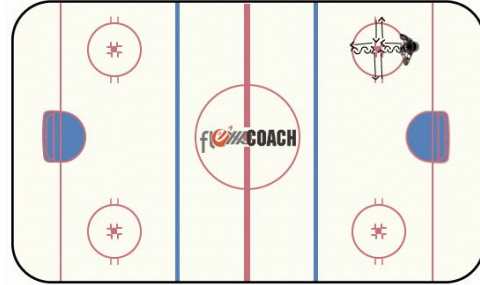


**1) Skate the Cross**



**DRILL OBJECTIVE:** Improve goalie specific skating

**6:00P - 6:04P(4) min**

**KEY ELEMENTS:**  
 • Improve Skating techniques

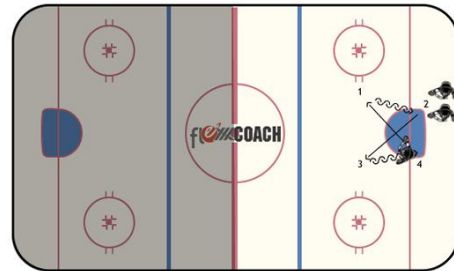
- Develop shuffle movement
- Build endurance
- work on recovering to ready position

**ORGANIZATION:** Goalie starts at the bottom of the face-off circle. In the goalie position skates to the face-off dot, drops to knees recovers back up. Shuffles right to the edge of the circle and back to the dot and drops to the knees and recovers back up. Skate to the top of the circle using C-cuts and backwards to the dot again dropping to the knees and recovers back up. Then shuffling to the left edge of the face-off circle and back to the dot drops to the knees and recovers back up. Skate backward to the bottom of the circle to complete the drill.

**VARIATION:** Use the T-glide Technique instead of shuffles. Do half butterfly, full butterfly or stack the pad saves at the dot instead of dropping to knees.

**GOALIES:**

**2) X Skating Drill**



**DRILL OBJECTIVE:** Goalie Skating Fundamentals

**6:04P - 6:08P(4) min**

**KEY ELEMENTS:**  
 • Transition Skating

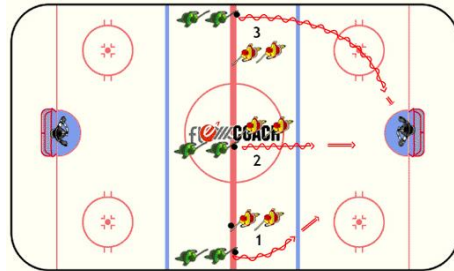
- Body Control
- T-glide
- Set and square body to the puck
- Conditioning

**ORGANIZATION:** Start on one post T-Glide out to far opposite side of the crease to get set. Then shuffle back to the near post. continue to do the same on the opposite side.

**VARIATION:**

**GOALIES:** See organization of the drill

**3) Center Ice Wave Shooting**



**DRILL OBJECTIVE:** goalie movement, conditioning

**6:08P - 6:14P(6) min**

**KEY ELEMENTS:**  
 • shots from 3 different angles

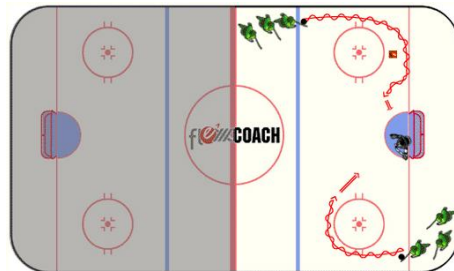
- 3 different types of shot
- rapid fire quality
- hard work drill for goalie
- scoring drill for shooters

**ORGANIZATION:** 3 lines of players at the red line, pucks in each line. on whistle the first player in each line skates towards goal with a puck. x1 takes a slap shot from the blue line, x2 takes a wrist 15 feet inside blue, x3 cuts in and tries to deke the goalie.

**VARIATION:**

**GOALIES:** make save and quickly react to the next shooter.

**4) Goalie Dual Angle Drill**



**DRILL OBJECTIVE:** Adjust lateral angle from high

**6:14P - 6:19P(5) min**

**KEY ELEMENTS:**  
 • Goalie positioning

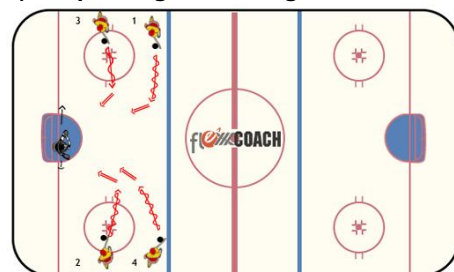
- Transition skating
- Shooting on the move
- Shuffle skate

**ORGANIZATION:** half ice drill. two lines of players with pucks, one in left corner, the other on opposite blue line, place a pylon to the right of the goalie about 2 feet above the goal line extended. this is a two shot drill. x1 comes high out of corner around faceoff circle and shoots, immediately after goalie picks up x2 who breaks down the boards cuts inside the pylon and attacks the goal.

**VARIATION:**

**GOALIES:** Difficult drill if done correctly. Center on the puck and continually adjust your depth.

**5) 4 Spot Angle Shooting**



**DRILL OBJECTIVE:** Goalie Lateral Movement

**6:19P - 6:25P(6) min**

**KEY ELEMENTS:**  
 • Lateral Movement

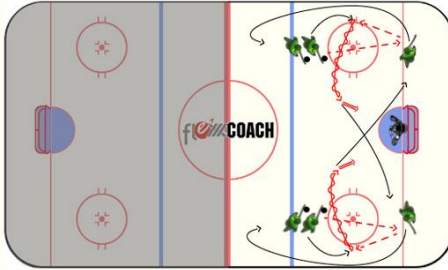
- Shooting/Scoring
- Shooting on the move
- Adjusting angles based on player movement
- Lateral Skating

**ORGANIZATION:** Players are positioned on the 4 areas with pucks as shown on the diagram. The first player in line 1, near the blueline starts with the puck, skating along the high slot area for a shot on goal. The 2nd player to shoot starts from the opposite side, waits for the goaltender to recover after the first shot and reposition, then skates toward the middle of the ice for the second shot on goal. This continues alternating sides, until all four players from each area have taken a shot on the goaltender.

**VARIATION:** Can add a pass from the next player in line.

**GOALIES:** After the shot the goalie moves quickly but under control from point a to point b. 80% of the saves should be with good positioning.

6) Give and Go Shooting



**DRILL OBJECTIVE:** Adjust lateral angle from high

**6:25P - 6:31P(6) min**

**KEY ELEMENTS:**

- Goalie positioning
- Goalie skating
- Shooting on the move
- Push with opposite leg
- Keeping your head up while shooting

**ORGANIZATION:** Divide players into two equal groups. One group at the top of each faceoff circle in the zone with pucks. One player starts on one side at the goal line, below the faceoff circle facing one line of players. The player facing the single player at the goal line starts the drill with a direct pass to that player, skating down to the faceoff circle to the hashmarks and stop, receive the pass back, skate up around the top of the circle for a shot on goal, continue down to the goal line below the faceoff circle facing the opposite line and receive a pass from that line to continue the drill. A continuous drill.

**VARIATION:**

**GOALIES:** follow shooter across zone, get a feel for the puck and your positioning on off angle shots.

7) Quick Attack 1 on 1



**DRILL OBJECTIVE:** Quick attack 1 on 1

**6:31P - 6:37P(6) min**

**KEY ELEMENTS:**

- Tight area to create attack options
- Gap work for defense
- Passing, receiving, stickhandling
- Competitive drill
- Game like situation for goalie

**ORGANIZATION:** position players according to the diagram. F1 skates full speed around center circle and gets pass from next forward in his line. D1 skates up at least over blue line and defends the rush. Go both ends at the same time, start on diagonally opposed sides

**VARIATION:** Unlimited, passes come from other line, 2 on 1, 3 on 1, 3 on 2 etc.

**GOALIES:** Read rush and position accordingly

8) 2 on 1 Dump and Tip Shots



**DRILL OBJECTIVE:** Goalie setting the puck, 2 on 1

**6:37P - 6:43P(6) min**

**KEY ELEMENTS:**

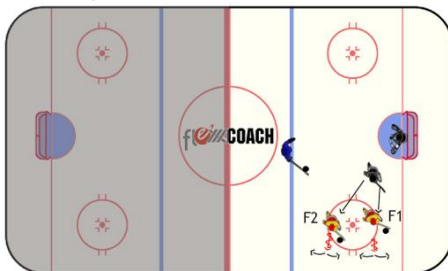
- Create Scoring Chances
- Defensive Positioning
- Fighting to find the puck thru traffic
- Balance & Strength
- Creating screens and tips

**ORGANIZATION:** Forwards divided into four equal groups, positioned at each blueline along the boards. The defenseman divided up positioned at the redline. Coaches with pucks at opposite diagonal corners. The first defenseman skates off the board to the blueline and receives a pass from the coach. The defenseman dumps the puck around the boards for the goaltender to set the puck behind the net; to the first two players in line at the bluelines. One of the forwards picks up the puck in behind and continues down on that defenseman 2 on 1 for a shot at the opposite end. As the 2 on 1 goes by the defenseman at the neutral zone, another defenseman follows the play to receive a pass from the coach at the opposite end and takes a shot on net, where the two forwards and the defenseman are battling for position in front of the goaltender. After the shot the coach passes another puck to the same defenseman that shot to start the drill once again by dumping the puck for the goaltender to play.

**VARIATION:** Can include two defenseman to create 2 on 2's or three forwards to create 3 on 1's or 3 on 2's.

**GOALIES:** Stop and set the puck up behind the net quickly, Read the rush, Positioning fighting thru traffic to see the puck. Control rebounds

9) 3 Way 1 on 1



**DRILL OBJECTIVE:** Proper Open Ice Angling and

**6:43P - 6:49P(6) min**

**KEY ELEMENTS:**

- Puck protection
- Proper Body Positioning
- Body contact
- Compete
- Balance and agility

**ORGANIZATION:** One defenseman starts in front of the net. Two forwards start on the same side of the ice one forward F1 on the bottom of the face off circle, the other forward F2 at the top of the faceoff circle both forwards with a puck facing the boards, the coach is positioned in the middle of the ice at the blue line with pucks. On the first whistle the defense closes in on F1 who tries to escape (forwards must skate towards the boards first before escape attempt) and get to the net for a scoring chance play it out until a whistle. on the next whistle the defense closes in on F2 near the half wall who tries to escape and get to the net to score on the whistle the defense and F2 battle in front for position while the coach shoots from the blueline.

**VARIATION:** Work both sides of the ice

**GOALIES:** Game like situation, 1 on 1 play may have to find the puck through traffic. Screen shots.

10) 4 Spot 1 on 1, 2 on 1

**DRILL OBJECTIVE:** Competition, Create Scoring

6:49P - 6:55P(6) min

**KEY ELEMENTS:**

- Quick feet drill for defenseman
- Offensive tactics 1 on 1, 2 on 1
- Proper body position
- Competition Battling
- Strong with your stick, Take away the passing lanes

**ORGANIZATION:** 1 on 1, four forwards get into position as shown. f1 Passes to the defenseman and the defenseman passes it right back and the two play it 1 on 1. each defenseman plays all four forwards then change the defenseman.

2 on 1, four forwards get into position as shown. f1 Passes to the defenseman and the defenseman passes it right back and the two forwards skate off the boards to attack the defenseman 2 on 1. each defenseman plays all four 2 on 1's then change the defenseman.

**VARIATION:**

**GOALIES:** Game like situation, fight to find the puck thru traffic, Screen shots. Quick attacks from different angles, read, support and position your self accordingly.



11) Five Puck Goalie Skate

**DRILL OBJECTIVE:** Control skating in the crease,

6:55P - 7:00P(5) min

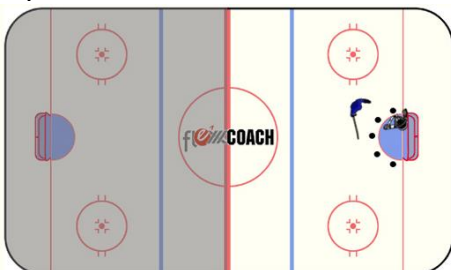
**KEY ELEMENTS:**

- Shuffle skate
- T-glide
- Body control
- Transition skating

**ORGANIZATION:** Place five pucks in an arc just outside the crease. Goalie skates in the arc stopping and centering on each puck, using a controlled shuffle skate, for about 20 seconds. On coaches whistle the goalie now skates from one puck to the other, using a t-glide. The coach decides which puck the goalie moves to always changing the goalies course, always stopping to be centered and square on the puck.

**VARIATION:** At the end of 20 seconds the goalie starts at one post and comes out to poke check the pucks one at a time returning to the post each time until all but one puck remains on the final puck the goalie must cover the puck for whistle.

**GOALIES:** See organization of the drill.



Post-Practice Comments:

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