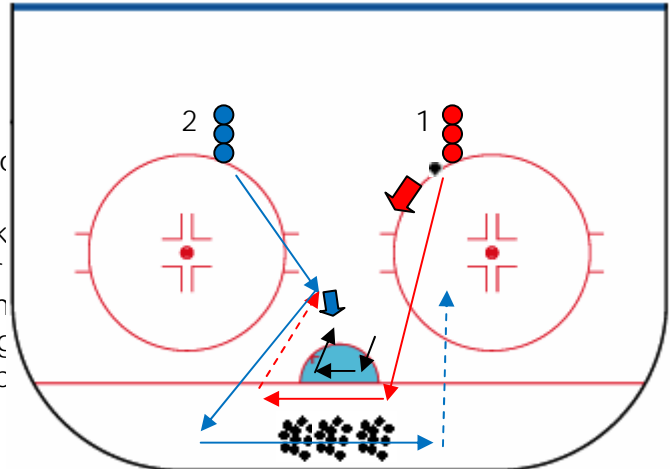


One-Timer Drill

- The first player in **line 1** starts with a puck and takes a shot on net
- He then goes behind the net and picks up a puck and passes the puck to a player in **line 2** who has slid into the slot for a one timer
- **Player 1** then joins **line 2** and **player 2** goes behind the net, picks up a puck and passes it to the next player in **line 1** for a shot



Key Points for Goalies:

- The goalie must come out to challenge for the initial shot and then follow the player as they go back behind the net for a puck.
- Before the pass is made into the slot for player 2, the goalie must do a quick vision check to find where player 2 is so that they know where the shot will be taken from.

Glossary:

Vision check: Short glances scanning the ice to find where the opposing players are/looking for a backdoor pass

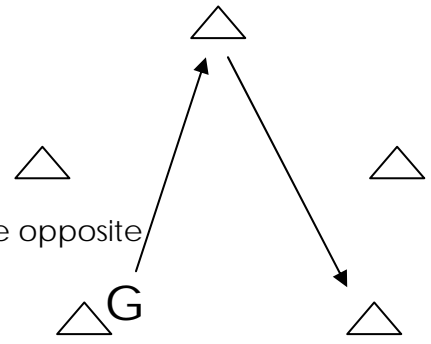
All movements will be shown on the ice

Note: Most of these drills are designed solely for the goaltender and as such shots should be taken only when the goalie is set and ready for the shot (the above drill is not designed just for the goaltenders). When doing any movement, one thing the coach should keep in mind is technique should come BEFORE speed. When the goalie has the technique down and is doing everything properly, then the drill/shoots can be sped up. The purpose of these drills is not to change the style of the goalie, it is to refine technique and help the goalie to do the movements correctly, so that they can improve their skill.

Skating Drill

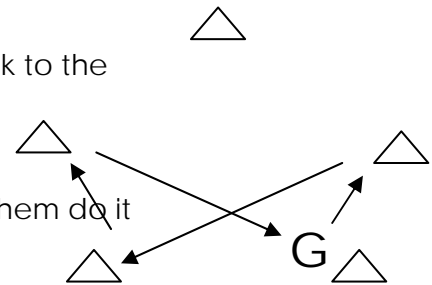
Goalie starts on one of the cones (resembling posts):

- (T-)Push out to the centre cone and then back to the opposite cone goalie started at



- Shuffle/push out to the close side cone and push back to the far low cone. Repeat on this side as well.

Once goalie has completed this drill in one direction, have them do it again in the other direction.



Make sure goalie stays in the stance while performing each movement. If the goalie is going down or is already down, try to ensure that they keep their upper body tall. Before moving to each pylon or to the pucks, make sure the goalie rotates to the 'target' so they are square to the shooter/target.

Skating Warm-up

Shuffle: Have the goalie shuffle across the ice (width wise) facing one direction and then come back facing the same direction so movement both ways is worked on. Try to ensure the goalie stays relatively level height wise, that they remain in their stance, keep hand movements to a minimum and work on dragging the back foot so that it remains on the ice. (the goalie should get set after each push)

T-push: Have the goalie t-push across the ice (width wise) facing one direction and then come back facing the same direction so movement both ways is worked on. Try to ensure the goalie stays relatively level height wise, that they remain in their stance and square to a target, keep hand movements to a minimum and push off/stop with power each time. (the goalie should get set after each push)

Butterfly slide: Have the goalie do butterfly slides across the ice (width wise) facing one direction and then come back facing the same direction so movement both ways is worked on. Try to ensure that the goalie remains in their stance (stick down, head up, gloves up), keep hand movements to a minimum, remains tall for the entire drill and that they get up with the opposite leg they used to push off.

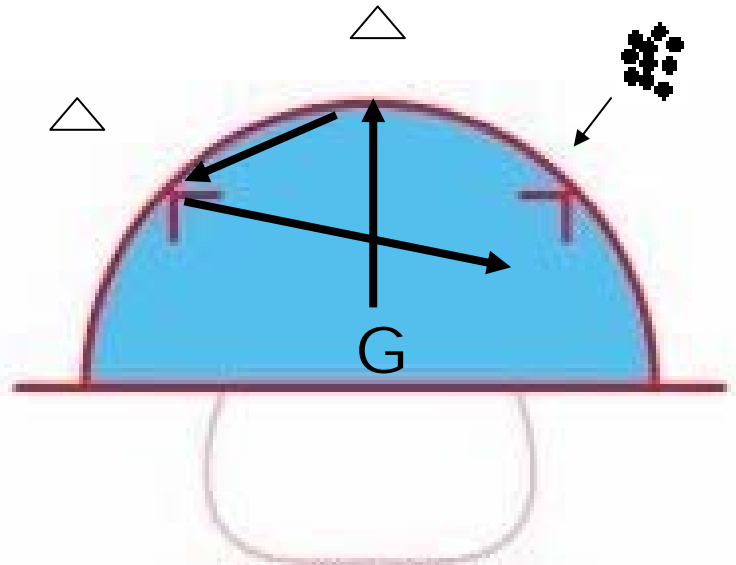
Inside-edge push: Have the goalie do inside-edge pushes across the ice (width wise) facing one direction and then come back facing the same direction so movement both ways is worked on. Try to ensure that the goalie stays in their stance (stick down, head up, gloves up), keep hand movements to a minimum and remain tall for the entire drill.

*****FOR ALL MOVEMENTS IN ANY DRILL, BEFORE THE GOALIE MOVES THEY SHOULD FIND THE TARGET WITH THEIR EYES, THEN THEIR HANDS, AND THEN MOVE. EYES – HANDS – ROTATE/MOVE *****

Drill 1

Goalie starts in the middle of the net.

- Push out to the centre pylon, stop and get set
- Push to the pylon to the side and set
- Push across the crease to the pylon for a shot
- Switch sides after 5-8 shots



(Movements for drill can be either T-push, Butterfly slide, or Inside-edge push. All movements will be shown on the ice)

Key points:

Make sure goalie stays in the stance while performing each movement. If the goalie is going down or is already down, try to ensure that they keep their upper body tall. Before moving to each pylon or to the pucks, make sure the goalie rotates to the 'target' so they are square to the shooter/target.

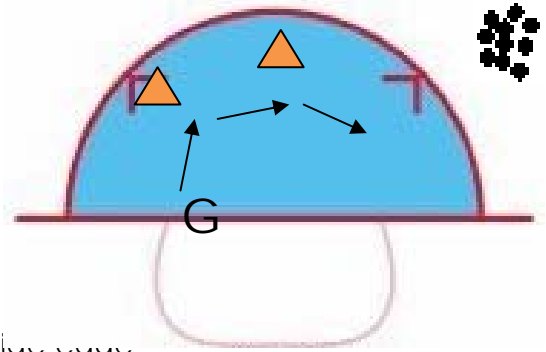
Notes:

The following goalie drills have been taken from Pro-formance Goaltending, run by the goalie coach of the Vancouver Giants, Sean Murray.

Drill 2

Goalie starts on the post (standing for T-push/shuffle and V-drop for inside-edge push):

- Push out to the pylon to the side
- Rotate and push to centre pylon
- Rotate and push to pucks for a shot



(Movements for drill can be either T-push/shuffle, or Inside edge push. All movements will be shown on the ice)

Key points:

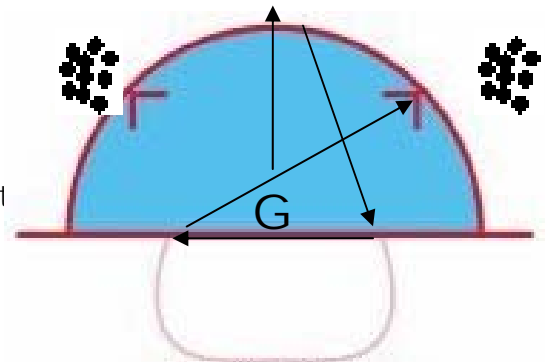
Make sure goalie stays in the stance while performing each movement. If the goalie is going down or is already down, try to ensure that they keep their upper body tall. Before moving to each pylon or to the pucks, make sure the goalie rotates to the 'target' so they are square to the shooter/target.

Notes:

Drill 3

Goalie starts in the centre of the net:

- Goalie attacks out to top of crease and gets set
- Rotate and push back to the post
- Push from post to post
- Vision check (will be explained on ice), and push to pucks for shot



After 4-8 shots switch sides.

(Movements for drill can be either T-push, or Inside-edge push. All movements will be shown on the ice)

Key points:

Make sure goalie stays in the stance while performing each movement. If the goalie is going down or is already down, try to ensure that they keep their upper body tall. Before moving to each pylon or to the pucks, make sure the goalie rotates to the 'target' so they are square to the shooter/target.

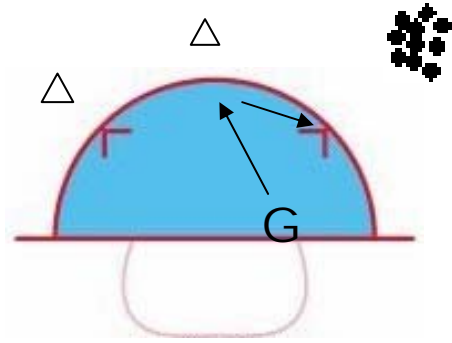
Notes:

The following goalie drills have been taken from Pro-formance Goaltending, run by the goalie coach of the Vancouver Giants, Sean Murray.

Drill 4

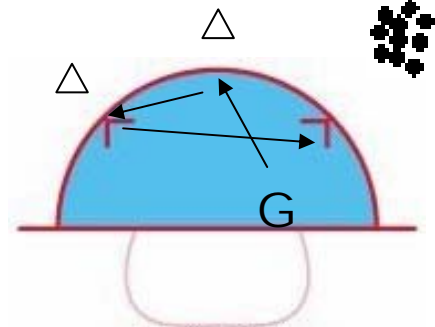
Goalie starts from the post:

- Push out to centre pylon
- Push to pucks for a shot



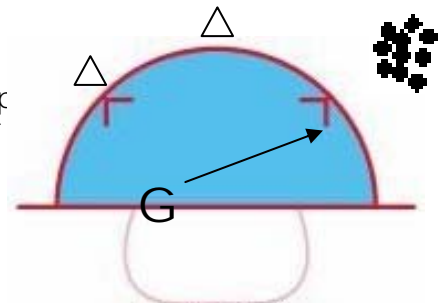
Goalie starts from the post:

- Push out to centre pylon
- Push to pylon to the side
- Push to pucks for a shot



Goalie sets up on post:

- With the knee closest to the post up put the other knee on the ice (V-drop, will be shown on the ice), push off and slide to the pucks for a shot



When entire drill is completed about 4 times, switch sides.

(Movements for drill can be either T-push, Butterfly slide, or Inside-edge push. All movements will be shown on the ice)

Key points:

Make sure goalie stays in the stance while performing each movement. If the goalie is going down or is already down, try to ensure that they keep their upper body tall. Before moving to each pylon or to the pucks, make sure the goalie rotates to the 'target' so they are square to the shooter/target.

Notes:

The following goalie drills have been taken from Pro-formance Goaltending, run by the goalie coach of the Vancouver Giants, Sean Murray.