

GOALTENDER MANUAL

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Additional Resources:

- Vaughn Goaltending Fundamentals Video
- Vaughn Advanced Goaltending Techniques
- From the Crease - Magazine

Rationale:

This is not a stand-alone product. This is an excellent secondary resource to support coaches in the delivery of the Skills Curriculum and meeting the needs of their goaltenders. Review the additional resources for supporting materials.

Skills Instructional Curriculum includes:

- Initiation Manual
- Novice Manual
- Atom Manual
- PeeWee Manual
- Bantam Manual
- Midget Manual

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GOALTENDER MANUAL

FOREWORD

Children learn best when expectations are explained, demonstrated, and practised in a positive atmosphere, especially when there is a logical progression of skills suited to their skill level and needs. This seasonal plan of practice drills developed by the Canadian Hockey Association provides a sound curriculum for coaches to follow. It may be applied as presented

or simply used as a guideline by the more experienced coach. Review this material carefully and you will find it very useful in assuring that your players successfully develop over the course of a hockey season.

Enjoy the coaching experience and be proud of your contribution to Canada's great game.

ENDORSEMENT STATEMENT

The sport of hockey has long been an institution in Canada and the continued provision of qualified, competent coaches is crucial to the ongoing success of the game. After all, it is the players who benefit from quality coaching, and therefore, any hockey series that will allow coaches to do a better job is of great merit. It is for these reasons that we

are proud to support the creation of this valuable resource.

From Hockey Canada's:

Female Council
Minor Council
Hockey Development Council

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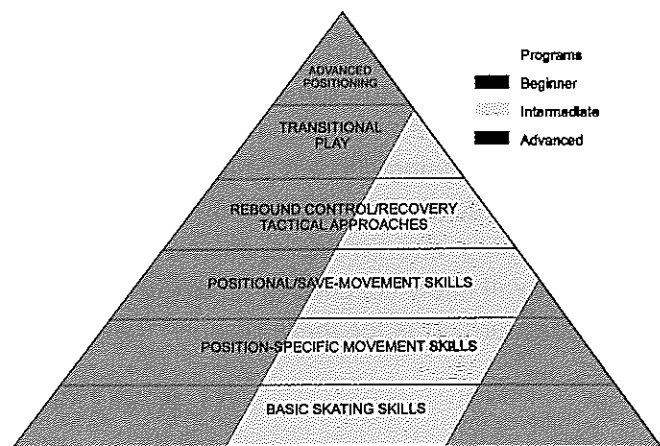
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GOALTENDER DEVELOPMENT

1. The Hockey Canada Goaltender Development Pyramid was created to provide the coach with a comprehensive guideline to help develop a seasonal plan. The natural progression starting at the base of the triangle emphasizes the development of fundamental skills. Fundamental skills are the foundation of each goalkeeper's success.
2. As you climb the pyramid, a greater emphasis is placed on position-specific skill development; slowly, and progressively, building the core group of skills which will be the foundation of success for years to come. Once a goalie has developed the skills of skating and movement, positional play can be established. Understanding basic positioning means the goalie is ready to begin their puck-stopping endeavors.
3. Moving up the pyramid, the developing goalkeeper performs drills that will develop controlled save movement along with post-save responses (i.e. rebound control and recovery). It is during this phase that the bulk of the fundamental skill set will be established and game tactics can be pursued. Since a tactic is, by definition, a collection of technical skills, it is imperative that this fundamental set is built first. At the advanced level, tactics form a greater proportion of the development emphasis. But, even at this level, time must be spent maintaining and honing, the goalies' fundamentals. These refined skills will help push the more advanced approaches to an even higher level.
4. Advanced positioning is at the peak of the pyramid. It rounds out the goalie's overall approach. It should be noted that the goalie determines the overall style or approach. This notion is vital. Each goaltender is unique and brings a distinct set of personal characteristics to the table. While there are fundamentals that

are consistent with any approach, the coach must show some flexibility in allowing a goalie to build a unique style – one that exploits strengths and mitigates weaknesses. As the age and experience of the goalie matures, each skill group can be applied in a more complex fashion.

Goaltender Development Pyramid



5. You will notice that basic skating sits at the base of the pyramid. The reason for this is simple. Virtually, all goaltender-specific development requires outstanding edge control. For the purpose of this module, basic skating will be set aside due to the comprehensive analysis done in the associated modules.
6. The age and skill level of the club's goaltenders defines their seasonal plan. The Skills Development Programs are based on progressive steps and follow the appropriate allocation of time illustrated in the pyramid.
7. These time allocations relate to goaltender-specific time and not to overall practice time. The goalie plays a crucial role in the broader practice plan and, therefore, there are two categories of development; that which occurs during the broader practice (self development)

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and that which occurs in a structured, goaltender-specific manner (directed development). When allocating time, we are referring only to the "directed" development time.

8. The Beginner Program recommends development be built on 75% movement and positional skills 20% on save movement and related issues and 5% on tactics.
9. The Intermediate Program recommends 50% movement and positional skills, 20% on save movement and related issues and 30% on tactics and transition.
10. The Advanced Program recommends 35% movement and positional skills, 10% on post-save consequences, 40% on tactics and transition and 15% on advanced positioning.
11. Hockey Canada believes a coach must emphasize fundamental skill development during practices. It is the responsibility of each coach to teach these fundamental skills to each player.
12. Hockey Canada also believes that each goaltender, due to the uniqueness of the position, must challenge themselves within the broader practice. The majority of amateur clubs do not have a goaltending coach on staff. Therefore, the goalkeepers and the coaches must forge a joint development partnership. The coach can provide a strong development environment and allocate a portion of time to goaltender-specific development. The goaltender should carry a strong focus on fundamentals throughout the entire practice, especially when not receiving specialized attention.
13. You will notice that the Hockey Canada Skills Development Program – Goaltender Module has a distinct assessment component. This is important. Due to significant swings in skill

competency within a given age group, this system has been designed with optimal versatility. Using the assessment parameters, first, you will be able to identify a logical starting point within this system; pertinent to your goaltender's needs. So, the Beginner, Intermediate and Advanced programs contained in this module should be correlated with skill level not age.

14. The seasonal plan for each level in the Hockey Canada Skills Development Program is divided into four phases. This approach provides the coach with an opportunity to evaluate goalkeepers as per expected outcomes based on the practices and games played to date and which correspond to the phase intervals. Goalies will develop at an unequal pace. Therefore, it is quite conceivable that individual assessments will be more beneficial. This statement has specific relevance to the goaltending position at which, due to a smaller number of athletes, coaches can custom tailor practice content. This individualized approach will ensure that each athlete receives the attention and direction pertinent to his or her development needs.
 15. Based on goaltender assessment, the coach should plan for the next phase. Practices can be adjusted to emphasize specific drills as outlined in the Hockey Canada Skills Development Program.
 16. The Hockey Canada Skills Development Program has been developed for you, the Canadian coach. Now, remove the appropriate practice plan from the manual, place it into a protective see-through "sleeve" that has been provided and head off to the rink with confidence and enthusiasm.
- Good luck, Coach, and have a great season!
Hockey Canada

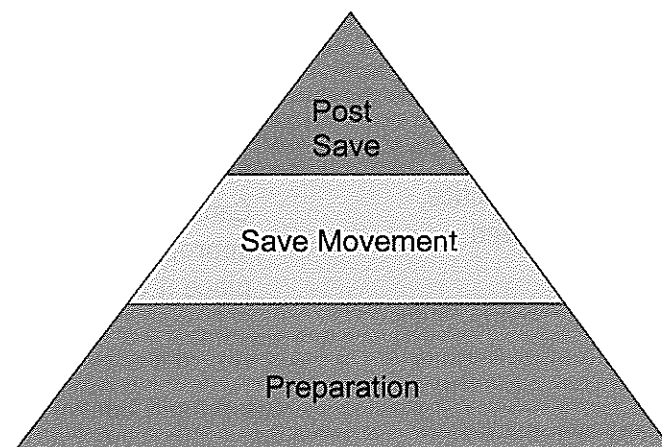
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SAVE DEFINITION (COACHING TIPS)

1. A save is made up of three main components:
 - Preparation
 - Save Movement
 - Post-Save Consequence
2. Each of these three elements should be considered when developing a practice plan.
3. Of the three, preparation is the most important. Preparation includes initial positioning, ice awareness, positional adjustments to optimize position and the final setting of the goaltender's body. It is this combination of skills that paves the way for save success and performance consistency.
4. To ensure that the goaltender has time to prepare, drills must be gapped properly.
5. As a general rule, and due to the importance of preparation, rapid-fire drills serve little purpose.
6. Drills which only emphasize the save movement aspect of the save have little to no game relevance.
7. During warm-up drills, the gap between shots can be reduced because the objective is to warm the goalie up and allow the goaltender to feel the puck.
8. Talk to the goaltender about the three aspects of a save. There are often many drills in which the goaltender has plenty of time to prepare, make the save and, then, respond appropriately to the consequence. It is the coach's job to create a positive development environment but it is the goaltender's job to apply an appropriate work ethic which considers each of these three save phases.
9. Drills can often be designed or adjusted by having the shooting player start the following sequence. This ensures that a proper gap is established.
10. In time, and as the goaltender develops, drills should be as dynamic and game-realistic as possible. In the early years, emphasis should be placed on preparation and the initial save. As the goalie progresses, force a greater amount of accountability to rebounds by designing drills which incorporate a potential rebound.

Good luck, Coach, and have a great season!
Hockey Canada

Save Definition



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COACHING GOALTENDERS

The 10 most important things to remember when coaching beginner to intermediate-level goaltenders:

1. Work progressively — break the skill down into manageable pieces and then teach the skill piece by piece. (whole-part-whole-method)
2. Be sure they understand the skill or tactic.
3. Be sure they understand which piece(s) they should be focusing on.
4. Be patient — there are a range of things that make the transition to goaltending awkward (e.g. increased equipment, different skating requirements, etc.).
5. Have the goalie execute the skill properly and repeatedly without a puck first — a puck will usually make the goalie panic and prioritize the stop versus correct execution.
6. When working with pucks, have the sequences start off slowly so that the goaltender has a chance to execute the moves with success.
7. If players are involved with the drill be sure they understand the drill and the speed at which it should be executed.
8. Always have your goaltender develop control and proper execution before a speed component is added — this usually requires one-on-one work with a coach before asking the goaltender to start stopping drill sequences.
9. When using pucks to work on save movements be sure to work one side then the other, once the proper execution of each side is mastered then work randomly side-to-side.
10. Never allow them to repetitiously do something wrong.

The 10 most important things to remember when coaching intermediate to advanced-level goaltenders:

1. Understand the three ingredients of a save: preparation, execution, and its consequence. many goaltenders form practice strategies to make their preparation easier, this will severely impair the development of their shot-preparation skills (i.e. handle shots in a game-like fashion).
2. Recognize that the most important part of a goalie's save is shot preparation — this includes the positional adjustments required to reach an optimal position as well as the read of the play and shot release.
3. Structure your drills so that your goalie has the time required to prepare for the shot — often a drill is so condensed and the shots come so quickly the goalie has no time to prepare, this will encourage bad habits and poor control.
4. Advanced-level goaltenders rarely require stationary shooting drills since they have typically mastered the fundamentals.
5. Make sure your drills involve movement before the shot is released — this not only increases the goaltender's movement skills but shot-preparation issues, as well.
6. Make sure that your goaltenders follow the puck through the full sequence of the drill —
7. Ensure your players understand the goaltender's need to prepare effectively.
8. Be sure to teach your players to follow up on their shots to make sure the goaltender responds properly to the consequence of the initial save.
9. Teach your goaltenders that their practices are the most important ice sessions since this is where habits are formed.
10. Teach your goaltenders they need to take charge of their own development — as much as you will try to provide guidance and a positive development atmosphere there are 15-20 other players on the ice that require attention.
11. Teach your goaltenders the care and maintenance of their equipment.

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BY THE NUMBERS

A PRACTICE BY THE NUMBERS

statistics supplied by: Calgary Hockey Development

The following facts and figures relate to a 60-minute practice session.

- 1 individual practice will give a goalie more skill development than 11 games collectively.
- Each goalie should face a minimum of 100 shots.
- Since 30% of practice shots miss the net, there needs to be over 140 shot attempts on each goaltender.
- Coaches should try to run 4 - 5 different drills/games/ activities each practice. More is not better; execution of what you do is development.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- Each goaltender should do a minimum of 5 minutes of focused position-specific movement drills every practice,

A GAME BY THE NUMBERS

The following statistics relate to a typical 60-minute Pee Wee level hockey game.

- Goaltender(s) will face an average of 24 shots per game.
- 67% of shots originate from the perimeter and are considered easy-to-medium difficulty only 15% of shots are considered to be of the difficult caliber.

BEGINNER SEASONAL OUTCOMES

1. Goalies demonstrate growth and personal ownership for fun, fitness, and skill development.
2. Goalies understand and apply the fair play codes.
3. Goalies acquire knowledge about and accept game and team rules.
4. Goalies improve individual skills.
5. Goalies execute a wide variety of technical and positional skills providing high repetitions to embed these fundamentals into their game.
6. Goalies, both in the context of structured goaltender-specific and broader team drills, execute a wide variety of tactics at game speed.
7. With a strong fundamental focus, the goalie will begin to establish a personal approach.

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BEGINNER TRAINING PHASE OUTCOMES

PHASE 1 OUTCOMES	PHASE 2 OUTCOMES	PHASE 3 OUTCOMES	PHASE 4 OUTCOMES
<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Improved basic skating skills and position-specific movement skills • Improved abilities to obtain logical, set positions • An understanding of basic positioning 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Continued improvement of specific movement skills leading to an overall improvement in basic positioning • Improved knowledge of the link between movement and position • Greater all-round net mobility. 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Further joint improvements in movement and positioning • An understanding of save movement and preliminary ability to execute them • An understanding of shot preparation and its role in positioning and, ultimately, save success 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • attained fitness and a respect for the fair play code • Relative to age, sound movement and positional skills • Controlled save movement (proper executions are achieved before speed is applied) • An understanding of basic tactical approaches

BEGINNER TRAINING PHASE INSTRUCTIONAL OBJECTIVES

PHASE 1 OUTCOMES	PHASE 2 OUTCOMES	PHASE 3 OUTCOMES	PHASE 4 OUTCOMES
<p>To assess and teach individual skills with an emphasis on:</p> <ul style="list-style-type: none"> • balance • agility • skating • puckcontrol <p>To assess and teach individual skills with an emphasis on reviewing the basic skills:</p> <ul style="list-style-type: none"> • balance / agility • skating • puckcontrol <p>To refine the basic skills of:</p> <ul style="list-style-type: none"> • balance / agility • skating • puckcontrol <p>To teach team rules, practice procedures, and review the fair play code.</p>	<p>To conduct the drills with greater intensity, precision and control</p> <p>Continue to refine all-round skating skills</p> <p>Continue to refine position-specific movement with an emphasis on general net mobility</p> <p>Begin to link position-specific movement skills with positional targets</p> <p>Enhance overall net mobility</p> <p>Introduce basic save concepts, including:</p> <ul style="list-style-type: none"> • Stick usage • Body usage • Pad usage <p>Refine basic positional elements with specific emphasis placed on horizontal angles</p>	<p>To continue to drive the proper execution of techniques with an emphasis on control not speed</p> <p>Continued refinement of position-specific movement skills learned in previous phases</p> <p>Work extensively on save-movement skills introduced in previous phase plus glove development</p> <p>Ensure goaltenders understand the importance of stick and body development</p> <p>Transfer this stick and body priorities into movement skills</p> <p>Introduce the shot-preparation bundle, including:</p> <ul style="list-style-type: none"> • Initial positions (FSP) • Ice awareness • Positional adjustment <p>The positional emphasis in this phase is all encompassing, however, specific focus is placed on depth</p>	<p>Drills have now shifted away from stationary shooting drills and into more realistic drills which have more dynamic shot releases</p> <p>Save-movement emphasis continues on the stick and body but emphasis is shifting to pad use, including:</p> <ul style="list-style-type: none"> • Half butterfly • Pad extension • Pad stack <p>Net play is embarked upon with focuses on post coverage and tracking the puck carrier behind the net</p> <p>Basic tactics are defined and introduced, including:</p> <ul style="list-style-type: none"> • Tight Screens • Tight Deflections • Wraparounds

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INTERMEDIATE SEASONAL OUTCOMES

1. Goalies demonstrate growth and personal ownership for fun, fitness, and skill development.
2. Goalies understand and apply the fair play codes.
3. Goalies acquire further knowledge about and accept game and team rules.
4. Goalies continue to improve their fundamental skill set while being exposed to more advanced categories such as tactics and transition.
5. Goalies continue to execute a wide variety of technical and positional skills making further gains in their fundamental development.
6. Goalies build control within their game adding greater levels of confidence and efficiency in their responses.
7. With an expanding base of skills, the goalies' personal styles are becoming evident and distinct.

INTERMEDIATE TRAINING PHASE OUTCOMES

PHASE 1 OUTCOMES	PHASE 2 OUTCOMES	PHASE 3 OUTCOMES	PHASE 4 OUTCOMES
<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Strong inside-edge control and an enhanced group of position-specific movement skills • Improved abilities to obtain logical, set positions • Improved and expanded set of tactical responses 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Improvements in overall movement and positioning • Quicker save and recovery response due to improved positioning and greater confidence in save movements • An understanding of rebound-control objectives and the growing ability to achieve desired puck-control results 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Further expansion of tactical responses as movement, positioning and save skills are further honed • A basic understanding of transitional play and how the goalie integrates with defensive colleagues • Improved communication skills 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • A sound overall technical game including the further evolution of the personal style • An ability to respond to more complex tactical situations • An understanding of controlling game flow through improved rebound control and positioning • Further expansion of the transitional game

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INTERMEDIATE TRAINING PHASE INSTRUCTIONAL OBJECTIVES

PHASE 1 OUTCOMES	PHASE 2 OUTCOMES	PHASE 3 OUTCOMES	PHASE 4 OUTCOMES
<p>Higher expectations instituted on the power and precision of position-specific movement</p> <p>Starting and stopping mechanisms of particular emphasis</p> <p>Shot preparation continued to be emphasized with strong focus on ice awareness especially during flow and special-team drills</p> <p>Improved and expanded set of tactical responses, including:</p> <ul style="list-style-type: none"> • Mid-zone deflections • Mid-zone screens • Accelerated wraparounds <p>Stick tactics including paddle-down introduction</p>	<p>Prior to embarking on this phase run the goaltenders through the assessment process</p> <p>Continued development of movement/positioning linkage with more complex movements added to the goaltender's repertoire</p> <p>As positioning improves, enhancements in the speed and control of save movements and recoveries</p> <p>Importance of center-net positioning established</p> <p>Puck-control development initiated and emphasized</p> <p>Additional tactics introduced including lateral feeds</p> <p>Basic transition introduced during position-specific and broader team drills.</p>	<p>Correct directions of movement are developed</p> <p>Additional tactics developed including:</p> <ul style="list-style-type: none"> • Staggered feeds • Flat feeds • Net drives • Stick tactics <p>Methods of covering lateral distance are handled</p> <p>Blocking is introduced</p> <p>Blocking tactics are emphasized during tactical drills</p> <p>Continued development of transitional skills with an emphasis on:</p> <ul style="list-style-type: none"> • Handling dumpins • Handling rims • Communication • Understanding team breakout patterns 	<p>Continued development of directions of movement with a center-net emphasis</p> <p>Body positioning while down is introduced</p> <p>Strong all-round technical game has been established with strengths in:</p> <ul style="list-style-type: none"> • Skating • Position-specific movement • Fundamental positioning • Save movement • Recovery • Basic puck control <p>Introduction to advanced positional play including positioning while down, dictating game flow and stance adjustments</p> <p>Continued emphasis on refining basic transition</p>

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ADVANCED SEASONAL OUTCOMES

1. Goalies demonstrate growth and personal ownership for fun, fitness, and skill development.
2. Goalies understand and apply the fair play codes.
3. Goalies acquire knowledge about and accept game and team rules.
4. Goalies demonstrate a complete fundamental skill set executed with control and precision.
5. Goalies are exposed and begin to build advanced systems into their game including: advanced positioning, tactics and transition.
6. Goalies' style, while always evolving, is now clearly their own and they are showing increasing maturity in all performance inputs including: technical, physiological and psychological.

ADVANCED TRAINING PHASE OUTCOMES

PHASE 1 OUTCOMES	PHASE 2 OUTCOMES	PHASE 3 OUTCOMES	PHASE 4 OUTCOMES
<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Continued fundamental development to maintain a strong core of basic skills • Greater precision in movement skills leading to greater consistency in achieving positional targets • An understanding of positioning while down and how it integrates into goaltending, today 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • Further improvements in rebound control as positioning and save control are enhanced • An ability to dictate flow through positional selections based upon improved awareness and anticipation • Transitional game shifts from a "spotting-the-puck" phase to a more "interactive" phase while communication continues to improve 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • The ability to adjust position while down is developed • A solid understanding of offensive and defensive approaches and how these impact goaltending responses • Continued improvements in transitional fundamentals • Strong tactical responses throughout their game 	<p>Goalies will demonstrate:</p> <ul style="list-style-type: none"> • They had fun, attained fitness and a respect for the fair play code • An understanding of positional play while on their feet versus positional play while down • A distinct personal approach to the position and game • A high-degree of efficiency across all fundamental skill groups and an understanding that these basics, regardless of level, are the key to their success • Advanced tactical, transitional and positional play

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ADVANCED TRAINING PHASE INSTRUCTIONAL OBJECTIVES

PHASE 1	PHASE 2	PHASE 3	PHASE 4
OUTCOMES	OUTCOMES	OUTCOMES	OUTCOMES
<p>Despite a strong overall fundamental game, basic skill maintenance performed</p> <p>Assessment of personal positional range based on skill attributes and style</p> <p>The ability to consistently achieve positional targets bringing greater success and consistency to save movement, recovery and puck control</p> <p>Further enhancement of positioning while down with work on:</p> <ul style="list-style-type: none"> • Angle adjustment • Depth adjustment • Body adjustments and characteristics <p>Reassessment using the Nike Skills Goaltender Assessment</p>	<p>Basic skill maintenance performed</p> <p>Further puck-control improvements with specific emphasis on controlling the puck at the body for game-flow purposes</p> <p>Advanced positional development during single-player, multi-player attacks and special-team situations</p> <p>Additional puck-control development with emphasis on pad angling, body control and introduction to same-side control.</p> <p>Interactive transition development started with a strong emphasis on stickhandling and an awareness of forechecking pressure and defensive support</p> <p>Education in off-ice development</p>	<p>Basic skill maintenance performed</p> <p>Positioning while down and adjustment of down positions emphasized</p> <p>Education on offensive and defensive tactics and the impact they have on goaltending approaches</p> <p>Continued development of interactive transition skills</p> <p>Renewed emphasis on a wide range of game tactics</p> <p>Strong emphasis placed on reactive versus blocking regions of the ice</p> <p>Blocking tactics enhanced including</p> <ul style="list-style-type: none"> • Paddle down • Butterfly 	<p>Basic skill maintenance performed</p> <p>Continued evolution of personal approach</p> <p>Proximity development</p> <p>High degree of efficiency demonstrated across all fundamental skill groups</p> <p>Understanding of the interaction between technical, psychological and physiological inputs</p> <p>Competency in advanced positional issues</p> <p>Competency in a full range of game tactics</p> <p>Competency across a full range of transition with goaltenders showing confidence in and out of the net</p>

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GOALTENDER ASSESSMENT CONSOLE

INTRODUCTION

A proper assessment of your goaltenders is essential to progressive development. Using this detailed assessment package, a coach can enter the Hockey Canada Goaltending Module at a logical and productive point. While review and reinforcement are vital components to a goaltender's development, each must be challenged with new skills. Similarly, the goaltender that is exposed to more advanced concepts in an illogical or unprogressive fashion

will not develop at the pace capable.

This assessment console has three main components:

1. Three distinct testing protocols
2. Related evaluation forms
3. The assessment matrix

Using these three tools in a proper fashion will allow a coach to pinpoint the best entry point into the Hockey Canada Goaltending Module.

AGE-BASED ASSUMPTIONS

As an alternate and simpler approach, the following age-based assumptions can be used as a general guideline to bypass the assessment process. However, it should be pointed out that when you are dealing with a goaltender that is clearly of an advanced nature, relative to age, the assessment process should be undertaken.

Please note, as age level rises, there is less certainty to these age-based assumptions. Therefore, when you arrive at the Bantam/Midget level, we recommend that you use the assessment process as outlined.

LEVEL	AGE	SYSTEM ENTRY POINT	
		HOUSE	REP
Initiation (Tyke)	5-6	N/A	
Novice	7-8	Beginner Phase 1 Session 1	
Atom	9-10	Beginner Phase 1 Session 1	Beginner Phase 3 Session 1
Pee Wee	11-12	Beginner Phase 3 Session 1	Intermediate Phase 1 Session 3
Bantam/Midget	13-17	ASSESS	ASSESS

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ASSESSMENT MATRIX

Using the matrix:

1. Do a general assessment of your goalie to select a testing protocol
2. Conduct the chosen assessment using the associated evaluation form
3. While comments should be made on the form for feedback and future reference purposes, the middle columns [i.e. No, Yes, Yes (C), Yes (CS)] are used to determine the system entry point
4. Since the system has been designed using a proper goaltender development progression, when you find areas of fundamental weakness this becomes the entry point
5. Goaltender development in advanced realms should not occur until underlying fundamentals have been achieved

SKILL	PRE-BEGINNER ASSESSMENT				ASSESSMENT POINTS
	ASSESSMENT CODES				
	No (0 Points)	Yes (2 Points)	Yes (C)(5 Points)	Yes (CS)(10 Points)	
Basic Skating					
Lateral Movement					
Forward/Backward Adjustment					
General Net Movement					
Basic Positioning – Angle Emphasis					
Basic Positioning – Depth Emphasis					
Lower Body Save Movement					
Upper Body Save Movement					
PRE-BEGINNER ASSESSMENT POINTS					

SKILL	PRE-INTERMEDIATE ASSESSMENT				ASSESSMENT POINTS
	ASSESSMENT CODES				
	No (0 Points)	Yes (2 Points)	Yes (C)(5 Points)	Yes (CS)(10 Points)	
General Net Movement					
Basic Positioning and Save Movement					
Net Play					
Rebound Control					
Basic Tactics					
Intermediate Positioning					
Basic Transition					
Movement While Down					
PRE-INTERMEDIATE ASSESSMENT POINTS					

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SKILL	PRE-ADVANCED ASSESSMENT				ASSESSMENT POINTS
	ASSESSMENT CODES				
	No (0 Points)	Yes (2 Points)	Yes (C)(5 Points)	Yes (CS)(10 Points)	
Basic Positioning					
Intermediate PSM					
First-Save Control					
Shot Preparation					
Advanced Positioning (While Up)					
Movement and Positioning While Down					
Intermediate Tactics					
Intermediate Transition					
PRE-ADVANCED ASSESSMENT POINTS					

POINTS AWARDS

The following point awards relate to the assessment codes: No = 0, Yes = 2, Yes (C) = 5, Yes (CS) = 10

SYSTEM ENTRY POINT

1. Start by selecting the column that matches the testing protocols used (e.g. intermediate)
2. Next, with the total points determined from the assessment matrix, determine the system entry point
3. If the score is between 0-35 for a given testing protocol consider running the previous testing protocol to identify a more precise entry point.

POINT TOTALS	BEGINNER	INTERMEDIATE	ADVANCED	POINT TOTALS
0-35	P1S1			0-35
36-50	P2S1			36-50
51-65	P3S1			51-65
66-80	P4S1			66-80
0-35		P1S1		0-35
36-50		P2S1		36-50
51-65		P3S1		51-65
66-80		P4S1		66-80
0-35			P1S1	0-35
36-50			P2S1	36-50
51-65			P3S1	51-65
66-80			P4S1	66-80
POINT TOTALS	BEGINNER	INTERMEDIATE	ADVANCED	POINT TOTALS

GOALTENDER MANUAL

PRE-BEGINNER TESTING PROTOCOL

SKILL/DESCRIPTION	DRILL THUMBNAIL	No	Yes	Yes (C)	Yes(CS)
Basic Skating	Phase 1				
	Plan 1				
Lateral Movement	Phase 1				
	Plan 3				
	Drill 1				
Forward/Backward Movement	Phase 1				
	Plan 2				
	Drill 2				
General Net Mvmt	Phase 1				
	Plan 4				
	Drill 1				
Angle Positioning	Phase 1				
	Plan 4				
	Drill 2				
Depth Positioning	Phase 1				
	Plan 3				
	Drill 3				
Lower-Body Save Movement	Phase 1				
	Plan 3				
	Drill 1				
Upper-Body Save Movement	Phase 1				
	Plan 3				
	Drill 1				

The following point awards relate to the assessment codes: No = 0, Yes = 2, Yes (C) = 5, Yes (CS) = 10

TESTING INSTRUCTIONS:

1. Assemble necessary resources (pucks, pylons, shooters, etc.)
2. Execute the drills in the order listed on this form
3. As the drill is executed place a check mark under the appropriate assessment code (No, Yes, Yes (C), Yes (CS))
4. If you have comments place them in the left-hand column related to the drill

Once the session is complete transfer the assessment codes to the assessment matrix and determine point values

GOALTENDER MANUAL

PRE-INTERMEDIATE TESTING PROTOCOL

SKILL/DESCRIPTION	DRILL THUMBNAIL	No	Yes	Yes (C)	Yes(CS)
General Net Movement	Phase 1				
	Plan 1				
	Drill 1				
Positioning & Save Movement	Phase 1				
	Plan 1				
	Drill 2 -3				
Net Play	Phase 1				
	Plan 2				
	Drill 2				
Rebound Control	Phase 1				
	Plan 2				
	Drill 2				
Basic Tactics	Phase 1				
	Plan 4				
	Drill 1				
Intermediate Positioning	Phase 1				
	Plan 5				
	Drill 5				
Basic Transition	Phase 2				
	Plan 2				
	Drill 1				
Movement While Down	Phase 3				
	Plan 1				
	Drill 3				

The following point awards relate to the assessment codes: No = 0, Yes = 2, Yes (C) = 5, Yes (CS) = 10

TESTING INSTRUCTIONS:

1. Assemble necessary resources (pucks, pylons, shooters, etc.)
2. Execute the drills in the order listed on this form
3. As the drill is executed place a check mark under the appropriate assessment code (No, Yes, Yes (C), Yes (CS))
4. If you have comments place them in the left-hand column related to the drill
5. Once the session is complete transfer the assessment codes to the assessment matrix and determine point values

GOALTENDER MANUAL

PRE-ADVANCED TESTING PROTOCOL

SKILL/DESCRIPTION	DRILL THUMBNAIL	No	Yes	Yes (C)	Yes(CS)
General Net Movement	Phase 1				
	Plan 1				
	Drill 1				
Positioning & Save Movement	Phase 1				
	Plan 1				
	Drill 2 -3				
Net Play	Phase 1				
	Plan 2				
	Drill 2				
Rebound Control	Phase 1				
	Plan 2				
	Drill 2				
Basic Tactics	Phase 1				
	Plan 4				
	Drill 1				
Intermediate Positioning	Phase 1				
	Plan 5				
	Drill 5				
Basic Transition	Phase 2				
	Plan 2				
	Drill 1				
Movement While Down	Phase 3				
	Plan 1				
	Drill 3				

The following point awards relate to the assessment codes: No = 0, Yes = 2, Yes (C) = 5, Yes (CS) = 10

TESTING INSTRUCTIONS:

1. Assemble necessary resources (pucks, pylons, shooters, etc.)
2. Execute the drills in the order listed on this form
3. As the drill is executed place a check mark under the appropriate assessment code (No, Yes, Yes (C), Yes (CS))
4. If you have comments place them in the left-hand column related to the drill
5. Once the session is complete transfer the assessment codes to the assessment matrix and determine point values

GOALTENDER MANUAL

GLOSSARY OF TERMS

AGGRESSIVE: An aggressive goaltender is one that closes the gap between themselves and the puck. This is accomplished in a number of ways including: holding ground, moving out or even moving back at a slower speed than the attack itself.

ANGLE (HORIZONTAL): The horizontal angle is defined as the amount net available to each side of the goalkeeper.

ANGLE (VERTICAL): The vertical angle is defined as the amount of net above the goaltender (usually when the goalie is down).

ANGULAR: The ability to maintain depth is movement predicated upon a goalie's ability to move on angles. Angular movement is relative to the goal line. The ability to move from point A to point B on an angle, allows the goalie to hold position at the top of the crease but quickly move back and across to face a shot from a new position.

ANTICIPATION: Anticipation in goaltending is made on the play not the shot. In other words, goaltenders anticipate the play selection not the shot location. Anticipation is fuelled by ice awareness and, in particular, is driven by defensive support and weak-side threats.

BLOCKING: Blocking is in contrast to reacting. When a goalie blocks, a position is established as a shot is being released. The goalie does this due to the fact that through positioning (body, depth and angle), the entire net can be covered.

BODY POSITIONING: There are three characteristics which are vital to a down body position: compactness, uprightness and width. By combining these three body elements, the goalie can enhance net coverage.

BUTTERFLY: A butterfly is a blocking tactic. It is used when one of three dynamics are present: the goalie is unaware of the puck's trajectory, the play is tight to the net or there is limited time to react. The butterfly is the classic down body position which establishes all three body characteristics: compact, upright and wide.

CENTER SHIFTING: To shift the center of the body towards the puck trajectory.

CHALLENGING THE SHOOTER This is defined as closing the gap between the goaltender and the puck. This can be achieved by moving out, holding ground or, even, retreating.

CLEARING SHOT A shot using the goalie stick which moves the puck out of the zone. This is typically done to relieve pressure.

COMPACTNESS: This is a key body element. Compactness is sought in three areas: the thighs, arms to body and pads/stick to ice.

COVERAGE WHILE DOWN: Goaltenders are often down to make saves. Due to this requirement and the logical desire to stay down, at times, the goalie must be able to reposition and regain coverage of the net from this down position.

DEFLECTION (MID ZONE): A deflection which occurs in the middle of the zone. By mid zone, we mean mid way between the goal line and the blue line (or thereabouts). Due to the distance of the deflection, the goalie cannot gain full coverage of the net.

DEFLECTION (TIGHT): A deflection which occurs tight to the net. Due to this tightness, the goalie can optimize position on the attack.

DEPTH: This is a key positional term. Depth is defined as, simply, distance from the goal line.

DEPTH (AGGRESSIVE): Aggressive depth is defined as a position further from the goal line. An aggressive depth may be different from goalie to goalie and from attack to attack.

DEPTH (CONSERVATIVE): Conservative depth is defined as a position closer to the goal line. Like aggressive depth, this changes goalie to goalie and from attack to attack.

DEPTH (INITIAL): This is the term which applies to the first depth a goaltender establishes as an attack approaches.

DEPTH (MIDDLE): This is the depth term which applies to a position in the middle of the positional range. This is the goaltender's best approximation of their final depth assuming no other information is available.

DIRECTION OF MOVEMENT: The path one takes from Point A to Point B. This path optimizes net coverage as the adjustment is made.

EDGE DRIVES: The use of the inside edge to propel a goaltender's movement.

EDGE ROTATIONS: The use of the inside edge to bring a goalkeeper to a stop.

FUNDAMENTAL STARTING POSITION: The FSP is equivalent to middle depth. For beginners, it is the top of the (FSP)crease. Understanding the importance of initial depth and using this as a general rule of thumb can help a beginner build a logical positional game.

CONTROLLING GAME: Goalies should always seek to control game flow. From a goalie's

perspective, flow this is achieved, primarily, through the development of strong rebound-control, transitional and positional skills.

HALF BUTTERFLY: This save movement is used to stop low shots that are skewed to one side of the goalie but are still, relatively, close to the body position.

ICE AWARENESS: The ability to identify attack dynamics. Two specific awareness objectives are to identify defensive support and weak-side, offensive threats.

INSIDE-EDGE CONTROL: The entire skill set is built around the skates inside edges. This is why basic skating is the foundation of the Goaltender Development Pyramid.

INTERACTIVE TRANSITION: This is an advanced form of transition when the goaltender shifts into a more interactive role. This includes the addition of drawing forechecking pressure to the goalie, short and long transitional passing, clearing shots, net decoying and others.

LATERAL FEED (FLAT): A flat feed is defined as a lateral feed, tight to the net which travels parallel to the goal line.

LATERAL FEED (STAGGERED): A staggered feed is defined as a lateral feed, originating higher in the zone and moving to a lower position. This means that the puck is moving on a diagonal relative to the goal line.

LATERAL GAME: To play a lateral game means to prioritize lateral adjustment over all other types of movement. This allows a goaltender to establish logical depths and then to prioritize strong angle positioning from that base of depth.

LATERAL SLIDE: A lateral slide is a movement which reduces the rotation requirement of a goalie when combating a flat feed. It also allows the goaltender to build coverage in a logical and progressive fashion starting with low, middle coverage and then up and out from this key area.

MID-ICE CORRIDOR: The ice is separated, geographically, into three corridors: two outside corridors and a mid-ice corridor. Therefore, it is the center third of the ice which spans the full length of the rink.

MULTI-PLAYER ATTACKS: Any attack in which there are more offensive players versus defensive players (not including the goaltender).

NET DRIVE: An offensive puck carrier who drives around a defending player from an outside corridor to the low slot.

GOALTENDER MANUAL

GLOSSARY OF TERMS

OFFENSIVE TRIANGULATION: When a puck carrier and two, other, offensive players position themselves in a manner which provides the puck carrier with support on two sides. In doing so, the formation often results in a triangular effect.

OPTIMAL POSITION: A goalie's optimal position is the combination of angle (horizontal), depth and body positions. It is relative to the attack and to the goaltender.

OUTSIDE CORRIDORS: The ice is separated, geographically, into three corridors: two outside corridors and a mid-ice corridor. Therefore, the outside corridors represent two thirds of the ice; one third on each side of the mid-ice corridor. All corridors span the full length of the rink.

PADDLE DOWN: This is a blocking tactic. Like the butterfly, it is used when one of three dynamics are present: the goalie is unaware of the puck's trajectory, the play is tight to the net or there is limited time to react. The paddle down also provides a compact and wide position although the goalie gives up some vertical profile to gain the added width of the paddle-down move.

PASSIVE DEFENSE: During some attacks, the defending players opt for a more passive approach. This is done to limit the complexity of the goaltender's save. It is not meant, therefore, to eliminate a shot but rather the complexity of the shot. A classic example of passive defense is the posture established on a 2-on-1.

PASSOUT: This is a play which originates behind the goal line and the pass goes to a receiving player in the low, mid or high slot.

PIVOT AND THRUST: This is movement which facilitates angular movement. The goalie first rotates, or aims the body, and then moves across the net. The pivot and thrust might be a pure positional adjustment or it may be combined with a save movement.

POSITION: A goaltender's position is a combination of three elements: body position, angle position and depth position.

POSITION-SPECIFIC MOVEMENT: Goaltender movement is defined as any movement which allows the goalkeeper to maintain the bulk of their stance fundamentals.

POSITIONAL RANGE: This is the area of the ice in which the majority of a goaltender's positional targets are found. For most goalies, their positional range is an area starting ~ 18" inside the crease and extending ~ 36" outside the crease and one that spans the width of the crease.

POST COVERAGE: Integration of the goalie to the post (often referred to as "hugging the post").

PROXIMITY: When the puck is tight to the net, this is the distance between the goaltender's position and the puck. It is a derivative of depth.

QUIET ZONES: Goaltender "quiet zones" are those areas of the ice in which an attack is not imminent and, therefore, time can be allocated to ice awareness. The entire perimeter of a goalie's zone is considered a quiet zone. This is especially true of the side boards and corners.

REACTING: Reacting is in contrast to blocking. To react, the goalie waits for the puck to be released. Then, the goalie reacts, specifically, to the read trajectory. Due to the specific nature of the response, the goalie tends to improve save success and rebound control with reactive movements. Reactive saves usually occur on shots released further from the net.

STANCE (ADJUSTED): Stance positions that are optimal body positions for save purposes.

STANCE (BASIC): The most mobile stance position. It is the position that is most commonly used and leads to the final set position (this final set position may include an adjusted stance position).

STEPBACK PIVOT: A lateral movement that spans the full width of the crease. It allows a goaltender to build net coverage faster and more logically. It is a scull-driven movement.

SWEEP CHECK: A tactical stick response to an accelerated wraparound or walkout. The stick through its extension sweeps back and around the post to deny access to the slot.

T-PUSH: An important lateral movement that allows the goaltender to move resistance free across the net. It is commonly used as an energy-saving method of lateral adjustment or to handle wider adjustments that are too cumbersome for the shuffle method.

THRUST AND PIVOT: The thrust and pivot is in contrast to the pivot and thrust. The primary difference between the two is the timing of the body rotation. In the case of the thrust and pivot, the rotation occurs later in the move. This allows the move to be initiated quicker.

VISUAL TRACKING: A skill which is associated with tracking the puck carrier when the puck is behind the Net.

WALKOUTS: When an attacker moves from behind the goal line to the front in order to

attack the net. In this event, the puck can now be shot low or high. This is in contrast to a wraparound.

WEAK-SIDE THREAT: An offensive player(s) who does not possess the puck but due to their presence has an appreciable impact on the play.

WIDTH: Width is an important body-position characteristic. Width must be built in conjunction with compactness. In other words, the goalie's positioning wants to be as wide as possible without compromising compactness.

WRAPAROUNDS (ACCELERATED): When a puck carrier moves behind the net, with speed, from one side of the net to the other attempting to score on the far side.

WRAPAROUNDS: When a puck carrier moves behind the net (Set) and stops to set up the attack. Then, the attacker elects to attempt to wrap the puck on one side or the other.

GOALTENDER MANUAL

COMMUNICATING WITH GOALTENDERS

Ongoing communication with your goaltenders will be easier if you have taken the time at the beginning of the season to talk about goals, outline your approach, and answer questions. It is vital to establish a strong relationship with your goalkeeper(s). You, the coach, and the goaltender(s) have a distinct and unique relationship within the context of the team. This relationship must be positive if maximum enjoyment and performance is to be derived.

Here are a few simple tips to help you communicate effectively with your goaltender(s) during practices and games:

- Arrange goaltender(s) in front of you.
- Position them so there are no distractions behind you.
- If you are speaking to more than one goaltender, make eye contact with each.
- Ask questions to make sure goaltender(s) have understood you and know what is expected of them.
- Give your goaltender(s) an opportunity to speak.
- Listen to what they say and how they say it.
- Speak to them using words they understand (keep it simple).
- Bend down, kneel or crouch so you can talk to them at their level.
- Speak to each goaltender at every session.

GIVING FEEDBACK

Providing feedback to your goaltender(s) is critical in developing skills.

Always remember these four points:

- Give the "good" picture. Demonstrate what you want, not what the goalie is doing incorrectly.
- Be positive. Acknowledge what is being done well, then point out what should be worked on.
- Be specific. Demonstrate exactly what it is you want done.
- If you have a starter/backup arrangement, don't forget both goaltender(s), they require equal feedback.

SKILL LEARNING

Here is a good teaching sequence to follow:

1. Explain the skill
 - name the skill and describe it
 - tell why it's important and when it's used. Highlight the key teaching points (key words or phrases used in instructing and giving feedback to your goaltender(s))
2. Show how it is done
 - demonstrate
 - state key points again
3. Give time to practice
 - get goaltender(s) to practice the skill right away
 - get everyone involved
4. Tell them how they're doing
 - move around to each goalie
 - give individual feedback
 - get assistants to help

GOALTENDER MANUAL

THE NUMBERS

PREPARING FOR PRACTICE

Practice time is precious, so you'll want to make the most of it. Here are some tips for planning and running your practices, keeping your goaltenders' development in mind:

- During the team warm-up skate, have the goalies participate for 50% of the time and establish position-specific movement routines for the remaining 50%; this is especially important for goalkeepers who have already established strong basic skating skills.
- When designing drills remember the importance of preparation in your goaltender's game; this requires that drills be properly gapped.
- To save time, consider introducing your drills on a chalk or rink board in the dressing room before going on the ice.
- Warm-up stretches and cool-down activities can be done in the dressing room to maximize the use of ice time.
- Treat all goaltender(s) equally and emphasize positive feedback. Try to talk to each goalie individually at every practice.
- After completing your practice plan, review all of the non-goaltender drills and identify a comment that you can make to each so that they, too, have a focus for the drill.

A PRACTICE BY THE NUMBERS

statistics supplied by: Calgary Hockey Development

The following facts and figures relate to a 60 minute practice session.

- One individual practice will give a player more skill development than 11 games collectively.
- Each player should have a puck on their stick for 8 - 12 minutes.
- Each player should have a minimum of 30 shots on goal.
- Players will miss the net over 30% of the time in a minor hockey practice.
- Coaches should try to run 4 - 5 different drills/games/ activities each practice. More is not better; execution of what you do is development.
- No more than 5 minutes should be spent in front of a teaching board each practice.
- If you have 10 players on the ice, strive to keep 4 - 5 players moving at all times.
- If you have 15 players on the ice, strive to keep 9 - 10 players moving at all times.
- If you have 20 players on the ice, strive to keep 14 - 15 players moving at all times.

A GAME BY THE NUMBERS

The following statistics recorded during a 60 minute Pee Wee level hockey game.

- Players will have the puck on their stick for an average of 8 seconds per game.
- Players will take an average of 1 - 2 shots per game.
- 95% of passes made backwards are successful.
- Players will take an average of 18 shifts per game.
- 99% of the feedback coaches give players is when they have the puck. Ironically, players only have the puck on their stick for 0.2% of the game.

GOALTENDER MANUAL

GAME ROUTINES

By Kimberly Amirault, Ph.D
Sport Psychologist, University of Calgary
National Coaching Institute

Ian Clark - President
GDI-The Goaltender
Development Institute

BEFORE THE GAME

Encourage goaltender(s) to develop the following routine for themselves:

- Have goaltender(s) “park” all distractions (clear the mind) and have them focus on how they want to perform during the game.
- Have goaltender(s) decide they will finish the game knowing they have given everything to give.
- Goaltender(s) should take 5 minutes to think about the best games they have ever played. Recalling peak-performance events helps remind the body and mind how each felt during these key moments.
- Have goaltender(s) get a positive picture in their mind of what they want to do when they hit the ice. Imagine doing it well. Then do it!
- Have the goaltender identify 3 or 4 simple things that will drive a successful performance. This doesn't mean that every performance will be great but rather if the goalie executes this simple plan, it will provide a consistent opportunity for success.

DURING THE GAME

Encourage goaltender(s) to develop the following routine for themselves:

- Have a strong warm up. First, get a good feel the puck and feel comfortable with the surroundings/dimensions of the given rink. Next, make sure that positioning feels sound (i.e. body, depth and angle positioning). Lastly, as the warm up winds down make game realistic saves building momentum for the drop of the puck.
- Throughout the game, recall, at opportune times, the 3 or 4 things identified as being key to your success.
- Extend yourself by generating maximum effort.
- Push your limits and see what happens.
- When you finish the game, know you have given everything you have.

FOLLOWING THE GAME

Encourage goaltender(s) to develop the following routine for themselves:

- Reflect upon the performance. Both strengths and weaknesses should be recalled. Post-game is especially important for goaltenders since they have a greater self-development requirement than other players.
- The goalie should try to track weak trends within their game by keeping notes on goals against in a journal.
- The results of the post-game analysis can then be used in preparation for the next practice.
- The pro-active goaltender will have the greatest opportunity for continued, fast-track development.



FAIR PLAY CODE

... FOR PLAYERS

- I will play hockey because I want to, not just because others or coaches want me to.
- I will play by the rules of hockey, and in the spirit of the game.
- I will respect my opponents.
- I will control my temper – fighting and mouthing off can spoil the activity for everyone.
- I will do my best to be a true team player.
- I will remember that winning isn't everything that having fun, improving skills, making friends and doing my best are also important.
- I will acknowledge all good plays / performances – those of my team and of my opponents.
- I will remember that coaches and officials are there to help me. I will accept their decisions and show them respect.

FAIR PLAY CODE

... FOR COACHES

- I will be reasonable when scheduling games and practices, remembering that players have other interests and obligations
- I will teach my players to play fairly and to respect the rules, officials and opponents.
- I will ensure that all players get equal instruction, support and playing time
- I will not ridicule or yell at my players for making mistakes or for performing poorly.
- I will remember that players play to have fun and must be encouraged to have confidence in themselves.
- I will make sure that equipment and facilities are safe and match the players' ages and abilities.
- I will remember that participants need a coach they can respect. I will be generous with praise and set a good example.
- I will obtain proper training and continue to upgrade my coaching skills.
- I will work in cooperation with officials for the benefit of the game.

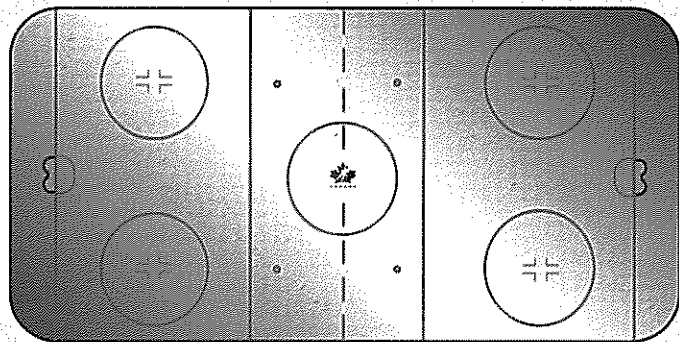
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**BEGINNER
PROGRAM**

**GOALTENDER
SEASON PLAN**



CANADA

GOALTENDER BEGINNER LEVEL PLAN

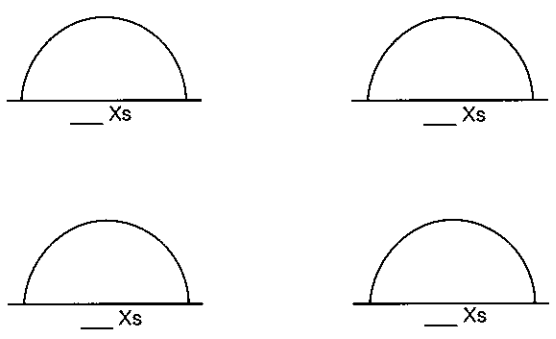
PHASE: 1

PLAN: 1

DURATION: 20

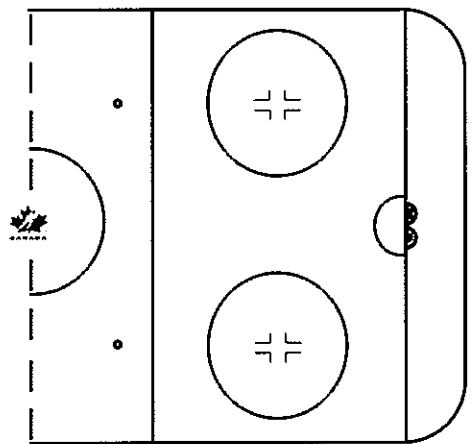
- Session Objective(s)
1. Discuss the importance of basic skating as the foundation of a goalkeeper's game
 2. Emphasize the role of the inside edge in all goaltender-specific development
 3. Have G participate in full skating drills

0 min **MOVEMENT WARM UP**



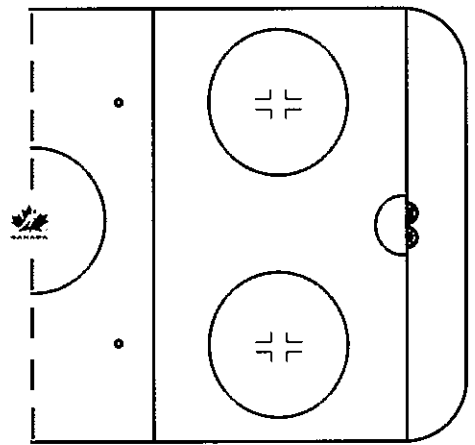
KEY EXECUTION POINTS

0 min **PRIMARY DRILL**



KEY EXECUTION POINTS

0 min **SECONDARY DRILLS**



KEY EXECUTION POINTS

5 min **POST-PRACTICE DISCUSSION**

1. Review importance of skating in G's development
2. Introduce concepts for next session which include the first position-specific development issues



GOALTENDER BEGINNER LEVEL PLAN

PHASE: 1

PLAN: 2

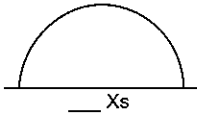
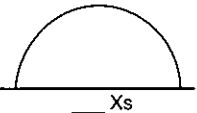
DURATION: 15

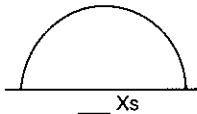
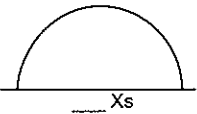
Session Objective(s)

1. Introduce position-specific movement
2. Relate movement skills to positioning and stance
3. Review and develop basic stance fundamentals

5 min

MOVEMENT WARM UP

KEY EXECUTION POINTS

5 min

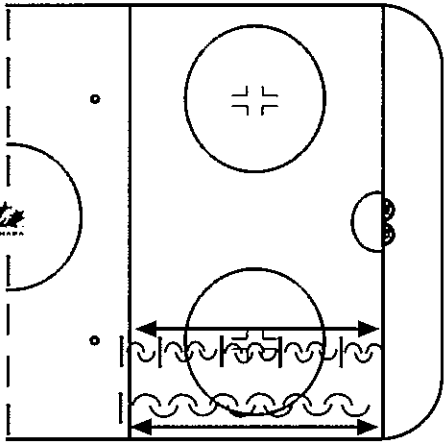
PRIMARY DRILL

Fwd/Bwd Sculling

- Drill A: forward sculling to the blue line
- G starts in stance at start position
- When ready, G begins to scull towards the blue line maintaining strong stance position
- Once G reaches the blue line, G will continue to face the far end and return backwards in the stance position
- Drill B: same as Drill A except the coach initiates forward movement with a "Go" followed by a "Stop"
- Do this repeatedly between the goal line and blue line

KEY EXECUTION POINTS

- During forward and backward movement work, G should concentrate on maintaining strong stance fundamentals
- The movements should be handled through C-cuts
- The upper body should remain stable
- The stick should not move relative to the body position



5 min

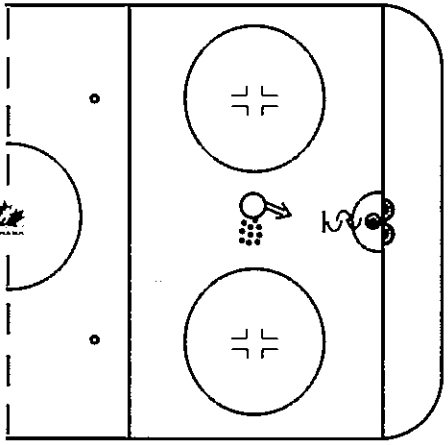
SECONDARY DRILL

Stance Development

- Pucks start in the high slot
- G starts in the middle of the crease
- On "Go", G steps out using a forward scull to the top of the crease
- Once G stops and sets, C shoots the puck
- Shots should reflect the caliber of G

KEY EXECUTION POINTS

- G starts in a stance position
- During the step-out movement, G should use a forward scull and seek to maintain stance fundamentals
- Watch for flinching, G should remain in a flexed stance position as the shot is released
- Watch for the six fundamentals



5 min

POST-PRACTICE DISCUSSION

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 1

PLAN: 3

DURATION: 20

- Session Objective(s)
1. Continue development of forward/backward adjustment
 2. Introduce lateral movement
 3. Continue stance development with basic depth introduction

5 min

MOVEMENT WARM UP

A. Forward sculls

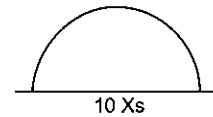
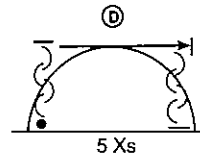
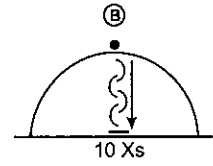
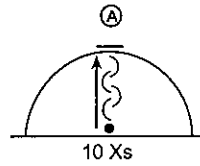
G starts in the middle of the goal line. On "Go", G sculls out to the top of the crease and sets. Return and repeat.

B. Backward sculls

G starts at the top of the crease. On "Go", G sculls back to the goal line and sets. Return and repeat.

C. Introduce shuffle

G starts on the glove post. On "Go", G sculls straight out and sets. Next, G shuffles to the opposite side. G then backward sculls to the opposite post. Repeat



KEY EXECUTION POINTS

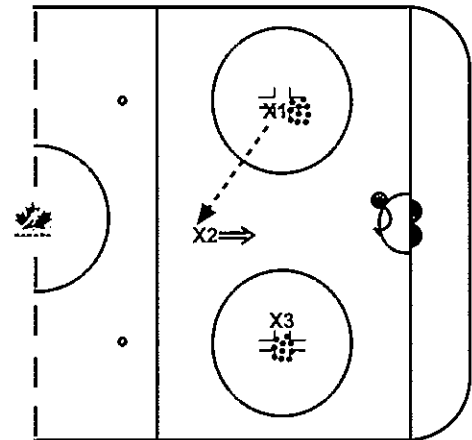
- Upper body must remain stable
- Stick is stable throughout movement
- Concentrate on good inside-edge cuts during forward/backward movement
- Show blade rollover to facilitate shuffle slide

5 min

PRIMARY DRILL

Stance Development II

- Pucks start on the face-off dots
- G faces the dot where X1 is positioned
- X1 passes out to X2
- As the pass is made, G must shuffle to the middle of the crease and set
- When G is set, X2 releases shot
- G handles shot and then faces the opposite-side dot for the next sequence



KEY EXECUTION POINTS

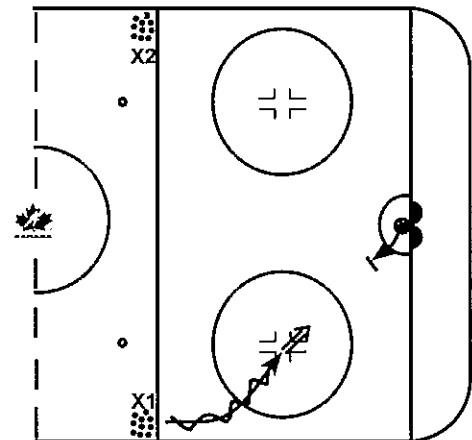
- G should maintain stance fundamentals throughout each sequence, including: initial position, lateral movement, setting and puck-stopping procedures
- G should not be flinching on these shots and should begin to address rebounds
- If one side is weaker than the other emphasize reps on this weak side

10 min

SECONDARY DRILL

Depth Introduction

- Pucks are placed outside the blue line on each side as indicated
- X1 picks up a puck and skates into the zone
- Once X1 reaches the top of the circle region, a shot can be released
- G starts in the middle of the crease on the goal line
- When X1 begins to drive into the zone, G steps out to the top of the crease, stops, sets and faces the shot
- Alternate sides



KEY EXECUTION POINTS

- G maintains stance position from start point out to the top-of-the-crease-position
- G should stop and set as the release is read
- Do not allow G to fade back during the attack

5 min

POST-PRACTICE DISCUSSION

1. Review progress on forward/backward adjustment
2. Review progress on stance development
3. Reinforce need to maintain stance fundamentals while goaltender develops position-specific movement
4. Define and discuss the FSP – Fundamental Starting Position (i.e basic depth)

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 1

PLAN: 4

DURATION: 20

Session Objective(s)

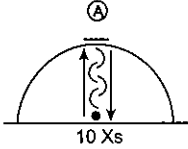
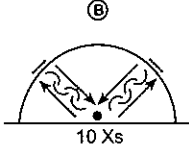
1. Continue development of forward/backward movement, shuffle and stance
2. Continue emphasis on basic depth
3. Introduce horizontal angles

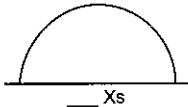
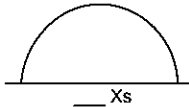
10
min

MOVEMENT WARM UP

A. Forward/Backward Step Outs – Straight
G starts in the middle of the goal line. On "Go" G sculls out to the top of the crease and sets. On "Go" G sculls backwards to the start point.

B. Forward/Backward Step Outs – Angle
G starts in the middle of the goal line. On "Go" G sculls out to the top of the crease facing the glove-side dot and sets. On "Go" G sculls backwards to the start point. On "Go" G sculls out to face the opposite dot. Then returns.

KEY EXECUTION POINTS

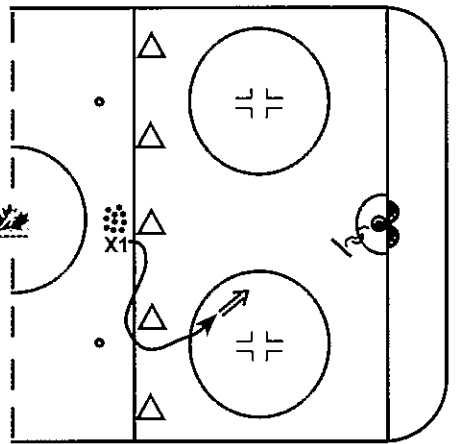
- As improvement is made additional emphasis on body and stick control should be applied
- When doing step outs, alternate starting and stopping feet
- When stopping, G should use a single-edge rotation

5
min

PRIMARY DRILL

Angle Introduction

- Pucks start outside the blue line
- Pylons are placed across the rink, slightly inside the blue line
- G starts on the goal line
- X1 picks up a puck and randomly selects a pylon to drive around
- Once G recognizes which pylon has been selected, G steps out on angle with the attacker
- Once around the pylon, X1 takes a few strides towards the net and releases a shot



KEY EXECUTION POINTS

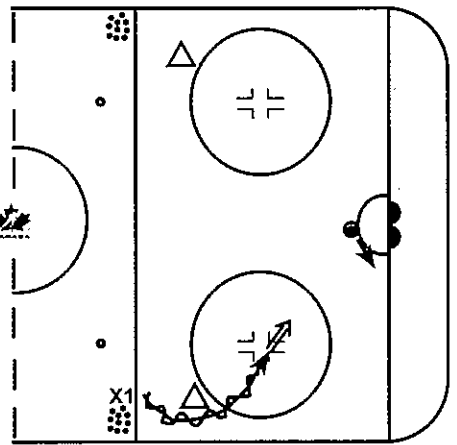
- In this introductory drill, G stays deep in the middle of the net until the pylon has been selected
- This allows G to gain a familiarity with proper angle positioning
- G should attempt to step out to the FSP on each sequence, before the shot is released

5
min

SECONDARY DRILL

Angle + Depth Work

- Pucks are placed outside the blue line on each side as indicated
- Pylons are placed at the top of the circles as indicated
- X1 picks up a puck and skates into the zone
- G starts at the top of the crease in the middle
- As soon as X1 begins to drive, G should shuffle to gain an on-angle position
- Notice the difference in this drill vs. the similar drill in the last session – here, G shuffles into an angle position as opposed to stepping out from a middle-net position



KEY EXECUTION POINTS

- G should work on controlled but quick shuffle steps to get into an on-angle position
- Once G gets to the first position, G may have to make more minor shuffle adjustments to keep a strong angle
- Do not allow G to fade back during the attack

5
min

POST-PRACTICE DISCUSSION

1. Review progress on shuffle movement and stance positioning
2. Review goaltender's understanding of the FSP and its importance
3. Introduce the importance of the three positional ingredients: stance, angle and depth

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 1

PLAN: 5

DURATION: 20

Session Objective(s)

1. Focus on shuffle work
2. Introduce T-push
3. Continue to emphasize strong stance fundamentals during PSM movement

5 min

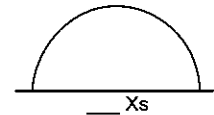
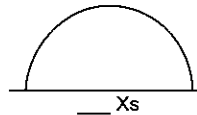
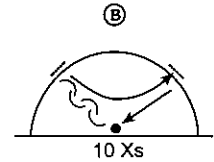
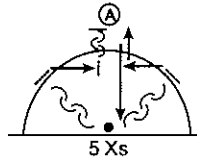
MOVEMENT WARM UP

A. Crown Drill

G starts in the middle of the goal line. On "Go" G sculls out to face the glove-side dot. Next G shuffles to the middle of the crease. Next G sculls out beyond the top of the crease. Next G returns to the middle of the goal line. Repeat sequence to the blocker side.

B. T-push Work

G starts in the middle of the goal line. On "Go" G steps out to face the glove-side dot. Next G will move all the way across the crease to face the opposite-side dot. Return to starting position.



KEY EXECUTION POINTS

- When doing Crown Drill emphasis should be placed on precise, controlled movements
- Make sure G comes to a full stopped, set position at each distinct point
- When executing T-push allow a more relaxed position during move

10 min

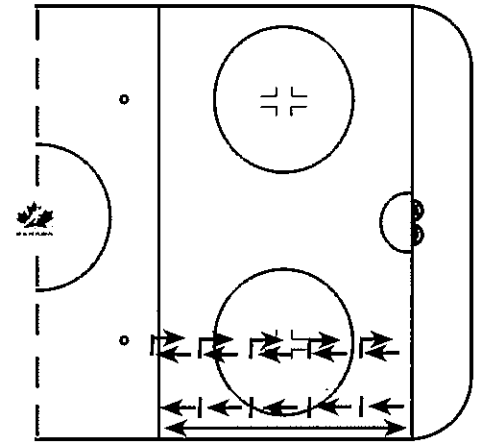
PRIMARY DRILL

Shuffle Starts and Stops

- Drill A: G starts on the goal line and on "Go" begins to shuffle
- On "Stop", G comes to a quick controlled stop
- On "Go", G continues
- This go-stop procedure continues to the top of the circle and back (note: G should face the same direction throughout)
- Drill B: Same as Drill A except on each "Stop", G is to quickly take two shuffle steps back in the opposite direction

KEY EXECUTION POINTS

- Shuffle starts and stops, like forward and backward sculls, provide excellent inside-edge development
- To start, roll the lead skate onto both edges and drive laterally
- To stop simply roll the lead skate back onto the inside edge



5 min

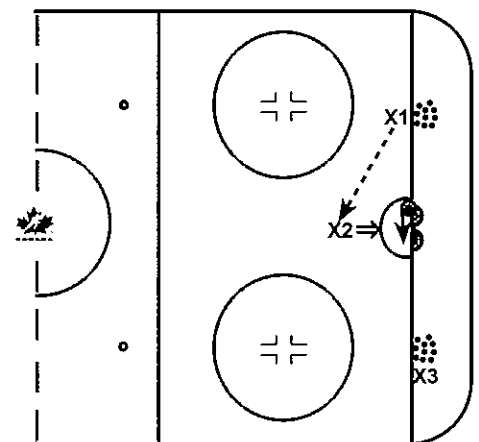
SECONDARY DRILL

Shuffle/Angle/Net Work

- Pucks are placed to the sides of the net
- Although G has not learned specific save movements yet allow G to make saves instinctually
- X1 passes to X2 who releases a shot at G
- As the pass is made G simply shuffle off the post and to the middle of the net
- Once the save is made G recovers and goes to the opposite post
- X3 passes to X2 and the sequence repeats
- Continue to alternate sides

KEY EXECUTION POINTS

- G should be able to shuffle into the middle using one or two quick steps
- Do not allow G to T-push -- this is shuffle practice
- Remind G to hustle to the middle position -- a quicker position allows G to get the desired position prior to the shot release



5 min

POST-PRACTICE DISCUSSION

1. Review T-push usage
2. Continue to evolve the goaltender's understanding of positional fundamentals and PSM
3. Discuss how body, angle and depth positioning come together

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 1

PLAN: 6

DURATION: 20

Session Objective(s)

1. Review movement skills covered to date: forward/backward/shuffle/T-push/Stops/Starts
2. Continue to hone horizontal angles

15 min **MOVEMENT REVIEW**

A. Forward/Backward Step Outs
G sculls from the goal line to the top of the crease. G sculls backwards to the start point.

B. Forward/Backward Starts & Stops
Do forward scull starts and stops to the top of the circle and backwards S/S back.

C. Basic Shuffle and Shuffle S/S
G demonstrates shuffle in both directions. Then, G does shuffle starts and stops between the goal line and the top of the circles.

D. T-push relaxed movement

KEY EXECUTION POINTS

- The emphasis of this review is to check on correct, controlled execution of these key movements
- Ensure a stable upper body
- Ensure a firm, flat stick position throughout the movements
- Stance basics should be stable at all times

5 min **PRIMARY DRILL**

Angle Work II

- Similar to the past angle drill except this time, G starts on the top of the crease and shuffles into an appropriate angle position
- To review the drill structure:
- Pylons are placed just inside the blue line
- Pucks are placed outside the blue line
- X1 takes a puck and randomly drives around one of the cones
- After getting around the cone, X1 takes a few strides towards the net before releasing the shot

KEY EXECUTION POINTS

- G must start at the top of the crease in a relaxed position
- As X1 begins to drive, G should establish a more flexed stance
- G should not move until X1 begins to select a pylon at which point a quick shuffle should propel G to the proper angle
- As a variation, allow T-pushes

5 min **SECONDARY DRILL**

Miscellaneous Angle Work

- Five players establish positions in the zone as indicated
- Each player should have 5 pucks
- C skates in behind any shooter and yells shot
- This player takes a couple of strides towards the net and releases a shot
- In Phase 1, G steps out from a middle, goal line position
- In Phase 2, G shuffle into position from a top-of-the crease start spot

KEY EXECUTION POINTS

- As usual, G is trying to gain a FSP position as quickly as possible – this buys time to get set
- G should be able to consistently gain an on-angle position
- If G is struggling have the shooters delay slightly before stepping forward to shoot

5 min **POST-PRACTICE DISCUSSION**

1. Review PSM movement and the role it plays in the Goaltender Development Pyramid
2. Review the three components to basic positioning: stance, horizontal angles and initial depth (FSP)
3. Discuss what lies ahead in the next phase

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 2

PLAN: 7

DURATION: 20

Session Objective(s)

1. Introduce general net movement (variety of PSM movements in a confined space)
2. Introduce the positional range
3. Continue discussion and emphasis on basic positional game (i.e. merging body, depth and angle positioning)

5 min

GENERAL NET MOVEMENT INTRO

A. Discuss Positional Range

B. Multiple Step Outs

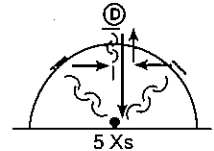
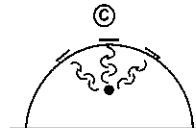
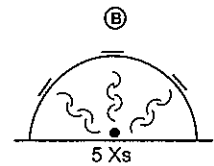
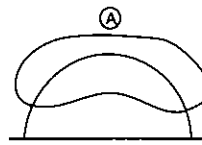
G starts on middle of goal line. On "Go" G steps out to face the glove-side dot. Return. Next, G moves out to the top of the crease. Return. Next, G moves out to the blocker-side dot. Return. Repeat

C. Short Step Outs

As above except the new starting and return point is the middle of the crease

D. Crown Drill

Review previous description (BL5)



KEY EXECUTION POINTS

- Define the Positional Range
- Discuss notion of confined space
- Discuss the importance of the inside edge
- Discuss the importance of edge control as a basic skating skill

5 min

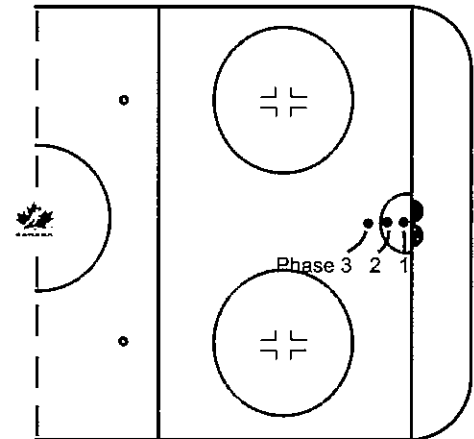
PRIMARY DRILL

Movement within Range

- The emphasis of this drill and ice session is to continue to hone inside-edge control and short movements
- In this drill G is repetitively working on forward and backward adjustments
- Phase 1: adjustments are from the goal line to the FSP
- Phase 2: adjustments are from the middle of the crease to the FSP
- Phase 3: adjustments are from the FSP out

KEY EXECUTION POINTS

- G should not lift out of the stance during these movements
- G's skates should not leave the ice during the drill
- In other words, all movements are initiated and stopped using the inside edges
- As the distance of movement shortens, G will have to focus on tighter edge drives



10 min

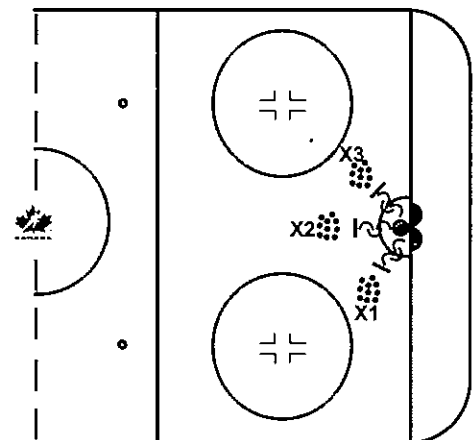
SECONDARY DRILL

Movement within Range + Shot

- 3 players position around the top of the crease and are given numbers (1,2,3)
- G will follow the same pattern as in the above drill: phase 1 movements start at the goal line, phase 2 movements start in the middle of the crease and phase 3: movements start at the FSP
- C calls a number
- G steps out to the appropriate depth, stops and sets
- Once G is set, the shot can be released
- G returns to the phase start point
- Repeat 10x's/phase

KEY EXECUTION POINTS

- G must concentrate to understand C's call
- G should quickly step into position using an edge drive
- Using an edge rotation, G stops with precision at the desired depth
- G always seeks to be fully set



5 min

POST-PRACTICE DISCUSSION

1. Review the notion of the positional range and confined-space movement
2. Introduce stick positioning for next practice



GOALTENDER BEGINNER LEVEL PLAN

PHASE: 2

PLAN: 8

DURATION: 20

Session Objective(s)

1. Discuss and define positional sequencing
 - a. Angle, depth then body
 - b. Depth, angle then body
 - c. Angle then body no depth
2. Develop good stick attributes in movement and saves

5 min **MOVEMENT REVIEW**

A. Basic Shuffle
G starts on goal line and shuffles to the blue line and back facing the same boards

B. Shuffle S/S
As above but every 2-5' G is to come to a quick, precise stop

C. Shuffle with Come Back
As above but at every stop G is to execute a quick shuffle step back in the opposite direction

KEY EXECUTION POINTS

- Continue to refine shuffle movements
- Emphasis placed on stable upper body and firm stick position

10 min **PRIMARY DRILL**

Stick Drill I

- Pucks are set up inside the blue line (in line with the dots as indicated)
- X1 takes a puck and drags it across the blue line
- As X1 reaches the middle of the ice a shot is released along the ice
- Once the shot has been taken X1 circles over to the opposite-side pucks and drags a second puck into the middle from this side
- Again X1 releases a shot along the ice
- G must track the full movement of the player

KEY EXECUTION POINTS

- G should be concentrating on stick saves
- Shots on the ice are considered stick saves not pad saves
- The stick should possess the following attributes: firm, gapped, square and flat
- Pucks should be turned to the corner or stopped and covered

5 min **SECONDARY DRILL**

Stick Drill II

- Pucks are placed on the outside hash marks (not against the boards)
- C board passes to X1 at the near-side point
- X1 drags the puck to the middle and releases a shot along the ice
- C, meanwhile, hard rims a puck around the boards behind the net
- X1 after taking the first shot must hustle to the opposite-side boards to pick up the rim and again drags the puck to the middle and releases a second shot along the ice

KEY EXECUTION POINTS

- As per 1st drill

5 min **POST-PRACTICE DISCUSSION**

1. Discuss stick attributes
2. Discuss the importance of good stick positioning during PSM in warm-ups
3. Review positional sequencing

- Session Objective(s)**
1. Improve stick positioning during PSM
 2. Introduce body saves
 3. Continue emphasis on stick saves

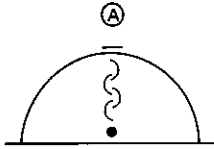
5 min

MOVEMENT REVIEW

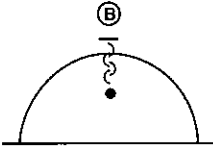
A. Forward Step outs (straight)
G starts on goal line and sculls to top of crease. Set. Return backwards. Repeat.

B. Forward Step outs (angle)
G starts on goal line and sculls to top of crease to face glove-side dot. Set. Return backwards. Repeat to face blocker-side dot.


C. Crown Drill
See previous description.



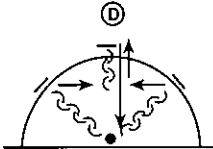
5 Xs



5 Xs



5 Xs



2 Xs

KEY EXECUTION POINTS

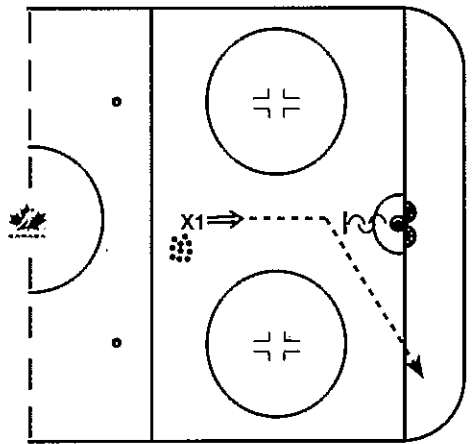
- Notice drills are the same
- Place emphasis on a firm stick position
- The stick should not move relative to the moving body position
- To achieve a stable stick, goalie must have a stable, upper body

5 min

PRIMARY DRILL

Stationary Stick Rotations

- G starts in the middle of the crease
- X1 has pucks in the high-slot-to-point range
- On "Go", G will do a forward scull to the top of the crease
- As G stops, X1 will release a shot on the ice
- Attempt to release all shots to the blocker side (i.e. 20 repetitions) and then all to the glove side (i.e. 20 repetitions)



KEY EXECUTION POINTS

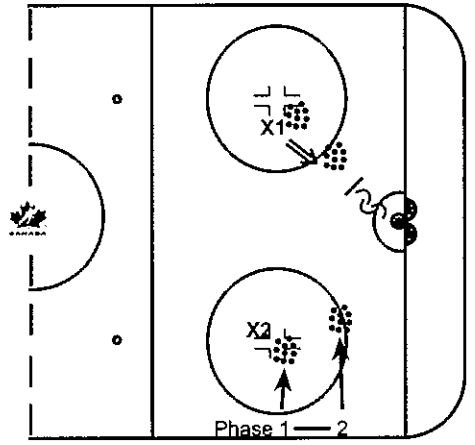
- When executing a stick rotation the stick must be gapped correctly (i.e. ~18" in front of body or pad)
- Stick should be angled slightly to allow for puck elevation and to solidify the stick position
- The stick should move along an arc in front of the body position

10 min

SECONDARY DRILL

Body Saves and Cradling

- Phase 1: Pucks start on the face-off dots
- Phase 2: Pucks start on the bottom of the circles as indicated
- G starts in the middle of the goal line
- On "Go", G angles out to the FSP using a forward scull and sets at this depth position
- Once G sets, X1 can release the shot at the goaltender's body position (ideal height of shot is knee-to-hip height)
- G returns to goal line then moves to the opposite side to face X2 for the next shot



KEY EXECUTION POINTS

- Make sure G's movement is sound; stick firm and square, upper body stable and good edge stops and starts
- Stay flexed do not lift out of stance unless puck trajectory demands such
- Do not pull away from puck
- Shots at the body unit should be stopped using the body not gloves

5 min

POST-PRACTICE DISCUSSION

1. Discuss movement progress
2. Discuss the role of the body and stick in today's game (i.e. primary save tools)
3. Review body and stick fundamentals

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 2

PLAN: 10

DURATION: 20

- Session Objective(s)
1. Continue stick emphasis
 2. Continue body emphasis
 3. Increase awareness of rebound control benefits using body and stick

5 min

MOVEMENT REVIEW

A. Crown Drill
See previous description.

B. Shuffle Starts and Stops
Working between the goal line and the blue line G shuffles stopping randomly every 2-5'.

C. T-push Cross-Net Pattern
G starts in middle of goal line. Step out to top of crease facing glove-side dot. Set. T-push across to face blocker-side dot. Return to start position. Repeat in opposite direction.

KEY EXECUTION POINTS

- Continue to emphasize the stability of the body during movements
- Remind goaltender that the hallmark of PSM is the ability to maintain the bulk of stance fundamentals despite the adjustment of position

10 min

PRIMARY DRILL

T-push Cross Net with Body Cradle

- Pucks start on face-off dots
- G starts facing the opposite-side dot
- On "Go", G sweeps across the net using a T-push and sets at the top of the crease
- Once G is set X1 can shoot towards G's body unit
- Alternate sides

KEY EXECUTION POINTS

- Although the T-push is a more relaxed move, G should seek a strong push and a precise stopping move at the desired target
- Once G begins to drive across the net, G should focus on the pending shooter to read shot release
- Emphasize key body-save skills: do not lean away, use the body not the gloves, allow the puck to come into the body unit

5 min

SECONDARY DRILL

T-push Cross Net with Body Cradle and Pass

- Same as above except each T-push is initiated by a pass from one shooter across to the other
- Once the pass is made, G can drive across
- In the early stages of development, shot should not be released until G has set in position

KEY EXECUTION POINTS

- As above

5 min

POST-PRACTICE DISCUSSION

1. Re-emphasize the importance of body and stick
2. Remind goaltender that good body and stick fundamentals begin with strong PSM
3. Introduce the lower-body save focus of future sessions

Session Objective(s)

1. Introduce pad usage
2. Reinforce the notion that pad usage follows stick and body development

5 min

MOVEMENT REVIEW

A. Demonstrate proper pad extension and 1/2 butterfly

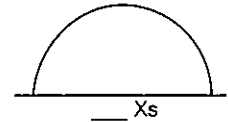
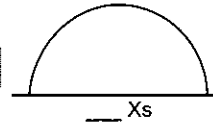
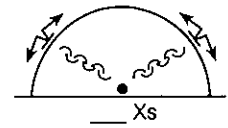
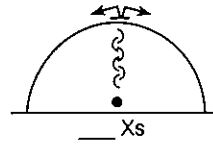
B. Have G attempt moves

C. Forward Step Outs with Pad Extension

G starts in the middle of the goal line. G sculls out above the top of the crease. Set. G executes a controlled pad extension to each side. Return.

D. Forward Step Outs with 1/2 Butterfly

G starts in the middle of the goal line. G sculls out to the top of the crease facing the glove-side dot. Set. G executes a controlled 1/2 butterfly to each side. Return. Repeat to the opposite dot.



KEY EXECUTION POINTS

- Have G slow down movements so concentration can be applied to proper, pad-save form
- Remind G that speed comes after controlled execution
- Ensure that during PSM drills G comes to a set position prior to executing down movements

10 min

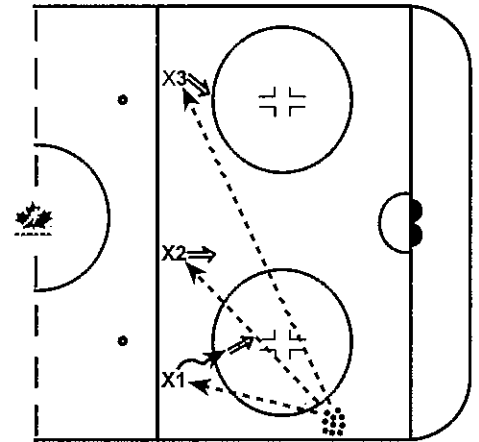
PRIMARY DRILL

Pad Extensions

- Phase 1: Stationary shots from high slot
- Phase 2 (illustrated): Pucks start on the half wall
- X1, X2 and X3 span across the point
- C passes to X1 who steps in and releases a shot
- G is not required to move with the passes so that concentration can be applied to correct save executions
- C passes to X2 in the mid-ice region and a shot is taken
- C passes to X3 cross ice and a shot is taken
- All shots should be low to the corners of the net
- Phase 3: same drill but have G move with passes

KEY EXECUTION POINTS

- Pad extensions are designed for situations in which the puck is too far from the body unit to make a compact save
- The pad extension can also be used as a backup position for some stick and glove saves
- Be sure G is watching the puck all the way into the pad
- Make sure G is going to the ice fluidly and not with a jumping motion



10 min

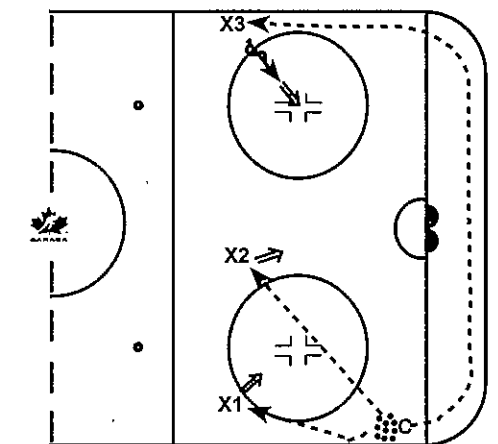
SECONDARY DRILL

1/2 Butterflies

- Phase 1: Stationary shots from high slot (shots should be tighter to the body position than in the pad-extension reps)
- Phase 2 (illustrated): Same as above except the passes are made from the corner to the players
- Players move from the point to a top-of-the-circle depth
- Players moving to this closer position will improve the likelihood of shots tighter to the body unit

KEY EXECUTION POINTS

- Make sure G is responding appropriately – although this drill requires 1/2 butterflies, it may also allow for some pad extensions
- 1/2 butterflies are used when the puck is coming tighter to the body unit and G can opt for a more compact save
- Stick positioning should be sound



5 min

POST-PRACTICE DISCUSSION

1. Discuss the situations in which the pad extension is used versus the 1/2 butterfly
2. Review the importance of compactness and, therefore, the value of the 1/2 butterfly save
3. Review pad usage as secondary to body and stick development

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 2

PLAN: 12

DURATION: 20

Session Objective(s)

1. Review PSM to date
2. Review basic positioning
3. Improve control of lower-body saves with particular emphasis of pad movements and recovery

5 min

MOVEMENT REVIEW

A. Multiple Step Outs with Pad Usage
 G starts in the middle of the goal line. G sculls out to top of crease. Set. G executes a controlled pad extension to each side. Return. G sculls out to face the glove-side dot. Set. G executes a controlled 1/2 butterfly to each side. Return. Repeat to the opposite dot.

B. Shuffle Work with Pad Usage
 Working between the goal line and the top of the circles G shuffles. Every 2-5' G stops, sets and executes a pad save in the opposite direction. Once recovered G continues. Face the same boards when returning from the top of the circles.

KEY EXECUTION POINTS

- Continue to emphasize the importance of stability in stick and upper-body position during PSM
- When making pad saves on the angles use 1/2 butterflies and in the middle use pad extensions
- G should remember to set before each attempted down save

5 min

PRIMARY DRILL

Positional/Movement Review Drill

- Pucks start at the middle of the point
- 5 pylons are placed across the ice
- X1 will shoot three shots in the sequence
- X1 picks up the 1st puck and drives around a random pylon before releasing a shot
- X1 will circle back to pick up a 2nd puck and then drive around a different random cone
- X1 repeats a 3rd time
- G must start on the goal line to begin drill and then must track X1s movement (i.e. adjust position, make save, regain position for next shot, etc.)

KEY EXECUTION POINTS

- This drill provides an overall assessment of basic positioning, movement and save selection
- As X1 selects a cone and prepares to shoot G should be preparing position with intensity
- When X1 is picking up a second puck, G can begin relaxed and as the random cone is selected intensify the shot preparation

5 min

SECONDARY DRILL

Pad Combinations

- Pucks start inside the bottom of the circle
- G faces one pile of pucks and on "Go" will execute a pad extension towards the middle of the net
- As soon as G makes the down move, G should recover, with control, pivot and drive across to make a save on the far side
- It is on this second save movement that a shot is fired
- To recap, on the starting side there is no shot – only on the far side
- X1 should release the shot once G begins to initiate the 2nd save attempt

KEY EXECUTION POINTS

- Control in this drill is vital
- This is a difficult drill -- G should take a methodical approach at the beginning to make sure the save movements and recoveries are executed properly

5 min

POST-PRACTICE DISCUSSION

1. Review overall development to date
2. Of particular emphasis during this discussion is goaltending fundamentals
3. Revisit the Goaltender Development Pyramid and provide feedback on goaltender's progress up the pyramid

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 3

PLAN: 13

DURATION: 20

- Session Objective(s)
1. Introduce upper-body save fundamentals
 2. Continue to develop stick saves and related rebound control
 3. Half butterfly and pad extension development will occur supplemental to stick work

5 min

MOVEMENT REVIEW

A. Step outs with Locked Stick

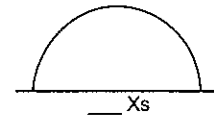
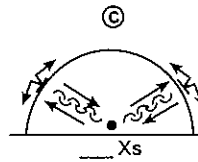
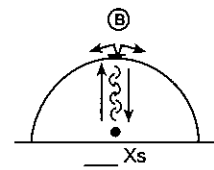
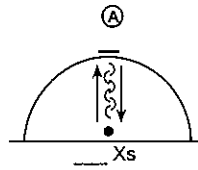
During these drills, the stick cannot move relative to the body or the reps start again.

B. Step outs with Pad Extension

These are straight out step outs. Since the goalie is in the middle, pad extension reps are made to each side.

C. Step outs with Half Butterfly

These are angle step outs. Since the goalie is facing the angle, half butterfly reps are used.



KEY EXECUTION POINTS

- Again, speed is less important than technique, control and precision
- Stick positioning is a main focus during these drills; ensure proper firm, gapped, square and flat positioning
- Down movements should be made fluidly with a controlled recovery

5 min

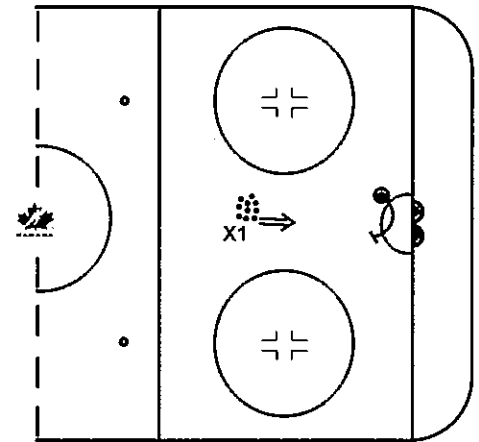
PRIMARY DRILL

Glove Fundamentals

- Pucks start in the high slot
- G faces a slide dot
- On "Go", G pivots and drives into the middle to face the shot
- Once G is set, X1 can release a shot to the glove
- Alternate sides

KEY EXECUTION POINTS

- During this initial phase of upper-body work ensure the following:
- G does not flinch
- G watches the puck all the way to the glove
- G takes direct paths to the puck not circular paths
- Stance fundamentals are sound



5 min

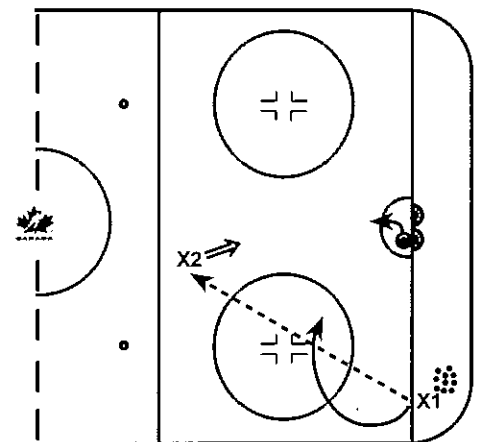
SECONDARY DRILL

Stick Saves @ Body

- Pucks start in the each corner
- X1 passes out to X2 who shoots the puck along the ice and at the goaltender
- Once X1 passes out to X2, X1 should arc towards the net for a rebound (this move should not be aggressive but simply to apply some pressure on G to corral the puck)

KEY EXECUTION POINTS

- G should seek to control the puck at the body
- To accomplish this objective it is very important that stick attributes be sound. These include: firm, gapped, square and flat.
- Of particular importance are the square, firm and gapped components



5 min

POST-PRACTICE DISCUSSION

1. Review controlling pucks at the body with the stick
2. Review upper-body save fundamentals

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 3

PLAN: 14

DURATION: 20

- Session Objective(s)
1. Review upper-body save fundamentals
 2. Review blocker specifics
 3. Continued development of body usage

5 min

MOVEMENT REVIEW

A. Shuffle Starts and Stops
When executing this drill work between the goal line and blue line. Initiate with a "Go" followed by a "Stop" 2-5 feet later. Repeat to blue line and back.

B. Shuffle with Return
As above except on "Stop", G should shuffle back in the opposite direction with 2 quick steps.

C. Shuffle with Opposite Save
As above except on "Stop", G should come to a stop and then execute a 1/2 butterfly in the opposite direction.

KEY EXECUTION POINTS

- On "Stop", make sure G comes to a full set, stopped position in all drills
- G should be focusing on quick, precise foot movement
- On "Go", G should initiate movement as quickly as possible without guessing on the start time
- Upper body and stick should be stable

10 min

PRIMARY DRILL

Blocker Fundamentals

- Pucks start in the high slot
- G faces a side dot
- On "Go", G pivots and drives into the middle to face the shot
- Once G is set, X1 can release a shot to the blocker
- Alternate sides

KEY EXECUTION POINTS

- In this drill, G should seek to rotate pucks to the corner
- Blocker control at the body will come at a later date
- Like the glove work, G should not flinch
- G should take direct paths to the puck, watch it all the way in, demonstrate good stance fundamentals and move toward, not away from, the puck's trajectory

5 min

SECONDARY DRILL

Body Save/Cradle Review

- Pucks start on the dots in Phase 1 and then at the bottom of the circles in Phase 2
- G starts on the opposite side of the crease to the shot
- On "Go" G will drive across the net and set in an on-angle and FSP position
- Once G is set X1 can release a shot at knee height and at the goalie's body unit
- Alternate sides

KEY EXECUTION POINTS

- This should be quick, repetitive practice on body saves
- Due to the height of the shot, G will likely have to go down to take the puck on the body - this is OK
- With a down move in mind, you should make sure that G is not going down prematurely rather timing the move with the release

5 min

POST-PRACTICE DISCUSSION

1. Review upper-body save fundamentals
2. Review blocker specifics
3. Discuss glove and blocker usage relative to body usage (i.e body is the priority)

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 3

PLAN: 15

DURATION: 20

- Session Objective(s)**
1. Assess overall PSM
 2. Review horizontal-angle development
 3. Introduce notion of vertical angles and coverage relative to down movements

5 min

MOVEMENT REVIEW

A. Basic Skating

B. Forward Sculls

Scull to the blue line and back without stopping.

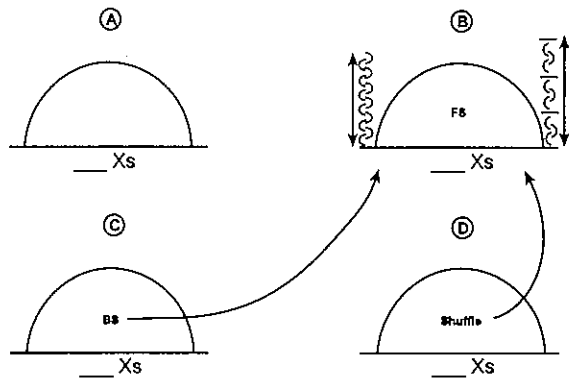
Scull to the blue line and back with intermittent starts and stops

B. Backward Sculls

As above with forward sculling

C. Shuffle Work

As above with forward sculling



KEY EXECUTION POINTS

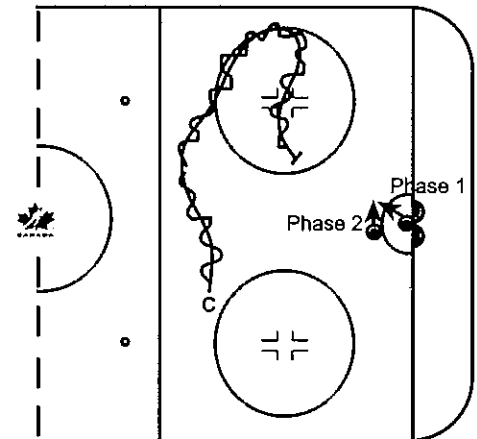
- This session is for you to evaluate the progress of your goaltender's movement
- Be sure to get the drills done (i.e. spend less time instructing and more time evaluating for future reference)

5 min

PRIMARY DRILL

Horizontal Angle Review

- Phase 1: G starts in middle of the goal line
- Phase 2: G starts at the top. Middle of the crease
- C moves around zone and chooses a position
- On "Go", G steps out, on angle, and faces a shot
- Before C fires a shot, check the preciseness of the angle (if incorrect, do not shoot; notify; correct and have G start again)



KEY EXECUTION POINTS

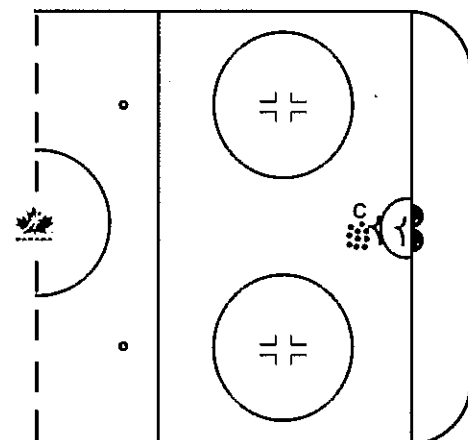
- Horizontal angles are a combination of having a good starting position and a general familiarity with one's environment
- This is why G is asked to do a set from the middle of the goal line as well as a set from the top of the crease

5 min

SECONDARY DRILL

Vertical Angles Intro

- This is a discussion and an opportunity to introduce vertical-angle coverage
- Place pucks in positions off the top of the crease as indicated
- To begin, allow G to lie down in front of the puck piles and look from the ice up
- C should take the position of a goalie's stance on the goal line and allow G to see net availability; C should now do the same in a down save position
- Next, C should move out to the top of the crease and do the same thing (one up position and one down position); G should be able to distinguish between the amounts of net available
- After this discussion, G should go into the net and establish a down position on the goal line; C should fire 5 shots into the upper portion of the net; then, repeat with G out on top of the crease



KEY EXECUTION POINTS

- The idea behind this exercise is to educate G on the amount of coverage which is established by being closer to the puck (particular emphasis is placed on G's vertical coverage)
- Be sure that G is low to the ice to get a good puck's eye view in the 1st phase
- When shooting on G attempt to score with G both on the goal line and then on top of the crease
- This will help G gain conviction in the added coverage

5 min

POST-PRACTICE DISCUSSION

1. Discuss PSM development and where improvement still required
2. Review horizontal-angle progress
3. Review notion of vertical coverage

Session Objective(s)

1. Introduce shot-preparation category
2. Particular emphasis is placed on awareness and the establishment of the initial position

5 min

MOVEMENT REVIEW

A. T-push Arrow
G starts in the middle of the goal line and on "Go" steps out to the top of the crease. On the next "Go" G will turn and T-push to a side crease position. Next, G will go back to the top of the crease and then to the other side. See diagram.

B. Shuffle Arrow
As above but replacing T-pushes with shuffles

C. Side-Crease Work
G starts facing a dot. On "Go", G pivots and shuffles to the middle of the crease. G moves to face opposite-side dot and repeats.

KEY EXECUTION POINTS

- These drills are meant to introduce G to multiple movements in a drill (similar to the Crown Drill)
- G should continue to develop good upper-body stability
- G should continue to focus on firm, gapped and square stick positions during PSM
- G should have a proper chest angle

7 min

PRIMARY DRILL

Ice Awareness I

- Pucks start outside the blue line as indicated
- X1 takes a puck and drives down the boards before releasing a shot from inside the top of the circle
- Meanwhile, X2 has a choice – to drive on the weak side or not to drive
- Regardless, G must identify this choice by swiveling head to read the weak-side threat
- The puck carrier must shoot (i.e. no passing); the weak-side driver, however, can attack a rebound

KEY EXECUTION POINTS

- G starts in the middle of the crease as indicated
- As X1 begins to drive, G should quickly swivel the head to read the second player's intentions
- If there is a weak-side threat G should be conservative
- If there is not, G can be more aggressive

8 min

SECONDARY DRILL

Ice Awareness II

- Three offensive players are labeled – 1,2 and 3 – and each have a puck
- Players must know these labels as well as G
- C calls out a number (e.g. 1) which means that G must follow the movements of player 1; as soon as this number is called all players can begin to stickhandle randomly within the zone
- When C calls out another number this signifies the player who can move towards the net and shoot; the other two players can leave their pucks and attack a rebound
- Whoever last shot will be the player G follows for the next sequence

KEY EXECUTION POINTS

- G should be introduced to goalie "quiet zones" (i.e. areas within G's zone in which the puck is not a threat so G can survey the zone)
- These zones are around the perimeter
- Each time the player that G is following enters a quiet zone, a quick survey should be taken
- G should use proper PSM throughout drill

5 min

POST-PRACTICE DISCUSSION

1. Review quiet zones
2. Discuss the benefits of awareness and how it allows G to prepare positionally for an attack
3. Review initial positions and, in particular, the FSP

Session Objective(s)

1. Review vertical angles and then introduce concept of proximity
2. Continued work in the shot-preparation category (previously focused on awareness; now focused on initial positions)

5 min
MOVEMENT REVIEW
A. T-push Arrow

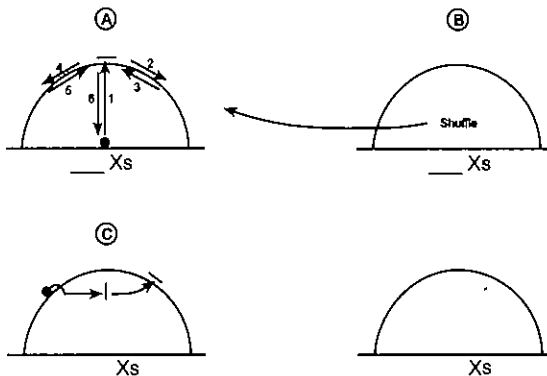
G starts in the middle of the goal line and on "Go" steps out to the top of the crease. On the next "Go" G will turn and T-push to a side crease position. Next, G will go back to the top of the crease and then to the other side. See diagram.

B. Shuffle Arrow

As above but replacing T-pushes with shuffles

C. Side-Crease Work

G starts facing a dot. On "Go", G pivots and shuffles to the middle of the crease. G moves to face opposite-side dot and repeats.


KEY EXECUTION POINTS

- These drills are meant to introduce G to multiple movements in a drill (similar to the Crown Drill)
- G should continue to develop good upper-body stability
- G should continue to focus on firm, gapped and square stick positions during PSM
- G should have a proper chest angle

5 min
PRIMARY DRILL
Importance of initial positions

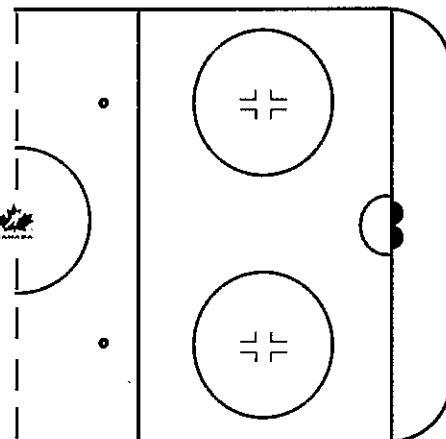
Discuss the following:

- Initial positions should provide G with the bulk of the final position
- If G has a good first position then adds awareness to the preparation equation, the final position should be close at hand
- The closer the final position is to the initial position the simpler is G's preparation and the greater the likelihood of first-save success
- The G who consistently arrives in strong, final positions will have consistent performance

KEY EXECUTION POINTS

Additional points:

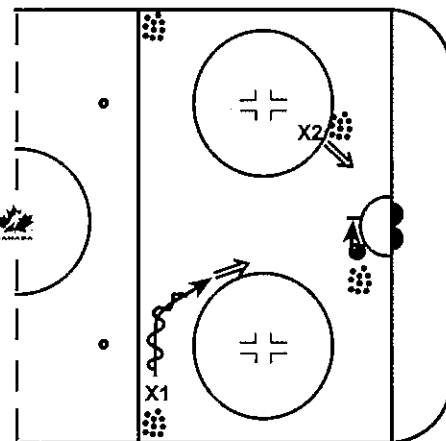
- Review the overall importance of positioning and how shot preparation is the process by which positioning is achieved
- FSP is a good position because it is a good estimation of final depth leaving G to only gain angle and body positioning


10 min
SECONDARY DRILL
Vertical Angle Work

- Pucks are placed to the sides of the crease and out at the points (on the boards); all as indicated
- X1 takes a puck and drags it into the middle before releasing a low shot to the far side
- Once G makes the first save, G must face C who shoots a 2nd puck from a side-crease position
- Alternate starting sides; side-crease shot should be from the opposite side that the point shot is pulled from
- It is important for the point shot to be targeted to the same side of the net that the side-crease shot will come

KEY EXECUTION POINTS

- G must track the point player with proper PSM ensuring a tight horizontal angle throughout
- G should make a controlled lower-body save (i.e. stick, 1/2 butterfly or pad extension)
- A controlled recovery should follow so that G can reposition for the side-crease shot
- G should try not to fade (this improves proximity on the 2nd shot)


5 min
POST-PRACTICE DISCUSSION

1. Check G's understanding of shot preparation
2. Place particular emphasis on the power of initial positions
3. Review proximity and G's progress in this area of development

GOALTENDER BEGINNER LEVEL PLAN

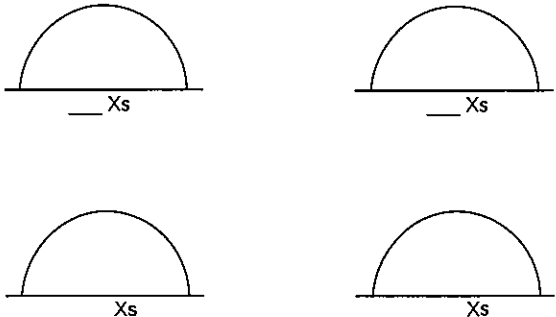
PHASE: 3

PLAN: 18

DURATION: 20

- Session Objective(s)
1. Positional assessment
 2. Basic save assessment

0 min **MOVEMENT REVIEW**
Bypass this to open up additional time for evaluation purposes



KEY EXECUTION POINTS

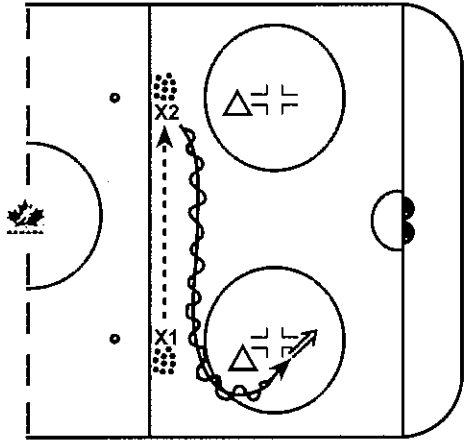
1. Clockwise and counterclockwise direction.
2. Varied speeds.
3. Perform exercises from the warm-up section.

10 min **PRIMARY DRILL**
Positional Assessment

- Pucks start just inside the blue line at a dot-distance from the boards
- To start, X1 passes to X2 who takes the pass and accelerates around the opposite side cone
- Once around the cone, X2 releases a shot
- Next, X3 passes to X1 who takes the pass and accelerates around the opposite-side cone and releases a shot
- Allow adequate time between each shot to ensure that an evaluation of the goalie's positioning can be made

KEY EXECUTION POINTS

- This is an evaluation drill
- Allow G to execute a number of repetitions before commenting and providing feedback
- G should be demonstrating controlled PSM throughout the drill
- G should be establishing a final, set position
- Body, angle and depth positioning should be sound

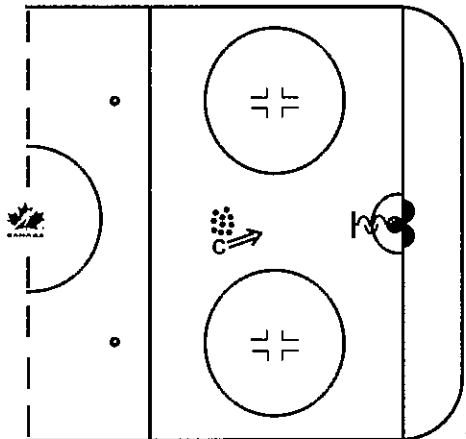


5 min **SECONDARY DRILL**
Save Movement Assessment

- This drill involves stationary shots with preliminary PSM
- This is to allow shooters to concentrate on placing pucks in the desired locations
- For simplicity purposes, place pucks in the high slot
- G will start on the goal line
- On C's "Go", G will step out to the top of the crease and set
- No shots are to be released until G is fully set
- Do a set of 10 to the glove, blocker, stick and both pads

KEY EXECUTION POINTS

- G should be moving into position with control and precision
- All positional elements should be sound
- Upper-body saves require direct paths to the puck, visual tracking into the glove and G should be moving towards the puck
- During lower-body saves, G should demonstrate controlled down moves with corresponding recoveries



5 min **POST-PRACTICE DISCUSSION**

1. Review G's progress in the following major goaltending categories:
 - a. PSM
 - b. Basic positioning
 - c. Basic save movement

Session Objective(s)

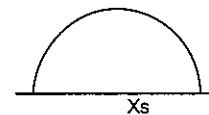
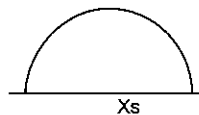
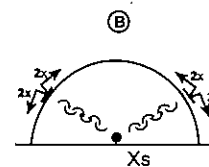
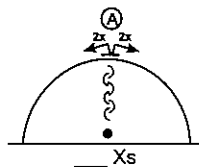
1. Refine recovery skills during lower-body saves (including half butterfly and pad extension)
2. Introduce pad stack recovery

5 min
MOVEMENT REVIEW
A. Step Outs with Pad Extension Repts

G starts in the middle of the crease. G will step out to the top of the crease. When set, G will execute 2 controlled pad extensions to each side. Emphasis should be placed on controlled recovery. Repeat 3 times.

B. Step Outs with 1/2 Butterfly Repts

G starts on a post. G steps out to the top of the crease facing the nearside dot. When set, G will execute 2 controlled 1/2butterflies to each side. Emphasis should be placed on controlled recovery. Alternate starting posts. Repeat 3 times from each post


KEY EXECUTION POINTS

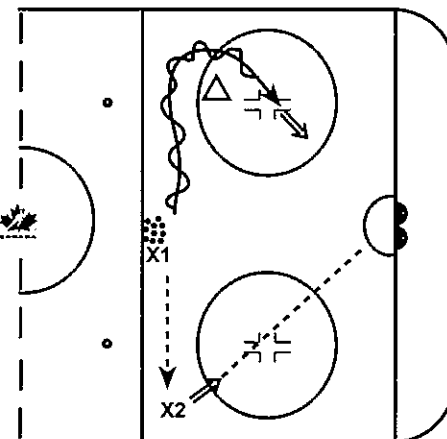
- When describing drills to G, emphasis must be placed on the COMPLETE controlled save execution
- By complete we mean good preparation, controlled down movements and immediate, controlled recoveries
- Allow G to take a break between each set to avoid early fatigue and poor habits

7 min
PRIMARY DRILL
Pad-Extension Recoveries

- Before embarking on drill have G demonstrate a controlled pad extension with recovery. Check both sides. If weak, continue with stationary shots from slot. If OK, proceed to outlined drill.
- Pucks start in the middle of the point
- X1 passes to X2 who releases a long point shot to the far-side of the net
- Meanwhile, X1 skates with a second puck around the opposite-side pylon and releases a second shot
- X1 must buy time so G does not panic
- X1 should allow G to recover, move over and set before shooting
- Do a set from each side

KEY EXECUTION POINTS

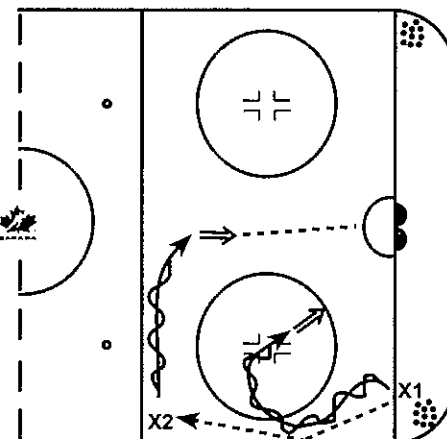
- G starts facing X1 in the middle
- Once the pass is made, G should move into position on X2 with control
- After making the pad extension save, G can now ignore the 1st puck
- G should execute a controlled recovery and move into position to face X1
- Watch that G does not short change the 1st save because of the pending 2nd shot


8 min
SECONDARY DRILL
Butterfly Recoveries

- Before embarking on drill have G demonstrate a controlled 1/2 butterfly with recovery. Check both sides. If weak, continue with stationary shots from slot. If OK, proceed to outlined drill.
- Pucks start in the corner
- X1 banks the puck off the boards to X2 at the point
- X2 drags the puck into the middle and releases a low shot (shot should be directed to the same side of the net that X1 is on)
- Once X1 passes to X2, X1 buys time and then walks out of the corner and around the same-side dot to release a 2nd shot
- Do a set from each side

KEY EXECUTION POINTS

- G starts on the post
- Once the pass is made, G should move into position on X2 with control
- After making the 1/2-butterfly save, G can now ignore the 1st puck
- G should execute a controlled recovery and move into position to face X1 coming around the dot
- Watch that G does not short change the 1st save because of the pending 2nd shot


5 min
POST-PRACTICE DISCUSSION

1. Review recovery of pad extensions and half butterflies
2. Discuss pad-stack recoveries off ice as an introduction

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 4

PLAN: 20

DURATION: 20

Session Objective(s)

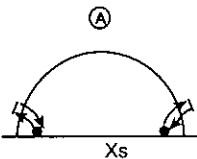
1. Introduce and develop proper post coverage
2. Introduce and begin to develop proper visual tracking while the puck is behind the net

5 min

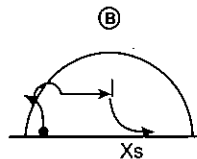
MOVEMENT REVIEW

A. Near-side Step Outs
G starts on post and rotates out to face the nearside dot. Once set, G rotates back onto the same post. Repeat 5 times. Go to the opposite post and do 5 additional reps.

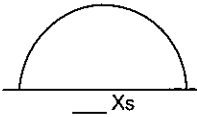
B. Near-side Step Outs with Shuffle
G starts on post and rotates out to face the nearside dot. Once set, G pivots and shuffles directly into the middle of the crease. From a set position, G will then return to the other post. Repeat. Repeat complete circuit 5 times.



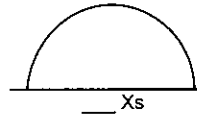
(A)



(B)



___ Xs



___ Xs

KEY EXECUTION POINTS

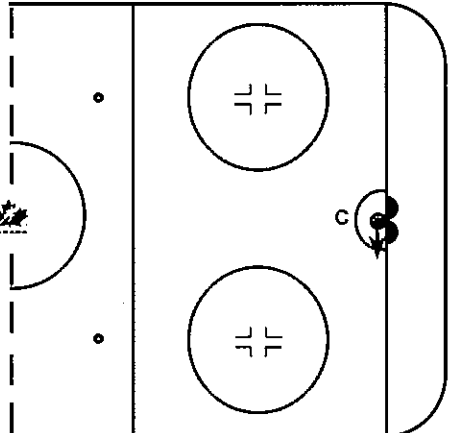
- This is a good warmup for this ice session's focus – post coverage
- G should be c-cutting off post to get to the required top-of-the-crease positions

10 min

PRIMARY DRILL

Post-Coverage Reps

- The focus here is to develop familiarity with proper post positioning
- C should review key post-coverage issues (see key points)
- Once a complete review is done, G will start in the middle of the crease and on "Go" will shuffle into the glove-side post
- C should not allow G to move to the next rep until full, proper position is achieved each time
- After completing 20 reps to one post switch and address the blocker side
- As a variation, repeat drill with SLOW wraparounds tight to the post



KEY EXECUTION POINTS

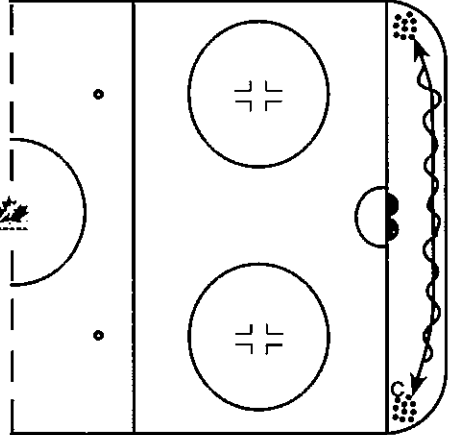
- Post coverage is a virtual skill due to the amount of behind-the-net play in today's game
- Proper coverage includes skate-to-post integration, wrapped post arm, stick position (gloveside, heal of stick off ice of skate off side of pad), skates positioned apart and on the goal line

5 min

SECONDARY DRILL

Tracking the Puck Intro

- Reminder: During this drill DD NOT allow G to practice poor post coverage – this should continue to be the priority as tracking will be continued in the next session
- C should review key tracking skills with G before embarking on the drill (see key points)
- Pucks start in each corner
- C will skate 1/2 speed in behind the net and through to the other corner
- This is repeated alternating start corners
- During this introductory drill C is not to attack the net; this will only cause G to panic and lose focus on post coverage and tracking skills



KEY EXECUTION POINTS

- C should not start until G demonstrates proper post coverage on the start side
- As C moves towards the near post G should be patient and not leave too early
- G should demonstrate proper basic tracking skills which include: lead gap, vision maintained over same-side shoulder, parallel lateral movement, lead stick, no head swivel until C has committed to far side and post coverage on opposite side

5 min

POST-PRACTICE DISCUSSION

1. Review highlights of post coverage and the importance of post coverage as the basic fundamental which assists in game tactics originating from behind the net
2. Review highlights of tracking and its importance as the second basic skill which lends to behind-the-net tactics

- Session Objective(s)**
1. Review post coverage and continue its development
 2. Review and continue to build proper tracking skills
 3. Improve G's familiarity with net play

5 min

MOVEMENT REVIEW

A. Mid-Crease Lateral Drives
G starts in middle of crease and drives to glove post. Return to middle. Repeat alternating sides.

B. Near-side Step Outs
G starts on post and rotates out to face the nearside dot. Once set, G rotates back onto the same post. Do the opposite post.

C. Near-side Step Outs with Shuffle
G starts on post and rotates out to face the nearside dot. Once set, G pivots and shuffles directly into the middle of the crease. From a set position, G will then return to the other post. Repeat.

(A)

(B)

(C)

KEY EXECUTION POINTS

- These drills continue to emphasize post coverage to ensure repetitions are driving development in this key area
- It is imperative that G has quality control during reps or bad habits will be established early

10 min

PRIMARY DRILL

Tracking the Puck II

- Review tracking skills
- Pucks start in corner
- C takes a puck and moves 1/2 speed in behind the net
- Once at the midway point, C will stop and hold (at this point, C should review G's positioning and comment – G should not leave position during this feedback)
- C will then carry on to the opposite post and slowly wrap the puck to check far-side post coverage
- Repeat from the other side

KEY EXECUTION POINTS

- Check the timing of G's lead gap; it should be established as C has committed to the back of the net – just prior to hitting the near-side post
- G should not panic and swivel head during C's move into the back of the net (the head swivel will occur once C passes the mid point)
- G can check position of the far-side post with arm once in middle of net
- G must be able to establish post coverage on far side

5 min

SECONDARY DRILL

Tracking the Puck III

- This drill can be conducted if G is progressing properly in tracking and post-coverage development
- Pucks, again, start in the corners
- C takes a puck and skates 1/2 speed in behind the net, C can elect to carry on to the far side or stop in behind the net (C's choice should become more randomized)
- If stopped behind the net C can elect to come back to the near-side post for a slow wrap or to go to the opposite post
- DO NOT force G to panic – continue to work methodically and progressively – goaltender development requires patience

KEY EXECUTION POINTS

- Review key points listed above
- If G does begin to panic due to the randomized nature of C's movement, slow down the skating speed to allow G to react properly, as required

5 min

POST-PRACTICE DISCUSSION

1. Review G's progress on post coverage and tracking skills and reiterate the importance of quality repetitions each time work is done in this area
2. Introduce next session's focus: G's first look at game tactics

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 4

PLAN: 22

DURATION: 20

Session Objective(s)

1. Define game tactics and teach G the role of fundamental skills in the development of tactical approaches
2. Review the role post coverage and tracking skills play in handling behind-the-net tactics
3. Develop basic wraparound tactics

5 min

MOVEMENT REVIEW

A. Incremental Drives to Post

G starts on glove-side post and drives to middle (no head swivel). G stops at middle and then drives back to glove-side post. Next, G drives to middle and stops. Next, G drives to far-side post. Repeat in opposite direction.

B. Far-Side Step Outs

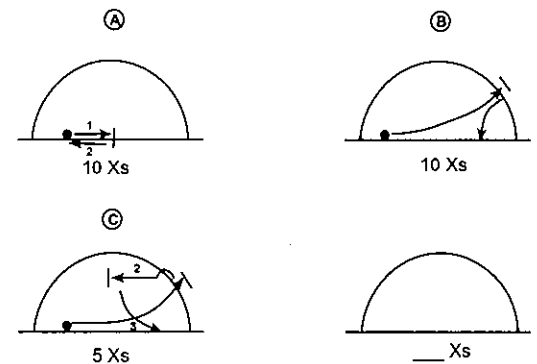
G starts on post and drives out to face the far-side dot. Once set, G rotates back to the same-side post.

C. Far-side Step Outs with Shuffle

G starts on post and rotates out to face the far-side dot. Once set, G pivots and shuffles into the middle of the crease. From a set position, G will then return to the far-side post. Repeat in opposite direction.

KEY EXECUTION POINTS

- These drills continue to emphasize post coverage to ensure repetitions are driving development in this key area
- It is imperative that G has good quality control during reps or bad habits will be established early
- In Drill A, make sure G swivels head at appropriate times (i.e. after the mid-crease position)



5 min

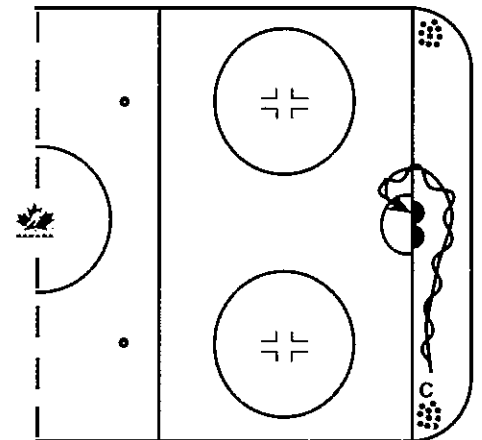
PRIMARY DRILL

Wraparounds I

- Pucks start in corner
- C takes a puck and moves 1/2 speed in behind the net
- C carries on, without stopping, to the far post and wraps the puck TIGHT to the post
- C returns to the same corner
- Next, C takes puck behind net and stops at the mid point
- C, then, brings the puck back to the nearside post and wraps it
- Repeat numerous times from one corner before switching sides

KEY EXECUTION POINTS

- Monitor G's post coverage and tracking skills throughout drill
- When moving into wraparound development it is important to emphasize the leading of the stick
- The stick should be the first to arrive at the post followed by strong skate integration



5 min

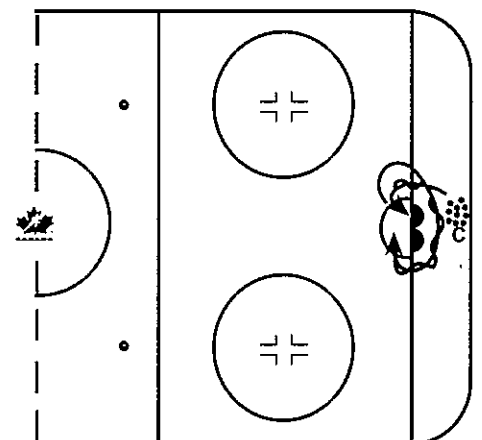
SECONDARY DRILL

Wraparounds II

- Pucks start behind the net
- C takes a puck and randomly selects a side to wrap the puck to
- Once the first wrap is complete, C immediately moves behind the net and picks up a 2nd puck to wrap on the opposite side
- Monitor G's progress to determine the speed with which C conducts the drill
- All wraps should be tight to the post

KEY EXECUTION POINTS

- Review key points listed above
- G should demonstrate controlled movement into post for 1st wrap – if G loses control, there will be an inability to handle the 2nd wrap
- G should be standing up for this initial wraparound development (we will introduce paddle-down usage later in the module)



5 min

POST-PRACTICE DISCUSSION

1. Continue to review post coverage and tracking-skill development
2. Review basic wraparounds

- Session Objective(s)**
1. Review wraparounds
 2. Introduce walkout tactic

5 min

MOVEMENT REVIEW

A. Near-Side Post Rotations
G starts on glove-side post with proper post coverage. When ready, G rotates around post square to the outside hash marks. Rotate back onto post. Work both sides.

B. Far-Side Post Rotations
G starts on glove-side post with proper post coverage. When ready, G shuffles across to opposite post and gains post coverage. Once established, G rotates around post square to outside hash marks. Rotate back onto post and repeat.

C. Post Rotations with Post Clearance
As above, however, use rotation momentum to move position away from post.

KEY EXECUTION POINTS

- All rotations off post are driven by the non-post skate
- This drive skate executes a C-cut to move the goalie around
- All contact with the post should involve proper post positions

5 min

PRIMARY DRILL

Walkouts I

- Review key walkout points
- Place a pylon 6' off of each post
- Pucks start in corners
- C skates with puck in behind the net and walks it out on the far side
- The shot must be taken from this outside angle (the pylon marks the maximum distance C can walk to the front – i.e. no pucks are to be released from the slot)
- Repeat from the opposite corner

KEY EXECUTION POINTS

- G starts with proper post coverage
- G must track the puck behind the net correctly
- When handling a walkout the following items are required: initial post coverage, tracking skills, good post integration on the walkout post, a rotation of the body square to the shot release and, if time permits, G should release from post to provide save versatility

5 min

SECONDARY DRILL

Walkouts II

- Only execute this drill if progress in Drill A is acceptable
- Pylons remain in position as in Drill A
- Pucks are placed on the face-off dots
- C takes a puck and drives around the net walking it out on the far side and releasing a shot
- C immediately circles around to the 2nd face-off dot and picks up a 2nd puck
- With the 2nd puck C drives in behind the net and stops at the midway point
- C can elect to walk the puck out on either side with this 2nd puck
- Alternate starting dots

KEY EXECUTION POINTS

- As above
- Slow down speed if G is not handling each walkout play with control
- On all walkouts, C must square up to the net before shooting – this will give G time to rotate off post and progressively build the tactical response

5 min

POST-PRACTICE DISCUSSION

1. Review basic walkout tactic
2. Review progress on post coverage and tracking skills
3. Review key points related to wraparounds

GOALTENDER BEGINNER LEVEL PLAN

PHASE: 4

PLAN: 24

DURATION: 20

Session Objective(s)

1. Introduce new tactical category: point attacks
2. Move G away from post work and back into FSP development
3. Develop basic point tactics: tight screens and tight deflections

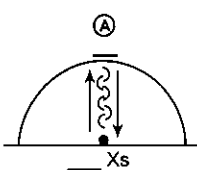
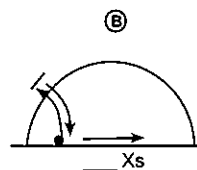
5 min

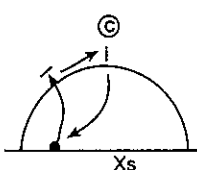
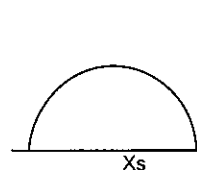
MOVEMENT REVIEW

A. Forward Step Outs
G starts on the middle of the goal line and steps out to the top of the crease. Once set G returns to start position.

B. Near-Side Point Step Outs
G starts on glove-side post and steps out using quick but relaxed movement to the top of the crease facing the glove-side point. Once set G returns to the post. Next, G shuffles to opposite post and repeats on the blocker side.

C. Near-Side Points Step Outs with Lateral Mvmt
As above but after each step out G must t-push to the middle of the top of the crease before returning.

KEY EXECUTION POINTS

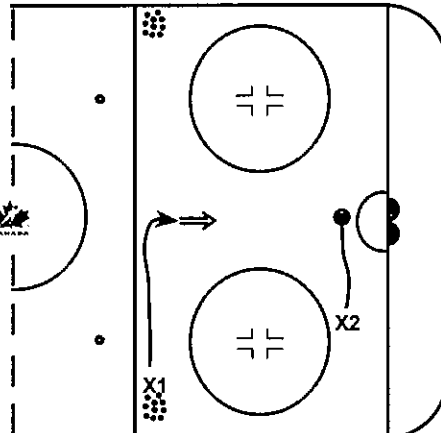
- precise but with a more upright and relaxed body position
- Once G reaches each positional stopping point a more flexed position should be established
- G should be showing excellent inside-edge use by this stage of development

10 min

PRIMARY DRILL

Tight Screens

- Review tight screen tactic
- Pucks start at the boards out at the point
- X2 positions at the bottom of the circle on the opposite side as X1
- When X1 drags the puck into the middle of the ice X2 moves into the LOW slot for a screen
- X1 is not to shoot until X2 is firmly positioned in front of G – this may require patience on the part of X1 because time should be allowed for G to execute the full tactical sequence
- Alternate sides



KEY EXECUTION POINTS

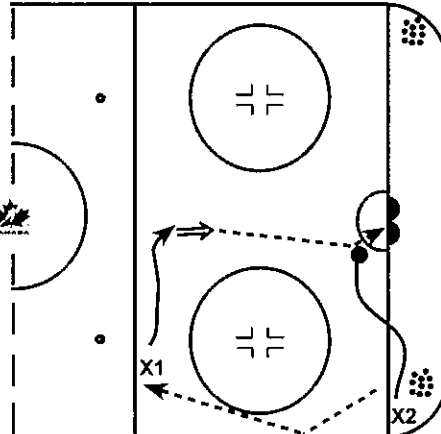
- G must move with X1
- G should be aware of X2's positioning by swiveling the head as soon as X1 begins to drag the puck
- G should execute a proper tactical sequence including: maintain angle on puck position, awareness of screener, adjustment tight to screen, use of gloves to find slight line and compact save positions

10 min

SECONDARY DRILL

Deflections

- Review deflection tactic
- Pucks start in the corners
- X1 is positioned at the point
- X2 board passes the puck out to the point and moves immediately to a short-side position (X2 does not screen only deflects)
- X1 receives board pass and moves towards the middle of the point before releasing a shot along the ice towards X2
- X2 deflects puck
- Work one side then the other or alternate if enough players are present



KEY EXECUTION POINTS

- G must start on post and move with puck
- G should be aware of X2's positioning by swiveling the head as soon as the pass is made (G should make at least 1 or 2 swivels)
- G should execute a proper tactical sequence including: maintain angle on puck position, awareness of deflector, adjustment of depth so pending save will be made close to deflector's stick and compact save positions

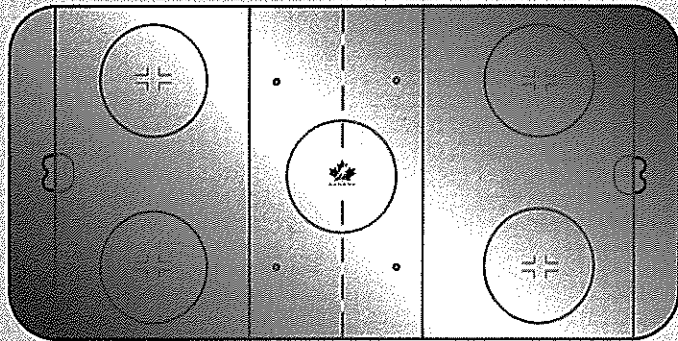
10 min

POST-PRACTICE DISCUSSION

1. Review screen tactic
2. Review deflection tactic
3. Review need for mobile positioning when puck is at point and reemphasize the importance of ice awareness

**INTERMEDIATE
PROGRAM**

**GOALTENDER
SEASON PLAN**



CANADA

Session Objective(s)

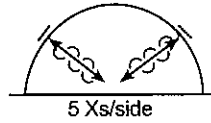
1. Review of fundamental skill groups
2. For players graduating from the Beginner series, this session can be used to evaluate current skill level
3. For players entering the system at this stage, having bypassed the beginner level, coaches can use this session as further development evidence.

5 min

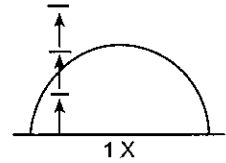
MOVEMENT REVIEW

A. Forward/Backward Step Outs – Angle

Step outs from a mid goal line position alternating sides. Use face-off dots as angle targets. All movements triggered by C's "Go".



5 Xs/side



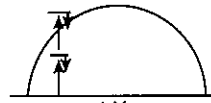
1 X

B. Shuffle – Starts and Stops

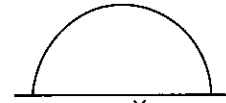
Starts and stops facing the same boards between the goal line and blue line. Distance between starts and stops should vary. All movements triggered by C's "Go".

C. Shuffle – Starts and Stops W Save

As above but at each stop G should execute a pad save in the opposite direction of the shuffle direction.



1 X



___ Xs

KEY EXECUTION POINTS

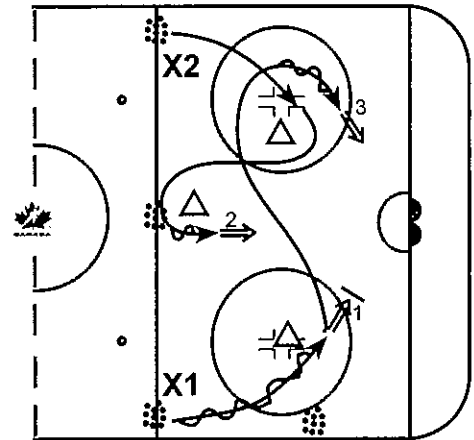
- Reiterate the importance of PSM
- G should understand that PSM is the foundation of all further skill development (i.e. positional play, save movement, rebound control, etc.)
- Discuss and review the importance of inside-edge usage
- Ensure stability in the upper body and stick positioning

10 min

PRIMARY DRILL

Positional Assessment

- Pucks start at the point on the boards and on the hash marks
- X1 drives down the boards and around the indicated pylon to release a shot
- X2 meanwhile mirrors this movement on the other side (without puck)
- As X2 comes around the cone, the player will hustle back out to the middle point pylon, drive around it and release a 2nd shot on net
- After taking this shot X2 can drive down the slot or stay high
- X1 meanwhile buys time and then drives around the opposite-side pylon and releases the 3rd shot



KEY EXECUTION POINTS

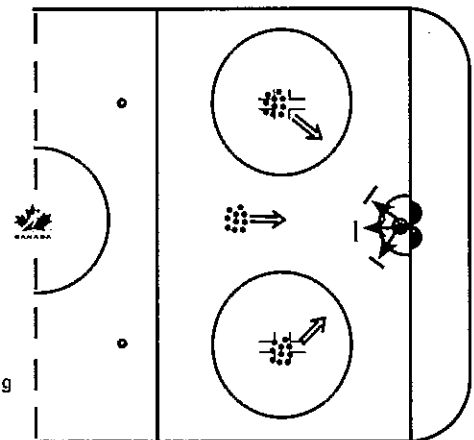
- On the first shot G should be conservative due to the weak-side threat
- On the 2nd shot, G should play more aggressive due to the lack of a weak-side threat
- On the 3rd shot, position will be determined by X2's response (i.e. net drive or stay high), so awareness is important.

10 min

SECONDARY DRILL

Save Assessment

- Use the slot position to take stationary shots for the purpose of limb-based saves (i.e. pad extensions, glove and blocker saves)
- Use the face-off dot positions to evaluate body usage and save compactness
- Both positions can be used to assess stick usage



KEY EXECUTION POINTS

- Upper-body save fundamentals include: good stance, direct paths to puck, visual tracking and neutral save movements
- Lower-body save fundamentals include: good stance, no flinching, proper selection between extensions and 1/2 butterflies and compactness of thighs, arms to body and pads/stick to ice

5 min

POST-PRACTICE DISCUSSION

1. Review G's fundamental progress
2. Reiterate the role of fundamentals in further progress
3. Highlight key elements of the Intermediate Program

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 1

PLAN: 2

DURATION: 20

Session Objective(s)

1. Introduce more complex movement patterns
2. Patterns should be such as to force goaltender out of their movement comfort zones
3. This requires outstanding edge control – goalie should pursue this development with passion.

5 min

MOVEMENT REVIEW

A. Mid-Crease Step Outs (Straight) G starts in the middle of the crease. On "Go" G steps out to top and sets. On "Go" G returns to initial position. Repeat.

B. Mid-Crease Step Outs (Angle) G starts in the middle of the crease. On "Go" G steps out to top of crease and sets facing glove-side dot. On "Go" G returns to initial position. Repeat in opposite direction.

C. Introduce Step-Back Pivots G starts in middle of goal line. On "Go" G steps out to face glove-side dot and sets. On "Go" G steps back into middle of crease and immediately steps out to face the blocker-side dot. Repeat back the other way.

D Tight Starts and Stops (Forward) For the next 3 drills the same protocols apply. G works between the goal line and blue line. On "Go" G moves forward on "Stop" G stops.

E. Tight Starts and Stops (Backward) As above but use backward sculls.

F. Tight Starts and Stops (Shuffle) As above but use shuffles.

KEY EXECUTION POINTS

- Encourage G to do movements with greater speed and precision
- It is imperative that G fights to break beyond existing comfort levels
- Again, upper body and stick positioning should be stable throughout PSM work

5 min

PRIMARY DRILL

- Phase 1 – pucks start at tops of circles plus point slot
- Phase 2 – pucks start above hash marks and on face-off dots
- Phase 3- pucks start below hash marks and at bottom of circles
- All as indicated
- G triggers all shots via movement pattern and setting of position
- In all phases, the 1st shot comes after G steps out from near-side post. 2nd shot comes after a shuffle to middle. 3rd shot comes after G moves back to mid goal line and then steps back out to face X3.

KEY EXECUTION POINTS

- Each sequence has 3 shots and G should be given a small amount of recovery time between each set
- These drills should be done with an emphasis on movement and position
- With this in mind the saves should be easy
- Ensure that shooters do not release shots until G has set
- G must prioritize strong starts and sets and achieving positional targets

5 min

POST-PRACTICE DISCUSSION

1. Discuss tougher movement patterns and the progressive role of moving into these complex moves
2. Discuss the role of minor adjustments which allow for "active" positioning and the achievement of optimal positions
3. Reiterate the importance of G's focus in the development of these greater inside-edge demands

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 1

PLAN: 3

DURATION: 20

Session Objective(s)

1. Review shot-preparation elements and importance
2. Introduce notion of blocking tactics with specific emphasis on the paddle-down move
3. Discuss characteristics that drive blocking options (i.e. tight to the net, unsure of puck trajectory and/or lack of vision).

5 min

MOVEMENT REVIEW

A. Mid Crease Double Step Outs

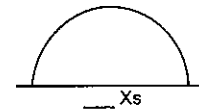
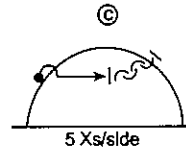
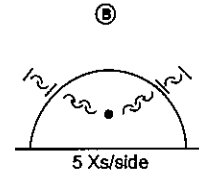
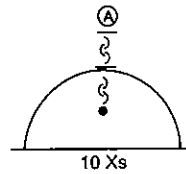
G starts in the middle of the crease. On "Go" G steps out to the top of the crease and sets. On next "Go", G steps out further above the top of the crease. Next, G returns to the start point.

B. Mid Crease Double Angle Step Outs

As above but all step outs are done on angles using face-off dots as angle reference.

C. Side/Middle Drives

G starts at a slide-crease position facing a dot. On "Go", G pivots and drives direct to the center of the crease. Next, G pivots from this mid crease position and drives out to face the opposite dot. Repeat.



KEY EXECUTION POINTS

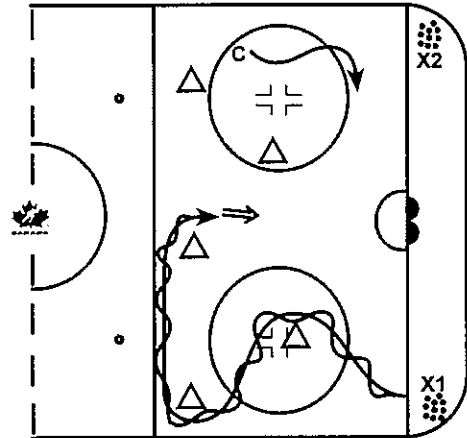
10 min

PRIMARY DRILL

- Pucks start in the corner with pylons placed as indicated.
- X1 starts out of the corner and weaves through the pylons
- G must track the player throughout – G should be relaxed and mobile while the puck is on the perimeter
- Once X1 prepares to shoot, G should finalize the positional selection and set up
- C should move around the zone as a passive threat that G can use to practice ice awareness – G should identify C at least twice during preparation
- Alternate corners

KEY EXECUTION POINTS

- Shot preparation is the most important component of the save process
- Good preparation will lead to controlled save movements and controlled post-save responses
- Excessive rigidity while the puck is moved on the perimeter will affect position and ice awareness



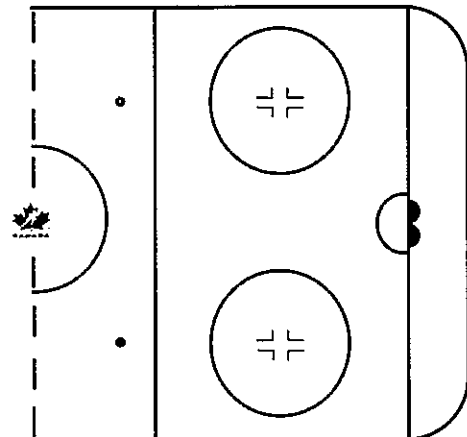
5 min

SECONDARY DRILL

- Discuss the paddle-down tactic

KEY EXECUTION POINTS

- Paddle down is a valuable asset if used properly
- 1 of 3 circumstances must be present - puck is tight to the net and/or G has impaired vision and/or G has limited time to react
- Paddle down is used most often during wraparounds, deflections and screens
- Paddle must be firm and flush to the ice



5 min

POST-PRACTICE DISCUSSION

1. Re-emphasize the importance of preparation in the save process (i.e. preparation, save and consequence) – note that both the save and consequence components are facilitated through strong preparation.
2. Review paddle down usage and common game situations in which the tactic might be used
3. Emphasize that the paddle-down tactic has enormous value but cannot be over used

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 1

PLAN: 4

DURATION: 20

Session Objective(s)

1. Continued emphasis on movement and its role in save preparation
2. Introduce intermediate tactics with a focus on the accelerated wraparound
3. Continue development of paddle-down move and related net-play skills

5 min **MOVEMENT REVIEW**

A. Lateral Drives to Post
G starts in middle of crease. When ready, G drives to glove-side post and establishes strong post position. Next, G returns to the middle of the crease. Repeat in opposite direction.

B. Near-side Step Outs with Goal-Line Drive
G starts on glove-side post and steps out to face same-side dot. Next, G returns to the same post. Once post coverage is established G can drive across to opposite post and repeat.

C. Paddle-down Drives
As in A except G should drive into the post positions using a paddle-down

KEY EXECUTION POINTS

- These drills emphasize post play and this issue should be carefully honed
- Poor post position will inevitably lead to a panicked net position
- Therefore, time and care should be taken to ensure that each post position is completed with control and precision
- Speed can be added at a later time

10 min **PRIMARY DRILL**

Primary Drills - Accelerated Wraparound I

- Pucks start in the corners
- X1 takes a puck and accelerates behind the net and wraps it on the far post
- X1 then moves to the opposite corner and repeats
- X1 cannot stop nor can X1 walk out to improve the shooting angle

KEY EXECUTION POINTS

- G must have proper post position to start each sequence
- G should initially track the puck properly as X1 penetrates behind the net
- As G reaches the mid point of the crease, G will drop into a paddle-down move
- This move must be integrated properly on the post

5 min **SECONDARY DRILL**

Accelerated Wraparound II

- In this drill, place the pucks on the face-off dots
- X1 will drive around the net, with speed, and wrap on the far side
- X1 can then immediately go to the other dot, pick up a puck and wrap it around on the opposite side
- Each sequence, then, is made up of two wraps

KEY EXECUTION POINTS

- G cannot leave the post too early or X1 may slip it in the short side
- G must track the player properly before driving across with a paddle down
- As soon as the first wrap is complete, G should recover, regain depth and track the second wrap

5 min **POST-PRACTICE DISCUSSION**

1. Review the difference between set wraparounds and accelerated wraparounds
2. Review why the paddle-down tactic is an effective move on a wraparound (i.e. unsure of puck's trajectory)
3. Review paddle-down development progress

- Session Objective(s)**
1. Continue paddle-down development
 2. Introduce more complex point tactics

5 min

MOVEMENT REVIEW

A. PP Rotation
G starts on the blocker-side post and on "Go" steps out to face the nearside dot. Once set, G quickly adjusts to face the nearside point. Next, G moves across and faces the opposite-side point. Once set, G moves to face the glove-side dot. Finally, G moves to the glove-side post.

B. PP Rotation with Step Out
As above. However, on each face-off dot and point setting position, G will execute a small depth gain before moving to the next position

5 Xs/slide

3 Xs/slide

KEY EXECUTION POINTS

- When tracking the puck on the perimeter it is important to be quick and precise but also relaxed
- Establish a position which is higher than the standard stance – this will lighten the pressure on the inside edges and will allow for more nimble and precise movements
- When moving from one point to the other the objective is to arrive with time to set

5 min

PRIMARY DRILL

Tight Screens

- Pucks start in the corner with pylons positioned at the point as indicated
- X1 board passes to X2 who must keep the puck on side
- X2, once in control, drags the puck to the middle before releasing a low shot between the two pylons
- X1, after passing, goes hard to the net to establish a tight screen
- X1 does not need to deflect but can attack a rebound
- Alternate sides

KEY EXECUTION POINTS

- G must start on post and then quickly move out to the top of the crease once the pass is made
- With X1 in front, G should slide in behind the screen – this will improve both the vertical and horizontal angles
- G must battle for a sight line – as an option G can use the glove to establish and maintain the sight line
- G must use compact saves during screens

5 min

SECONDARY DRILL

Mid-Zone Screens

- Pucks start on the hash marks
- X1 passes to X2 and then slides around the top of the pucks and into the mid slot (as indicated)
- Once in control of the puck X2 moves across the blue line into the mid-ice releasing a low shot through X1's screen position
- X1, after screening, should turn and play any rebound

KEY EXECUTION POINTS

- When faced with a mid-zone screen, G has less control over the sight line
- However, battling for the sight line is imperative
- If vision is completely lost, G may opt for a paddle-down move
- It is vital that G continue to search visually for the puck's trajectory
- G should be ready to explode to the puck once in view

5 min

POST-PRACTICE DISCUSSION

1. Review screen progress
2. Review paddle-down progress
3. Review screens in the context of the next practice in which deflections will be the focus

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 1

PLAN: 6

DURATION: 20

Session Objective(s)

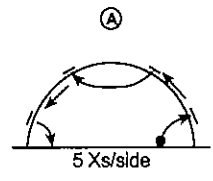
1. Review point tactics due to crossover between screen and deflection tactics
2. Introduce intermediate level point tactics including tight and mid-zone deflections

5 min

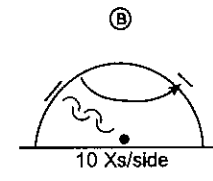
MOVEMENT REVIEW

A. PP Perimeter Movement
See previous practice plan for this drill pattern

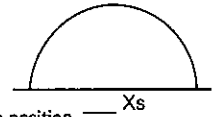
B. Stepback Pivot Work
G starts in middle of goal line. When ready, G steps out to face the glove-side dot. Once set, G can stepback into the middle of the crease and, then, immediately step out to face the blocker-side dot. Repeat.



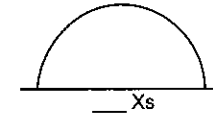
5 Xs/side



10 Xs/side



— Xs



— Xs

KEY EXECUTION POINTS

- Remember that large lateral adjustments require a higher more relaxed stance position
- This reduces the pressure on G's inside edges
- G should drive hard to positional targets at maximum speed throughout the range
- G should focus on quick, precise stopping mechanisms – single-edge rotations

10 min

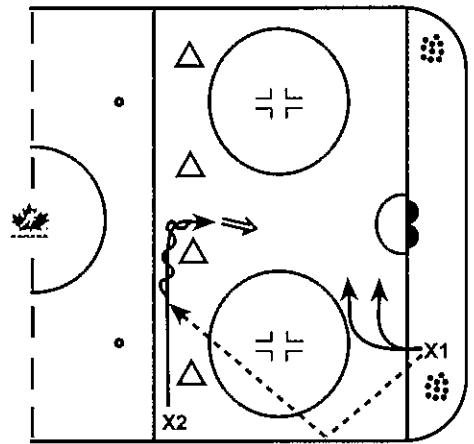
PRIMARY DRILL

Tight Deflections

- Pucks start in the corners and pylons are placed as indicated
- X1 board passes to X2 and then goes to the side of the net for a deflection (X1 should not screen)
- X2, once in control of the puck, should drag the puck across the point and release a low shot towards X1 for redirection
- X1 can also attack a single rebound to force G into a dynamic post-save response

KEY EXECUTION POINTS

- Once the pass is made, G must position quickly on the point attacker
- G must also keep the head on a swivel to identify the deflection threat
- G's depth may have to be adjusted according to the deflector's depth
- G, ideally, wants to make the save as close to the point of deflection as possible – a depth adjustment will facilitate this proximity



5 min

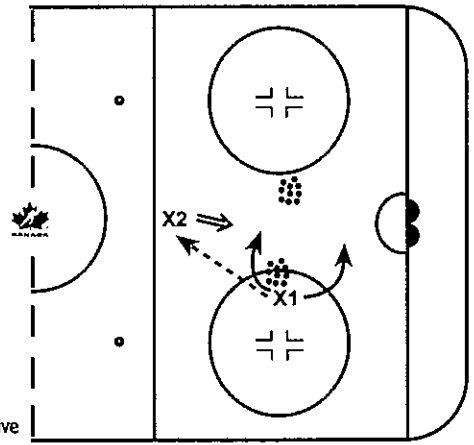
SECONDARY DRILL

Mid-Zone Deflections

- Pucks start on the hash marks
- X1 passes to X2 who is positioned at the middle point
- As soon as X1 passes, X1 can come to the slot around the top of the pucks (i.e. mid-zone deflection) or below the pucks (i.e. a tight deflection)
- X2 should shoot the puck using a low wristed shot in order to take advantage of the deflection opportunity

KEY EXECUTION POINTS

- In the case of mid-zone deflection, G should have full vision of the puck
- As such, G wants to be patient
- G may want to add depth in the case of a mid-zone deflection although it cannot be excessive
- Once the redirection has been made, G must explode to puck



5 min

POST-PRACTICE DISCUSSION

1. Review point attacks and corresponding tactics
2. Review perimeter puck movement and the need for quickness, precision, mobility and ice awareness

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 2

PLAN: 7

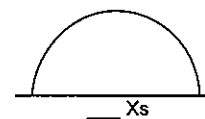
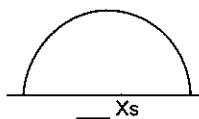
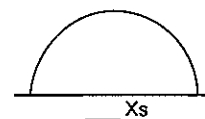
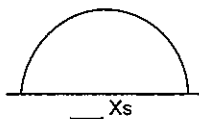
DURATION: 20

Session Objective(s)

1. Re run assessment module to confirm G's development position
2. If G is on target, continue with blueprint
3. If significant strength or weakness is identified adjust G's position within the broader system (see page 25 for the assessment drills and evaluation sheet)

5 min

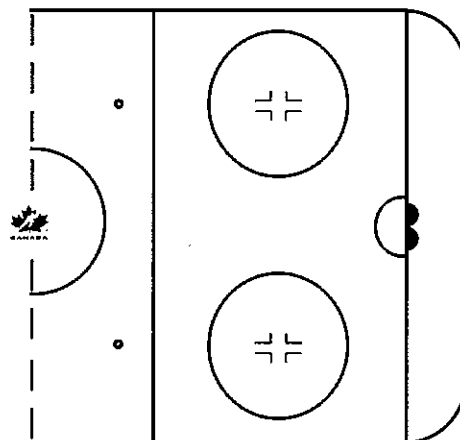
MOVEMENT REVIEW



KEY EXECUTION POINTS

0 min

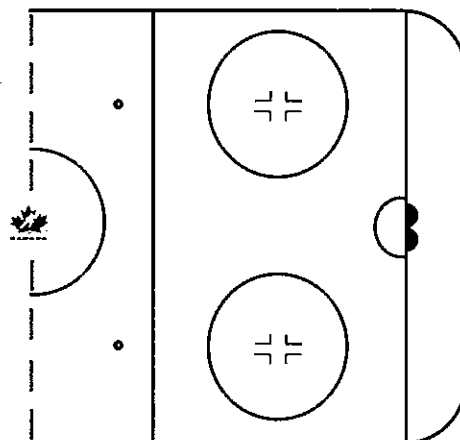
PRIMARY DRILL



KEY EXECUTION POINTS

0 min

SECONDARY DRILL



KEY EXECUTION POINTS

5 min

POST-PRACTICE DISCUSSION



GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 2

PLAN: 8

DURATION: 20

Session Objective(s)

1. Continue to push G's movement limitations forward enhancing speed, control and precision
2. Return to a stick focus for the purpose of fundamental reinforcement and rebound-control applications

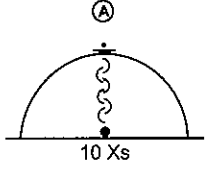
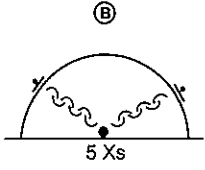
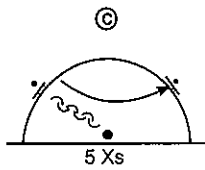
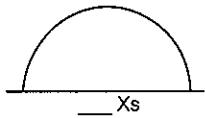
5 min

MOVEMENT REVIEW

A. Straight Step out with Puck Targets
Standard step outs but add a puck target. This target should be positioned just above the top of the crease. G must move out and stop with precision right before the puck. The stick should be positioned so that the puck is right in the middle of the blade.

B. Angle Step Outs with Puck Targets
As above except now do angle step outs using the face-off dots as an angle reference

C. Stepback Pivots with Puck Targets
As above but instead of always returning to the start position, G will move from one side of the crease to the other using stepback pivots

KEY EXECUTION POINTS

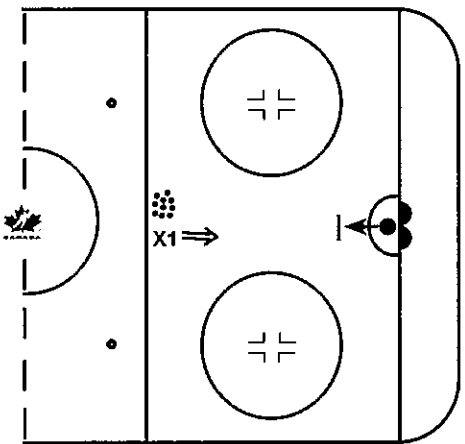
- When doing these drills G must have a strong stick focus
- In addition, G should seek to have highly precise stopping mechanisms
- G's movement objective is to move from Point A to Point B as quickly as possible – to achieve this G must move throughout the range at maximum speed
- To accomplish the above, G must have excellent starting and stopping skills

10 min

PRIMARY DRILL

Stick Rotations

- Pucks are positioned in the middle of the point
- On "Go", G will step out to the top of the crease and set
- X1 can then release a shot to G's glove side – ALONG THE ICE!
- Do 10 repetitions
- Repeat doing 10 repetitions to the blocker side
- As a variation, X1 can place pucks at the point on either side and drag them into the middle before releasing shots along the ice



KEY EXECUTION POINTS

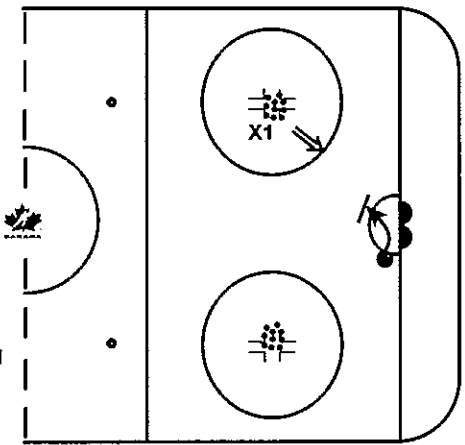
- G must have proper stick fundamentals in order to rotate pucks to the corner or over the glass
- These include: firm, flat, square and gapped
- As the puck approaches, G must keep the stick's gap and then move the stick along a circular path out in front of the pads to rotate to the corner
- The gap is vital to ensure clearance over the pad

5 min

SECONDARY DRILL

@ Body Control

- Pucks start on the faceoff dots
- G starts facing the glove-side dot
- On "Go", G stepback pivots and steps out to face the blocker-side shot
- Once G is set, X1 can release a shot ALONG THE ICE directly at the goalie
- These shots should be wristers and no more than 1/2 speed
- Alternate sides



KEY EXECUTION POINTS

- When handling a puck at the body, G must continue to adhere to all stick fundamentals
- The only difference when handling a shot at the body is the stick must be pushed forward to eliminate the blade angle (a firm, square, perpendicular and gapped blade will allow G to control the puck at the body)
- If the puck is shot hard at the body, G follows the same protocol but now rotates the blade slightly to force the puck into the corner

5 min

POST-PRACTICE DISCUSSION

1. Review the importance of stick as a versatile tool (uses include saves, rebound control, stick handling, poke checking, sweep checking and more)
2. Review the importance of focusing on proper stick fundamentals (square, firm, flat and gapped) during all PSM drills

Session Objective(s)

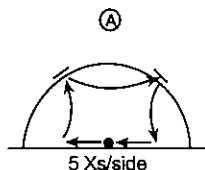
1. Return to angle importance and discuss the role of angle in G's overall net coverage
2. G should understand the relationship between strong angle play and increased body usage
3. Learn the importance of angle in the face of time constraints

5 min

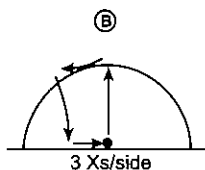
MOVEMENT REVIEW

A. Box Pattern
 G starts in the middle of the goal line. When ready, G moves into the glove-side post. Next, G moves out to face the glove-side point. G then moves to face the blocker-side point. G then moves to the blocker-side post. G returns to the middle of the goal line.

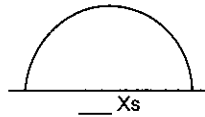
B. Double Box Pattern
 As above but G will use two smaller boxes. G starts in the middle of the goal line. When ready, G moves out to the top of the crease. G then moves over to face the glove-side point. G moves to the glove-side post. G moves back to the middle of the goal line. G steps out to the top of the crease and repeats in the opposite direction.



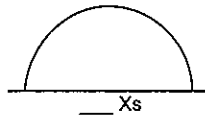
5 Xs/side



3 Xs/side



1 Xs



1 Xs

KEY EXECUTION POINTS

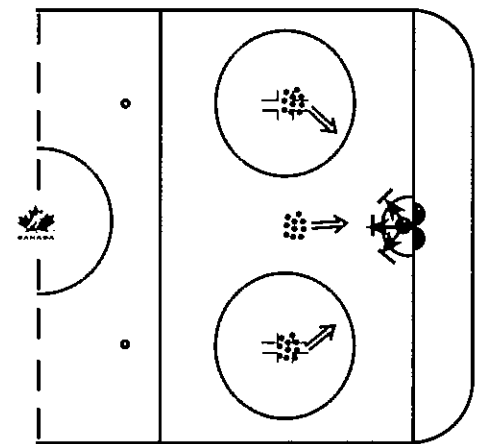
- G should use quickness and precision throughout
- At each corner of the boxes, G must come to a set position before exploding to the next target

10 min

PRIMARY DRILL

Body Usage and Cradles

- Pucks are positioned in three spots, the face-off dots and the mid slot (at hash marks)
- G starts in the middle of the goal line
- On C's "Go", G will step out and face the slot attacker
- Once set, X2 will shoot the puck at G's knees
- G should go down and cradle the puck using the body
- G returns to the start position and then moves out to face the glove-side shooter and then the blocker-side shooter



KEY EXECUTION POINTS

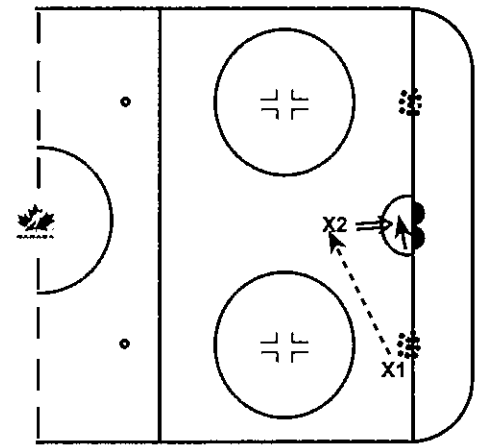
- G must not pull away from shots in order to get the glove or blocker on the puck
- Instead, G should move towards pucks to increase the volume of body saves
- When cradling, G should allow the puck to come into the body
- G should not try to make glove and blocker save out of body saves
- When cradling, the glove should come from below so that the puck drops into it

5 min

SECONDARY DRILL

Center-Net Coverage

- Pucks are placed at the sides of the net (10' to each side) and on the goal line
- X1 positions in the slot just above the top of the crease
- X2 passes to X1 who must one time the shot
- G must move directly across the net and into the middle dropping into a compact save position
- Alternate sides



KEY EXECUTION POINTS

- G must move directly into a save and the middle of the net
- The saves will be made through a combination of center-net angle positioning and compact body positioning
- G will not make all the saves but X1 should be encouraged to try to put the puck through G's body position
- Stick must be positioned properly and G must not drive past the mid point

5 min

POST-PRACTICE DISCUSSION

1. Review the importance of angle and body
2. Review the relationship between strong angle positioning and body positioning
3. Add depth to the discussion and review optimal positioning

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 2

PLAN: 10

DURATION: 20

Session Objective(s)

1. Introduce transitional elements
2. Discuss the role of communication with G
3. Introduce handling rims

0
min

MOVEMENT REVIEW

No movement – G should warm up with teammates but handling a puck throughout the skating warm-up. Stick handling is one of the key fundamentals to goaltender transition.

KEY EXECUTION POINTS

- G should seek to stickhandle with the head up
- G should do some stick handling with two hands on the stick and some with one hand on the stick
- When stick handling, G should have the glove hand at the paddle and the blocker hand at the top
- G should take time to stickhandle properly and should do some at the beginning of every practice from this point forward

5
min

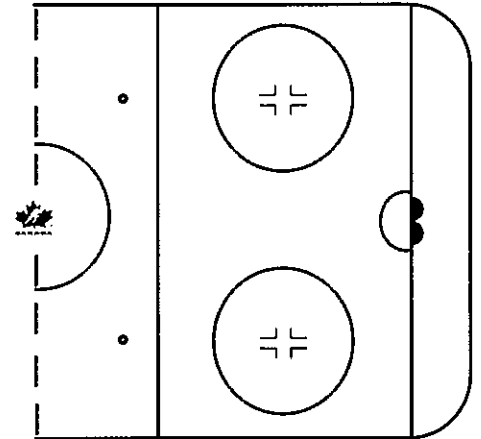
PRIMARY DRILL

No Drill

- Discuss the role of communication and provide examples

KEY EXECUTION POINTS

- Communication is the most important transitional skill
- In reality, the defensive players handle and pass the puck better than G
- Therefore, G should be allowing these players to transition the puck when possible
- G should, however, be communicating and directing flow as well as monitoring how much time is available for teammates



15
min

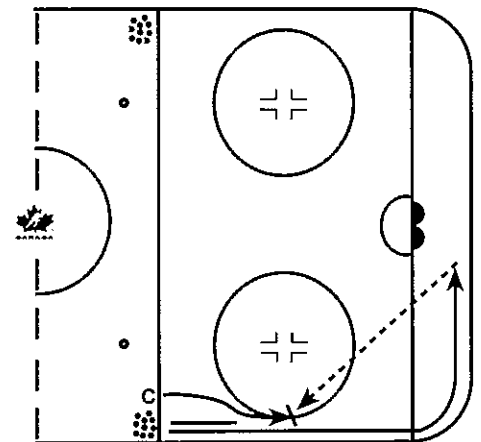
SECONDARY DRILL

Handling Rims

- Pucks are positioned outside the blue line on each side
- C dumps puck in around the boards
- These dumps should be 1/2 speed so G can concentrate on proper executions (excessive speed will make G panic and lose control)
- First set, G should stop rim and chip to opposite corner
- Second set, G should stop rim and then pass back to C who drops down to hash marks

KEY EXECUTION POINTS

- G starts at the top of the crease facing C
- When moving to the back G can either T-push or crossover to initiate powerful movement to the boards
- On the glove side, G should use two hands on stick with glove down at paddle
- On the blocker side, G should use one hand with it down at the paddle
- When stopping puck G should be away from the boards and reaching with the stick



5
min

POST-PRACTICE DISCUSSION

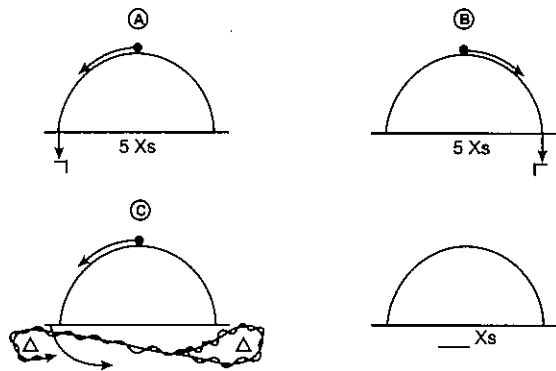
1. Review transitional focus for next few sessions
2. Reinforce need for stick-handling practice each session and encourage execution to be done with head up
3. Advise that G will be expected to communicate more during practice drills

Session Objective(s)

1. Review and reinforce the stopping of rims
2. Introduce the handling of dump-ins
3. Introduce appropriate pick-up zones for when G sets pucks up for teammates

5 min

MOVEMENT REVIEW



A. Glove-Side Rim Reps
Place a puck against the backboards on the glove side. G starts on the top of the crease and when ready turns and T pushes to the back boards as though to stop the puck

B. Blocker-Side Rim Reps
As above but to the blocker side.

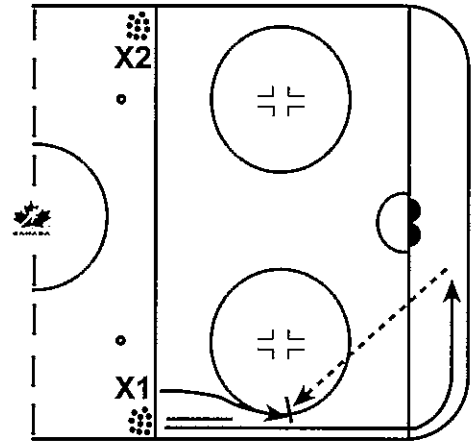
C. Stick-Handling Reps
Place a puck behind the net and two pylons as indicated. G goes behind net to retrieve the puck. Once under control G skates a Figure 8 around the cones with the puck.

KEY EXECUTION POINTS

- It is very important that G takes time to do reps correctly
- Every time G goes to the back boards in drills A and B, G should stop, set and hold for a second before returning quickly to the net
- In Drill C, G should mix up skating style (i.e. some reps forward, some backward some combined)

10 min

PRIMARY DRILL



Rims With Pass

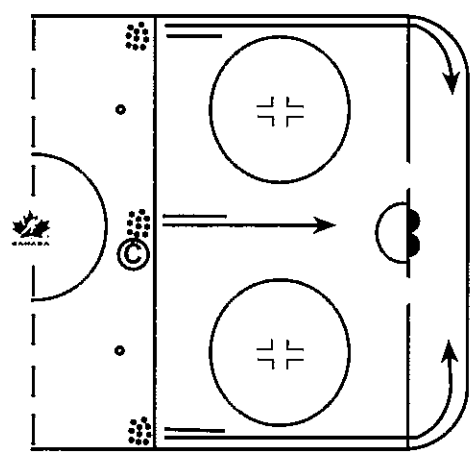
- Pucks start on both sides outside the blue lines
- X1 dumps the puck around the boards
- X2 has the choice to drop down to the hash marks or to stay at the blue line. If X2 drops down X1 stays at the blue line. If X2 stays at the blue line then X1 drops down.
- In either event, G must stop the rim and get the head on a swivel to identify the low support
- Once identified, G is to pass the puck to the low player
- Alternate sides

KEY EXECUTION POINTS

- G must stop pucks with proper technique
- As G moves to the back boards, G should look over shoulder to determine area of support
- This can also be done once the puck is stopped but this is a less efficient process (easier as a first awareness stage)
- G should take puck and skate if necessary before passing to the low support (this may improve the passing lane)

5 min

SECONDARY DRILL



Multi Dump

- Pucks are positioned outside the blue line in the middle
- C dumps the puck in on net or slightly to the side
- G must corral the puck and then get the head up to read C's signal
- C will point to one side of the net or the other
- G places the retrieved puck into the proper pick-up zones (see shaded areas to either side of the net and behind the net)

KEY EXECUTION POINTS

- When handling a dump-in G must be mobile
- As the puck comes in, G should be seeking to get the body in behind the puck for support
- Once under control, G must get the head up
- The pick-up zones are to the side but in front of the goal line (this allows the teammate to swing in either direction)
- The pick-up zone behind the net is off the boards

5 min

POST-PRACTICE DISCUSSION

1. Discuss G's progress in handling rims and dump-ins
2. Review pick-up zones and how G can simplify teammates' retrieval of pucks
3. Discuss stick-handling progress

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 2

PLAN: 12

DURATION: 20

Session Objective(s)

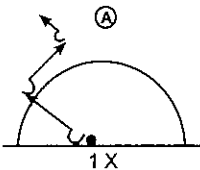
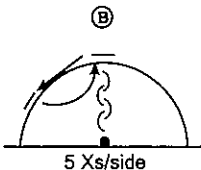
1. Introduce lateral-feed issues and related offensive tactics
2. Introduce new movements to combat lateral feeds
3. Introduce relationship between angular movement and depth

5 min

MOVEMENT REVIEW

A. Basic Pivots and Angular Movement (Zigzag Pattern)
G starts on goal line facing the near, end boards. On "Go", G will pivot to a 45° angle and execute two shuffle steps in this direction before setting. On the next "Go", G will pivot the opposite way and execute two shuffle steps. Continue down the ice.

B. Arrow Drilli
G starts in the middle of the goal line. When ready, G steps out to the top of the crease and sets. Next, G pivots and shuffles to face the glove-side dot. G pivots towards the middle of the crease and drives in this direction and then back to the top of the crease. Repeat in the opposite direction.

KEY EXECUTION POINTS

- Angular movements are vital if G is to maintain depth
- The inability to pivot and move on angles means G must fade back so that parallel movements (to the goal line) can be made
- Efficient angular moves will provide G with the confidence to maintain depth and thus improve the positional game

5 min

PRIMARY DRILL

Angular Movement

- Narrow Pivot Drill

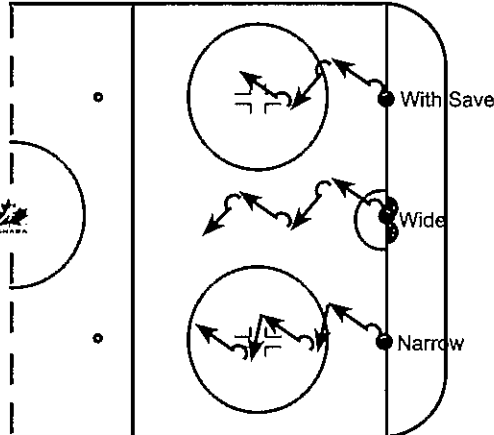
As in above Zigzag drill but G pivots first to 45 degree angle and then parallel to goal line.

- Wide Pivot Drill

Use Zigzag drill described above

- Wide Pivot Drill with Save Movement

Use Zigzag drill described above but substitute a down save movement in for the two shuffle steps.



KEY EXECUTION POINTS

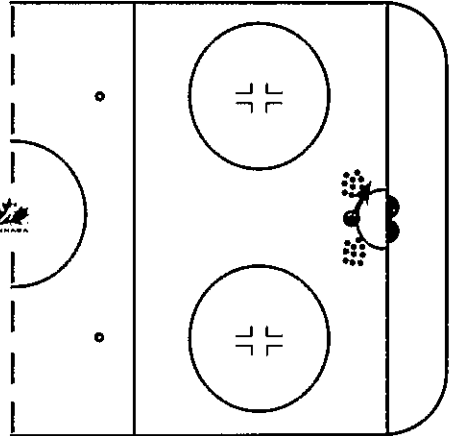
- When doing these drills, time should be taken to ensure proper execution at an early stage of development
- When executing down saves off of a pivot, G should seek compact body positions

10 min

SECONDARY DRILL

Angular Movement and Depth

- Pucks start above the top of crease on both sides
- G starts on the top of the crease. On "Go", G pivots and drives to make a save on the blocker side
- Repeat to the glove side
- Set 2: G starts facing the glove-side pile and on "Go", G must make a wide pivot before driving across the net



KEY EXECUTION POINTS

- One of the benefits of maintaining depth is that G's proximity is strong
- When making these saves, G should seek to make the saves as close as possible to the point of release
- In addition, G must be square; so, the pivot must aim the driving body properly

5 min

POST-PRACTICE DISCUSSION

1. Prepare G for next few sessions with a specific lateral-feed focus
2. Describe the relationship between angular movement and lateral-feed success

- Session Objective(s)**
1. Introduce relaxed perimeter movement and continue shot preparation work
 2. Discuss body positioning while down and identify key attributes

5 min

MOVEMENT REVIEW

A. Near-side Push Work
G starts on post and pushes out to face nearside dot. Next, G returns to original post and shuffles across to opposite side. Next, G pushes out to face other face-off dot. Return. Repeat.

B. Cross Crease Push Work
G starts on post and pushes out to face opposite-side dot. Next, G returns to this same-side post. G pushes cross crease to face the other dot and then returns to the post on the same side. Repeat.

C. Zigzag Pushes
See diagram

KEY EXECUTION POINTS

- When using T pushes to step out G must be careful to regain square positioning as quickly as possible
- In addition, a common flaw of a t-push step out is an exaggerated stop – attempt to continue using single-edge rotations to bring the body to a square, set position

10 min

PRIMARY DRILL

Perimeter Work/Shot Preparation

- Pucks start on the blue line at the boards
- X1 passes to X2 who drives down the wall around the pylon and releases an outside shot
- As a variation or 2nd phase, X1 can provide a weak-side option on the opposite side – this weak-side option should not be for pass purposes but rather force G to be aware and adjust depth accordingly

KEY EXECUTION POINTS

- As the puck moves from one side of the point to the other, G should have a relaxed stance position
- Positional adjustments should be quick, nimble and precise but using a relaxed posture
- As X2 drives wide, G should increase positional focus in preparation for the shot
- If X1 drives wide on the weak side, G must be aware and factor X1 into depth selection

5 min

SECONDARY DRILL

Down-Body Characteristics

- Prior to drill execution discuss the three primary attributes of the down position (i.e. upright, wide and compact)
- Pucks are positioned on the dots
- G will step out and set facing X1
- X1 will release a shot at G (~knee height)
- This should force G down in order to control the rebound

KEY EXECUTION POINTS

- G should be square, set and on angle for each shot sequence
- G wants uprightness to ensure vertical coverage and post-save mobility
- G wants width for low-net coverage and a base from which to build vertical positioning
- G wants compactness to ensure that pucks do not penetrate through the broader body position

5 min

POST-PRACTICE DISCUSSION

1. Review G's overall progress
2. Discuss benefits of relaxed perimeter movement
3. Review 3 attributes of down body positions

- Session Objective(s)
1. Introduce lateral slides
 2. Introduce flat-feed tactic

5 min

MOVEMENT REVIEW

A. Lateral Slide Reps
G starts on side crease position facing glove-side dot. When ready, G will execute a lateral slide to the blocker side. Once executed, G should recover immediately. Repeat alternating start sides.

B. Step Out with Lateral Slide
G starts on glove-side post. When ready, G steps out to face the nearside face-off dot. Set. Next, drive a lateral slide across the net. As G approaches far side an immediate recovery should be made followed by a step out to the top of the crease. G should now be facing the blocker-side dot. Move backward to the blocker-side post and repeat in the opposite direction.

KEY EXECUTION POINTS

- When executing the lateral-slide move, do not attempt excessive speed at the beginning
- Develop controlled, proper executions and add speed as a later component
- Be sure to square up to positional targets before executing the lateral slide as this replicates game situations more closely often G will not square fully to help facilitate lateral move; this should be avoided)

7 min

PRIMARY DRILL

Stationary Flat Feeds

- Place pucks at the bottom of each face-off circle
- On "Go", G will step out from nearside post
- G will rotate square to C
- C passes to X1 who receives puck and releases shot (at first, X1 should one time shots at 1/2 speed intensity)
- As the pass is made, G should drop lead knee and drive body position across net to make save
- Alternate sides

KEY EXECUTION POINTS

- Due to the weak-side threat, G should not be excessive with depth selection
- G should be aware of weak-side threat by swivelling head during step out
- The lateral slide is facilitated by planting the push skate, dropping to the lead leg and driving laterally
- As soon as push is made, G should compact body
- G should attempt to keep a flare on legs and rotate upper body as drive is made

8 min

SECONDARY DRILL

Walkouts with Flat Feeds

- Pucks start in each corner
- X1 starts by walking out of the corner and into the lower portion of the face-off circle
- X2 simultaneously walks out of the opposite corner
- Once in the low circle, X1 can pass laterally across the net to X2
- X2 should mix up one timing and receiving/releasing shots
- Alternate sides or work one side repetitiously and then move to the opposite side

KEY EXECUTION POINTS

- G should position correctly on post to start drill
- See above for additional lateral-slide points

5 min

POST-PRACTICE DISCUSSION

1. Review the lateral-slide move
2. Review the complications associated with flat feeds (i.e. the excessive rotation requirement of the body and the more difficult awareness aspect)
3. Review staggered feeds and compare to flat-feed approach

- Session Objective(s)**
1. Introduce outside drive complications and approaches
 2. Introduce outside-drive poke check
 3. Discuss role of defensive support on G's game

5 min

MOVEMENT REVIEW

A. Lateral Slide Reps

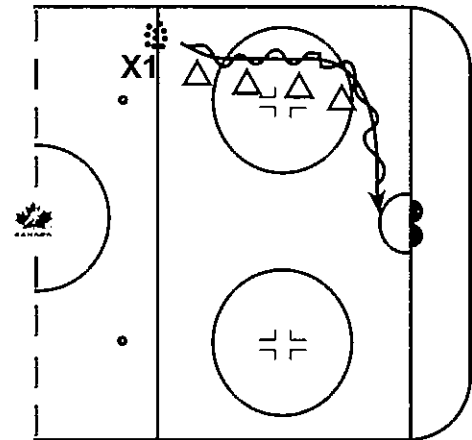
G starts on glove-side post. When ready, G steps out to face glove-side dot. Next, G drives laterally across crease using a lateral slide, recovers and steps out to face blocker-side dot. G moves back to blocker-side post and then repeats in the opposite direction.

B. Poke-Check Step Outs

G starts in the middle of the crease as indicated. When ready, G steps out to face blocker-side dot. G holds ground momentarily and then executes an outside-drive poke check perpendicular to the goal line. Repeat repetitiously on both sides.

KEY EXECUTION POINTS

- Poke check should have the following attributes:
 - Perpendicular to goal line
 - Slightly curved into a "C" shape (helps retain puck)
 - Move must go back to cover short side of net but is, in reality, a head-first move
 - Pads are stacked to improve vertical coverage
 - On the glove side, young goalies should continue to hold stick at paddle while on the blocker side, the stick can be fully extended



7 min

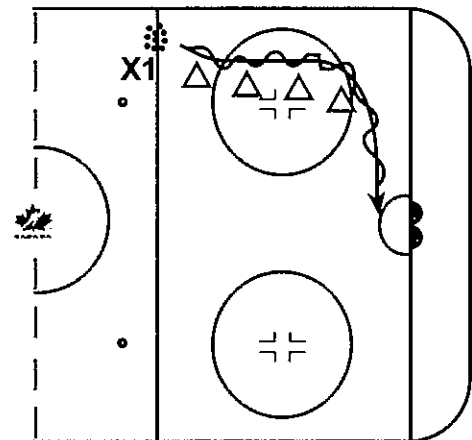
PRIMARY DRILL

Outside Drive with Poke Check

- Pucks start at the blue line
- Pylons are positioned to direct flow of outside drive
- X1 takes puck, drives down wall and around pylons
- X1 must drive low and through the crease without cutting back up into the slot
- Work both sides repetitiously
- As a variation, eliminate the pylons and C can force the lane

KEY EXECUTION POINTS

- G should move out and establish position above the top of the crease
- G should track angle laterally using the shuffle
- G must not fade as this opens up a larger lane to the low slot
- As X1 moves past the bottom of the circle, drops the lead shoulder and begins to drive, G can execute the poke check
- Poke check should be perpendicular to X1's path



5 min

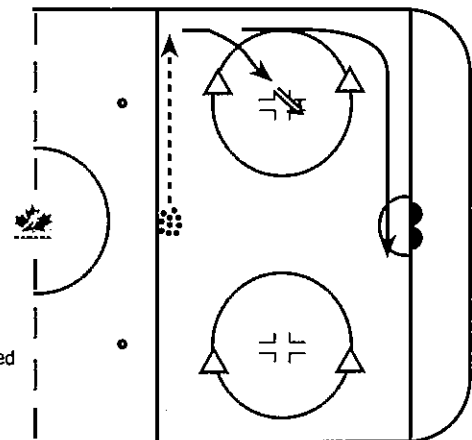
SECONDARY DRILL

Outside Drives with Angle-Shot Option

- Pucks start in the middle point area
- X1 positions on one board while X2 positions on the other
- Pylons are situated as indicated
- C will randomly pass to either X1 or X2
- If X1 receives pass, X1 drives down the boards and opts for either the high or low pylon
- If the high pylon is cut around then an outside angle shot is released
- If the low pylon is cut around then a net drive is executed

KEY EXECUTION POINTS

- In the event of an angle shot, G should have strong but not excessive position
- G's positioning should be sound with angle, depth and a set body position fully established
- If a net drive is executed, a poke check or lateral slide can be used
- If a poke check is used see above
- If a lateral slide is used then a small depth gain is first required in order to build the momentum required to drive G across the crease



5 min

POST-PRACTICE DISCUSSION

1. Review the pros and cons of the poke-check and lateral-slide options
2. Review the role of defensive support especially in the case of poke-check usage
3. Encourage G to use pockets of practice time to develop both poke-check and lateral-slide efficiency

Session Objective(s)

1. Continue development of transitional game
2. Review previously introduced concepts
3. Introduce the roles of mobility, awareness and net usage

5 min

MOVEMENT REVIEW

A. Mid Crease Lateral Slides
 G starts on glove-side post. When ready, G steps out to face the glove-side dot. Next, G will drive a lateral slide into the middle of the crease. G will recover and step out to face the blocker-side post. Repeat in opposite direction.

B. Poke-Check Repetitions
 See previous lesson plan for drill description

KEY EXECUTION POINTS

- When executing mid-crease lateral slides, G must be careful to not overshoot the center angle
- This requires precision
- G may have to use the lead skate's inside edge to prevent an over drive
- On each rep, G should arrive in the middle of the crease with a compact body position before recovering

7 min

PRIMARY DRILL

Rims with Opposite-Side Breakout

- Pucks are placed outside the blue line on each side
- C will rim the puck into the zone
- G must move in behind net to retrieve puck
- As puck is retrieved, G should slide behind net to open up a passing lane to opposite side hash-mark area
- X1 will have dropped down in to this area to receive the pass
- Work one side then the next repetitiously

KEY EXECUTION POINTS

- G must get to puck quickly and under control
- As G moves to the back boards, the head should be on swivel to practice ice awareness
- G should stop rims properly (i.e. two-hand stop on glove side and one-hand stop on blocker side)
- G must stop puck and then be mobile to create a direct passing lane to X1 (i.e. no rim passes)

5 min

SECONDARY DRILL

Outside-Net Mobility Plus

- Pucks are positioned outside the zone on the boards
- X1 rims puck into the zone
- G must retrieve puck and then skate backwards, with puck, around the indicated pylon
- As G moves around pylon, X1 should drive into the zone as a fore checker and go directly to G
- X2 will also come into the zone as G support seeking to provide G with a logical outlet

KEY EXECUTION POINTS

- G must be mobile with puck and cannot panic
- G should use the net to force X1 to guess which way G will move puck
- G should not pass puck too early as this will create additional pressure on X2
- G should suck fore check low in the zone before using the X2 outlet

5 min

POST-PRACTICE DISCUSSION

1. Review fundamentals of transition (skating, stick-handling, awareness, etc.)
2. Review new skill bundle (mobility, poise, identification of pressure and support)
3. Remind G to practice stick-handling at some point in every practice

- Session Objective(s)**
1. Introduce notion of center-net positioning
 2. Introduce proper directions of movement
 3. Discuss positional sequencing

5 min

MOVEMENT REVIEW

A. Nearside Step Outs

G starts on glove-side post. When ready, G c-cuts out to face glove-side circle (see diagram to see arcing motion which picks up center-net position). G returns to post. Repeat repetitiously on each side.

B. Mid-crease Step Outs

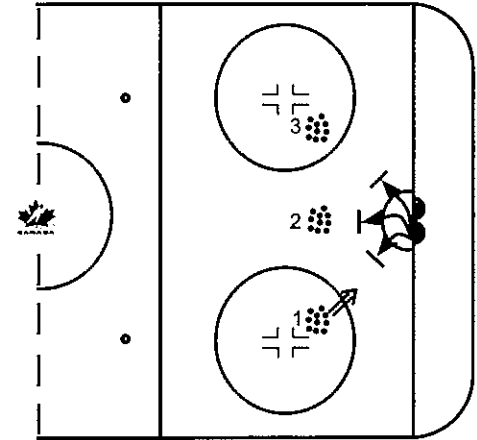
As above but each move is to the middle of the crease. See illustration for arcing pattern.

C. Far side Step Outs

As above but moves are made to out to face

KEY EXECUTION POINTS

- When moving from a post position to face a slot threat, G should seek to pick up angle on the way to the positional target
- This may mean giving up some depth to achieve an angle position
- When moving to a mid-crease or far-side position, G can shuffle towards the middle of the net and then rotate the lead skate to apply depth



5 min

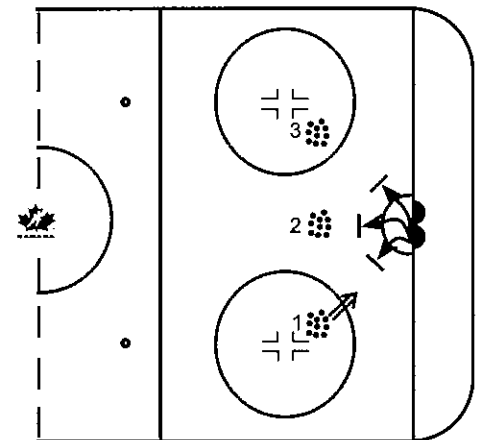
PRIMARY DRILL

Center Step Outs with Set

- Pucks are positioned on each dot and in the mid slot
- G starts on the glove-side post
- On "Go", G will step out to face the nearside dot
- Once set, X1 will release a shot
- G returns to glove-side post and on "Go" moves to face the slot attacker, X2
- After shot G returns to the glove-side post and on "Go" moves to face the far-side dot attacker, X3
- Repeat in the opposite direction using the blocker-side post as a start position

KEY EXECUTION POINTS

- G should not be seeking to gain depth first
- G must move towards the center before arcing out to gain depth
- Due to the center move, G may not be able to get all the depth desired
- G must stop and set for each shot, therefore, G must read the shot release



8 min

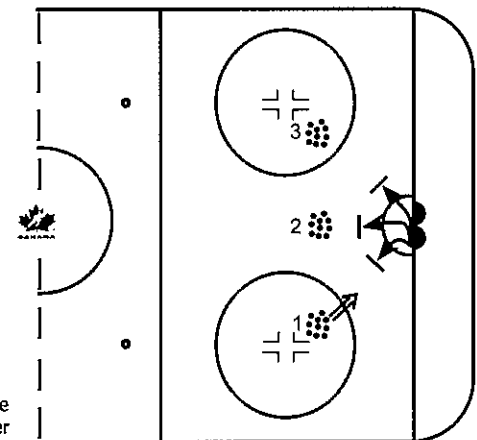
SECONDARY DRILL

Center Step Outs without Set

- As above except this time shooters are not required to wait for G to set
- C will initiate each sequence with a "Go" and then quickly thereafter call "Shot" to signal shooter to release a shot
- C should time this second call to coincide with G's strong move to center
- This drill should demonstrate to G the importance of a strong center move when time is limited

KEY EXECUTION POINTS

- G should move quickly to center
- G should have head on a swivel to see release and prepare reaction
- G will need to rotate chest square to oncoming puck especially on the post to far-side move
- G should use body wherever possible and not pull body to use limbs; being in the center should increase not decrease body usage



5 min

POST-PRACTICE DISCUSSION

1. Review post-to-slot directions of movement
2. Review the importance of center-net position within G's broader game
3. Discuss the sequence of angle, body and, then, depth when time is limited

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 3

PLAN: 18

DURATION: 20

Session Objective(s)

1. Similar emphasis as previous lesson plan
2. Introduce side-crease to mid-crease directions of movement
3. Continued development of center-net game

5 min

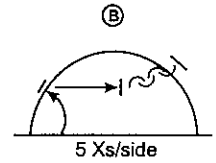
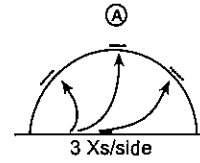
MOVEMENT REVIEW

A. Post Step Outs

G starts on glove-side post and steps out to face nearside dot. G returns. G steps out to face slot. Returns. G steps out to face far-side dot. Returns. Repeat using blocker-side post as start position.

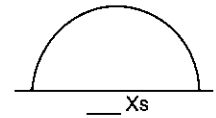
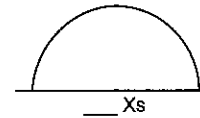
B. Side-Crease Lateral Drives

G starts on glove-side post and steps out to face nearside dot. Next, G pivots and drives laterally directly into the middle of the crease. G pivots and moves out to face the blocker-side dot. Repeat in opposite direction.



KEY EXECUTION POINTS

- Elevate post-to-slot moves working on increased precision, control and speed
- When working side-crease moves, G can pivot and drive laterally with a quick T push or shuffle
- If T push is used a strong push is required and a quick, precise stop is necessary
- In the case of a shuffle, G simply re-rotates back onto inside edge



10 min

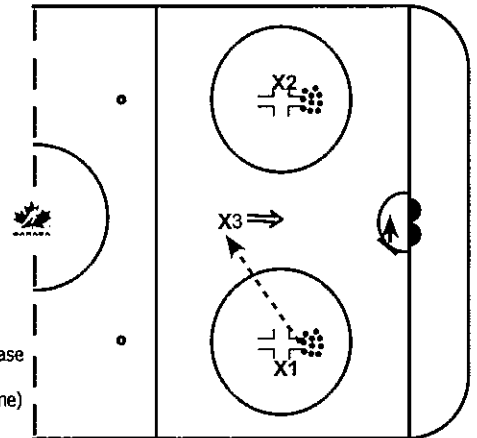
PRIMARY DRILL

Triangle Drill

- Pucks are placed on the dots
- X1 and X2 position at these pucks and X3 positions in the high slot
- X1 passes to X3 who receive pucks and then releases or opts to one time the shot
- Once goalie is set, X2 will pass to X3 reversing the direction of the drill – again, X3 can opt to one time or receive, set and shoot
- Alternate sides

KEY EXECUTION POINTS

- G starts square and on angle with 1st passer
- Once the pass is made, G should pivot and drive laterally direct to the middle of the crease – this provides optimal coverage in the quickest fashion
- If X3 holds puck, G can move out towards the top of the crease (or beyond depending on time)
- If X3 one times the shot, G should at least be in the center of the net
- G should have head on a swivel to identify shooter's intentions



5 min

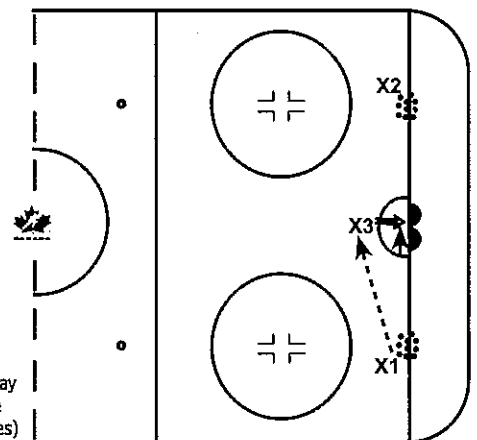
SECONDARY DRILL

Center-Net Builds

- Pucks start on the goal line on each side of the net (as indicated)
- X1 and X2 station at these pucks while X3 stations just above the top of the crease
- X1 passes to X3 who one times the shot
- X3 can play a single rebound
- Alternate sides

KEY EXECUTION POINTS

- G starts on post with an unwrapped arm
- When the pass is made G must drive directly to the middle of the net to combat the quick play
- G should have a compact body unit (i.e. tight thighs, tight arms and pads/stick tight to ice)
- Since time is not available, depth is virtually impossible (angle and body are the priorities)
- G must be prepared to battle with a compact body for the rebound



5 min

POST-PRACTICE DISCUSSION

1. Reiterate the importance of center-net positioning and the power of angles
2. Review the relationship between PSM and the achievement of center net
3. Review next phase of Nike Skills Goaltending Module

- Session Objective(s)**
1. Continue to develop correct directions of movement
 2. Continue to focus on center-net positioning when time is limited
 3. Continued emphasis on shorter, more confined edge work

5 min

MOVEMENT REVIEW

A. Center-Net Drives
G starts on post. When ready, G drives to middle of crease. Stop, set. Next, G drives to opposite post. Repeat in opposite direction.

B. Center-Net Drives with Down Move
As above but goalie must transition up position to down position in center net. G stays down in center net and checks compactness. G recovers. G moves to opposite-side post. Repeat in opposite direction.

C. Side Crease to Middle Drives
G starts facing a dot at the top of the crease. Next, G pivots and drives laterally into the middle of the crease. G pivots and moves out to face the opposite side dot.

KEY EXECUTION POINTS

- G must be precise about the center-net position – an over shooting of the angle is a highly detrimental habit
- When moving from an up position to a down position, G can facilitate this by dropping the lead knee and thrusting towards the middle (i.e. lateral slide)
- Since G does not have to travel far when moving down it must be a precise, controlled thrust

10 min

PRIMARY DRILL

Direction of Movement Circuit

- Pucks are placed on the dots
- X1 and X2 position at these puck locations while X3 positions in the high slot
- G starts on post
- On "Go", G steps out to face X1 off the nearside post
- Once set, X1 shoots
- Once G has recovered from the 1st save, X1 passes to X3 who one times a shot on net
- G moves to the opposite post and repeats in the other direction
- Variation: Rather than nearside step outs start with far side step outs

KEY EXECUTION POINTS

- Notice that all of G's movements occur within the crease region; therefore, movements should be short, quick and precise
- Ensure that G is reaching a strong center-net position before additional depth is applied
- G should be set for each shot and applying full attention to each puck (i.e. do not shortchange a shot because of a 2nd pending shot)

5 min

SECONDARY DRILL

Three-Position Center Net Work

- Pucks are positioned behind the net
- X1 is positioned at pucks while X2 is positioned off the nearside post
- On "Go", X1 passes to X2 who one times a shot
- X1 returns to the back of the net picks up another puck and slides to the outside again; this time, X1 passes to X2 who has slid to the low, mid slot
- X2 one times a shot
- X1 returns to the back of the net and picks up another puck and slides to the outside again; this time X2 slides over to a far-side position and one times a pass from X1

KEY EXECUTION POINTS

- Make sure the flow of the drill is such that G has time to execute fluid controlled center-net movements
- G must return to proper post coverage between each shot
- G must be patient for the pass to be made (i.e. not cheating to middle)
- Ensure direct-to-center moves (i.e. angle prioritization) and not moves directly at puck position (i.e. depth prioritization)

5 min

POST-PRACTICE DISCUSSION

1. Conclude and wrap up directions of movement with a summarized overview
2. Discuss G's development progress and identify key areas still requiring focus and maintenance during practices (i.e. those areas in which G can have a self-development focus)

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 4

PLAN: 20

DURATION: 20

Session Objective(s)

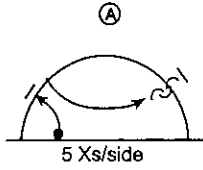
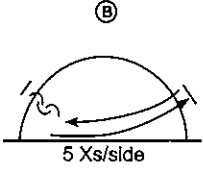
1. Return to tactics with stronger center-net positioning and more logical directions of movement
2. Reinforce lateral-feed and net-drive tactics



5 min

MOVEMENT REVIEW

A. Nearside Step Outs with Lateral Slide
G starts on glove-side post. G steps out to face nearside dot. Stop, set. Next, G will drop the lead knee and drive laterally across the crease using a lateral slide. Recover. Move to blocker-side post. Repeat in opposite direction.

B. Far-Side Step Outs with Lateral Slide
As above. This time, however, the step outs from the post will be to the far side not the near side. Once set, drive a lateral slide fully across the crease. Recover. Do sets on each start post.

KEY EXECUTION POINTS

- When doing these drills make sure that G is set at the top of the crease position
- Before the lateral slides are executed, G can fade slightly to build momentum for the lateral slide
- Immediately after the thrust G should be seeking to compact the body
- Once compacted and across the net G can recover

8 min

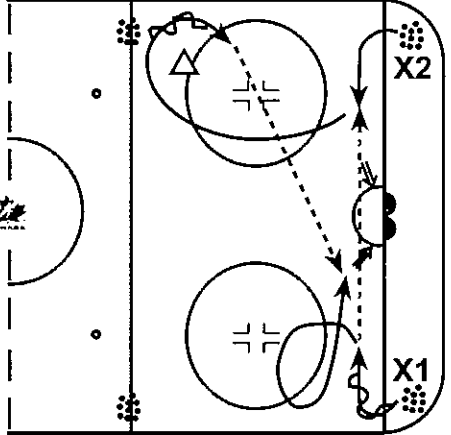
PRIMARY DRILL

Multi Feeds

- Pucks start in the corners and at the points
- X1 and X2 position themselves in the corners
- X1 starts by walking out of the corner while X2 does the same thing (without a puck) out of the opposite corner
- X1 passes a flat feed across the net to X2 who one times a shot
- After X1 makes the pass, X1 will buy time in the low circle area; X2, meanwhile, having shot the 1st puck will hustle out to the point and around the cone; X2 passes a staggered feed down to X1 for release

KEY EXECUTION POINTS

- In both phases of drill (i.e. staggered and flat), G must have strong ice awareness
- In the case of the flat feed, G should be able to combat the feed through the use of lateral slides
- In the case of the staggered feed, G should be able to use a pivot followed by a thrust to save
- In both cases, a slight depth gain can be added which will allow for a corresponding fade to build momentum



7 min

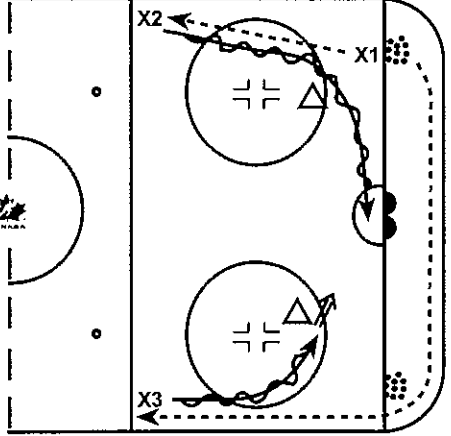
SECONDARY DRILL

Net Drives

- Pucks start in the corners (place pucks about 5' from the boards – as indicated)
- X1 passes out to X2 who then drives down the boards, around the pylon and, then, across the net
- X1 will then rim a puck around the boards to X3 who will keep the puck outside, drive down the boards and release a quick outside shot once around the pylon
- X2 can either stay low by the net and play a rebound off of X3's shot or can vacate the area and return to the point (X2 should mix up this selection)
- Do a set from each corner

KEY EXECUTION POINTS

- When handling plays coming in from an outside corridor, G must be aware of the weak side (weak-side threats and defensive support are the biggest inputs into G's depth selection)
- When handling the drive across, G can utilize lateral slides or opt for poke checks
- When handling angle shots, G should be square to the puck
- If X2 stays low for X3's shot, G must be conservative; if X2 vacates then G can be more aggressive



5 min

POST-PRACTICE DISCUSSION

1. Review tactical strategies pertaining to lateral feeds
2. Review tactical strategies pertaining to net drives
3. Review the importance and role of ice awareness and how awareness fuels depth decision making

Session Objective(s)

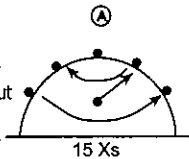
1. Introduce body adjustments
2. Introduce G's positional game while down and how it dovetails with positioning while up
3. Discuss and review in non-shooting environment, the need to develop adjustments while down

5 min

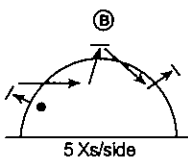
MOVEMENT REVIEW

A. Relaxed Perimeter Movement
 Use the following points during this drill: glove-side dot, glove-side point, middle of the crease, blocker-side point and blocker-side dot. G starts in the middle of the crease. When ready, G will move out to face the glove-side dot. Stop, set. At this point, G should be in a relaxed stance (i.e. not excessive in chest angle or knee flexion). Next, G will move randomly from one point to another using this relaxed mode.

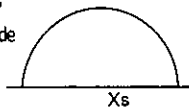
B. Small Depth Gains
 G starts inside the crease facing the glove-side dot. Next, G will step out ~2' above the top of the crease. Next, G will pivot and drive back into the crease facing the mid ice. Next, G will step out ~2' above the top of the crease. Next, G will pivot and drive back inside the crease to face the blocker-side dot. G will then step out ~2' above the top of the crease. Repeat in the opposite direction.



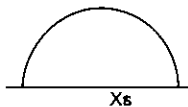
15 Xs



5 Xs/side



1 Xs



1 Xs

KEY EXECUTION POINTS

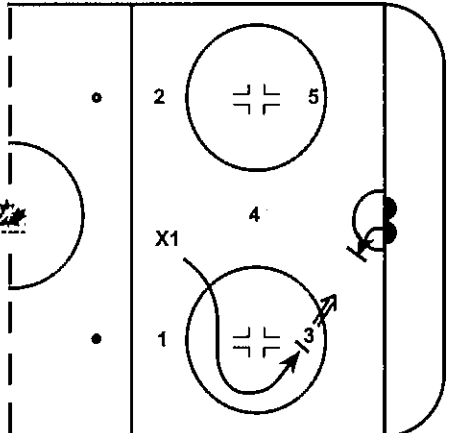
- In the case of the first drill, G must find a stance position in which quickness, precision and control can be found without excessive knee and chest flexion
- Stops and starts during this drill should be quick and precise – G should seek to move from point to point as quickly as possible so that time is bought should a positional adjustment be required
- In the last drill, G must concentrate on short, quick moves in the designated, confined area

10 min

PRIMARY DRILL

Stance Adjustments

- Pucks are positioned in five areas of the zone (i.e. dots, points and mid slot)
- X1 moves around the zone and selects a puck location
- G starts on a post
- On "Go", G will swivel head, move into position, stop and set – once G has selected position, X1 can release a shot
- Continue with X1 randomly selecting a shooting position



KEY EXECUTION POINTS

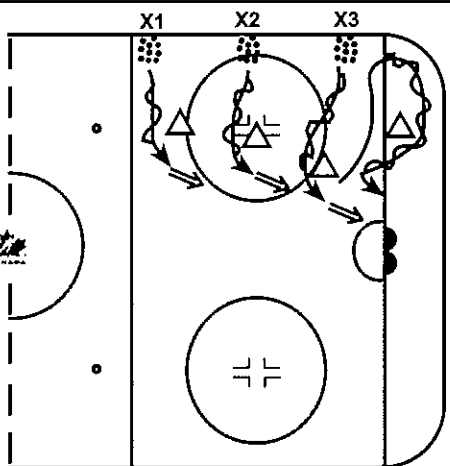
- In this drill, G should consider three stance positions – a compact, basic and wide position
- When the shot is being released from the point, G should utilize the most mobile position – G's basic, relaxed stance
- When the shot is in the slot, G should utilize a wider position to facilitate both the reaction and the down move
- On angles, G will either incorporate a compact position or a wide position depending on style approach

5 min

SECONDARY DRILL

Body Adjustments

- Pucks start on the boards at the point, hash marks and the bottom of the circle
- X1 drags a puck around the indicated pylon and releases a long, outside shot
- X2 drags a puck around the indicated pylon and releases a quick shot
- X3 skates a puck around the indicated pylon and releases a shot; after releasing 1st shot X3 will circle back to the corner around the indicated pylon and walk a puck out for a 2nd shot
- Repeat from the top again – work both sides



KEY EXECUTION POINTS

- On the long perimeter shot, G should be in a relaxed, conservative position
- On the mid-zone shot, G should be a little more aggressive, lower and wider
- On the low slot, G will likely assume a more flexed, aggressive position with width to facilitate a butterfly move
- On the last shot out of the corner, G will compact up and take the shot in a stand-up position

5 min

POST-PRACTICE DISCUSSION

1. Review the adjustment of body
2. Discuss the importance of physically relaxed (but mentally sharp) positioning on the perimeter

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 4

PLAN: 22

DURATION: 20

Session Objective(s)

1. Continue development of multi-faceted body positioning
2. Examine body adjustments depending on puck location
3. Examine depth adjustments depending on puck location

5 min

MOVEMENT REVIEW

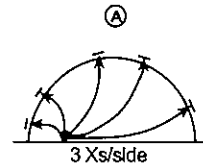
A. Multi-Point Step Outs with Body Adjust

G starts on glove-side post. Next, G steps out to face a sharp angle. Once set, G will compact body. Next, G returns to post. G repeats step out to each indicated position. At each point, G should stop and set and then adjust body position accordingly.

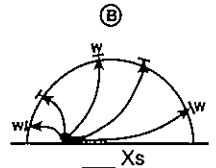
B. Multi Point Step Outs with Butterfly

As above but at each point that a wide position is indicated, (w)G will, once set, execute a butterfly. G holds down position for a second and then recovers and returns to the start post.

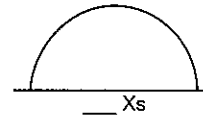
Repeat both drills from both sides.



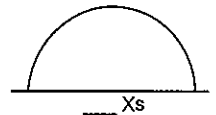
3 Xs/side



3 Xs



Xs



Xs

KEY EXECUTION POINTS

- When executing body adjustments a stopped, set position is vital
- At each adjusted body position, G should stop and examine the selected adjustments – this will help familiarize G with the various positions

8 min

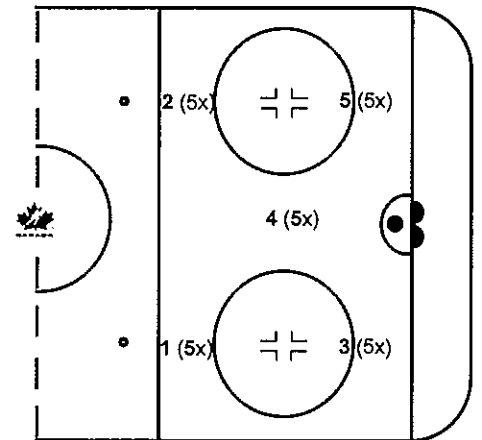
PRIMARY DRILL

Stance Repetitions

- Like the last lesson, place pucks in five indicated areas
- On "Go", G will step out from the middle of the crease to face X1's position
- X1 will shoot
- G will return to the start point
- G will face 5 shots from this position
- X1 will then shift to one of the remaining 4 positions
- Repeat until all 5 positions have been completed

KEY EXECUTION POINTS

- As per previous lesson plan
- Repetitious work provides an opportunity to get into a rhythm with the various body adjustments



7 min

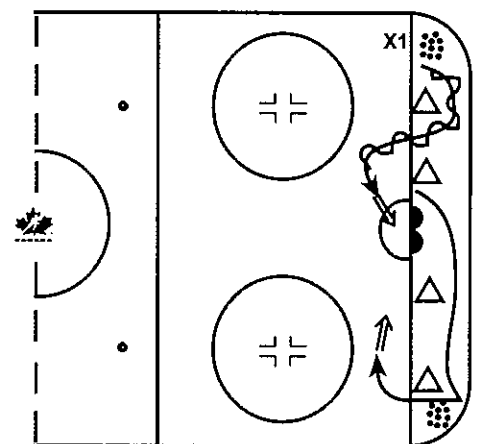
SECONDARY DRILL

Multi Walkouts with Body Position

- Pucks start in the corners
- Pylons are positioned as indicated
- X1 takes a puck and drives out and around a random pylon
- G must start parallel to the goal line and when X1 starts, G will rotate off and away from post
- X1 shoots, swings back to corner and continues repetitiously selecting a random cut-out pylon each time
- Work both corners

KEY EXECUTION POINTS

- One area of the ice in which there is some confusion regarding body adjustments is low, angle shots
- In these cases, some goalies opt for a compact stand-up position while others prefer a down, butterfly mode
- This is somewhat dependent on G's style, size and X1's distance from the goal line



5 min

POST-PRACTICE DISCUSSION

1. Review G's development of a multi-faceted body position
2. Review opportunities for compact, wide and basic positioning
3. Reiterate the importance of G's basic stance and its enhanced mobility

Session Objective(s)

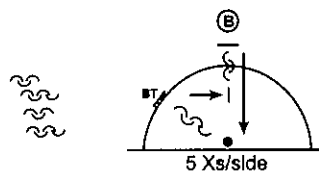
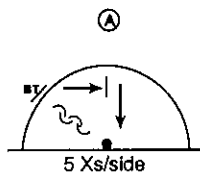
1. Introduce movement while down
2. Distinguish between G's positional game while up and while down
3. Develop initial angle-adjustment-while-down skills

5 min

MOVEMENT REVIEW

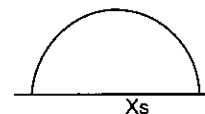
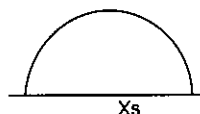
A. Angle Step Outs with Down Drive

G starts in the middle of the goal line. When ready, G will step out to face the glove-side dot. Once set, G will execute a butterfly. G will stay down. On "Go", G will lift the outside leg until the skate edge is back in contact with the ice. G will rotate body and drive the down position into the middle of the crease. Recover. Return to start and repeat. Work both sides.



B. Angle Step Outs with Down Drive/Recovery/Step Out

As above. This time, however, once driven to the middle, G will recover and step out above the top of the crease. Once set at this outer position. G returns to the start position. Repeat. Work both sides.



KEY EXECUTION POINTS

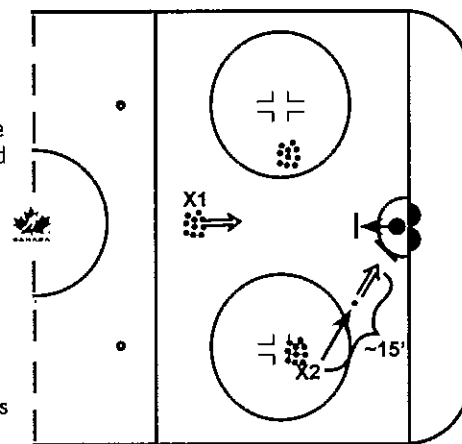
- G should have quick precise edge drives
- Transitions from up positions to down positions should be smooth and fluid
- Once on angle in the middle of the net, G should spring quickly back up

8 min

PRIMARY DRILL

Side-Angle Adjustments

- Pucks are positioned in the high slot and on both face-off dots
- G starts in the middle of the crease
- On "Go", G will step out and face X1, X1 will release a low shot (3/4 speed) to G's glove side
- Meanwhile as soon as the puck is released X2 will skate towards a single puck placed at the bottom of the circle and release this puck towards the net (initial gap between X2 and puck should be ~ 15')
- G will have made the 1st save and will now attempt to make the 2nd save without recovering to an up position – specifically G must grab the trail leg's inside edge and drive the down body unit on angle with the 2nd puck



KEY EXECUTION POINTS

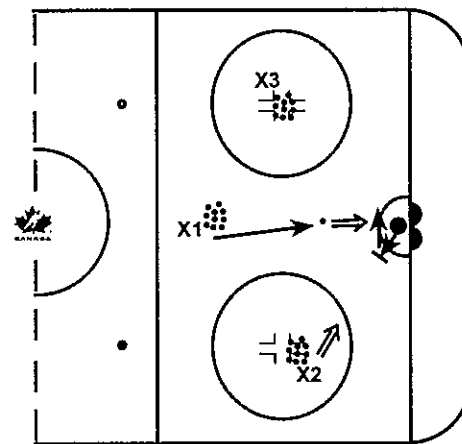
- When working angle adjustments while down, G will initially struggle
- Be patient
- Time the drill so that G does not panic and can begin to build these more advanced skills
- Once G has made the first save, G must dynamically respond with the edge grab
- Once driven laterally, G must compact the body unit and track the 2nd puck visually

7 min

SECONDARY DRILL

Front Angle Adjustments

- As above except the initial shot will come from the dots and the 2nd shot will come from a position halfway between the hash marks and the top of the crease



KEY EXECUTION POINTS

- As above
- Plus, when G drives laterally, the move should be directly to the middle of the crease in order to prioritize the angle positioning
- X1, the 2nd shooter in this drill, should shoot pucks towards the middle of the net to challenge G's compactness

5 min

POST-PRACTICE DISCUSSION

1. Reiterate the complexities of adjustments while down
2. Reiterate the importance of developing a balance between G's "up" positional game and "down" positional game
3. Prepare G for next lesson's emphasis and suggest angle adjustments while down are an excellent self-development focus

GOALTENDER INTERMEDIATE LEVEL PLAN

PHASE: 4

PLAN: 24

DURATION: 20

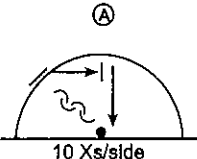
- Session Objective(s)
1. Introduce proximity adjustments while down
 2. Review angle adjustments while down
 3. Introduce concept of controlling game flow

5 min

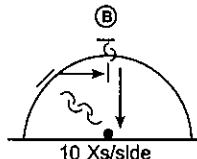
MOVEMENT REVIEW

A. Angle Step Outs with Down Drive
See last lesson.

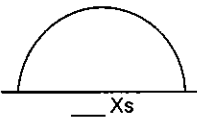
B. Angle Step Outs with Down Drive and Down Proximity Gain
See last lesson; only change is in the depth gain following the recovery. In this drill G will make this depth gain from a down position.



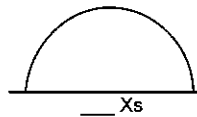
10 Xs/side



10 Xs/side



— Xs



— Xs

KEY EXECUTION POINTS

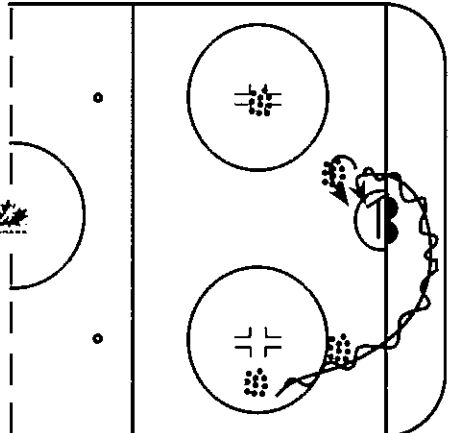
- See last lesson plan
- When gaining depth while down, G will often use a combination of a paddle down and an inside-edge drive to facilitate the move
- Make sure G stays square when either pushing laterally or outward
- An excessive rotation of the body should be avoided to preserve squareness

12 min

PRIMARY DRILL

Walkouts with Proximity Adjust

- Pucks start on the face-off dots and about 10' off the crease corners (as indicated)
- X1 takes a puck and drives the puck around the net, walking it out on the other side
- G must paddle down on the play despite its walkout nature
- X1 will stop, back up to the 2nd pile of pucks and shoot 2 more pucks at G
- G after handling the 1st shot must rotate square and reposition outward to deny the vertical angle



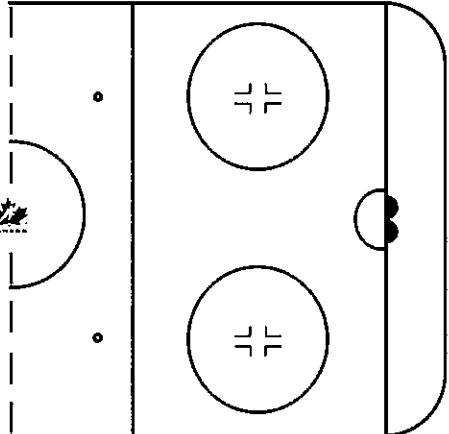
KEY EXECUTION POINTS

- X1's 1st walkout should be relatively tight to the net so that G's paddle-down response is logical
- Once the 1st shot has been taken, G must rotate square and then step forward
- G can use either a paddle-down move to alleviate pressure off the lower body or use an inside edge to drive forward
- Make sure G does not over rotate and make sure that G remains compact and upright

3 min

SECONDARY DRILL

Game-Flow Discussion



KEY EXECUTION POINTS

- Discuss the notion of puck possession and how the greater the possession the more likely victory
- Discuss rebound-control options and how the best options include game-flow capabilities
- Discuss position and how positional selections can impact a shooter's decision making

5 min

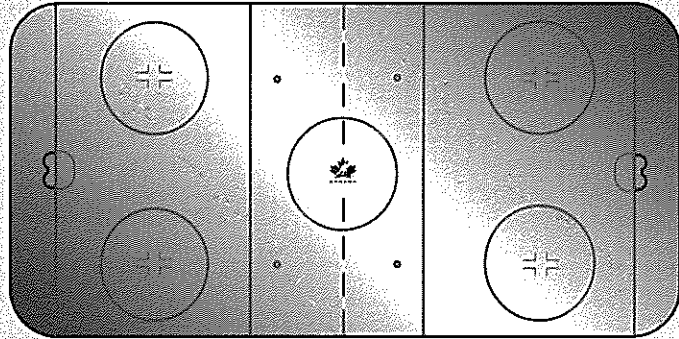
POST-PRACTICE DISCUSSION

1. Review angle and depth adjustments while down
2. Congratulate G on finishing the Intermediate Phase of the Nike Skills Goaltending Module

ICE SESSIONS

**ADVANCED
PROGRAM**

**GOALTENDER
SEASON PLAN**



CANADA

- Session Objective(s)**
1. Introduce position-specific movement
 2. Relate movement skills to positioning and stance
 3. Review and develop basic stance fundamentals

5 min

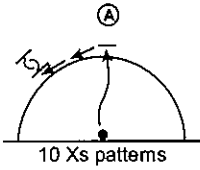
MOVEMENT WARM UP

A. Positional-Range Movement Pattern

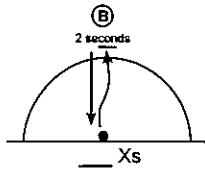
G starts in middle of goal line. When ready, G will in a relaxed fashion step out to the top of the crease. G will stop and set. Next, G will track laterally towards the glove-side dot using a shuffle. Stop, set. G will now step out more aggressively. Stop, set. Return to the start position. Work different areas randomly. After 1st step out all movements should be within G's primary positional range.

B. Initial Depth with Awareness

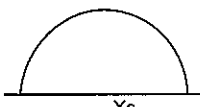
G starts in the middle of the goal line. When ready, G will, in a relaxed mode, step out to the top of the crease. During this outward move, G should survey the ice. Once stopped, G will assume a more intense stance. Hold for 2 seconds. Relax and return to the start point.



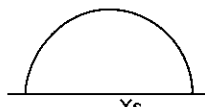
10 Xs patterns



2 seconds
Xs



Xs



Xs

KEY EXECUTION POINTS

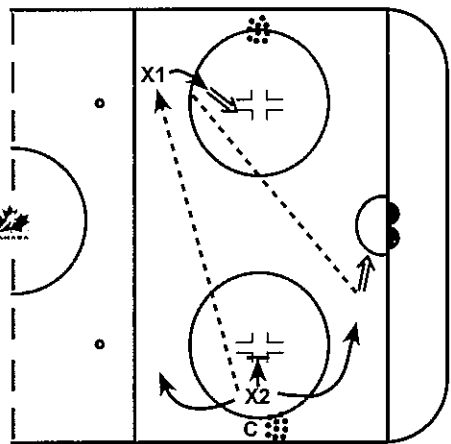
- When moving out to establish a first depth position, G should generally be relaxed – this allows G to be quick but also more mentally aware of the ice surface
- A common phrase used to describe this movement is "physically relaxed but mentally sharp"
- Physically relaxed, in these terms, means not excessive chest angle or knee flexion

15 min

PRIMARY DRILL

Positional-Range Work

- Pucks start on the outside hash marks
- X1 positions at the point opposite to C
- X2 positions in front of C
- C initiates sequence by passing cross ice to X1
- As soon as C makes the pass, C will tap X2 on the point-side leg or the corner-side leg – this indicates which way X2 will go (point-side leg means X2 will fill the vacant point position, corner-side leg means X2 will drop low and drive the net and if no leg is tapped then X2 will stay on the side with C)
- Once X1 receives the pass, X1 can shoot or pass to X2 – X2 should drive for rebounds in the event of a shot and should shoot right away if passed to

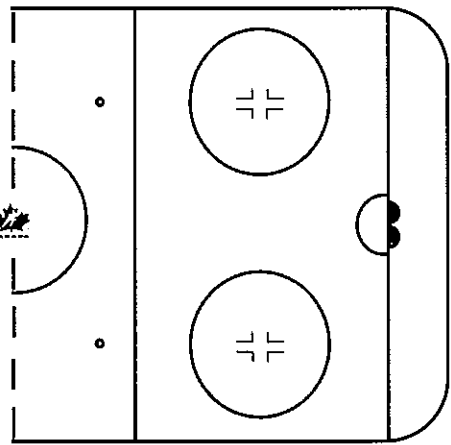


KEY EXECUTION POINTS

- G should start facing C and then move into position to face X1 once pass is made
- G must be highly aware of X2's movement or non movement
- In the event that X2 moves to the other point, G can maintain a strong initial depth
- In the event that X2 drives low, G may have to give up some depth to have the versatility to respond to both a shot or pass
- If X2 stays out of the play, G can be more aggressive on X1

0 min

SECONDARY DRILL



KEY EXECUTION POINTS

5 min

POST-PRACTICE DISCUSSION

1. Review the notion of positional range and how it can improve G's shot preparation
2. Review how a tighter positional range will improve awareness which then determines G's depth selection



GOALTENDER ADVANCED LEVEL PLAN

PHASE: 1

PLAN: 2

DURATION: 20

- Session Objective(s)
1. Review three elements of a save – preparation, save movement and post-save issues
 2. Review the dominant role of preparation in this equation

5 min

MOVEMENT WARM UP

A. Straight Step Outs

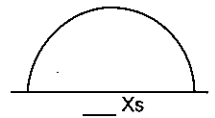
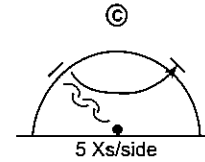
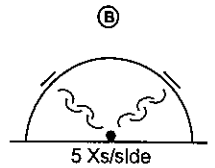
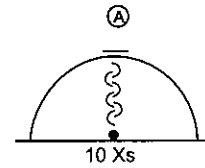
G starts on goal line. When ready, G sculls to top of crease. Stop, set. G sculls back to goal line. Stop, set. Repeat.

B. Angle Step Outs

As above except step outs move outward to face the face-off dots. Alternate direction of angle step out each time.

C. Angle Step Out with Stepback Pivot

Once the first angle step out is complete, G will stepback pivot over to face the opposite side dot. Return to start point. Repeat in opposite direction



KEY EXECUTION POINTS

- These drills represent some of the early drills in the system
- G should be able to handle these with greater precision, control and speed
- Make sure that the upper body and stick are stable throughout all movements
- Chest should be high and relaxed

10 min

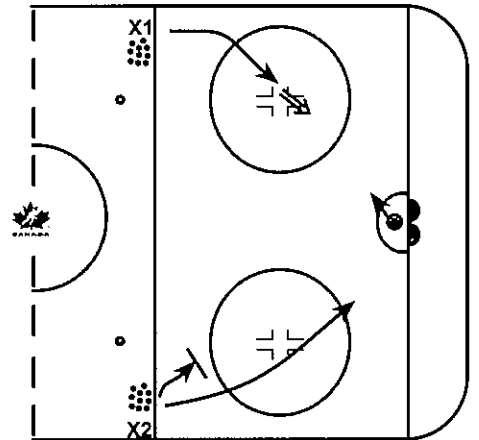
PRIMARY DRILL

Depth Drill

- Pucks are positioned on the face-off dots outside the blue line
- X1 will take a puck and drive down the boards before releasing a shot at the net
- X1 must be inside the circle before releasing the shot and it can be released from any position in the circle
- X2, meanwhile, will opt to stay outside the blue line (on the opposite side) or to drive the far post as a weak-side threat
- X1 is not allowed to pass to X2 (X2 forces G to be aware and adjust depth accordingly)
- X2 can battle one rebound but may not pass it to X1

KEY EXECUTION POINTS

- G starts at the top of crease (middle) and once the play begins moves into position to face the driving shooter
- G must have head on a swivel and identify X2's Intentions
- If X2 stays out of play G can be more aggressive
- If X2 drives then G must be more conservative
- G should try to keep rebounds on the same side of the ice



5 min

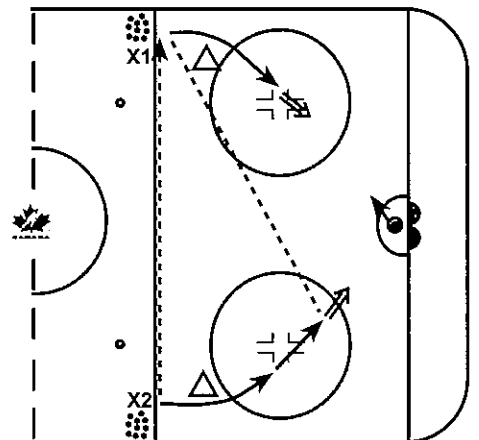
SECONDARY DRILL

Depth Drill + Lateral Feed

- Pucks are positioned at the blue line on the boards
- A pylon is positioned on each side as indicated
- X1 passes cross ice to X2
- X2 takes pass and begins to drive down the boards; X2 now has two options: to pass back to X1 who is driving down the opposite side or to drive and shoot themselves
- If X2 passes to X1 it must be done before the pylon is reached (i.e. right away) – if a pass is not possible or not chosen then X2 must drive and shoot

KEY EXECUTION POINTS

- G must again be highly aware of the weak side
- G should be relaxed initially so that quick, wide lateral moves can be made to combat the repetitive cross-ice activity
- Once it is evident that a player is driving to shoot G should be tightening up positional preparation



5 min

POST-PRACTICE DISCUSSION

1. Re emphasize the need for G to fulfill all three save components in practice whenever the drill structure allows for it
2. Re emphasize that shot preparation is the component which drives the success of both the save and post-save components

- Session Objective(s)**
1. Continue development of G's down positional game
 2. Emphasis placed on angle, depth and body adjustments while down

5 min

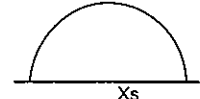
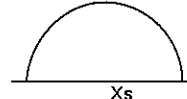
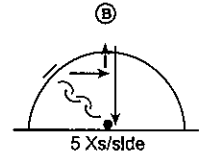
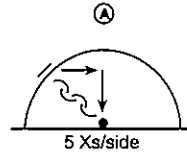
MOVEMENT WARM UP

A. Angle Step Outs with Lateral Drive

G starts on middle of goal line. When ready, G will step out to face the glove-side dot. Stop, set. G will now drive into the middle of the crease using a lateral slide. G will recover and set in the middle of the crease. G returns to middle of goal line and repeats in the opposite direction.

B. Angle Step Outs with Lateral Drive and Gain

As above, except once in the middle of the crease following the lateral slide, G will gain depth while down. This move should take G to the top of the crease. G recovers. G returns to start position and repeats in the opposite direction.



KEY EXECUTION POINTS

- Lateral slides require a drop to the lead knee and a simultaneous drive off the trail-leg skate
- The positioning of the trail-leg skate will determine the direction of the lateral slide
- When adjusting outward while down, G can use the paddle to facilitate the move

8 min

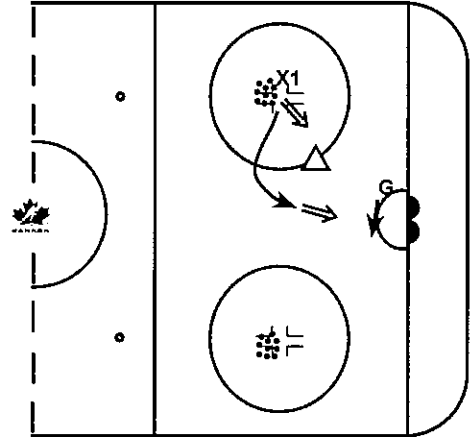
PRIMARY DRILL

Angle Adjustments While Down

- Pucks start on the face-off dots
- X1 will shoot a puck low and at G to force G to the ice (ideally this shot should allow G to cradle the puck on the body)
- X1 will then take a 2nd puck and skate around the indicated pylon
- G cannot get up but rather must transport themselves in a down mode to position for the 2nd shot
- X1 must shoot as soon as the pylon is reached
- Alternate sides

KEY EXECUTION POINTS

- G should be cradling the 1st puck effectively before moving for the 2nd puck – this may require a slight delay by X1
- G should be using the trail-leg skate edge to aim and drive the lateral movement towards the middle
- G must concentrate on tracking the puck visually as this will allow G to respond to the 2nd puck effectively


7 min

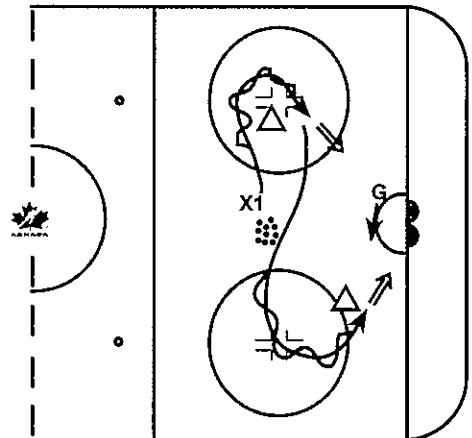
SECONDARY DRILL

Multi Adjustments While Down

- Pucks are positioned in the slot
- X1 takes a puck and drives around the high, blocker-side pylon before releasing a shot
- G, after making the 1st save must stay down to transport to new position
- X1 after releasing the 1st shot must curl back into the slot and pick up a 2nd puck
- After picking up the 2nd puck X2 will drive around the low, glove-side pylon and release a 2nd shot
- Do a set on one side then reorient the pylons and do a set from the other side

KEY EXECUTION POINTS

- Notice that each of these adjustment-while-down drills involve 2 shots – this is because rebounds are the most common need for adjustment while down
- As C, you should reiterate the fact that when time is available G ought to recover fully, however, there are times when a full recovery is not possible nor wise


5 min

POST-PRACTICE DISCUSSION

1. Review when adjustments while down are necessary and when they are not
2. Review the need to fully recovery when possible as this provides G will a full range of assets from which to respond
3. Review the overall relationship of positioning (i.e. positioning while up drives the success of the 1st save while positioning while down will often drive the success of the 2nd save)

Session Objective(s)

1. Introduce sweep-check tactic
2. Continue to build upon paddle usage with specific behind-the-net focus
3. Continue to develop post integration and tracking skills

5 min

MOVEMENT WARM UP

A. Near-Side Step Outs with Behind-Net Tracking
 G starts on glove-side post. When ready, G will step out to face the glove-side dot. Stop, set. G will return to glove-side post and begin to track laterally across the net. Once at blocker-side post, G will rotate off post and step out to face the blocker-side dot. Stop, set. Return to blocker-side post. Repeat in opposite direction.

B. Near-Side Step Outs with Paddle Down to Post
 As above except now when G begins to track laterally across the goal line towards the blocker-side post, G will drop into a paddle-down position. G will recover and step out to face the blocker-side dot. Stop, set. Return. Repeat in the opposite direction.

KEY EXECUTION POINTS

- G should be simulating a player moving behind the net – this means that G should be looking over the post-side shoulder until ~ half way across before swiveling the head
- Proper post integration is vital whether using a stand-up or paddle-down mode
- G should be using quick, precise edge drives in all movements

5 min

PRIMARY DRILL

Sweep-Check Reps

- Pucks are positioned in the glove-side corner
- X1 will take a puck and drive behind the net and wrap it on the blocker side
- Repeat

KEY EXECUTION POINTS

- When using a sweep check G must read player's commitment to the blocker side
- The move requires a flush-to-ice, extended stick position
- The stick extension is initiated as G drives laterally across the net
- As G comes to the post with speed, the body is anchored accelerating the speed and effectiveness of the sweep check

10 min

SECONDARY DRILL

Sweep Check/Paddle /Down Reps

- Pucks start on the outside hash marks
- X1 takes a puck and drives around the net and wraps it on the far, blocker side
- X1 then moves to the blocker-side hash marks and picks up a 2nd puck
- This time X1 will stop behind the net and set up – X1, after stopping at the mid point can opt to wrap it on either side of the net
- Always start sequences from the glove-side hash marks

KEY EXECUTION POINTS

- G can opt for a sweep check or a paddle-down position on the 1st wrap
- On the 2nd puck, G can opt to paddle down or stand up to handle the set wraparound
- When using a sweep check, G must read the accelerated nature of the wraparound and the player's commitment to the far side

5 min

POST-PRACTICE DISCUSSION

1. Discuss the difference between sweep checking and paddle down
2. Review the difference between set and accelerated wraparounds and how each of the above stick tactics can be used to combat these situations

Session Objective(s)

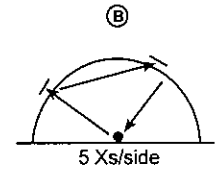
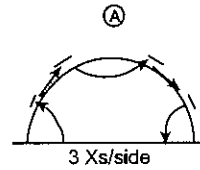
1. Develop efficient perimeter movement
2. Continue development of shot preparation and, specifically, ice awareness
3. Review the relationship between ice awareness and depth adjustment

5 min

MOVEMENT WARM UP

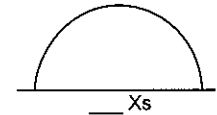
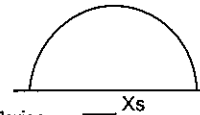
A. Multi-Point Perimeter Work

G starts on the glove-side post. When ready, G steps out to face the glove-side dot. Stop, set. G will then shuffle quickly to face the glove-side point. Stop, set. Move laterally across crease to face the blocker-side point. Stop, set. Move to face the blocker-side dot. Stop, set. Retreat to blocker-side post. Repeat in opposite direction.



B. T-Push Cross-Crease Reps

G starts in middle of goal line. G steps out to face the glove-side dot. Stop, set. G t-pushes across to face the blocker-side point. G returns to start position. Repeat in opposite direction.



KEY EXECUTION POINTS

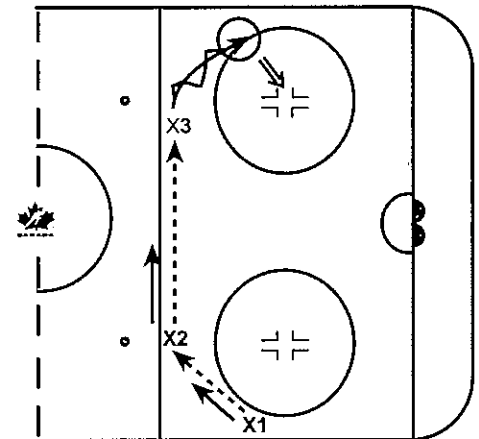
- In each of these drills G should be demonstrating a high chest angle and limited knee flexion
- G should be moving from point to point with quickness and precision
- Each stop and set is vital in order to repetitiously work the edges
- G should be accurate with each depth and angle selection

8 min

PRIMARY DRILL

4-Spot Perimeter Work

- X1 positions at the glove-side half wall
- X2 positions at the glove-side point
- X3 positions at the blocker-side point
- This leaves the blocker-side half wall vacant
- The pattern of movement will involve filling the vacant hole and following one's own pass
- For example, X1 passes to X2 and moves to X2's position, X2 passes to X3 and moves to X3's position, X3 takes puck and drops into vacant half-wall position
- This activity rotates until C calls shot at which time the receiving player will attack the net and shoot



KEY EXECUTION POINTS

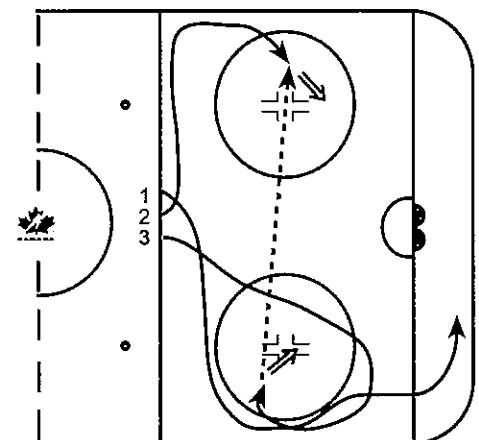
- During this wide, perimeter puck movement G must remain relaxed in the chest and knees
- Assuming excessively rigid positions will limit G's mobility
- G must track the puck's movement with speed and precision

7 min

SECONDARY DRILL

123 Ice Awareness

- 3 players start at the blue line
- 1 player will be designated as the initial puck carrier
- C will call 1, 2 or 3 which will indicate the number of players entering the zone
- If 1 is called, only the puck carrier will enter; if 2 is called the puck carrier plus one will enter, etc.
- When the puck enters the zone, the puck carrier and other attackers must work the zone on the perimeter (i.e. cannot just drive down the slot – see diagram for sample paths)
- When C calls "Go", puck carrier can shoot or, if other attackers are present, can pass for an immediate shot (one pass only)



KEY EXECUTION POINTS

- When the puck is on the perimeter, G should be in a relaxed physical mode
- Being relaxed, G can be more aware of weak-side threats
- If puck carrier is alone in the zone, G should be more aggressive on the shot
- If more than one player is in the zone G must be more conservative

5 min

POST-PRACTICE DISCUSSION

1. Discuss the importance of chest angle (i.e. not excessively low)
2. Review the relationship between excessive chest angle and excessive, premature down movements

GOALTENDER ADVANCED LEVEL PLAN

PHASE: 1

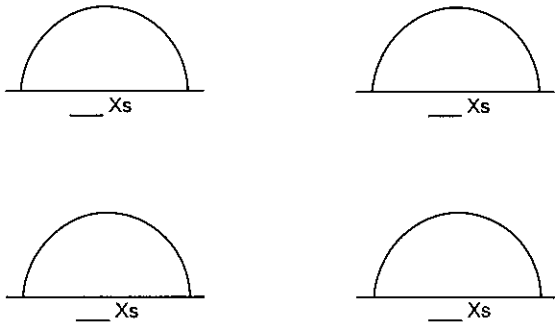
PLAN: 6

DURATION: 20

Session Objective(s)

1. Re run assessment module to confirm G's development position
2. If G is on target, continue with blueprint
3. If significant strength or weakness is identified adjust G's position within the broader system

5 min **MOVEMENT WARM UP**



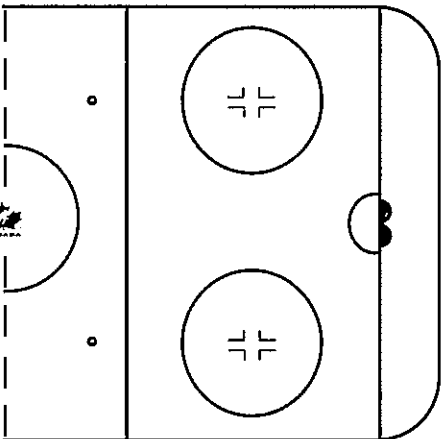
KEY EXECUTION POINTS

5 min **PRIMARY DRILL**



KEY EXECUTION POINTS

5 min **SECONDARY DRILL**



KEY EXECUTION POINTS

5 min **POST-PRACTICE DISCUSSION**

Session Objective(s)

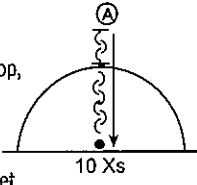
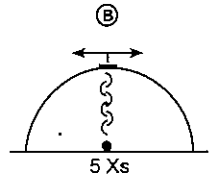
1. Introduce concept of center shifting
2. Introduce the notion of width and how it can be enhanced
3. Review the building of coverage through strong, center-net positioning and wide, body positioning

5 min

MOVEMENT WARM UP

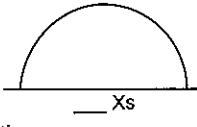
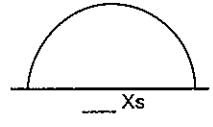
A. 2-Stage Straight Step Outs
 G starts in the middle of the goal line. G sculls out to the top of the crease. Stop, set. G will then slide this position forward to ~ 2' off the top of the crease. Stop, set. G returns to start position. Repeat.

B. Straight Step Outs with Center-Shift Save
 G starts in the middle of the goal line. G sculls out to the top of the crease. Stop, set. G will then execute a half butterfly to the glove side. In doing so, G will apply weight to the opposite-side skate so that the save can be pushed slightly in the direction of the glove side. G recovers. G adjusts to middle position and executes a center-shift half butterfly in the opposite direction. Recover. Return to start position. Repeat.

KEY EXECUTION POINTS

- When center shifting, G must quickly transfer weight onto the non-save skate
- G plants this foot which forces the save movement slightly towards the puck position
- Center shifting builds G's width and improves save compactness since saves are closer to the puck trajectory

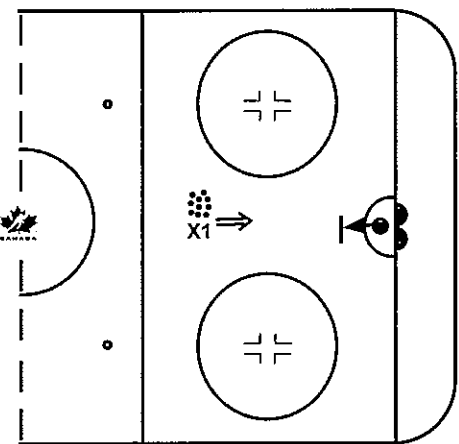



8 min

PRIMARY DRILL

Center-Shift Reps

- Pucks are positioned in the middle of the ice and at a top-of-the-circle distance from the goal line
- X1 will yell "Glove" or "Blocker" and then shoot to this side of the net
- G will shift towards the puck's trajectory using a compact body position
- Repeat randomly calling "Glove" or "Blocker"
- As a variation, do not notify G of shooting target



KEY EXECUTION POINTS

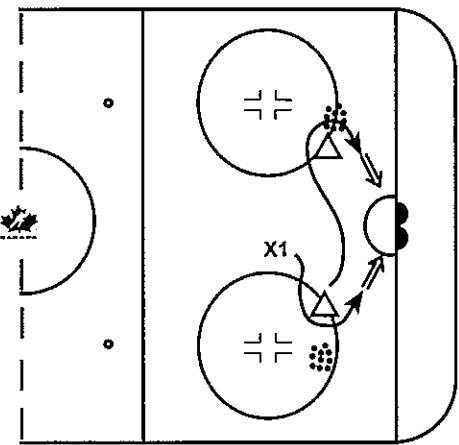
- When center shifting G must be patient for the puck to be released
- G should be concentrating on picking up the puck and visually off X1's stick
- G should be reading, is the puck coming glove side, blocker side or neutral (at G)
- Center shifts are minor lateral moves (~ 4-6")

7 min

SECONDARY DRILL

Body Cradling

- Pylons are positioned as indicated
- Pucks are positioned on the outside of each pylon
- X1 starts in the slot and then quickly moves one way or the other, picks up a puck and releases a shot
- After releasing the 1st shot, X1 will move back through the slot and around the opposite-side pylon, picking up a puck and releasing a 2nd shot
- G must start on the goal line in the middle before the start of each two-shot sequence



KEY EXECUTION POINTS

- G must be centered on the puck if body is to be effective
- G must be compact when going down
- G should allow pucks to come into body (i.e. G should not be making glove and blocker saves when the puck is coming at the body)
- The glove comes up and over the puck when cradling

5 min

POST-PRACTICE DISCUSSION

1. Discuss the value of center shifting
2. Explain the complexities of this skill and the time lag in developing a proper center shift
3. Continue to emphasize center-net position, width development and overall, body usage



GOALTENDER ADVANCED LEVEL PLAN

PHASE: 2

PLAN: 8

DURATION: 20

Session Objective(s)

1. Review PP ramifications and the impact on G's positioning
2. Develop conservative positioning
3. Discuss the need to trust defensive support and systems

5 min

MOVEMENT WARM UP

A. Multi-Point Perimeter Work
 G starts on the glove-side post. When ready, G steps out to face the glove-side dot. Stop, set. G will then shuffle quickly to face the glove-side point. Stop, set. Move laterally across crease to face the blocker-side point. Stop, set. Move to face the blocker-side dot. Stop, set. Retreat to blocker-side post. Repeat in opposite direction.

B. T-Push Cross-Crease Reps
 G starts in middle of goal line. G steps out to face the glove-side dot. Stop, set. G t-pushes across to face the blocker-side point. G returns to start position. Repeat in opposite direction.

(A)

5 Xs/side

(B)

10 Xs/side

5 Xs

10 Xs

KEY EXECUTION POINTS

- In each of these drills G should be demonstrating a high chest angle and limited knee flexion
- G should be moving from point to point with quickness and precision
- Each stop and set is vital in order to repetitiously work the edges
- G should be accurate with each depth and angle selection
- G should be practicing head swivels throughout both drills

10 min

PRIMARY DRILL

Umbrella Drill

- X1, X2 and X3 form an umbrella in the high zone
- A puck will be moved from player to player
- If at any time a one-touch pass is executed the receiving player can one time a shot (this should be done rarely not excessively 10:90 ratio)
- C will call "Shot!" randomly which will signify the last pass and a pending shot
- The two players not shooting will drive the net for rebounds

KEY EXECUTION POINTS

- G should have a mobile stance position
- This stance position should incorporate good chest angle and knee flexion
- G should seek to buy time every time a pass is made – this time can be used to optimize position
- Movements must be quick and precise
- G should maintain conservative position throughout drill

5 min

SECONDARY DRILL

Ice Awareness Drill with Back Door

- X1, X2 and X3 position in the corner, half wall and point positions as indicated
- C positions with X4 on the opposite-side point
- X1, X2 and X3 move the puck as in the primary drill above
- On C's "Shot!" this signifies the last pass and a shot will be taken
- If C taps X4, X4 will drop down weak side
- In the above event, when "Shot!" is yelled the shooting player can opt to shoot or pass to the back-door threat

KEY EXECUTION POINTS

- As above
- G must be aware of back-door threat
- G should have conservative positioning throughout

5 min

POST-PRACTICE DISCUSSION

1. Review PP ramifications
2. Explain to G the number of opportunities to practice PP positioning during the team's broader practice
3. Continue to expand on the importance of shot preparation and ice awareness

Session Objective(s)

1. Continue development of transitional game
2. Improve stick handling and short transitional passing
3. Improve transitional awareness

MOVEMENT WARM UP

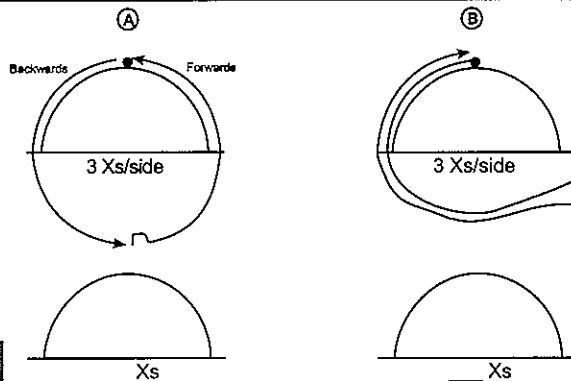
5 min

A. General Stick Handling

G starts at the top of the crease with a puck. G starts by skating backwards in behind the net. Once behind the net, pivot to forward and skate back around the other side and back to the start point. Repeat in opposite direction.

B. Rim Reps with Pylon Mobility

As above except now once behind the net continue to skate backwards around the opposite-side pylon. Pivot to forward as G comes around the pylon. Skate forward with the puck back around the same post and return to start. Repeat in the opposite direction.



KEY EXECUTION POINTS

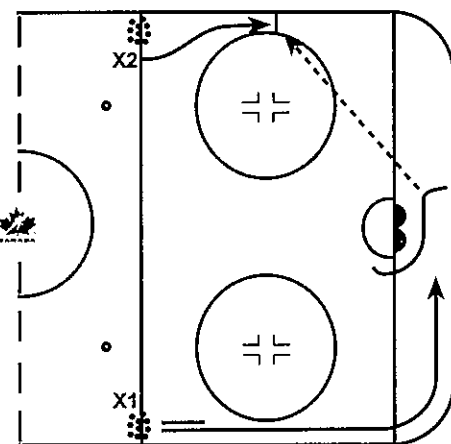
- G should take time to ensure controlled and accurate repetitions
- G should have head up when stick handling
- G should use crossovers and pivots to navigate around turns (i.e. net or pylons)

PRIMARY DRILL

8 min

Rim Reps with Opposite-Side Pass

- Pucks start at the blue line at the boards
- X1 positions on one side and X2 positions on the other
- X1 rims a puck into the zone
- G must take control of rim and fade backwards towards X2's side of the ice
- X2 will have dropped down low to receive a pass
- If G does not handle rim or make pass effectively, X1 and X2 can attack the net at will



KEY EXECUTION POINTS

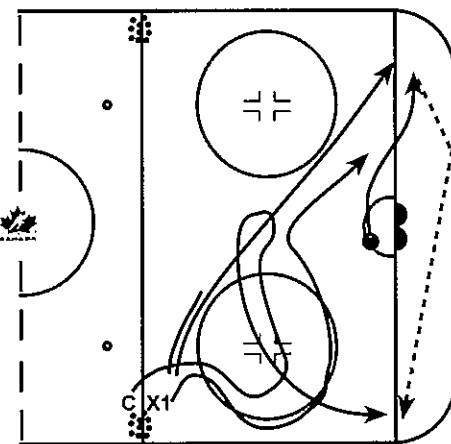
- G must get to puck quickly and under control
- G should be showing awareness before rim is stopped
- G can take puck in motion fading to passing side of the ice
- This fade motion will ensure that G has net between the puck position and fore check
- Passes should be firm and on the tape

SECONDARY DRILL

7 min

Transitional Awareness

- X1 dumps puck cross corner
- G must go out and retrieve puck
- C will drift into the zone with X1 mirroring C's movement
- When ready, C will move quickly to an open area of ice (e.g. puck-side half wall or far-side corner)
- As soon as C increases pace, X1 can attack G's puck position
- G must make play to C



KEY EXECUTION POINTS

- G must retrieve puck quickly and under control
- G must show early awareness of support and pressure
- G should have head up while moving with puck
- G should retrieve puck and have motion back towards the protection of the net
- G can make a direct pass to C or move the puck to open, logical ice

POST-PRACTICE DISCUSSION

5 min

1. Review importance of basic skating and stick handling in G's transitional development
2. Explain the next rung of transitional development includes strong awareness, communication, mobility and confidence
3. Explain that confidence is derived from strong skill development

GOALTENDER ADVANCED LEVEL PLAN

PHASE: 2

PLAN: 10

DURATION: 20

- Session Objective(s)
1. Review horizontal angles and assess development
 2. Review depth positioning and progress
 3. Review basic body positioning

5 min

MOVEMENT WARM UP

A. Straight Step Outs

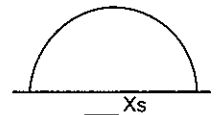
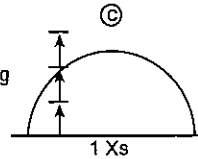
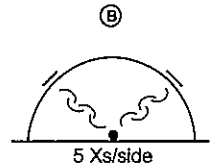
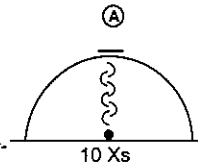
G starts on middle goal line position. G quickly sculls out to the top of the crease. Stop, set. G returns to start position. Repeat.

B. Angle Step Outs

As above but G alternates between sculling to face glove-side dot and blocker-side dot.

C. Shuffle Starts and Stops

G starts on goal line facing the glove-side boards. G will begin by shuffling quickly towards the blue line. After 3 shuffle steps. G should come to a quick stop. Stop, set. G should continue this pattern all the way to blue line. G, facing the same boards, can then return the starts and stops back to the goal line.



KEY EXECUTION POINTS

- G should concentrate on pushing the boundaries of their speed and control
- When shuffling, the upper body and stick should remain stable
- Each time G comes to a stop, G should hold for a count of 2

8 min

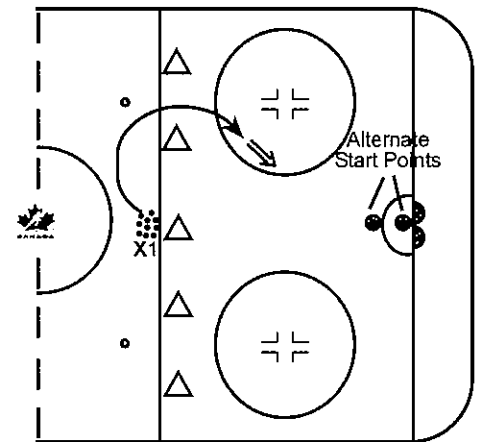
PRIMARY DRILL

Angle Assessment

- 5 pylons are positioned across the inside of the blue line
- X1 will take a puck and randomly select a pylon to drive around
- Once around the pylon, X1 should take a couple of strides directly towards the net and release a shot
- G should start one set (i.e. 10 reps) from a middle goal line position then a 2nd set from a top-of-the-crease position
- X1 should randomly select a pylon each time

KEY EXECUTION POINTS

- G should demonstrate good angle selections from either a middle goal-line start or a top-of-the-crease start
- Once around the pylon, G should seek to optimize position on X1 (i.e. angle, depth or body adjustments as required)
- With good angle work, G should have a high proportion of body saves



7 min

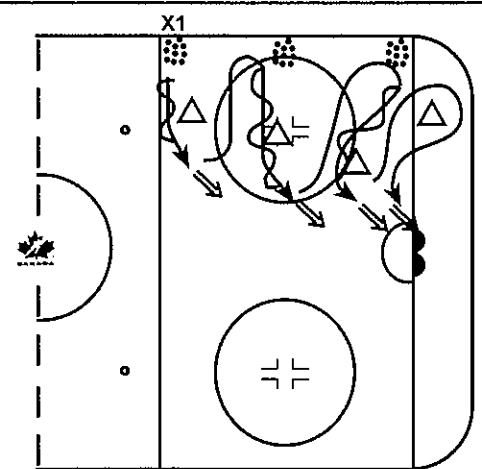
SECONDARY DRILL

Body and Depth Adjustments

- Pucks are positioned at the point on the boards, at the outside hash marks and in the corner
- X1 will drag a puck across the point and release a shot
- X1 will then hustle to the hash mark pucks, pick one up and drag the puck to the middle and around the 2nd pylon before releasing a shot
- X1 will then drive down to the corner and around the low pylon before walking the puck out and releasing it
- Work a set from one side and then the other

KEY EXECUTION POINTS

- G should be relaxed during the perimeter movement and progressively more intense with the body position as the puck gets closer
- G should be most aggressive on the mid-zone shot



5 min

POST-PRACTICE DISCUSSION

1. Review G's fundamental positioning
2. Remind G of the importance of maintaining strong basic positioning
3. Remind G that good positioning is predicated upon strong PSM

Session Objective(s)

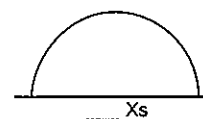
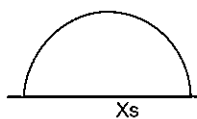
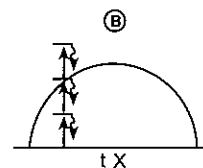
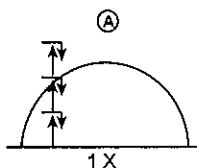
1. Introduce new rebound-control concepts
2. Review the relationship between shot preparation and first-save control
3. Introduce pad angling and same-side control

5 min
MOVEMENT WARM UP
A. Shuffle Starts and Stops with Stepback

G starts on goal line facing the glove-side boards. G will begin by shuffling quickly towards the blue line. After 3 shuffle steps, G should come to a quick stop and then take a step back in the opposite direction. Stop, set. G should continue this pattern all the way to blue line. G, facing the same boards, can then return the starts and stops back to the goal line.

B. Shuffle Starts and Stops with Opposite 1/2 Butterfly

As above except instead of taking a quick step back in the opposite direction, G will execute a quick, controlled 1/2 butterfly in the opposite direction. Recover. Repeat to blue line and back.


KEY EXECUTION POINTS

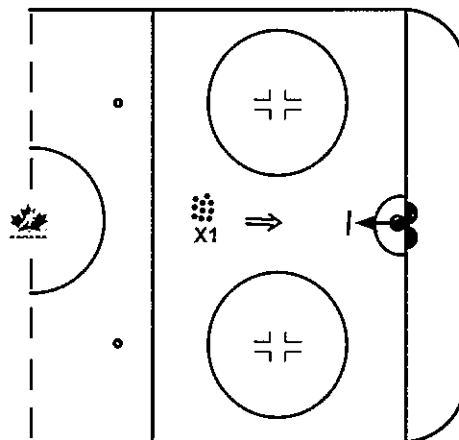
- When shuffling G should have a stable upper body and stick position
- It is imperative that the stops (prior to step back or opposite 1/2 butterfly) bring G to full stop otherwise the lateral movement will pull G's body away from the puck trajectory

8 min
PRIMARY DRILLS
Pad-Angling Basics

- G starts on goal line
- X1 positions with pucks in the high slot (~ top-of-the-circle distance from goal line)
- On C's "Go", G will step out to the top of the crease and set
- Once set, X1 can release a shot to the corner (~ 6-18" off the ice)
- Work the glove side repetitiously then the blocker side
- In the 3rd set, X1 can shoot randomly to either side

KEY EXECUTION POINTS

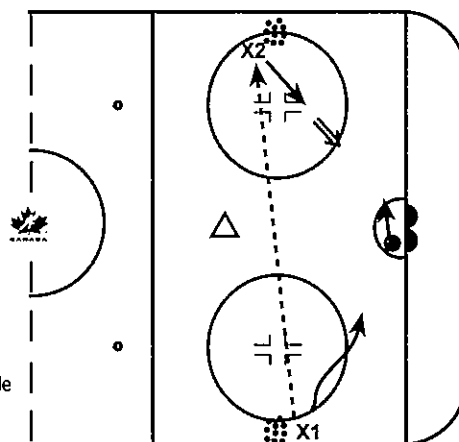
- When angling pucks to the corner, G must have strong position
- A strong, set combination of angle, depth and body should allow G to make a controlled save
- G must be patient to respond (i.e. puck must have left X1's stick before a response can be formulated)
- Pads should be angled slightly back towards the desired corner


7 min
SECONDARY DRILL
Same-Side Rebound Control

- Pucks start on the outside hash marks
- X1 positions on one side while X2 positions on the other side
- X1 passes cross ice to X2
- X2 takes pass, strides towards the net and releases an angle shot
- X1, meanwhile, will slide towards the far side looking to pick up a rebound
- A pylon is positioned in the middle of the ice as indicated
- If the rebound off the initial shot crosses the mid point of the ice (designated by the pylon), the weak-side player can play it
- If the rebound is maintained on the same side of the ice as the original shot then the play is dead

KEY EXECUTION POINTS

- G must be square to the puck position to ensure same-side control
- Cheating with squareness will always put pucks into the slot or to the more dangerous far side
- In order to have strong squareness on angle shots, G must trust defensive support
- G should have awareness of weak side
- G should be conservative due to weak-side threat


5 min
POST-PRACTICE DISCUSSION


1. Review the five rebound-control options (@ body, over glass, to corner, same-side in front and opposite-side in front)
2. Review why G does not want to put pucks into areas in which current angle, depth and body positions are weak (thus, putting pucks back at the initial shooter is superior to putting it to the weak side where positioning is poor)

- Session Objective(s)
1. Breakaway responses
 2. Playing 1 on 1

5 min **MOVEMENT WARM UP**

A. Straight Step Out with Breakaway Response
 G starts at the middle of the goal line. G sculls out to the top of the crease. Stop, set. G will then slide out further (1/2 way to hash marks) as though playing a breakaway. Stop, set. G begins to scull backwards and as G approaches the crease, G will pivot and drive a lateral slide on an angle back to cut off the short side. Recover. Return to start point. Repeat.

B. Double Step Out with Lateral Adjustment
 G starts in the middle of the goal line. G sculls out to the top of the crease and sets. G then slides out ~2' from the top of the crease. Stop, set. G will then shuffle laterally, maintaining depth until in line with the glove-side dot. Return to start point. Repeat.



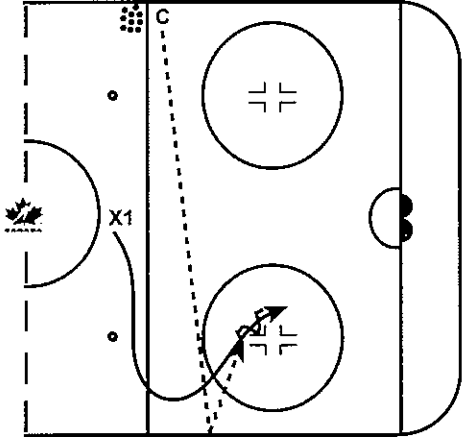
KEY EXECUTION POINTS

- All outward moves should be quick but with relaxed chest and knee flexions
- G must convert backward momentum into a strong, angular lateral slide
- G must be able to drive this move fully back to seal off all net
- This slide should be made back across the top of the crease

7 min **PRIMARY DRILL**

Random Breakaways

- C starts with pucks on the boards at the blue line
- C will randomly chip pucks into the middle of the ice
- X1 will skate into puck and attack the net



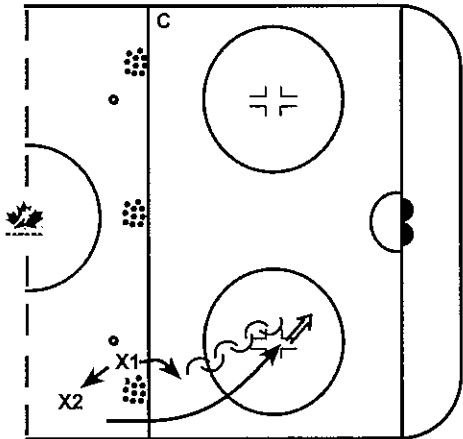
KEY EXECUTION POINTS

- G should step out to encourage a deke
- G must then time retreat so that the deke is executed as G arrives at the top of the crease
- G must be patient to fight through deke and then, once X1 commits to a direction, to convert backward momentum into a strong lateral- slide move to cut off the short side

8 min **SECONDARY DRILL**

Multi One on One

- Pucks are positioned at the neutral-zone dots and in the middle
- X1 chips a puck up to X2 who then breaks down the boards and releases a shot
- X1 plays passive, but proper, defense on the outside drive
- The next sequence will start in the middle, X1 chips to X2 who attacks directly at X1 and then breaks either way and releases a quick shot
- The next sequence starts on the opposite side and has the same pattern as the 1st sequence



KEY EXECUTION POINTS

- On one-on-one attacks, G should be aggressive but less so than breakaways since one on ones are not typically straight-line attacks (i.e. forward must break outside to beat defense)
- G must be aware of defensive support - if strong, G should be able to hold depth; if weak, G should play as a breakaway

5 min **POST-PRACTICE DISCUSSION**

1. Review offensive options during single-player attacks (i.e. shot or deke)
2. Review defensive responsibilities (where applicable)
3. Review G's tactical approach on breakaways and one on ones

- Session Objective(s)**
1. Introduce multi-player attack tactics
 2. Review differences between 2 on 1s and 3 on 2s

5 min

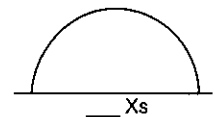
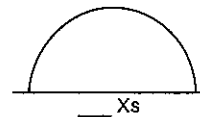
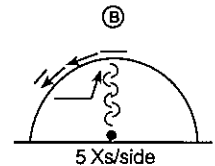
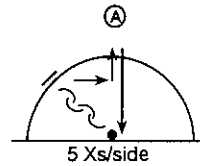
MOVEMENT WARM UP

A. Crown Drill

G starts in middle of goal line. G steps out to face the glove-side dot. Stop, set. G quickly pivots and shuffles to the middle of the crease. Stop, set. G sculls out to the top of the crease. Stop, set. G retreats back to the start point. Repeat in opposite direction.

B. Arrow Drill

G starts in middle of goal line. G sculls out to the top of the crease. Stop, set. G pivots and shuffles towards the middle of the crease and without setting quickly sculls back out to the top of the crease. Stop, set. G now pivots in the opposite direction and shuffles to face the blocker-side dot. Stop, set. G pivots and shuffles towards the middle of the crease and without stopping sculls out to the top of the crease. Stop, set. Repeat.



KEY EXECUTION POINTS

- These drills combine a variety of PSM
- G should be linking each move with a strong stopped and set position
- G should work to keep the upper body and stick stable throughout
- Pivots should be made accurately to ensure G's movements are aimed properly

8 min

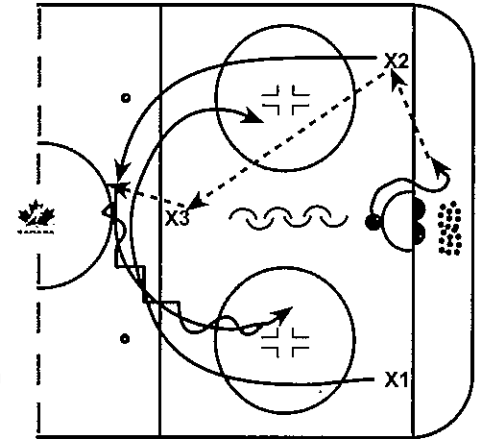
PRIMARY DRILL

2-on-1 Breakout

- Pucks start behind the net
- X1 and X2 position in opposite corners
- X3 positions at blue line
- G starts drill at top of the crease
- On C's "Go", G will step in behind the net and make a pass to either X1 or X2
- The receiving player will relay the puck to X3 who will chip the puck to either side for pick up by X1 or X2
- X1 and X2 then cross and attack back on X3, 2 on 1

KEY EXECUTION POINTS

- G should move fluidly to the back of the net and make a firm, accurate pass
- As the play forms, G should be initially relaxed and should establish conservative position
- G must be aware of both weak-side offensive support and defensive support
- G must track a tight angle and can have some additional depth for the purpose of a momentum build (in the event of a cross-ice pass)


7 min

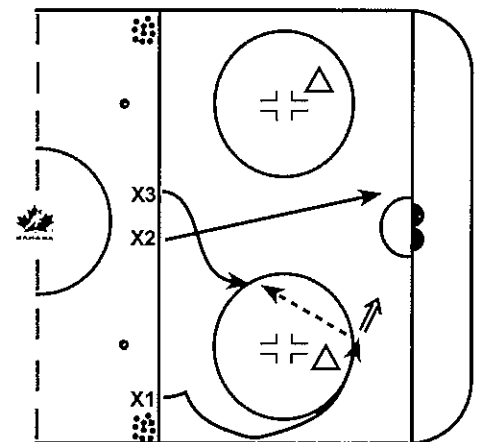
SECONDARY DRILL

Offensive Triangulation

- Pucks start at the point on the boards
- Pylons are positioned – as indicated
- X1 starts with a puck while X2 and X3 position at a middle, blue-line position
- X1 drives down the boards with a puck
- Simultaneously, X2 will drive the net and X3 will buy time and support X1 in the high slot
- X1 can shoot, X1 can pass to X2 or X1 can pass to X3 (the bulk of the plays should be back to X3)
- The passes cannot happen until X1 is around the pylon

KEY EXECUTION POINTS

- Again, G must be initially relaxed and progressively more intense as the attack forms
- G must be very aware of the other attackers
- G should be conservative so that G is versatile to handle any offensive option
- G must remain square to the puck at all times and not cheat to the weak side


5 min

POST-PRACTICE DISCUSSION


1. Review multi-player attack tactics
2. Compare multi and single-player attack tactics
3. Impress C's desire to see G consciously handling each rush category distinctly in future practices

- Session Objective(s)
1. Introduce blocking tactics formally
 2. Distinguish between G's reacting responses and blocking responses
 3. Review the benefits of each realm

5 min **MOVEMENT WARM UP**


A. Angle Step Outs with Butterfly
 G starts in the middle of the goal line. G sculls out to face the glove-side dot. Stop, set. G drops into a butterfly. Recover. Return to start position. Repeat in opposite direction.

B. Angle Step Outs with Butterfly Plus
 As above except after butterfly drop, G will drive this down position into the middle of the crease. Recover. Return to start position. Repeat in opposite direction.



KEY EXECUTION POINTS

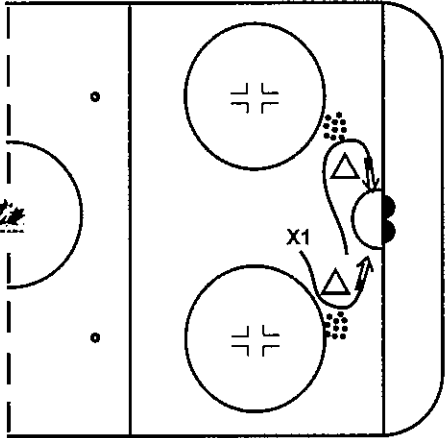
- The butterfly is considered a blocking tactic
- When using a butterfly, G must be fully stopped and set
- When down G can hold the down position for a couple of seconds to examine the compactness, width and uprightness of the down position



10 min **PRIMARY DRILL**

Figure 8 Drill

- Pylons are positioned as indicated
- Pucks are positioned on the outside of each pylon
- X1 starts in the slot and moves quickly around either pylon and releases a shot
- X1, after shooting, will quickly dash back through the slot and around the 2nd pylon
- X1 will pick up a puck at this point and release a 2nd shot



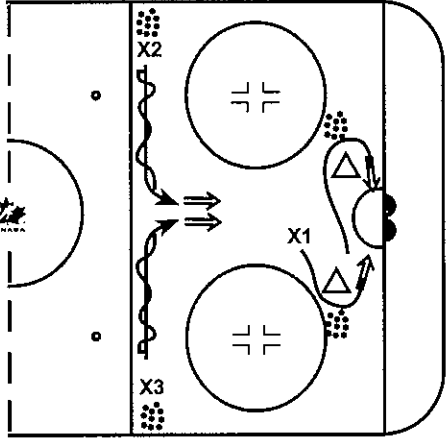
KEY EXECUTION POINTS

- The butterfly is considered a blocking tactic
- The butterfly requires outstanding position to be effective
- The down body unit should be compact, wide and upright
- In order for G to get into position consistently, G must have outstanding PSM

5 min **SECONDARY DRILL**

Figure 8 with Point Reaction

- As above but after X1's 2nd shot, C will call "Go"
- On this call, X2, at the point, will drag a puck across the point and release a shot with X1 screening or deflecting
- On C's next "Go", X3 will begin to walk to the middle and release a final shot
- On this final shot, X1 does not screen or deflect but rather allows G to handle the perimeter shot without complication



KEY EXECUTION POINTS

- As above except as soon as the shots come from the point, G is to relax again
- G should be blocking the 2 low shots (i.e. Figure 8) and reacting to the point shots
- Therefore, G will drop as the shot is released in the case of blocking and after the release in the case of reacting

5 min **POST-PRACTICE DISCUSSION**

1. Review blocking and reacting modes
2. Review the benefits of each and how interacting the two is a governing approach of leading goaltenders
3. Review the release timing (as released for blocking and after release for reaction)

Session Objective(s)

1. Focus in on correct butterfly usage and technique
2. Continue development of blocking and reacting balance
3. Introduce the relationship between blocking and vision

5 min

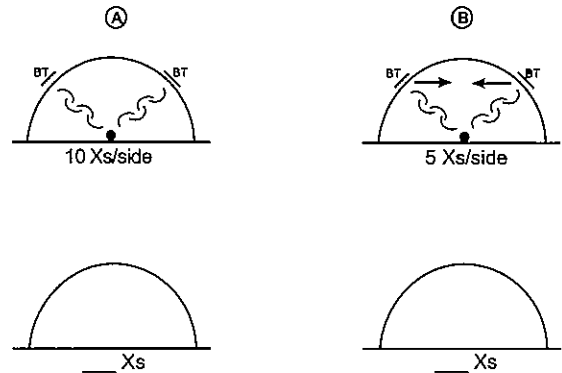
MOVEMENT WARM UP

A. Angle Step Outs with Butterfly

G starts in the middle of the goal line. G sculls out to face the glove-side dot. Stop, set. G drops into a butterfly. Recover. Return to start position. Repeat in opposite direction.

B. Angle Step Outs with Butterfly Plus

As above except after butterfly drop, G will drive this down position into the middle of the crease. Recover. Return to start position. Repeat in opposite direction.



KEY EXECUTION POINTS

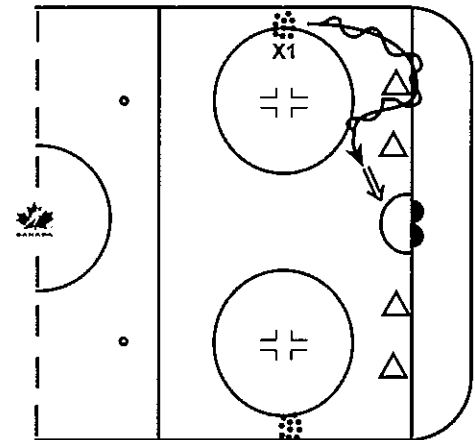
- When using a butterfly, G must be fully stopped and set
- When down G can hold the down position for a couple of seconds to examine the compactness, width and uprightness of the down position

10 min

PRIMARY DRILLS

Walkouts with Butterfly

- Pucks start at the outside hash marks
- X1 takes a puck and skates into the corner and then under and through the indicated pylons
- This should place X1 in close proximity to the net and in a logical position for G to work on butterfly usage
- Work one side repetitiously and then the other



KEY EXECUTION POINTS

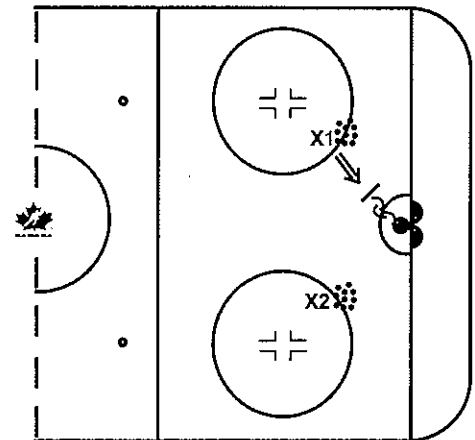
- The butterfly must be compact, wide and upright
- The timing of the down move is once X1 has committed to both the shot release and the angle
- G must recognize that butterfly usage is directly correlated with strong position (i.e. angle, depth and body)

5 min

SECONDARY DRILL

Butterfly Repetitions

- Pucks are positioned in the low circle region
- G starts in the middle of the goal line
- X1 and X2 position at the pucks
- G starts by stepping out to the top of the crease to face X1; G should stop and set before a shot is released by X1
- Alternate sides



KEY EXECUTION POINTS

- When doing this drill it is imperative that G comes to a complete set position
- Watch G's timing – a premature drop will allow X1 to change shooting angle and a late drop will provide access under G
- Watch G's response after the puck makes contact – G should have a dynamic visual response to the puck – while the body is not reacting during the save, the eyes must react

5 min

POST-PRACTICE DISCUSSION

1. Review the timing aspect of butterfly usage
2. Reiterate the importance of training the eyes to visually track the puck at all times (it is a skill that can be practiced thousands of times over the course of the season)

- Session Objective(s)
1. Review butterfly usage
 2. Introduce paddle-down tactic, formally
 3. Continue development of blocking and reacting balance

5 min **MOVEMENT WARM UP**

A. Paddle-Down to Post Reps
 G starts in middle of goal line. G drives to glove-side post with a paddle-down position. Next, G recovers and shuffles back to the mid point. G drives a paddle-down position to the blocker-side post. Recover. Move to middle. Repeat.

B. Lateral Tracking with Paddle
 G starts on the glove-side post. G drives laterally across the net with a paddle-down position on the blocker side. G rotates square to the face-off dot. G steps out while down. G then moves the paddle-down position around the arc of the crease until G arrives at the glove-side post. Recover. Shuffle to blocker-side post and repeat in opposite direction.

(A)

10 Xs/side

(B)

3 Xs/side

— Xs

— Xs

KEY EXECUTION POINTS

- Paddle must be firm to the ice whenever in a paddle-down position
- This is similar to the blade of the stick – stick positions regardless of blade or paddle use should always have a firm characteristic
- Make sure G has good post integration when using a paddle down move

15 min **PRIMARY DRILLS**

Wraps with Subsequent Point Attack

- Pucks are placed behind the net
- X1 starts the drill by taking a puck and wrapping it to one side of the net
- As soon as X1 completes the 1st wrap, X1 hustles back behind the net to grab a 2nd puck to wrap on the opposite side
- As soon as the 2nd wrap is complete, X1 will carry on to the front of the net and establish low traffic (top of the crease) in front of G
- On C's "Go", X2 will drag a puck into the middle of the ice and release a point shot
- Next, C will feed a 2nd puck to X2 who will send a 2nd point shot low at the net (on this 2nd point shot G cannot get up – it must be battled from a paddle-down position)

KEY EXECUTION POINTS

- G must track the player visually behind the net
- G should have proper post integration when using the paddle
- G must battle for a sight line on both point shots
- Despite vision, G may opt for a paddle-down approach to the unknown trajectory of the puck (i.e. possible deflection)
- On the last puck, all drill participants should battle a single rebound

5 min **POST-PRACTICE DISCUSSION**

1. Review the paddle-down tactic
2. Review usage of the butterfly versus the paddle-down position
3. Review the 3 characteristics which suggest a blocking approach: (a) the play is tight to the net (b) G is unsure of the puck's trajectory and/or (c) G has limited time to react

Session Objective(s)

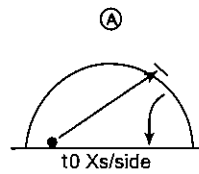
1. Continue to develop balance of both blocking and reacting games
2. Impress benefits of both blocking and reacting
3. Rediscover the power and rebound control of a reaction game

5 min
MOVEMENT WARM UP
A. Post-to-Point T-Pushes

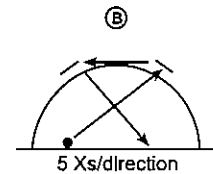
G starts on the glove-side post. G T-pushes out towards the blocker-side point and sets at the top of the crease. G retreats to the blocker-side post and repeats in the opposite direction.

B. X Pattern

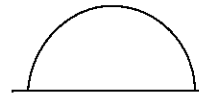
G starts on the glove-side post. G T-pushes out towards the blocker-side point and sets. G T-pushes across to face the glove-side point. G pivots and T-pushes back towards the blocker-side post. Repeat in the opposite direction.



10 Xs/side



5 Xs/direction



___ Xs



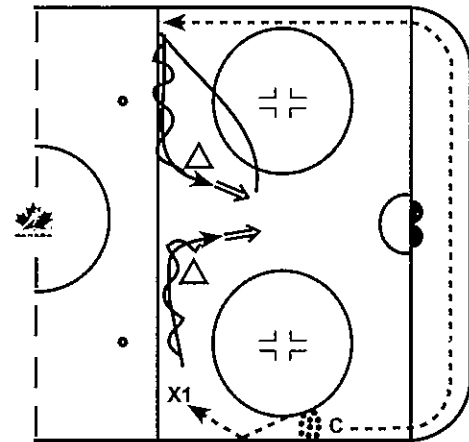
___ Xs

KEY EXECUTION POINTS

- When T-pushing it is important to stay low so a full extension can be provided
- Despite the exaggerated movement of a T-push, the upper body can remain stable (as can the stick)
- G should seek to be very accurate with hitting angle and depth targets

10 min
PRIMARY DRILL
Reaction Reps

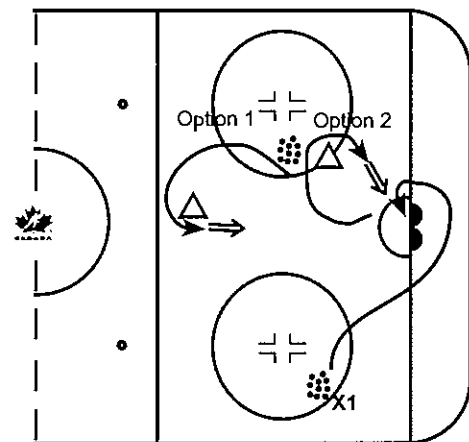
- Pucks are positioned with C at the glove-side hash marks
- Pylons are positioned as indicated
- C board passes to X1 who drags a puck into the center and releases a long, hard shot
- Next, C hard rims a puck around the boards to the far side; X1 must hustle to keep the puck outside and then drag it to the center for another long, hard shot.
- Work one side repetitiously and then the other.


KEY EXECUTION POINTS

- G must track the puck properly throughout its movement
- G must be patient for X1 to release the shot and then react accordingly
- Given the distance of these shots, G should have strong rebound control

5 min
SECONDARY DRILL
Multi Block/React

- Pucks are positioned on the face-off dots
- X1 starts by driving a puck in behind the net with a wrap on the far side
- As soon as this is complete X1 will proceed in between the next two pylons opting to drive back around the 1st one or around the 2nd one
- Once around the pylon, G should stride towards the net and release the shot
- Alternate sides


KEY EXECUTION POINTS

- This drill should incorporate paddle-down usage (i.e. wraparound), butterfly usage if X1 drives around the low pylon or a reaction if X1 drives around the 2nd pylon
- Always try to work a combination of blocking and reacting to preserve the right balance
- Review the importance of timing and blocking

5 min
POST-PRACTICE DISCUSSION

1. Continue to discuss the notion of when to react and when to block
2. Review benefits of blocking (improved save success, maximum net coverage, etc.) and reacting (improved save success, rebound control)
3. Caution G on finding the right balance – as excessive blocking and excessive reactions can be highly detrimental to personal and team success

- Session Objective(s)
1. Continue development of the paddle-down tactic
 2. Refine paddle use with focus on point attacks
 3. Continue development of block/react balance

5 min

MOVEMENT WARM UP

A. Net Circles
G starts on top of the crease with a puck. When ready, G will skate backwards around the glove-side post and behind the net. G will transition skate pivoting forward to skate back around the blocker-side post and back to the start. Repeat in opposite direction.

B. Side-Net Puck Retrieval
Pucks start at the side of the net ~ 15' away and behind the goal line. G starts at the top of the crease. When ready, G will hustle out to the left puck and transition skate around it and then forward stride behind the net to pick up the 2nd puck. Once the 2nd puck is under control G must square up to the 1st puck (still in original position) then rotate back and pass the 2nd puck to the nearside hash marks. Repeat in opposite direction.

(A)

(B)

KEY EXECUTION POINTS

- This is 1st of 2 practices with the same movement/stick handling warm up so G should take time to do these sets properly
- Of particular emphasis is G's desire to stay square with up ice
- G's ability to see what is coming is vital to transitional success
- Again, G should be stick handling with the head up

10 min

PRIMARY DRILLS

Deflection/Screen Combo

- Pucks start behind the net
- Pylons are positioned as indicated
- X1 board passes to X2
- If X1 comes out from behind the net on the same side as the board pass then X2 drags the puck past the 1st pylon and releases a shot with X1 screening/deflecting
- If X1 steps around the opposite-side post, X2 must skate the puck around the far-side pylon before releasing a shot; in this case, X1 will again battle G for position
- Alternate sides

KEY EXECUTION POINTS

- G must be aware of X1's positioning
- G should start with proper position on the puck behind the net
- G must battle for a sight line before opting for either a butterfly or paddle-down position
- G must be compact in down position and then should battle 1 rebound with X1

5 min

SECONDARY DRILL

Mid/Low Redirections

- Pucks start inside the circle near the inside hash marks
- X1 passes a puck to X2 who is stationed in the mid point
- X1 then opts to curl high around the puck pile or low around the puck pile
- In either event, X2 waits for X1 to begin curling into a deflection position and fires a low shot so that X1 may redirect
- Work 1 side repetitiously then the other

KEY EXECUTION POINTS

- G starts positioned square to X1
- G must be aware of X1's movement
- If X1 goes high then G should try to be patient and wait for the redirection – G should be able to react to the redirected puck
- If X1 goes low then G can pivot and drive a blocking position tight to the redirection

5 min

POST-PRACTICE DISCUSSION

1. Review development progress
2. Review progress in developing both the blocking and reacting sides of G's game

Session Objective(s)

1. Continued transitional development
2. Specific focus on outside-net mobility, use of the net and poise

5 min

MOVEMENT WARM UP

A. Net Circles
G starts on top of the crease with a puck. When ready, G will skate backwards around the glove-side post and behind the net. G will transition skate pivoting forward to skate back around the blocker-side post and back to the start. Repeat in opposite direction.

B. Side-Net Puck Retrieval
Pucks start at the side of the net ~ 15' away and behind the goal line. G starts at the top of the crease. When ready, G will hustle out to the left puck and transition skate around it and then forward stride behind the net to pick up the 2nd puck. Once the 2nd puck is under control G must square up to the 1st puck (still in original position) then rotate back and pass the 2nd puck to the nearside hash marks. Repeat in opposite direction.

KEY EXECUTION POINTS

- Again, G should be square with up ice
- G should be stick handling with the head up
- As the 2nd consecutive practice, G should increase the speed with which the drills are executed

5 min

PRIMARY DRILLS

Rim with Figure 8

- Pucks are rimmed into the zone
- Pylons are positioned as indicated
- G retrieves puck and then transition skates around the two pylons following a Figure-8 pattern
- Once the pattern is complete, G can position to pass the puck back to C
- Work 1 side repetitiously then the other

KEY EXECUTION POINTS

- G retrieves puck with speed and quickness
- G should practice awareness by looking at C before the rim is stopped
- Once into the Figure-8 pattern, G should remain positioned so that up ice is easily visible
- Stick handling should be done with the head up

10 min

SECONDARY DRILL

On-Net Dumps with Go Behind

- X1 starts with pucks just outside the blue line
- C stations next to X1
- X1 dumps the puck directly onto G
- G controls puck and then takes it behind the net
- X1 pressures the puck position while C moves into the zone as support for G
- G, when the time is appropriate, passes to C

KEY EXECUTION POINTS

- As above
- G uses the net as a decoy and forces X1 to choose one direction or the other
- When X1's direction has been selected, G can opt for the other side of the net to make the outlet pass
- Passes should be firm and on the tape
- If no direct pass is available G can move the puck to logical open ice

5 min

POST-PRACTICE DISCUSSION

1. Review transitional development and highlight key strengths and areas needing continued refinement
2. Encourage G to get out of the net in games to field and handle pucks
3. Encourage G to use all opportunities in practice to field dump ins and to be creative with responses without fear of making mistakes

Session Objective(s)

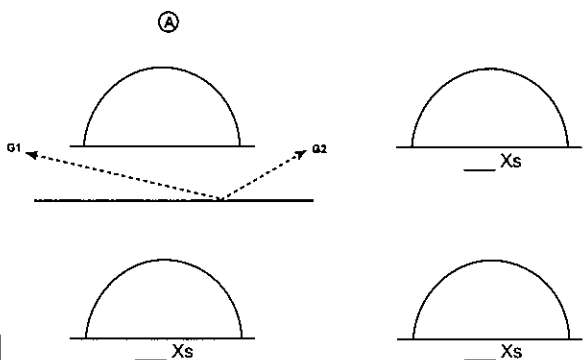
1. Continued transitional development
2. Introduce notion of short transition (i.e. transitioning the puck below the hash marks)
3. Develop use of the boards as a method of improving passing lanes

5 min

MOVEMENT WARM UP

A. Partner Board Passing

1 G positions behind the goal line on 1 side of the net while the other mirrors this on the other side. G1 passes to G2 using a board pass (i.e. 1 bank off boards to target – not a rim). G2 repositions body to receive pass and once under control board passes back to G1. Repeat repetitiously.



KEY EXECUTION POINTS

- When making board passes G should understand that at times the pass must hit the boards closer to the originating position and, at times, further from the originating position depending on both players' proximity to the boards and each other
- Passes should be low, firm and on target

10 min

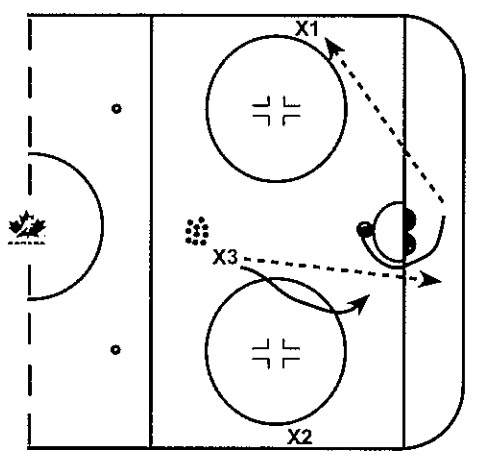
PRIMARY DRILLS

3-Person Keep Away

- X1, X2 and G are on one team
- X3 is the fore checker
- X3 dumps a puck in behind the net
- G retrieves the puck
- X1 and X2 move around the low zone (i.e. inside the hash marks) to support G
- G moves puck to either player
- X1 and X2 cannot pass between one another; instead, X1 and X2 must pass to G who can then relay the puck to the other player
- X3 tries to intercept the puck and take control (the last player – X1 or X2 – to touch the puck will become the next fore checker)

KEY EXECUTION POINTS

- G must handle dump with quickness and control
- G should be aware of X1 and X2 support and, at the same time, X3's pressure
- G should be stick handling with the head up
- G can use direct or board passes to get pucks to X1 and X2 but not rims
- G should be mobile, use the net effectively and demonstrate poise



5 min

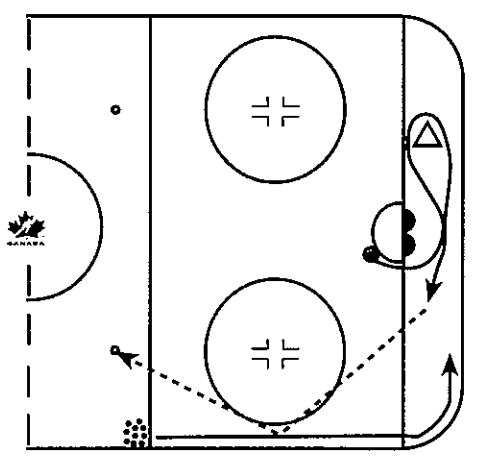
SECONDARY DRILL

Outside-Net Mobility with Clearing Shot

- Pucks are positioned outside the blue line
- Pylon is positioned as indicated
- Puck is rimmed into the zone
- G retrieves puck and then transition skates around the pylon
- Once around the pylon G comes back to the original side of the net and sends a clearing shot off the glass
- Work one side then the other repetitiously

KEY EXECUTION POINTS

- As above
- Clearing shot should be off the glass and as close to the point as possible to make stopping it difficult for the point player
- When releasing a clearing shot, the puck should follow a heel-to-toe release
- G should be using the full body to shoot the puck and not just the arms – this requires a proper transfer of weight



5 min

POST-PRACTICE DISCUSSION

1. Reiterate C's support of G's outside-net involvement
2. Review that G's transitional input is greater over time then the odd mistake which may be made – having C's support is vital to G's transitional development

- Session Objective(s)**
1. Develop positioning on plays released tight to the net
 2. Improve proximity
 3. Improve efficiency of movement on angles

5 min

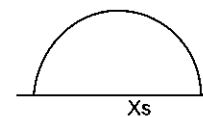
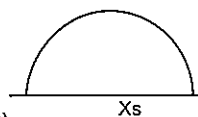
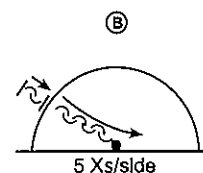
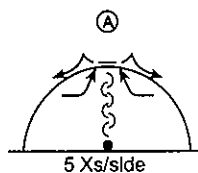
MOVEMENT WARM UP

A. Arrow Drill with Down Move

G starts in middle of goal line. G sculls out to top of crease. Stop, set. Next, G pivots and drives a 1/2 butterfly back on angle so that it is square with the glove-side dot. Recover. Pivot and shuffle towards the middle of the crease before quickly sculling back to the top position. Repeat on the opposite side. Return to goal line.

B. Angle Step Outs with Depth Gain, Build and Lateral Slide

G starts in middle of goal line. G sculls out to face the glove-side dot. Stop, set. G slides out further with ~ a 2' depth gain. Stop, set. G fades back towards the top of the crease and then drives a lateral slide back across the crease cutting off the net on the far side. Recover. Return to start position. Repeat in opposite direction.



KEY EXECUTION POINTS

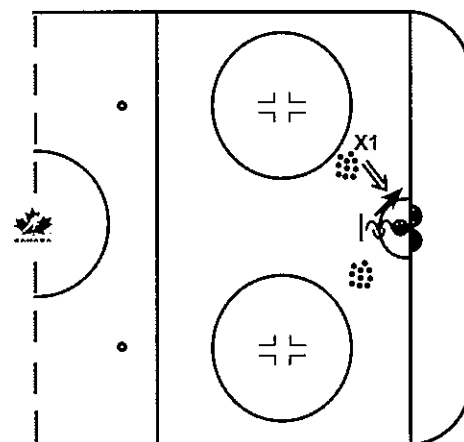
- G should concentrate on moving saves on proper angles (i.e. not parallel to the goal line)
- G should place puck targets in logical positions to represent side-of-net shooters; this will provide a good reference for the squareness of the save movements
- G's stops and sets should be quick and precise and should each have a 1-2 second hold

8 min

PRIMARY DRILLS

Step Outs with Angular Save

- Pucks are positioned on either side of the crease
- G starts in the middle of the crease
- G starts sequence by sculling out to the top of the crease and sets
- Once set, X1 will clap the stick on the ice and then skate into a separated puck (i.e. puck pulled away from the pile so G knows which puck is live)
- Note, X1 must start away from the puck (~5') and then skate into it – this distance allows G to pivot and drive towards the puck
- Work one side then the next repetitiously



KEY EXECUTION POINTS

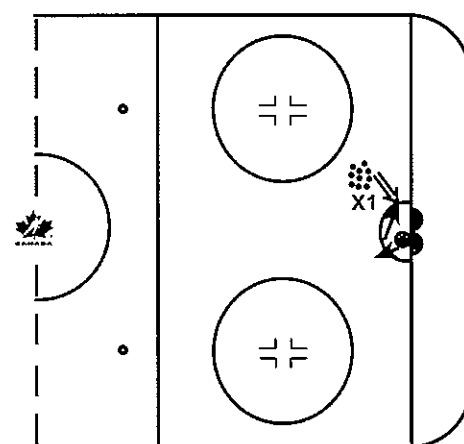
- G should be able to make save as close to the puck position as possible
- G's down move should be compact since there should not be any net available
- G's angular move should be perfectly square to the puck's angle of access
- G should have good body control throughout

7 min

SECONDARY DRILL

Post Step Out with Cross-Crease Lateral Slide

- Pucks are positioned on either side of the crease
- X1 separates a puck so that G can identify the live puck
- G starts on glove-side post and initiates sequence by stepping out to face the glove-side dot and sets
- X1 positions ~10' behind puck
- On X1's stick clap, G will fade and execute a lateral slide fully across the crease to combat the pending shot
- Work one side then the next repetitiously



KEY EXECUTION POINTS

- Once out to the top of the crease, G should gain some additional depth so that the fade back, or momentum build, does not put G too close to the goal line
- G should get head around to identify the puck's position and aim the lateral slide correctly so that it is made in close proximity to the shot release
- Again, compactness is key

5 min

POST-PRACTICE DISCUSSION

1. Review the importance of proximity on shots that are released tight to the net
2. Correlate angular movement and depth (the greater G's ability to move on angles the greater will be G's confidence in maintaining depth in the face of pressure)

GOALTENDER ADVANCED LEVEL PLAN

PHASE: 4

PLAN: 22

DURATION: 20

Session Objective(s)

1. Develop G's ability to combat broken plays, scrambles, etc.
2. Introduce and differentiate between correct bottom-up coverage builds and incorrect top-down builds
3. Improve G's ability and desire to compete to stop every puck

5 min

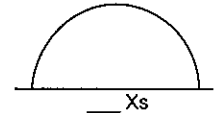
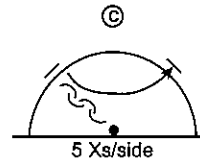
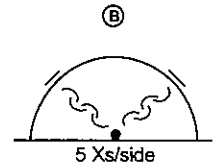
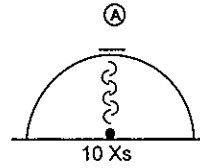
MOVEMENT WARM UP

A. Angle Step Out with Butterfly

G starts in the middle of the goal line. G sculls out to face the glove-side dot. Stop, set. G drops into butterfly. Recover. Return to start. Repeat in opposite direction.

B. Angle Step Out with Butterfly and Bottom-Up Build

As above except this time place a puck 2/3rds of the way to the top of the crease (as indicated). After butterfly drop, G should stay down and build coverage on the middle puck. This can be done in a number of ways (e.g. swivelling body so stick paddle can be slid outward towards the puck or, perhaps, rotating backwards and around bringing the paddle into close proximity to the puck position). G can be creative to handle this any way G likes. Recover. Return to start. Repeat in opposite direction.



KEY EXECUTION POINTS

- When competing to stop a tough shot, G does not always have the best position
- In these cases, G should use the following protocols: (a) build coverage from the bottom up – this assumes the player will shoot the puck low (b) get good proximity with the stick, glove or pad – good proximity can cover the entire net even with a relatively small blocking area
- G should be creative – sometimes there isn't a perfect technical response

8 min

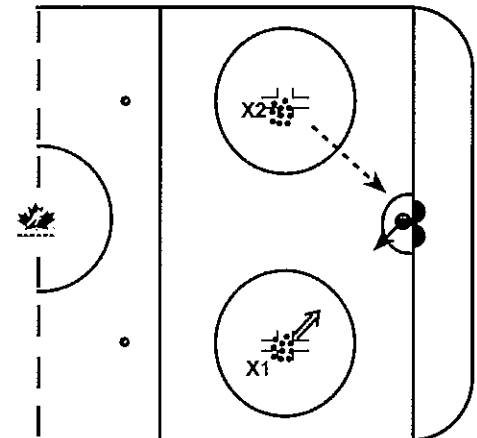
PRIMARY DRILLS

Bottom-Up Builds I

- Pucks start on the face-off dots
- X1 starts by shooting a puck low to the far side
- As soon as G makes the save, X2 will slide a puck along the ice towards the middle of the net
- G, after making the 1st save, must dynamically respond with a bottom-up build to stop the 2nd shot
- After the 2nd shot, G must recover and battle to corral the loose puck
- Work one side then the next repetitiously

KEY EXECUTION POINTS

- As above – prioritize low, center-net coverage



7 min

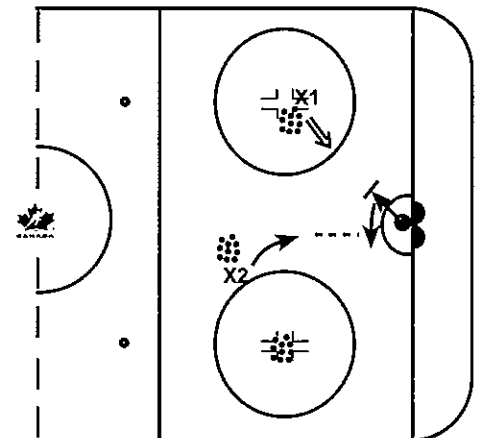
SECONDARY DRILL

Bottom-Up Builds II

- Pucks are positioned on the face-off dots and in the low slot
- X1 releases a shot at G's far side forcing G to the ice
- X2 meanwhile has separated a puck and positioned it just off the top of the crease
- X2 is now positioned at the hash marks
- As soon as G makes the save on the 1st shot, X2 can rush the puck and try to poke it into the open net
- Work one side then the next repetitiously

KEY EXECUTION POINTS

- As above



5 min

POST-PRACTICE DISCUSSION

1. Review why G's positional priorities are the low, middle sections of the net
2. Reiterate that it is important for G to battle for every puck under any circumstance – while at times it may seem futile to respond, developing the habit to battle to the end will pick up key save for G and the team

Session Objective(s)

1. Assess G's rebound-control progress
2. Revisit the various rebound-control options
3. Continue to develop G's positional game while up and control of 1st save

5 min
MOVEMENT WARM UP
A. Straight Step Outs

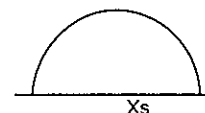
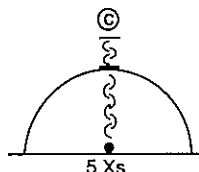
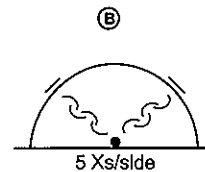
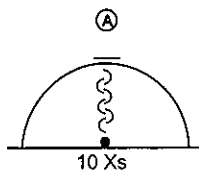
G starts in middle of goal line. G sculls out to the top of the crease. Stop, set. G sculls back to the goal line. Stop, set. Repeat.

B. Angle Step Outs

G starts in middle of goal line. G sculls out to face the glove-side dot. Stop, set. G sculls back to the goal line. Stop, set. G sculls out to face the blocker-side dot. Stop, set. G sculls back to goal line. Stop, set. Repeat.

C. Double Step Outs

As in A except after initial stop, set add a 2' depth gain. Stop, set. G sculls back to goal line. Repeat.


KEY EXECUTION POINTS

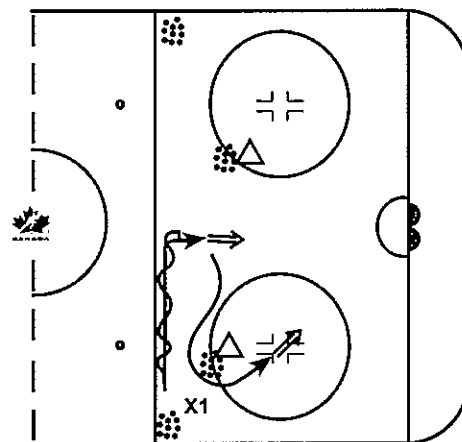
- Continue to develop quickness, speed and precision of edge drives

8 min
PRIMARY DRILLS
1st Save Control

- Pucks are positioned at the points and above the indicated pylons
- X1 starts by dragging a puck into the mid-point region and releasing a long, low shot
- As soon as the 1st shot is taken, X1 will swing around the same-side pylon and release a 2nd shot from an angle
- On the 2nd shot, X2 (stationed at the other point) will drift towards the net looking for a rebound (if G controls the rebound on the same side as the initial shot, puts it in the corner, over the glass or retains possession, the sequence ends) • Alternate sides

KEY EXECUTION POINTS

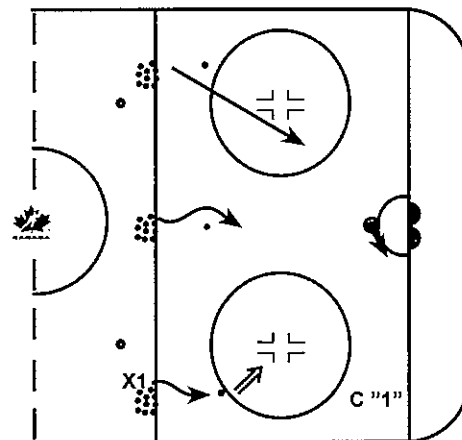
- Rebound control is derived from a controlled 1st save
- This 1st-save control is derived from a strong position
- This, then, is why positioning and shot preparation are so prominent for G's save and post-save success


7 min
SECONDARY DRILL
123 Drill

- Pucks are positioned at the left, right and mid points
- X1, X2 and X3 are designated as 1, 2 and 3 respectively
- Each player separates a puck and places it about 15' inside the blue line and then retreats back to the blue line to await C's call
- When every one is set, C will yell out "1, 2 or 3"; this signifies which player will shoot
- If 1 or 3 shoots then the opposite-side player will drive for a rebound; if 2 is called and shoots, then 1 and 3 will both drive for a rebound
- C should randomly select numbers to mix up the shot location
- G will always start at the top of the crease and then quickly move into position to face the designated shot

KEY EXECUTION POINTS

- Again, the emphasis is on 1st-save control
- As a long shot, G should not have a save-mode mind set (the save should be a given)
- Instead, G should be in a rebound-control mindset
- G should seek to prioritize control at the body, over the glass or to the corner
- When a rebound is allowed, G must have an immediate and dynamic response


5 min
POST-PRACTICE DISCUSSION

1. Review G's rebound-control progress
2. Review importance of 1st-save control and the governing role of shot preparation in G's post-save response

GOALTENDER ADVANCED LEVEL PLAN

PHASE: 4

PLAN: 24

DURATION: 20

- Session Objective(s)**
1. Assess G's overall positional game
 2. Refine areas of weakness within this positional realm

5 min **MOVEMENT WARM UP**

A. Stepback Pivots
 G starts in middle of goal line. G sculls out to face the glove-side dot. Stop, set. G, then, stepback pivots and steps out to face the blocker-side dot. G returns to start position and repeats in opposite direction.

B. Stepback Pivots with Lateral-Slide Comeback
 As above except after each stepback pivot, G will execute a lateral slide back across the net to the original side. Recover. Return to start position. Repeat in opposite direction.

Diagram A shows a goaltender starting in the center of the goal line, moving to the glove-side dot, then pivoting to the blocker-side dot. Diagram B shows the same sequence but with a lateral slide back to the original side after the pivot. Both diagrams are labeled '5 Xs/side'. Below each diagram is a simple semi-circle representing the goal line with an 'X' in the center.

KEY EXECUTION POINTS

- Quick
- Precise
- Controlled
- These should now be the attributes of all of G's positional adjustment

10 min **PRIMARY DRILLS**

Multi-Position Assessment

- Pucks are positioned at the mid point and in each corner
- 7 pylons are positioned as indicated (5 near point and 1 in each corner)
- X1 starts by randomly selecting a pylon to drive around and release a shot
- X1 will then randomly select a corner
- In the 1st corner, X1 will go around the pylon inside/out and release an angle shot
- Then, X1 will cross the ice and around the final pylon outside/in and release the 3rd, final shot

The diagram shows an ice rink with a goal on the right. Seven pylons (triangles) are placed: five near the goal line and one in each corner. A player X1 is shown moving around the pylons and releasing shots. Pucks are positioned at the mid-point and corners.

KEY EXECUTION POINTS

- G should initially be relaxed and make a strong controlled 1st save
- G should track X1's entire movement pattern
- G should be reading releases effectively and making logical positional adjustments
- Depending on the shot location, G may opt for a reaction or a block

5 min **SECONDARY DRILL**

Figure-8 with Point Releases

- Pucks are positioned outside 2 indicated pylons and at the points
- X1 starts in the slot and quickly hustles around 1st pylon and releases an outside shot
- X1 then hustles back through the slot and around the 2nd pylon and releases a 2nd outside shot
- On C's "Go", X2 will drag a puck across the point and release a low shot with X1 creating traffic
- X2 will then hustle to the other point, pick up a 2nd puck, drag it to the middle and release another low shot (X1 should vacate the front of the net and allow G to handle the shot without complication)

The diagram shows an ice rink with a goal on the right. Two pylons (triangles) are placed near the goal line. A player X1 starts in the slot and moves around the pylons. A player X2 is shown dragging a puck across the point and releasing a shot. Pucks are positioned at the points and in the middle.

KEY EXECUTION POINTS

- As above
- G should be seeking strong position on the first 2 shots so that blocking is appropriate and effective
- G should be seeking strong position on the point shots so that the longer, reaction saves are made with control and strong rebound-control attributes

5 min **POST-PRACTICE DISCUSSION**

1. Review G's overall progress
2. Congratulate G on completing the entire Nike Skills Goaltending Module