

Telescoping with Save Drill

1 minute, or left then right

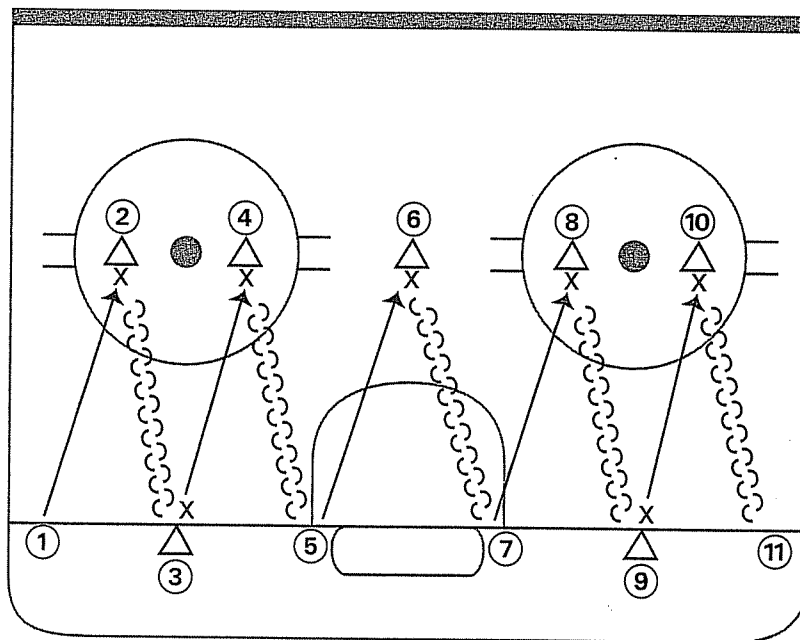
Sequence

Add save simulations to telescoping at X: full butterfly, half butterfly, smother, 2-pad slide, paddle down

Note: After forward skating, stop and make save. (See Telescoping Drill for skating details.)

Key Points

- Quick transitions
- Visualization
- Muscle memory
- Recovery
- Gap control



Iron Cross with Save Drill (see Iron Cross Drill for skating details)

1 minute, or once through drill (goalie position while skating)

Sequence

Add save simulations to iron cross at X: full butterfly, half butterfly, smother, paddle down, 2-pad slide

Key Points

- Quick transitions
- Visualization
- Muscle memory
- Recovery
- Skill use during movement
- Forward skating stop, then make save



180

