



DRILLS - GOALKEEPER




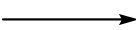




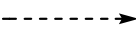
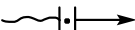
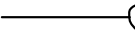


DRILLS - GOALKEEPER

Please find a number of drills that will help in the teaching of the Goalkeeping skills the have been described in the previous chapters

International Symbols

Throughout this chapter, rink diagrams are used to illustrate drills or concepts. These symbols are used on these diagrams.

| | |
|---|------------------|
|  O | PLAYERS |
| G | GOALTENDER |
|  | COACH |
|  | PUCK |
| X | PYLON |
|  | FORWARD SKATING |
|  | BACKWARD SKATING |
| | STOP |
|  | PIVOT |
|  | STICKHANDLE |
|  | SHOOT |
|  | PASS |
|  | DROP PASS |
|  | SCREENING |

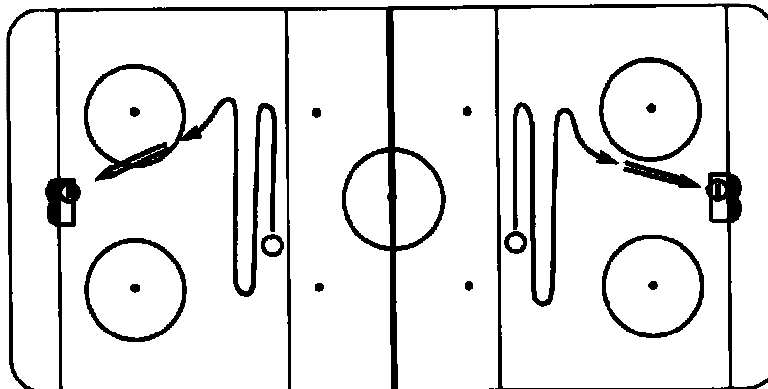
DRILL 1

Name: Puckhandling

Purpose: Puckhandling and rebound control mobility

Description:

- (a) Player skates randomly in high slot area while goalkeeper works on positioning and mobility.
- (b) Player shoots and goalkeeper stops puck, controlling rebound and passing back to shooter for a second shot.



KEY TEACHING POINTS:

Goalkeeper assumes proper positioning and follows visually puck carrier.
Goalkeeper controls rebound, and then makes crisp and accurate pass back to the shooter.
Goalkeeper returns to crease area for next stop

DRILL 2

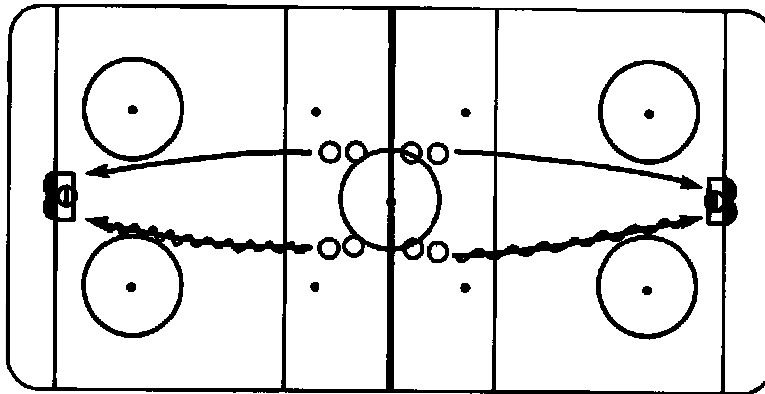
Name: Two-on-Goalkeeper

Purpose: Lateral movement, two-foot slide

Description:

- First player drives to net with puck
- Second player leaves two seconds later and drives to far post
- Lateral pass is made to second player (preferably for a one-timer)

Variation: Give puck carrier option of shooting.



KEY TEACHING POINTS:

Goalkeeper must respect puck carrier

Once pass is made, goalkeeper moves laterally or executes a two-foot slide

DRILL 3

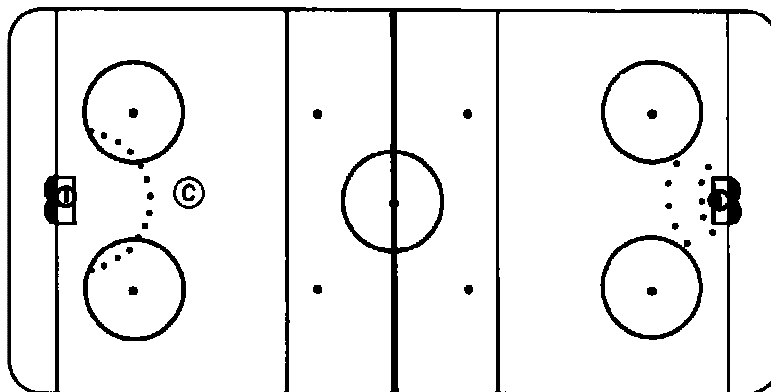
Name: Poke Checking

Purpose: Development of poke checking skills

Description: Goalkeeper telescopes out to poke check puck and then quickly returns to crease to stop a shot from the coach.

Variation:

- Pucks played in pairs
- Goalkeeper poke checks first puck while remaining on feet, then drives to poke check the second puck
- Return to crease
-



KEY TEACHING POINTS:

Quick telescope action

Use of arm and stick only to poke check

Quick arm and stick action to poke check first puck

Go to stomach and then quickly recover to feet for second puck

LEVEL II

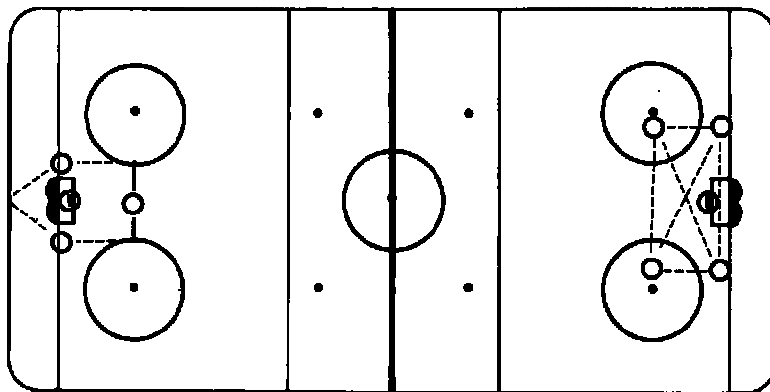
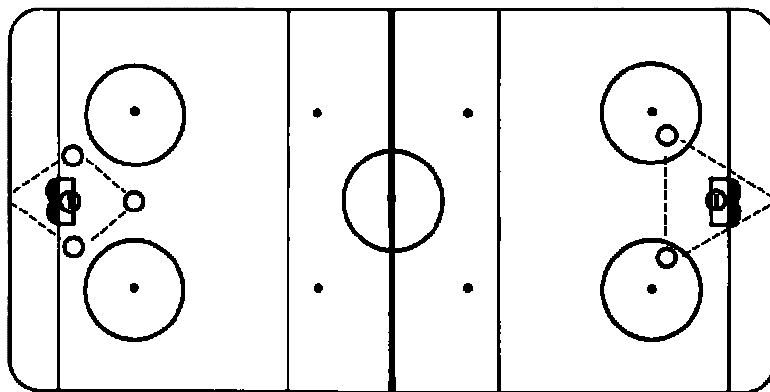


DRILL 4

Name: Follow the Puck

Purpose: Mobility

Description: Goalkeeper follows the puck which is passed from player to player in the formations indicated



KEY TEACHING POINTS:

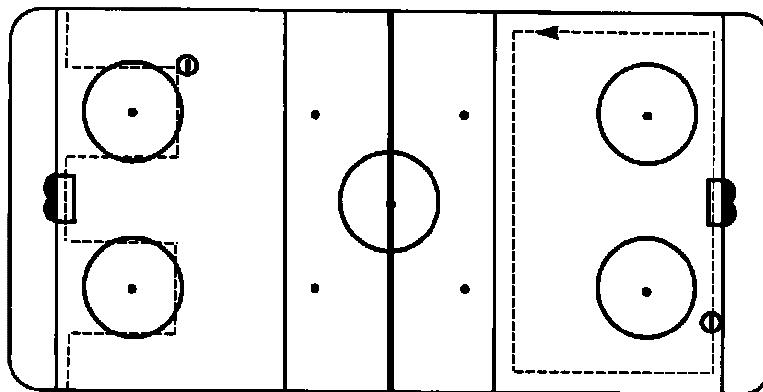
Initially puck must be passed slowly to allow goalkeeper time to adjust (later, shots may be taken)

DRILL 5

Name: Follow the Lines

Purpose: Mobility

Description: Goalkeeper performs various movement skills (telescope, shuffle, T-push) and follows the line



KEY TEACHING POINTS:

Stay in proper stance;
Incorporate all three movements:

- lateral (shuffle and T-push)
- telescope (forward and back)
- recovery (to knees, stomach, side and return to feet)

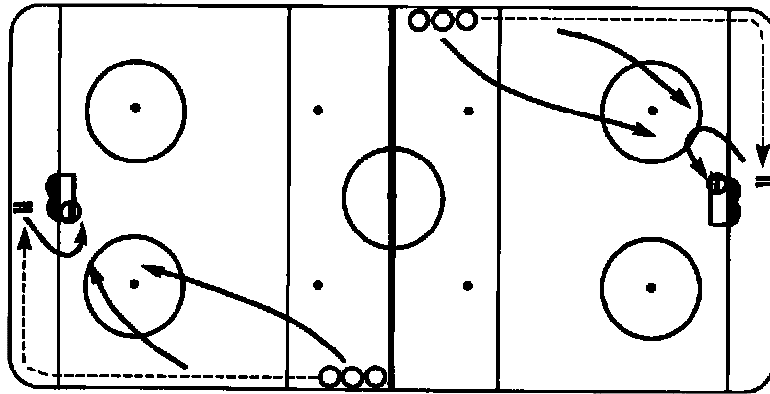
Perform to left and to the right

DRILL 6

Name: Movement behind the Net

Purpose: Stopping the puck behind the net, deflection/screen shots

- Description:
- First player shoots puck around the boards and then skates to the front of the net
 - Goalkeeper stops and positions (or passes) puck and then returns quickly to the net
 - Second player shoots for first player to deflect and/or play the rebound



KEY TEACHING POINTS:

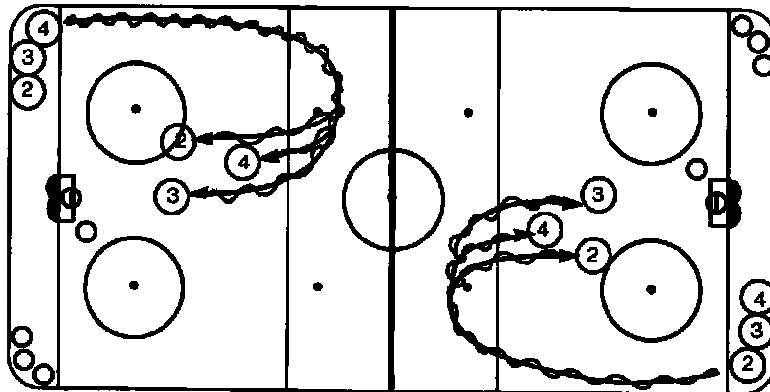
- Goalkeeper must leave net quickly to stop and properly position (or pass) the puck
- Goalkeeper returns quickly to the net to face the player
- Goalkeeper reacts to second puck and screen/deflection/rebound

DRILL 7

Name: Shot, Shot, Pass

Purpose: Shot, blocking, deflections

- Description
- First player, circles over the blue line and releases a long slap shot (then positions self to the side of the net).
 - Second player circles over the blue line then takes wrist shot from the slot (proceed to the front of the net).
 - Third player circles over the blue line and shoots or passes to either player in front of the net for a tip-in, screen, rebound.
 - Repeat sequence with three players from other corner.



KEY TEACHING POINTS:

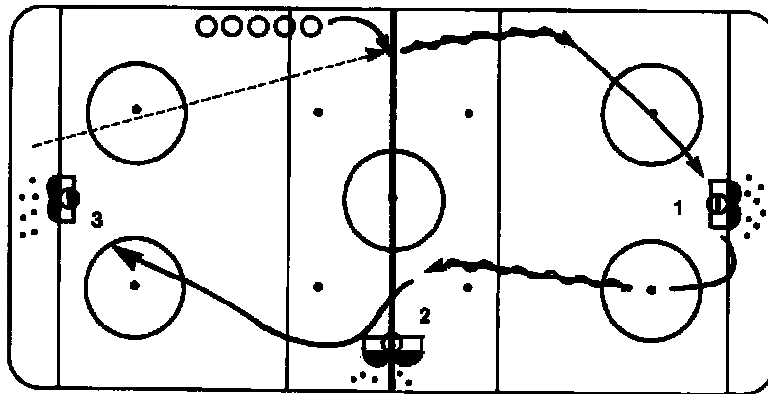
- Goalkeeper must be positioned properly for various angle shots
- Goalkeeper must find puck through a screen
- Goalkeeper control rebounds on all shots

DRILL 8

Name: Three Nets, Three Shots

Purpose: Exposure to a variety of shots

- Description:
- ○ receives pass then take long slap shot from an angle.
 - Pick up loose puck and take backhand on second net.
 - Pick up loose puck and take wrist shot on third net.
 - Pick up a rebound (if available) or loose puck and initiate the play for next player.



KEY TEACHING POINTS:

Goalkeeper position self for shot from various angles
Rebound control

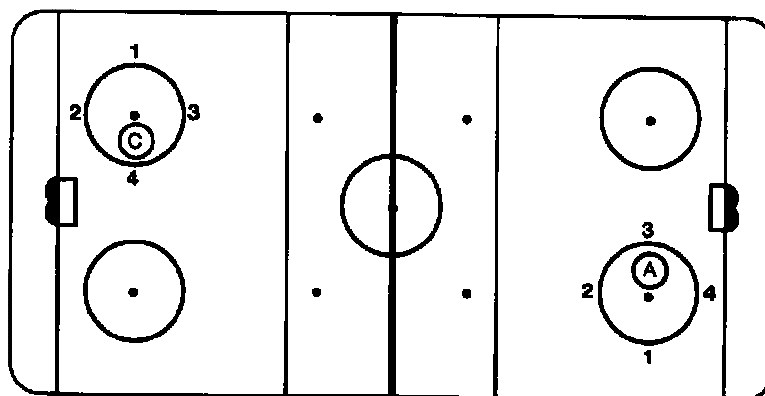
DRILL 9

Name: Circle Drill

Purpose: Perform four different skills as goalkeeper moves around the circle

Description:

- Shooter/coach is in middle of face-off circle with several pucks
- Goalkeeper is positioned outside of circle at 1
- Goalkeeper stops shot from coach at 1, then performs a specific movement (e.g., lateral shuffle, poke check, one foot hop, dive poke check, telescope) through moves to 2, 3 and 4.
- At each position coach takes shot at goalkeeper



KEY TEACHING POINTS:

Between shots, the goalkeeper must properly perform the required skill/movement prior to facing shot(s) at next station

DRILL 10

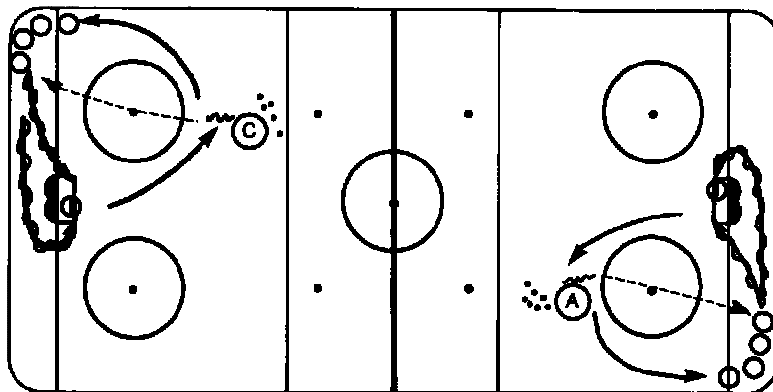
Name: Walkouts

Purpose: Use of stick
Play at the post

Description:

- Coach makes initial pass from area of loose pucks.
- **○** then attempts to walkout.
- Accelerate to loose pucks, then pass to second player.
- Go to end of line.

Variation: Place extra stick in front to limit space of walkout.



KEY TEACHING POINTS:

Use of stick to pokecheck
Lateral movement skills of goaltender

