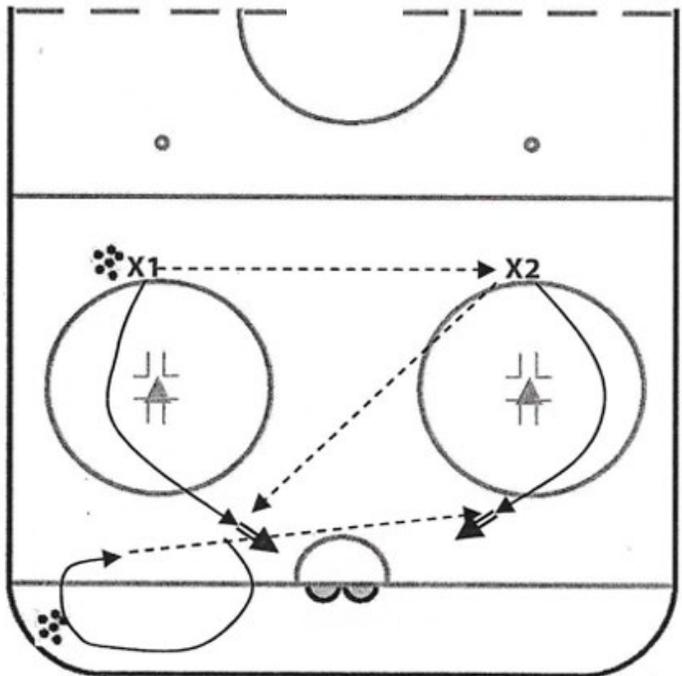
DRILL TYPE: MULTI FEEDS

Description:

1. X1, X2, pucks and pylons situated as indicated on diagram
2. X1 passes to X2, X1 then drives around the pylons
3. X2 feeds the puck down to X1 as he goes to the net
4. After X1's shot, X1 cycles to the corner while X2 drives down and around the pylon to the opposite side
5. X1 feeds X2 for a 2nd shot

Key Development Points:

- Staggered feeds are traditional lateral feeds in which the puck starts higher in the zone and is received lower in the zone
- A flat feed is more parallel to the goal line
- Due to the severe rotation required on a flat feed, it becomes difficult to get the eyes around as quickly as well as the body
- Depending on how low X1 is to the goal line, G may elect VH post positioning as an initial base of coverage
- If a butterfly slide is to be used, it is vital that the lead pad get flush to the ice as quickly as possible – this early coverage is key to save success in these situations



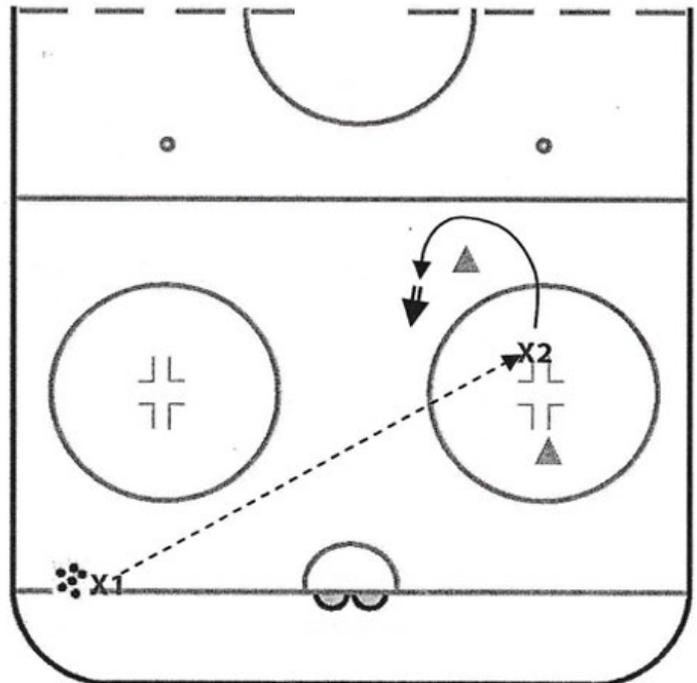
DRILL TYPE: ES/HANDS – HIGH/LOW

Description:

1. X1 and pucks situated in the corner
2. Cones setup on opposite side of the ice -- one just outside the face-off dot, the other just on top of the inside of the face-off circle
3. X2 will start in the middle of the two cones
4. X1 will make a pass to X2
5. X2 will take the puck around one of the cones (mix it up) and release a shot to the top corner

Key Development Points:

- When dealing with shots from bad angles, it is important for the Goalie to start getting their shoulders and elbows involved
- It is not necessary for the Goalie to try to use their hands, but rather apply small reactions off their blocking position
- When using the shoulders and elbows to make saves, the Goalie should ensure they come up and towards the puck, not turn away
- Shots from the middle of the ice or further out should be stopped with the hands



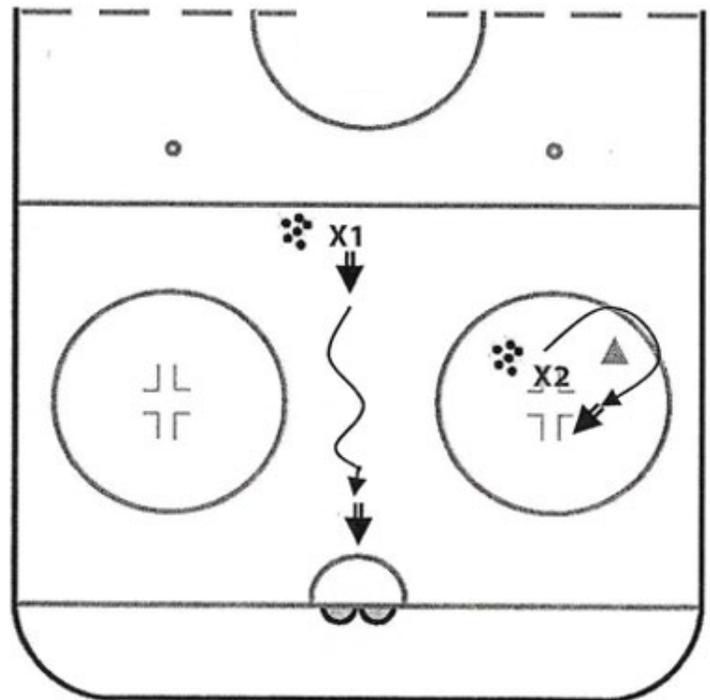
DRILL TYPE: BACKSIDE RESPONSE

Description:

1. X1 and X2, a pylon and pucks are situated as indicated on diagram
2. On coach's "Go", G steps out from a post
3. X1 shoots to this same side from the blue line position
4. Following this shot, X2 swings around the pylon and shoots for low, far side
5. X1 has now drifted down into the low slot for the third shot and as G comes to the middle, X1 attempts to beat G through the body
6. Rebounds off the 3rd shot are played

Key Development Points:

- A backside push is defined as a down push that is powered by the leg on the opposite side of the new angle requirement
- Stress that the quality of a post-save response is dictated by the quality of the save movement
- Execution includes visual lead, proper rotation backside activation, load, gather, and full extension of push
- A backside response provides the goalie with the quickest response to gain angle on the pucks new location and is a key step in the standardization of post-save response



DRILL TYPE: QUICK TO POSITION

Description:

1. Pucks are positioned at the blue line on the boards
2. A pylon is positioned on each side as indicated
3. X1 passes cross ice to X2
4. X2 takes pass and begins to drive down the boards or up high; X2 now has two options: pass back to X1 who is driving down the opposite side or two drive and shoot themselves
5. If X2 passes to X1 it must be done before the pylon is reached (right away) – if a pass is not possible or not chosen, then X2 must drive and shoot

Key Development Points:

- The goalie should arrive at the new positional target as quickly as possible
- Arriving at the positional target early allows the goalie to make further adjustments to refine or optimize their position
- This extra time also allows the goalie to be more aware and make smarter positional adjustments
- A quick goalie hits more of their positional targets which paves the way for controlled, initial save and more dynamic post-save response

