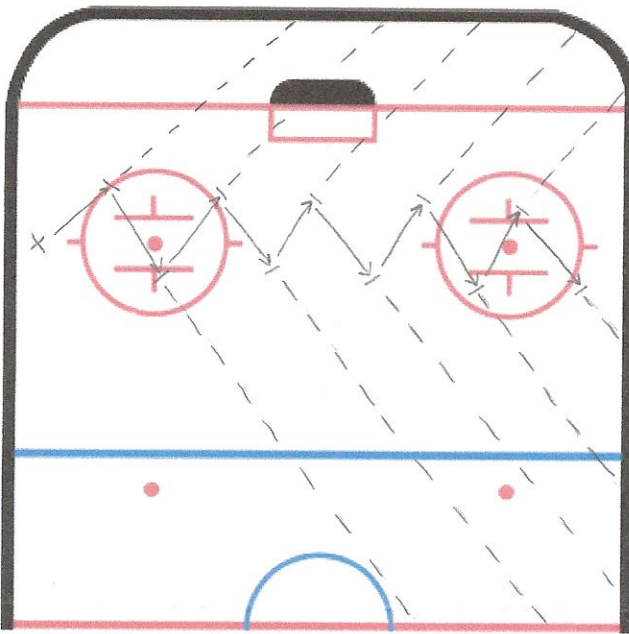
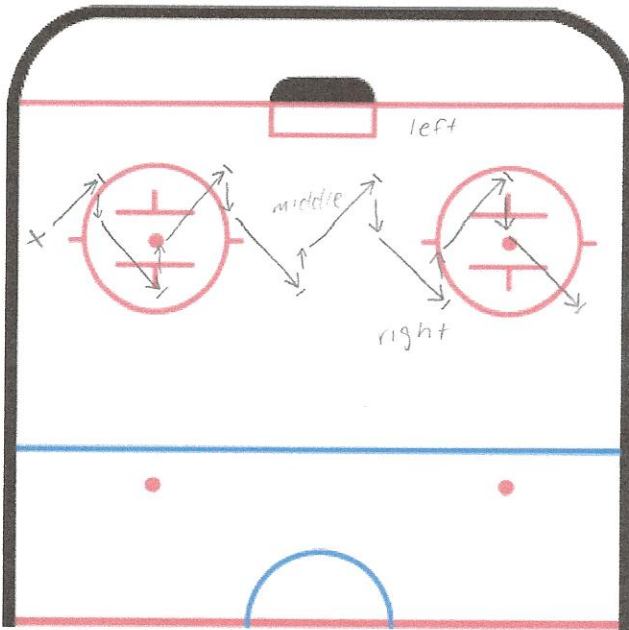


WARM UP; SKATING DRILLS



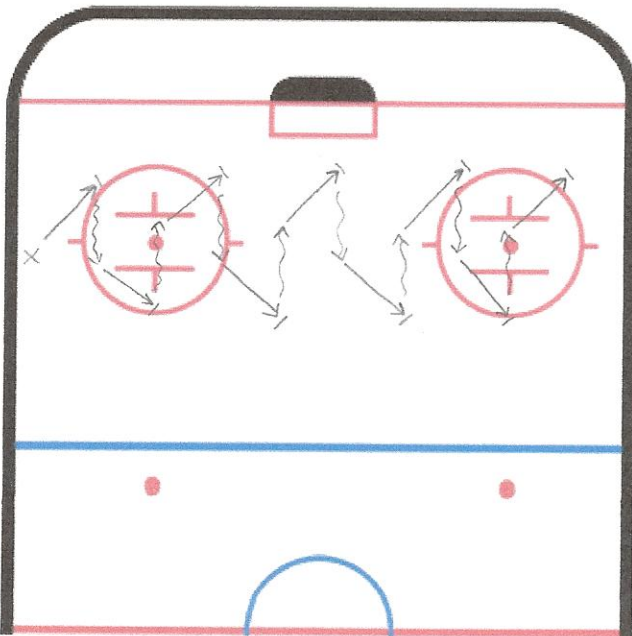
DRILL: T-PUSH

- goalie starts on the side wall facing the other side wall
- when pushing to the left - left foot is the pivot leg, right leg is the push leg
- when pushing to the right - right foot is the pivot leg, left leg is the push leg
- always stop with the pivot foot, push foot simply trails after the push off
- dotted lines represent reference points for goalies to look at/turn head to before pushing off, the angle of the push is key (about a 45° angle), drill becomes less effective if goalie is facing either the end boards or the far side boards
- the goal is for goalies to push just once (no gliding after push), so it's one hard push and then a hard stop with pivot foot
- take the drill slowly, make sure goalie stops hard and pau briefly before turning and pushing the other way, slower is better, racing through it defeats the purpose



DRILL: T-PUSH WITH SHUFFLE

- same basic drill as the t-push drill - push angle, hard pushes, and hard stops are all still keys to remember
- the difference in this drill is that we are adding a shuffle (represented by the little arrows) after every t-push
- shuffle always happens towards the middle of the ice
- for this drill, after stopping at a 45° angle after t-push, goalie needs to pivot slightly towards the middle of the ice so that they are completely square with the far side wall
 - this pivot is necessary so goalie can shuffle parallel to the side wall
- again, make sure drill is done slowly to exaggerate movement

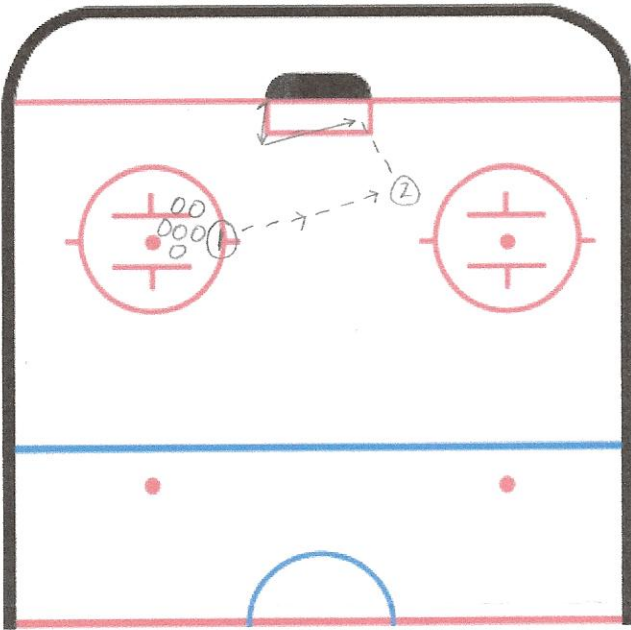


DRILL: T-PUSH WITH PAD SLIDE

- same idea as the t-push with shuffle drill
- replace shuffle with a pad slide, remembering the slight pivot to square up with the far side boards
- for the pad slide:
 - if doing a pad slide to the right, right pad drops flat to the ice first, then the left leg pushes, then the left pad gets dropped flat to the ice to follow the rest of the body
 - if doing a pad slide to the left, left pad drops first, then the right leg pushes, then the right pad gets dropped flat to follow the rest of the body
- while pad sliding, keep upper body tall and strong - avoid slouching

SHOOTING DRILLS

①



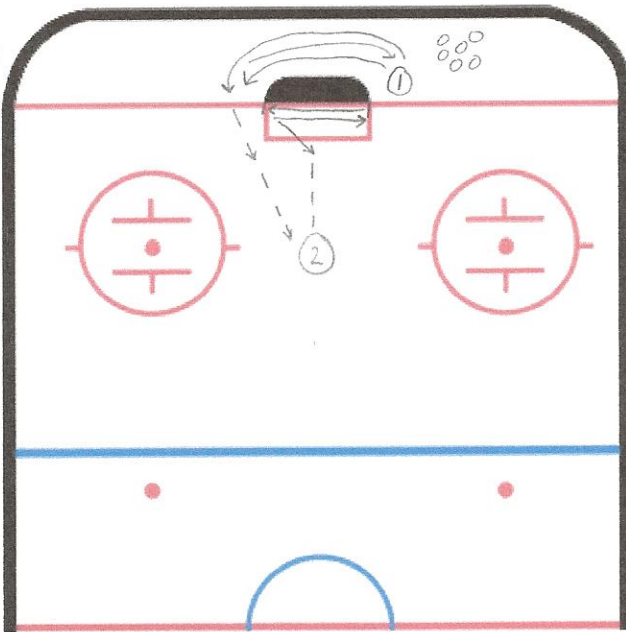
DRILL:

- goalie starts on the post, +push out hard to face shooter 1, shooter 1 passes to shooter 2, as the pass goes across goalie +pushes across on a slightly backward angle and squares up to shooter, shooter 2 shoots only when goalie is set and ready. As goalie feels more comfortable, shooter 2 can shoot faster and faster until the shot becomes a one timer. Be sure to practice both sides.

KEYS:

- hard +pushes, out to shooter 1 and across to shooter 2
- focus on angles
- slightly backward angle when moving across the crease

②



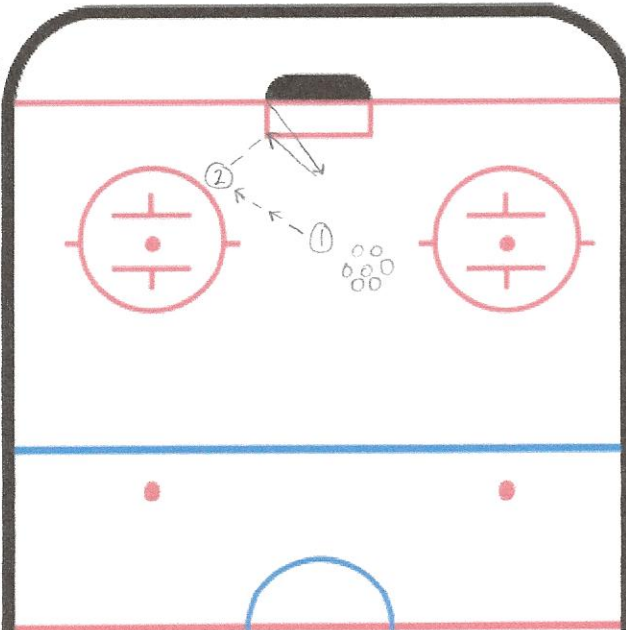
DRILL:

- Shooter 1 skates back and forth behind the net a couple times then passes the ring out to shooter 2, goalie follows shooter 1 moving in a straight line across the goal line and +pushes out hard to shooter 2 when shooter 1 passes the ring

KEYS:

- goalie keeps eyes on the ring the entire time
- goalie moves in a straight line along the goal line, getting the outside skate to touch the post every time
- goalie gets out to the center of the net when taking shot from shooter 2

③



DRILL:

- same idea as drill ①, this one just lets the goalies practice different angles.
- goalie starts on the post, +pushes out hard to shooter 1 - making sure to get to the center of the net and to square up to the shooter. Once goalie squares up to shooter 1, pass ring to shooter 2. Goalie follows the ring by +pushing to shooter 2. Shooter 2 only shoots when goalie is squared up. As goalie becomes better and becomes more comfortable, speed up the pass to shooter 2 and the shot from shooter 2.

KEYS:

- hard +pushes
- focus on good angles