

Drill Worksheet

Tactic: Goaltending - Skating

Individual

Team

Offensive

Defensive

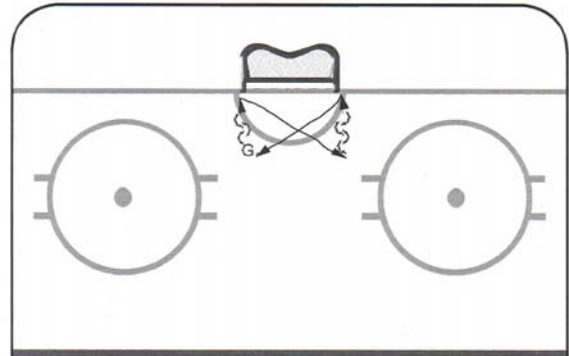
Key Teaching Points

To teach goaltenders how to perform various skating skills. Strive to ensure that goalies are always in the 'ready' position with proper stick positioning as well. Emphasize balanced movements and quickness at all times. Many of these drills can be used at one end or even in the net while other instruction is taking place on-ice.

Drill 7: 'X' Skate

Description: The goaltender starts at the top of the crease facing the point (boards). He sculls back to the post and then moves forward to the top of the opposite side of crease. He finishes by sculling back to the post. Repeat this in the opposite direction.

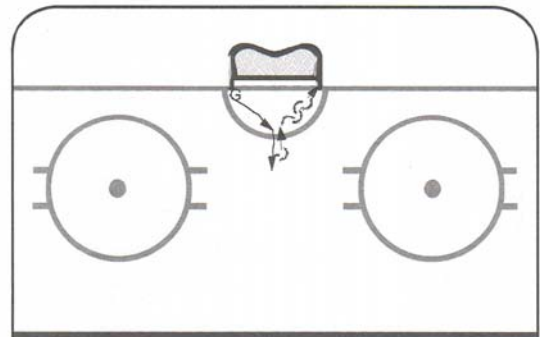
Interventions: Ensure the goalie stays in stance and has good stick and glove positioning at all times. Stress the importance of checking net position using guides as well as pausing to play the posts properly.



Drill 8: 'Y' Skate

Description: The goaltender starts at post and then sculls forward to the centre line at the top of the crease where he moves out to challenge shooter (visual). He then moves back to the top of the crease and sculls backward to the far post. Repeat this in the opposite direction.

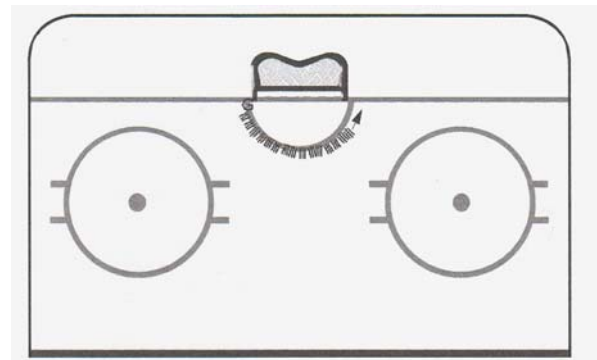
Interventions: Ensure the goalie stays in stance and has good stick and glove positioning at all times. Stress the importance of checking net position using guides as well as pausing to play the posts properly. (Goalie only moves out a few feet above the top of the crease)



Drill 9: Semi-Circle Skate

Description: The goaltender starts at post and then shuffles across to the other post in a semi-circle facing up at several positions. Reverse in opposite direction.

Interventions: Ensure the goalie stays in stance and has good stick and glove positioning at all times. Stress the importance of checking net position using guides as well as pausing to play the posts properly. (Goalie only moves out a few feet above the top of the crease)



Drill Worksheet

Tactic: **Goaltending – Angles/Positioning**

Individual

Team

Offensive

Defensive

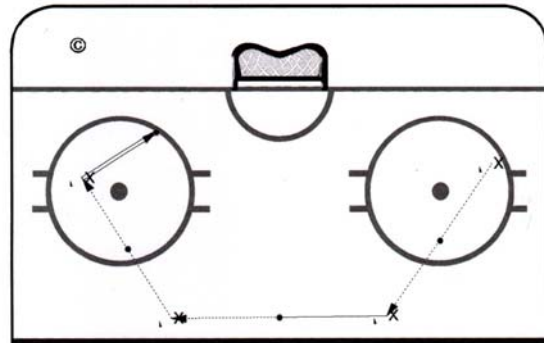
Key Teaching Points

To assist the goaltenders to understand the proper approaches to take to shooters while static or in motion. Stress the importance of maintaining a compact stance with proper technique and positioning for the stick and gloves while approaching the shooter. Emphasize quick recovery.

Drill 4: Sharp Angles

Description: Shooters are positioned at both points as well as at the tops of each circle. The goalie starts by facing the puckhandler and must move out to defend the puck as it is moved around to the horn. On the coach's signal, whoever has the puck must shoot.

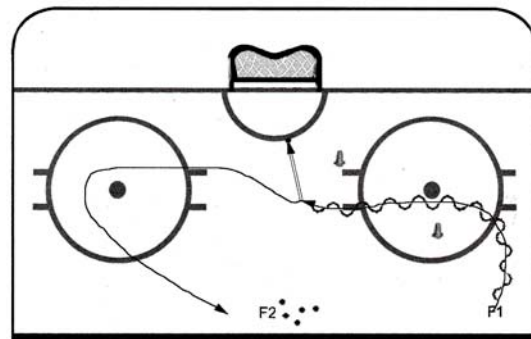
Interventions: The goalie must stay square to the puck/shooter. Vary movements from forward to backward environment.



Drill 5: Changing Angles

Description: Working with two shooters, the goalie faces up to the outside player. This player carries the puck through the course and has the option of shooting at anytime. The goalie must move, staying square/angled to the shooter. Once the first player shoots, he returns to the middle and the next player repeats the process.

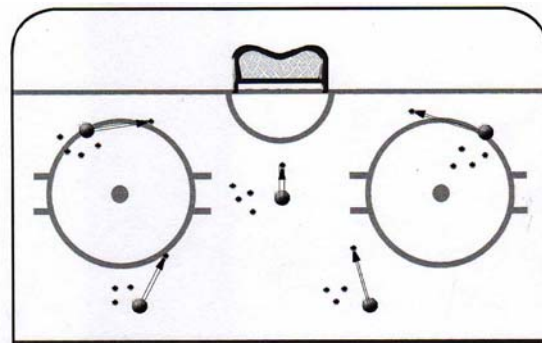
Interventions: The coach monitors movement and stops the drill as needed to make corrections. Vary directions.



Drill 6: Zone Drill

Description: Players with pucks are placed in the five key angle zones in the defensive end. Each shooter is assigned a number. The coach call a number and the goalie moves out from the post to defend the called shot.

Interventions: When the shot is in the low (corner) zone, the goalie must compact their stance. In the point zones, the goalie maintains a basic stance, and when the shot is in the slot zone, the goalie maintains a wide stance.



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Tactic: Goaltending – Angles/Positioning

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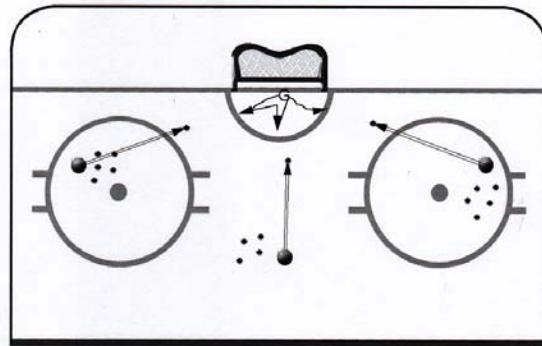
Key Teaching Points

To assist the goaltenders to understand the proper approaches to take to shooters while static or in motion. Stress the importance of maintaining a compact stance with proper technique and positioning for the stick and gloves while approaching the shooter. Emphasize quick recovery.

Drill 1: Stationary Adjustments

Description: Shooters are positioned below the face-off dots and in the mid slot. Starting at the left post the goalie moves out to face the first shooter on the coach signal. After the shot, the goalie retreats to the left post and waits for the coach's signal and then moves out to face the mid slot shooter. Repeat for shooter 3 and reverse the direction (right post).

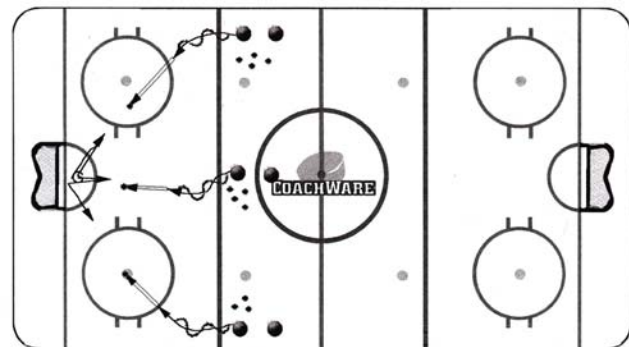
Interventions: Stress the use of a compact stance. Ensure goalies are properly positioned to take away angle.



Drill 2: Forward Environment

Description: Pucks start at middle line. A pass is made to the wide line and the player drives wide and shoots. Once the save is made, a second pass is made to the opposite side, who in turn drives wide and shoots. After the second shot, the passer drives the mid-lane and shoots.

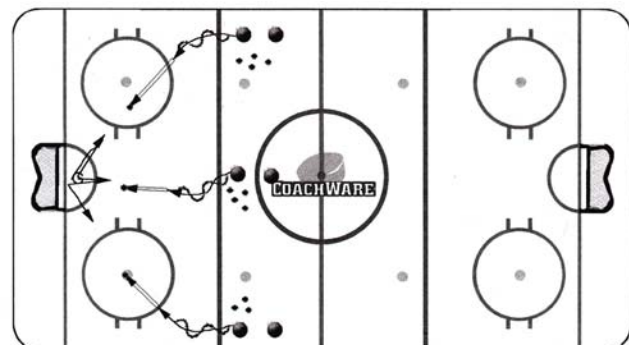
Interventions: The goalie starts at the top of the crease square/angled to passer. On the pass the goalie moves across to defend, then across for the second shot and then the third. The goalie is not permitted to go backward (laterally only)



Drill 3: Backward Environment

Description: Players are in three lines with pucks. The goalie starts in the middle of the goal line. When a shooter attacks, the goalie moves out at the proper angle to defend. The goalie makes the save and retreats back the middle of the goal line before the next shot (goalies must be back before next shot)

Interventions: Goalie must make adjustments to the shooter as he attacks. The goalie moves out and back in, not sideways.



Drill Worksheet

Tactic: Goaltending - Puckhandling

Individual

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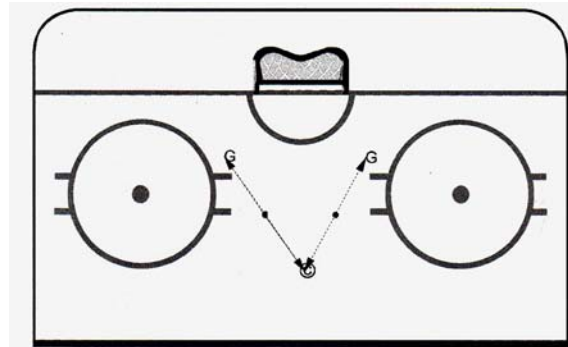
Key Teaching Points

To develop proficiency in puckhandling by goaltenders in the various situations that they face during competition. Emphasize proper hand positioning and stress the need to become accurate in passing.

Drill 1: Passing Trio

Description: Working in three with the coach and goaltending partner, the goalies pass the puck back and forth to the coach alternating side to side. Rotate the individual at the point.

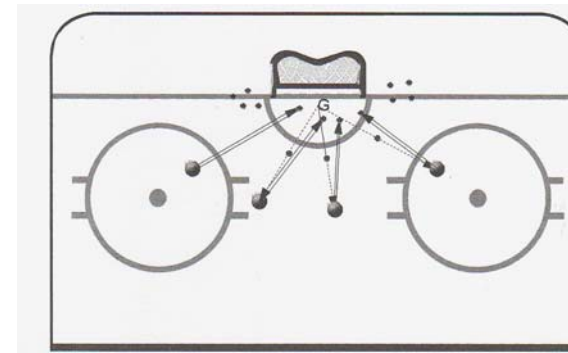
Interventions: Ensure the goalie maintains good balance, use proper technique on glove positioning, and keep head up. Increase the difficulty of the passes. Work on having goalies flip the puck to one another.



Drill 2: Pepper Passing

Description: Working with other shooters, place pucks at the sides of the crease. The drill starts with a shot. Immediately after making the save, the goalie retrieves a puck and passé to the next shooter who, in turn, shoots. Repeat this process across the line. Vary direction.

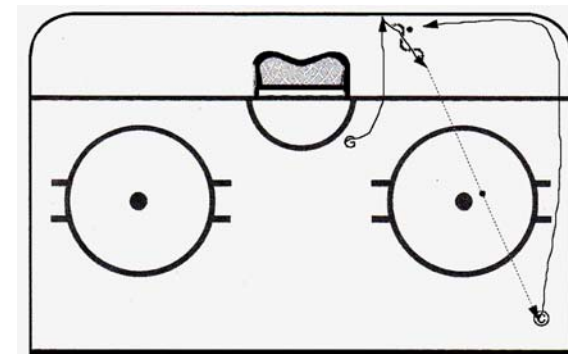
Interventions: Ensure the goalie maintains good balance, use proper technique on glove positioning, and keep head up. Increase the tempo of the shots. Emphasize rebound control so as to pass out the original puck.



Drill 3: Rim Set Up

Description: Working with a coach or shooter, the puck is rimmed around the boards. The goalie must be in the ready position facing the puck handler before leaving to retrieve the puck. Once he has stopped the puck and is set, the goalie passes back to the coach/shooter. Vary side of ice.

Interventions: Ensure the goalie maintains good balance, use proper technique on glove positioning, and keep head up. Increase the speed of the rim dump. Emphasize the proper methods to set up puck (do not get sloppy).



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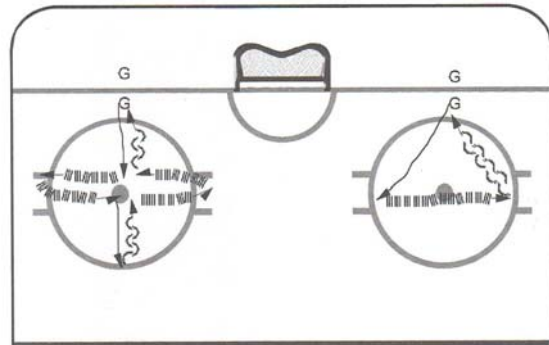
Key Teaching Points

To teach goaltenders how to perform various skating skills. Strive to ensure that goalies are always in the 'ready' position with proper stick positioning as well. Emphasize balanced movements and quickness at all times. Many of these drills can be used at one end or even in the net while other instruction is taking place on-ice.

Drill 10: Star Drill

Description: The goaltender starts at the bottom of the circle and sculls forward to the dot. He then shuffles to the left and back to dot, forward to top and backward to dot, shuffle to the right and back to dot and backwards to bottom start position.

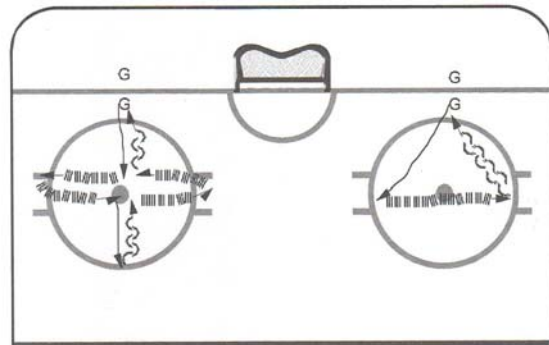
Interventions: Ensure the goalie stays in stance and has good stick and glove positioning at all times. Stress the importance making deliberate movements and do not allow the goalie to loose technique because of trying to rush.



Drill 11: Star Drill

Description: The goaltender starts at the bottom of the circle and sculls forward to hack marks to the left, then t-pushes across to the opposite side, returning to the start point by sculling backward.

Interventions: Ensure the goalie stays in stance and has good stick and glove positioning at all times. Stress the importance making deliberate movements and do not allow the goalie to loose technique because of trying to rush.



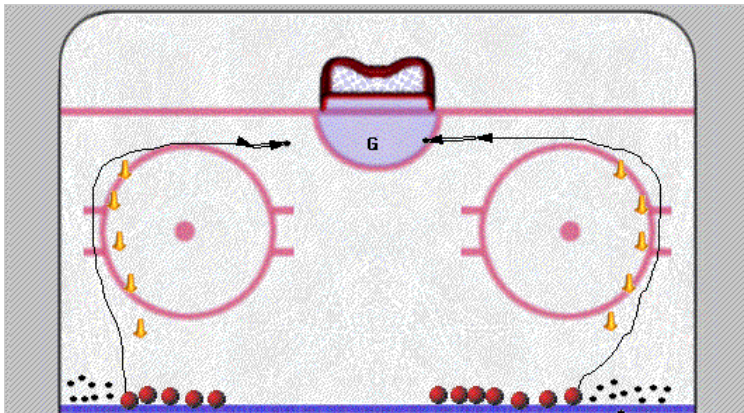


HALIFAX MINOR HOCKEY ASSOCIATION

Drill Name: Outside Drives

Age Group: all ages

Drill Description: Player carries puck wide around pylons and cuts to the net for a scoring chance. Shooter cuts straight to net, through crease, and does NOT cut back out to slot. Drill is for goalie to play shooter from that angle, ideally with a pokecheck. Drill progression: remove middle pylons and give shooter the option of driving low or cutting in after first pylon. This gives the goalie variety.



Key Teaching Points:

- Goalie should move out and establish position
- G should track angle laterally using the shuffle
- Try to work on pokecheck

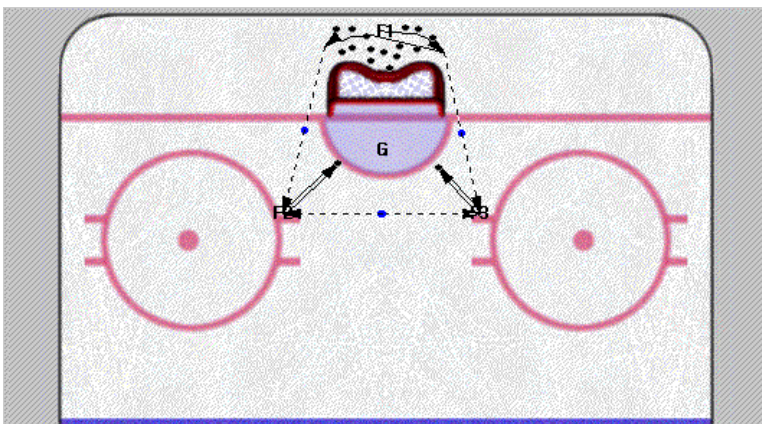
Skills Involved:

- Positioning
- Pokechecking
- Movement

Drill Name: Net Work Drill

Age Group: all ages

Drill Description: 1 player runs drill from behind net. Drill starts with a pass to one of the shooters for a one-timer, then the other. Third pass goes from behind net to F, and then to other F for a shot.



Key Teaching Points:

- Allow goalie time to set up between passes
- G must set up on proper post each time
- G should NOT cheat to middle before pass from behind net

Skills Involved:

- Positioning, movement
- Rebound control
- Read and react

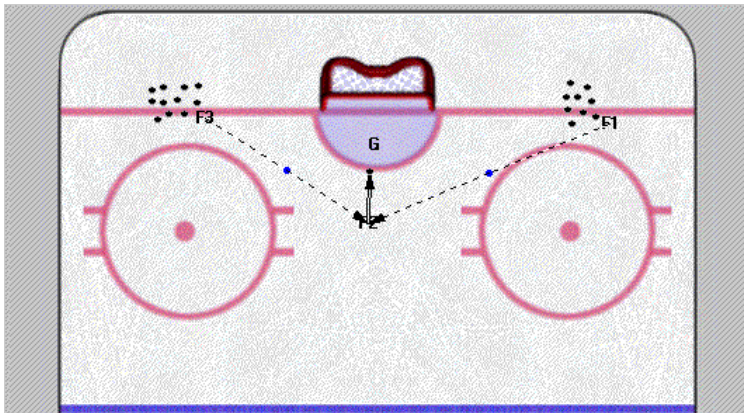


HALIFAX MINOR HOCKEY ASSOCIATION

Drill Name: Center Net Coverage

Age Group: all ages

Drill Description: Shooter stands in slot between hash marks and receives alternate passes from sides of net. Puck can be stopped and shot, or one-timed. This can be at the coach or goalie's discretion. Goalie follows entire play from hugging post to facing shooter.



Key Teaching Points:

- Goalie should follow puck at all times
- G should not drive past midpoint of net
- Shooter should try to score 'through' goalie

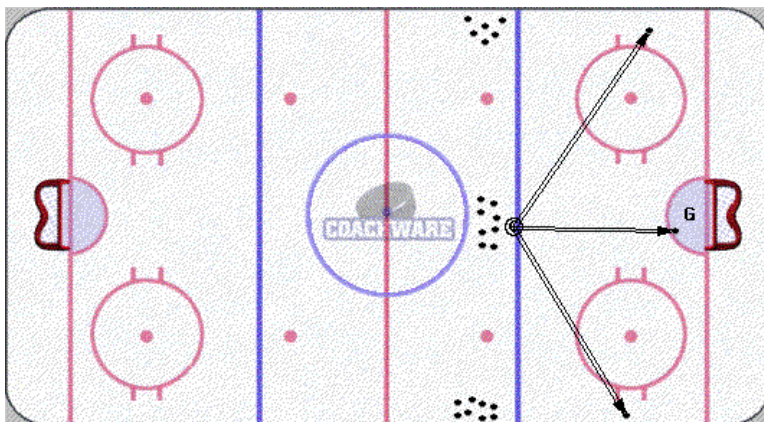
Skills Involved:

- Positioning, anticipating
- Controlled quickness
- Rebound control

Drill Name: Multi Dump Drill

Age Group: all ages

Drill Description: Coach dumps pucks one at a time on net, or to either side. Goalie must corral puck behind net and set it up in the pick-up zone on the side of the net that the coach points to. Drill progression can lead to wingers dropping down and receiving a pass from the goalie.



Key Teaching Points:

- Goalie must have head up while playing puck
- Goalie must move quickly

Skills Involved:

- Read and react
- Puckhandling
- communication

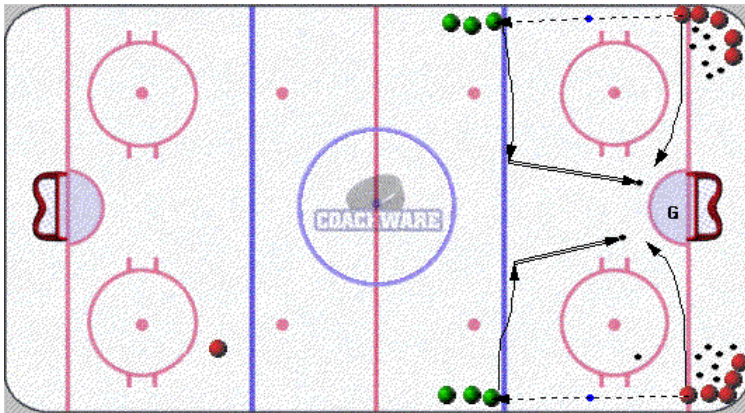


HALIFAX MINOR HOCKEY ASSOCIATION

Drill Name: Deflection Drill

Age Group: peewee and up

Drill Description: Players start by passing puck to point. Player who made pass proceeds to net and awaits point shot. Player at point has option to move to middle and shoot, or shoot from near the boards. Player in front screens goalie and attempts to tip puck. Drill alternates sides and can be run at both ends.



Key Teaching Points:

- Goalies should follow puck as it moves
- Crouch low to see puck
- Read and react to puck direction

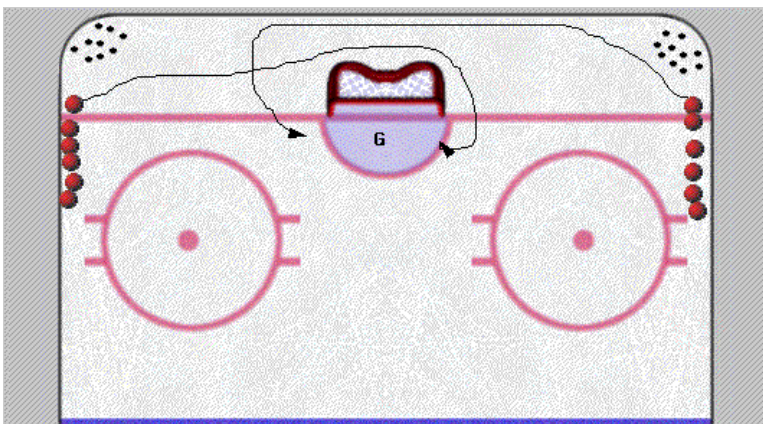
Skills Involved:

- Seeing puck in traffic
- Positioning
- Reflexes, agility
- Rebound control

Drill Name: Wraparound Drill

Age Group: all ages

Drill Description: Players line up in both corners. Alternating sides, player skates with a puck and tries to wrap it far side on the goalie. Drill progression can lead to player having the option of wrapping it or stepping out in front of net for scoring attempt. With drill progression, player can also stop behind net and come out other side. Drill is run out of both ends at same time.



Key Teaching Points:

- Goalie should follow puck at all times
- Be sure to have short side of post blocked off

Skills Involved:

- Positioning
- Agility
- Reading and reacting

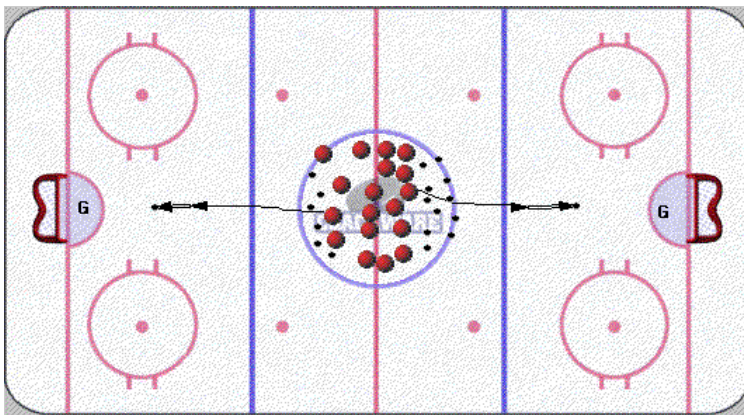


HALIFAX MINOR HOCKEY ASSOCIATION

Drill Name: E.J.'s Breakaways

Age Group: all ages

Drill Description: Make 2 teams. Both ends go at same time. First rush is a 1 on 0 from center ice. If shooter scores, next rush is 2 on 0, and if another goal is scored, 3 on 0. If shooter does not score, next sequence cannot be started. Next player will wait until shooter has crossed blueline and then go. First team to 6 goals wins.



Key Teaching Points:

- Players get one rush

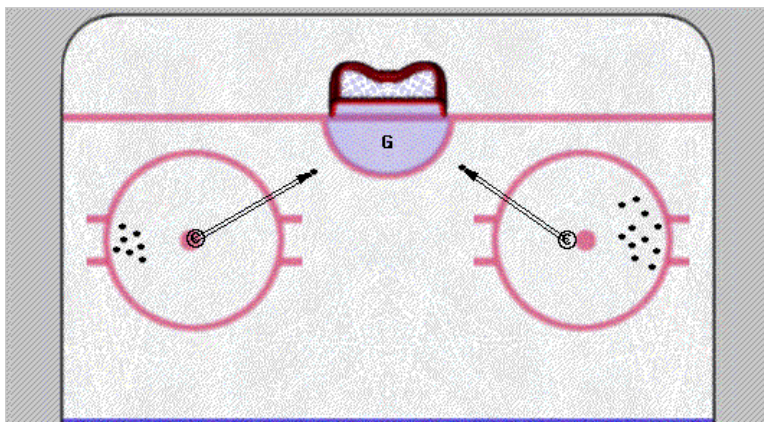
Skills Involved:

- Breakaways
- Facing a variety of attacks
- Challenging shooters

Drill Name: Quick 2 Shot Drill

Age Group: all ages

Drill Description: 2 shooters (can be coaches) get set around each face-off dot on both sides of net. 1st shooter takes shot on net, then signals goalie (whistle, slap stick on ice, etc.). Goalie must then get to other side of net for 2nd shot from other shooter. Each goalie gets 6-8 shots from each side during one turn.



Key Teaching Points:

- Shooter should get shot off as goalie comes across
- Goalie must move side to side as quickly as possible.

Skills Involved:

- Agility and positioning
- Side to side movement
- Rebound control

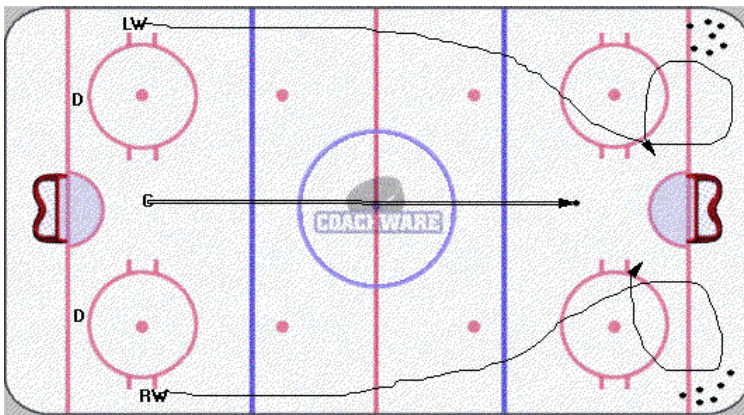


HALIFAX MINOR HOCKEY ASSOCIATION

Drill Name: 5 Shot Drill

Age Group: all ages

Drill Description: As a line, 5 skaters skate down ice and shoot from positional angles. F's carry a puck with them, D follow up without a puck. After wingers shoot, they get a puck from corner and pass to strong side D for 4th and 5th shots. Drill can be done full ice or half ice. Wingers and centreman all crash net for screens and rebound.



Key Teaching Points:

- Goalie should use explosive, quick lateral movement
- Challenge shooters
- Use low crouch to see through screen

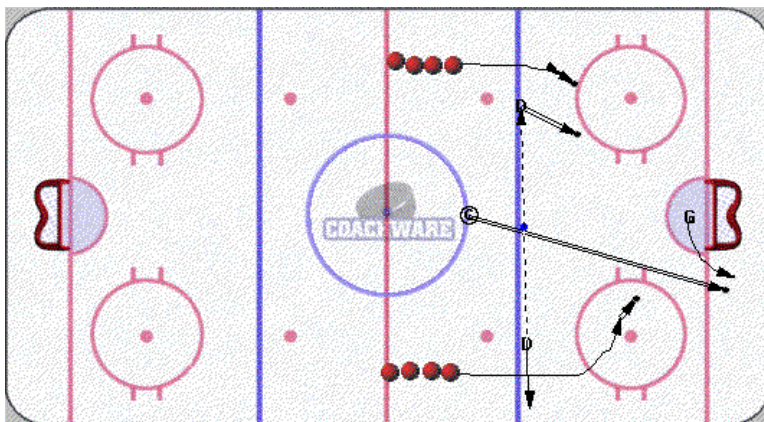
Skills Involved:

- Positioning
- Rebound control
- Concentration/focus

Drill Name: Dave King Drill

Age Group: peewee and up

Drill Description: coach spots puck to side of net, goalie plays it up the boards to D. D passes it to partner D for a shot. After D shoots, F1 skates in for shot from top of circle, followed by F2 who does same thing from other side



Key Teaching Points:

- Goalies 'reads' the play and makes a good pass
- Challenge shooters

Skills Involved:

- Puckhandling, passing
- Positioning
- Lateral movement
- Rebound control

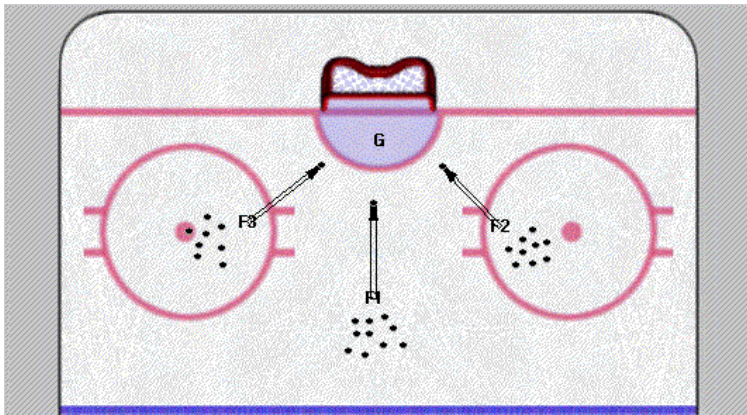


HALIFAX MINOR HOCKEY ASSOCIATION

Drill Name: Butterfly Reaction

Age Group: all ages

Drill Description: F1 fires first shot, followed in order by F2 and F3. Goalie should make all saves in butterfly position. After initial shot, goalie should use leg closest to F3 to push over to face F2's shot. Then vice versa. Drill can be done anywhere on the ice, therefore can be run with up to 6 nets at once.



Key Teaching Points:

- All saves in butterfly position
- Do drill as fast as possible
- Goalie must also keep hands in front of body (this is proper positioning) and don't be afraid to drop gloves to top of pads on low shots

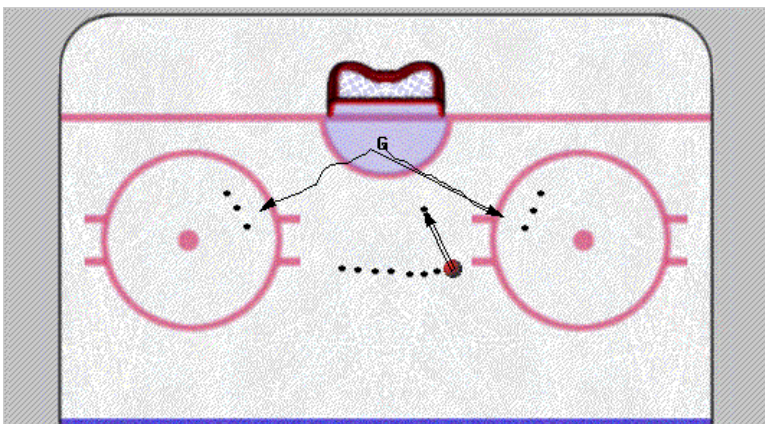
Skills Involved:

- Positioning, butterfly, rebound control, angles, reaction

Drill Name: Dive and Poke Drill

Age Group: all ages

Drill Description: The coach lines up x number of pucks at both circles and in the middle where he is positioned. The drill starts with the shot from the coach. The goalie then skates as fast as he can to the first puck on the circle on his right and executes a diving poke check. Quick recovery and backward skating back to the net. The coach shoots another puck just when the goalie is getting back and gives him a chance to make a save. The goalie repeats the quick skating and diving poke check at the other circle. The drill continues until the goalie has cleared all the pucks from the circles. Use 3 or 4 pucks on both circles.



Key Teaching Points:

- Drill should be done at full speed
- Difficult drill that doubles as a great conditioning drill
- Recommended to be done as last drill of practice for goalie

Skills Involved:

- Poke-checking, timing, quick recovery