

Rebound and Smother

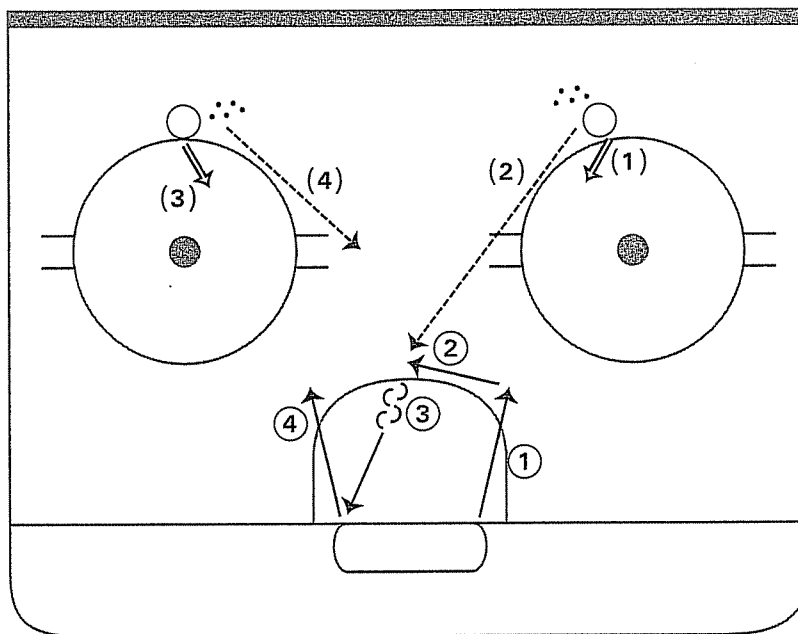
1 minute

Sequence

1. Out from right post, save shot (1)
2. Soft/slow/loose puck (2) for goalie to cover up (second puck from same player)
3. Recover to feet and quickly to left post
4. Out for shot (3) and continue with second puck (4) to other side to cover up
5. Continue

Key Points

- Push puck into ice for smother
- Protect trapper with stick or use paddle-down smother
- High shot to far side for blocker or trapper save skill



Short Poke Check/Low-High Action

2 minutes

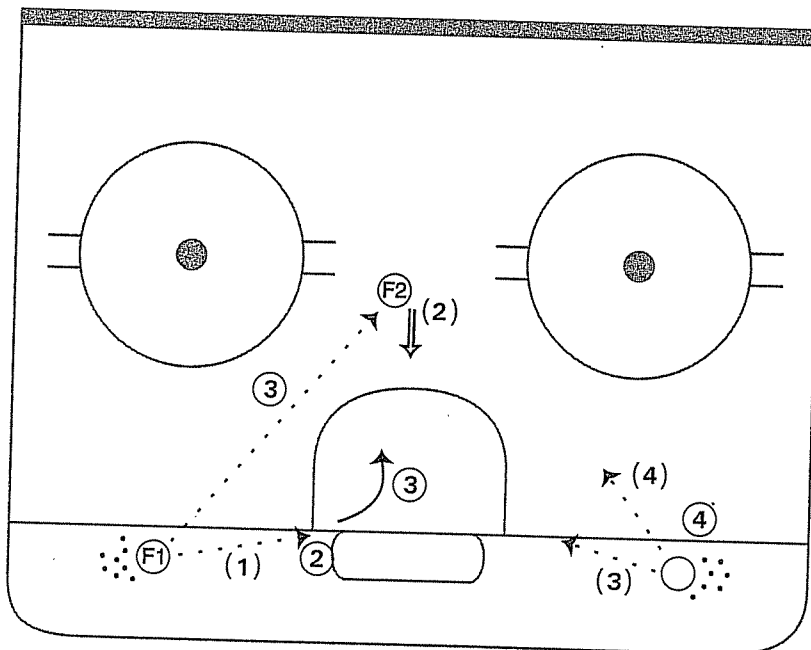
Sequence

1. Player F1 behind net makes pass (1)
2. Goalie tries to short poke check
3. If pass gets through to player F2, play shot (2)
4. Repeat from other side for (3) and (4)

Key Points

- Lead with hands and stick
- Use of butterfly block to shot lane; then attack puck
- Behind-net tracking
- Goalie is not to lean away from post
- Keep hips, legs, and shoulders facing slot

Note: Make passes "poke-able" as well as to get to slot lot player F2 for shot.



Short and Long Poke Check

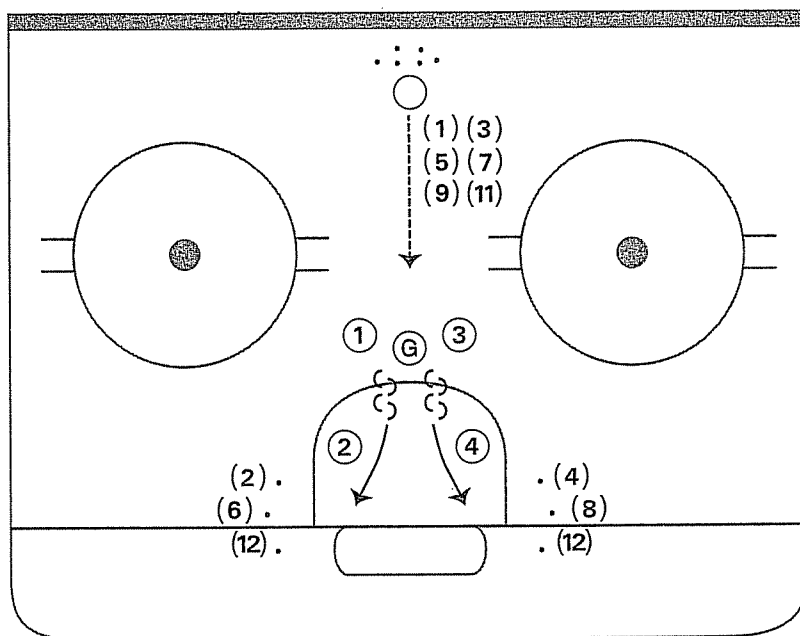
12 pucks drill (3 pucks near posts each side, 6 in slot)
Goalie comes out with stick hand extended (hold stick at butt)

Sequence

1. Player tries to deke (1), and goalie tries to long poke check and play deke
2. Recover for short poke (2) (clear puck to corner)
3. Back out to play deke (3); continue as order of pucks shown: dekes: (1), (3), (5), (7), (9), (11): short poke checks: (2), (4), (6), (8), (10), (12)

Key Points

- Short poke check, use good post location
- Long poke check, keep stick extended
- Quick feet to pursue puck



Lunge Poke Check

2-time repetition each way

Sequence

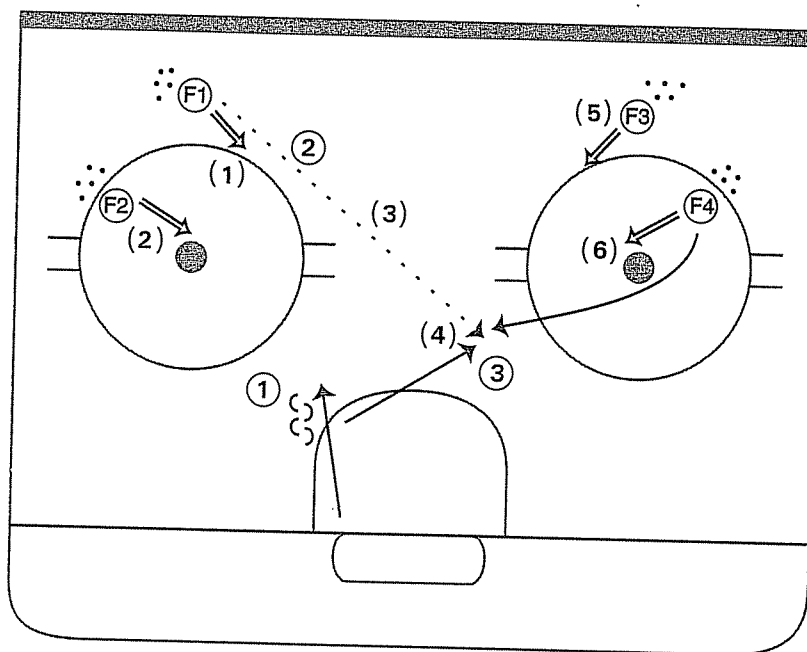
1. Goalie takes shot from F1 (1) and then F2 (2)
2. Player F1 sends soft/slow puck (3)
3. Challenge: between goalie and far-side player F4 for lunge poke check (4)
4. Recover to shot from F3 (5) and then shot from F4 (6)
5. Continue; restart from other side for sequence starting with F3

Key Points

- Gap control
- Skating lunge check
- Recoveries
- Timing challenges



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Puck Handling: Fielding

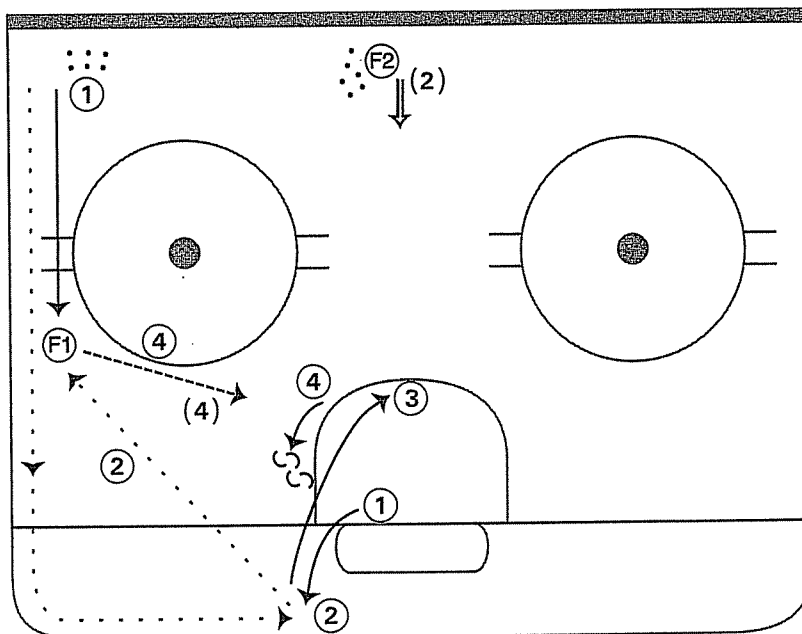
2 minutes

Sequence

1. Puck dumped in by F1
2. Goalie fields and passes puck to player F1, who stays and waits
3. Goalie recovers to play shot (2) by F2
4. Goalie recovers to play deke (4) by F1
5. Goalie recovers to repeat and continue same from this side
6. Continue alternating sides

Key Points

- Quick feet
- Pass to match level of play
- Back-to-net quickness and recovery
- Passes by goalie are "tape to tape"



Puck Handling: Passing

2 minutes

Loose pucks behind net and stick length or more from post (start at post)

Sequence

1. Goalie gets puck and passes (1), then quick return to net for shot (2) by F1
2. Out to challenge deke from slot (3); recover and pass (4) to F3
3. Quick return for shot (5) by F3; then out to challenge F2 for deke (6)
4. Continue alternating from post to post

Key Points

- Passing skills
- Gap control
- Use one- and two-handed passing techniques
- Quick recoveries to net and shot lane



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