

W Drill (Shooting)

Number of pucks varies with skill and conditioning
Add shots to Skating W Drill from shooters at (2), (3), and (5)

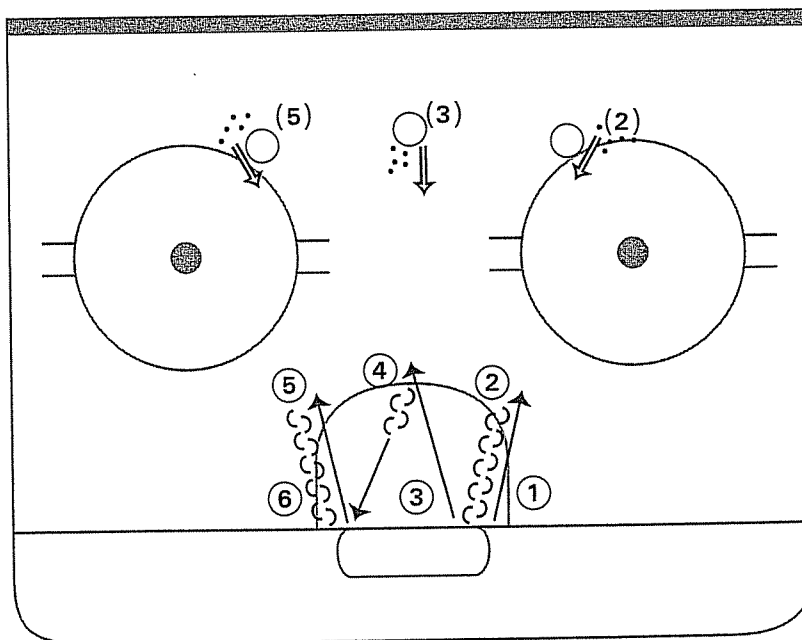
Sequence

1. Start at right post and T-push
2. Stop shot from player (2); then backward to right post
3. Forward and out to challenge shot from player (3)
4. Two C-cuts and shuffle/T-glide to left post
5. T-push forward, stop, and challenge shot from player (5)
6. Backward to left post and repeat same, starting at left post

(See Skating W Drill for details.)

Key Points

- Steady hands while skating
- Bring hands to puck for leg saves
- Recover to stance and move to next shot simultaneously
- Lead with stick and check for legs "thrusting" to shot lane



X Drill (Shooting)

4 pucks each shooter

Add shots to X Skating Drill from shooters
at (1), (2), (3), and (4)

Sequence

1. Start at left post and T-push forward to challenge shot from player (1)
2. Two C-cuts; then T-push lateral or shuffle to right post for shot from player (2)
3. Out and challenge (T-push forward) shot from (3); then two C-cuts; then T-push lateral or shuffle to left post for shot from (4)

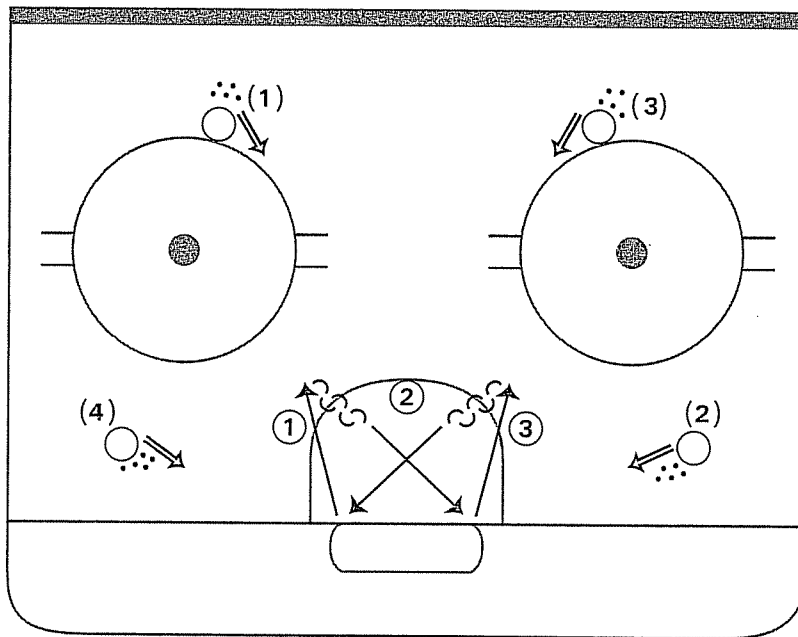
(See Skating X Drill for details.)

Key Points

- Fast feet
- Bring hands to puck for leg saves
- Recovery to stance and move to next shot simultaneously
- Lead with stick to shot lane
- Skill and conditioning



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Y Drill and Controlled Deke

Left and right twice

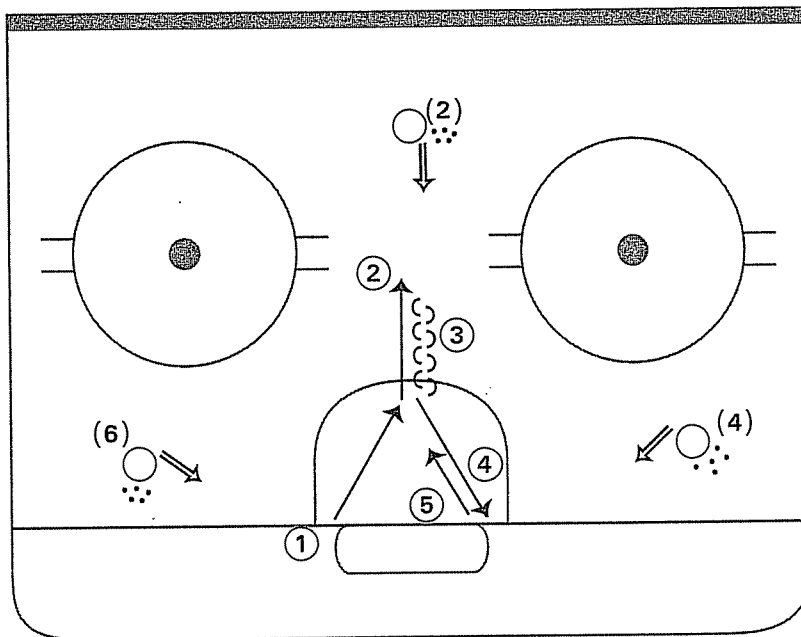
Sequence

1. Start at left post, forward T-push to slot, and stop
2. Stop shot from player (2); then recover to stance
3. Backward two—C-cut thrust (shuffle or T-push) to right post
4. Quick low shot from player (4)
5. Repeat from right post; same: finish with player shot (6)

(See Skating Y Drill for details.)

Key Points

- Fast feet
- Gap control to cover net on "deke"
- Use butterfly, half butterfly, or 2-pad slide to post



Z Drill with Butterfly Saves

Sequence

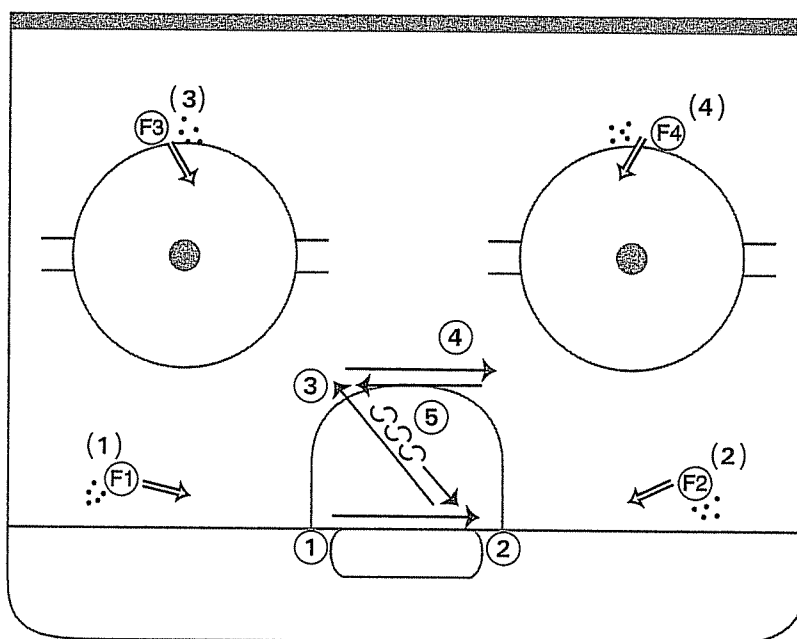
1. Shot at left post (stand-up) from player F1 at (1)
 2. Shuffle to right post (stand-up) for shot from player F2 at (2)
 3. Z Drill; diagonal for challenge from F3 for shot (3)
 4. Shuffle right for shot from F4 at (4)
 5. Shuffle left for shot from F3 at (3)
 6. Repeat sequence starting at right post
- (See Skating Z Drill for details.)

Key Points

- At-post net coverage
- Feet on post
- Use T-slide or shuffle from post to post
- Shots at post are from below circle



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Shuffle Drill with Stick Saves

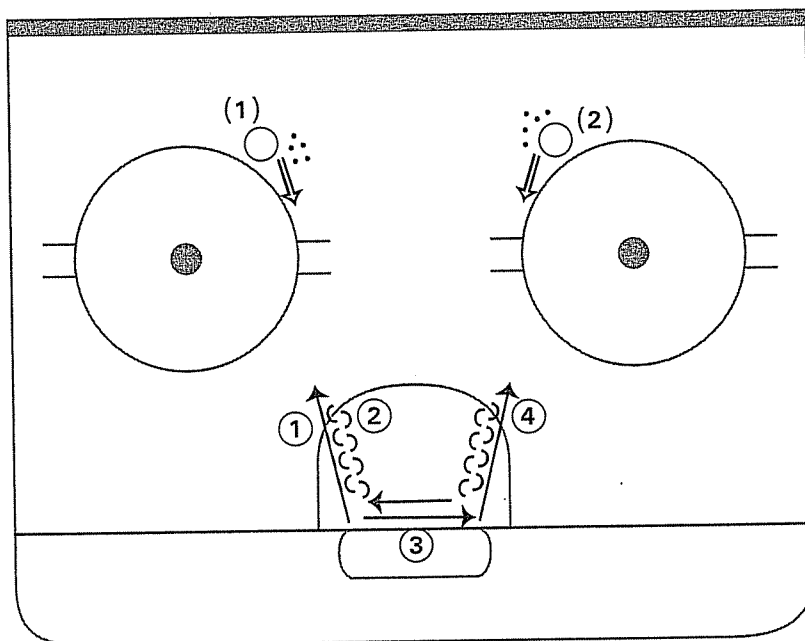
8-puck drill—4 pucks each at (1) and (2)

Sequence

1. Start at left post, out and stop; shot from player at (1) for stick save
2. Backward to same post
3. Shuffle to right post
4. Out and challenge shot from (2); then backward to same post
5. Continue and repeat

Key Points

- Post-to-post lateral movement
- Stick-save control
- Tracking



Straight Shuffle with Mixed Saves

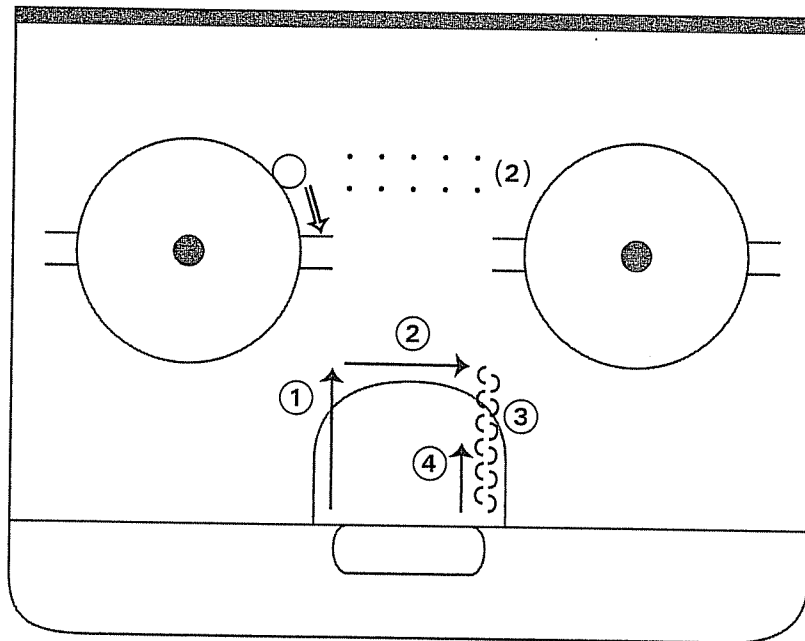
10-puck drill—5 pucks each way

Sequence

1. Out, stop to challenge shooter
2. Short/quick shuffle of legs to close 5-hole (fast feet), with 5 quick shots from player (2). Shots are quick and follow lateral motion of goalie (5 pucks each way)
4. Repeat to challenge with same shuffle and shot sequence (other way)

Key Points

- Shuffle short, lateral steps
- Maintain positioning at top of crease or out farther
- Use variety of save skills
- Quickness



Pretzel Drill

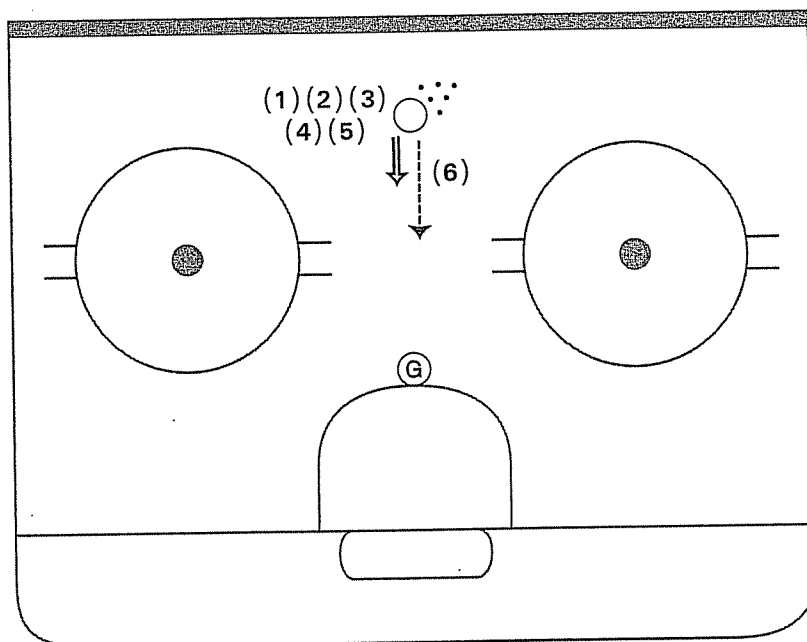
6-puck drill

Sequence

1. On back; up; shot (1)
2. On belly; up; shot (2)
3. Butterfly; up; shot (3)
4. Half butterfly (left leg); up; shot (4)
5. Half butterfly (right leg); up; shot (5)
6. Deke (6)

Key Points

- Recoveries to stance, then shot
- Maintain top of crease during recovery
- Recovery facing puck
- Conditioning



Blocker and Trapper

Left, then right

Sequences

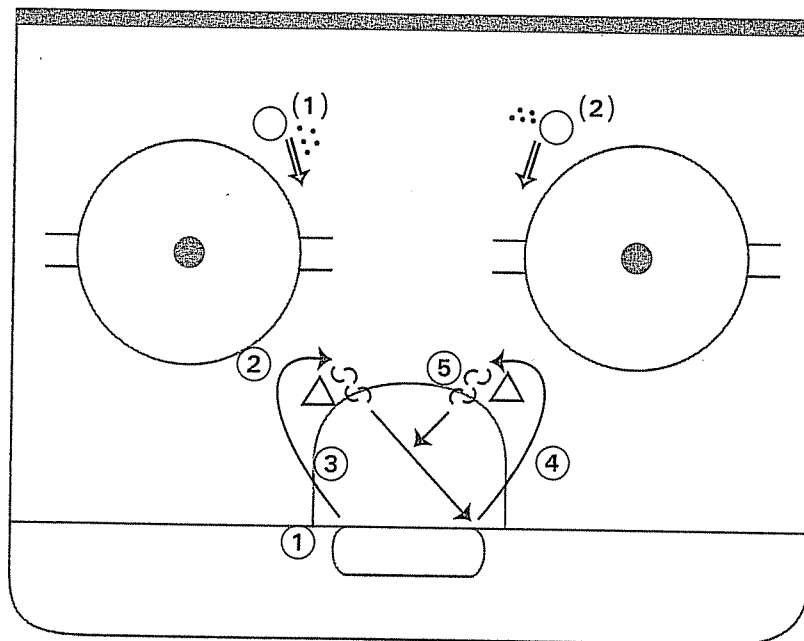
1. Start at post out and transition around pylon
2. Gain position for shot (1) (high to far side)
3. Return (use two C-cuts and then shuffle or T-glide) to opposite post
4. Out, transition, shot (2) (high to far side)
5. Return to opposite and repeat

Key Points

- Foot speed and agility
- Watch puck to gloves
- Hands steady during skating
- High shot to far side for blocker or trapper save skill



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Low-High Wraparound

1 minute

Sequence

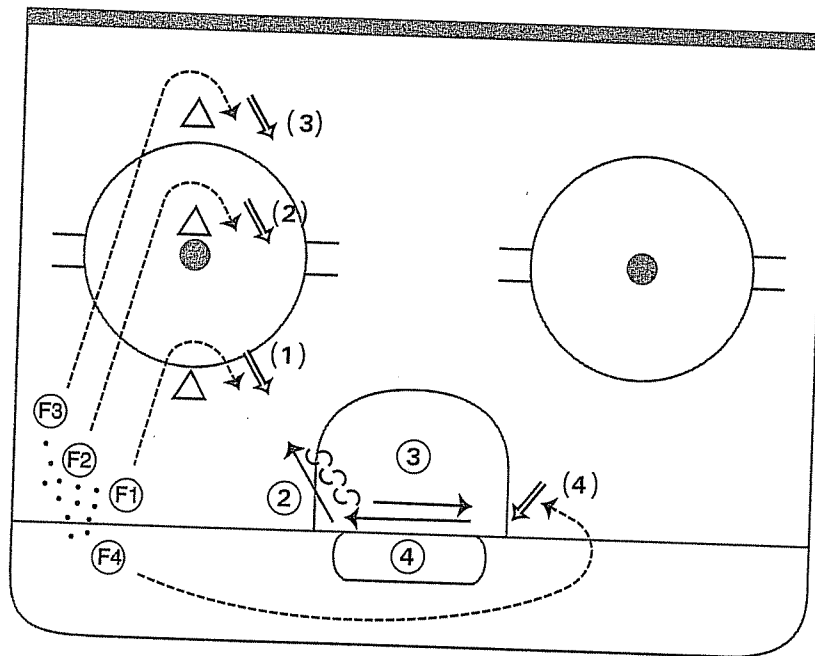
1. Rapid-succession shots by players F1 (1); then F2 (2) and F3 for shot (3)
2. Shots from cycle in corners—quick release pivoting around pylon with goalie out to challenge
3. Goalie returns to post for wraparound from F4 (4)
4. Goalie recovers for repeat from same side
5. Continuous/repeat other side

Key Points

- Track, maintaining short-side post of shot lane
- Timing for shooters after wraparound
- Use of paddle down and pursue puck with stick blade



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Two Shot/Two Tip

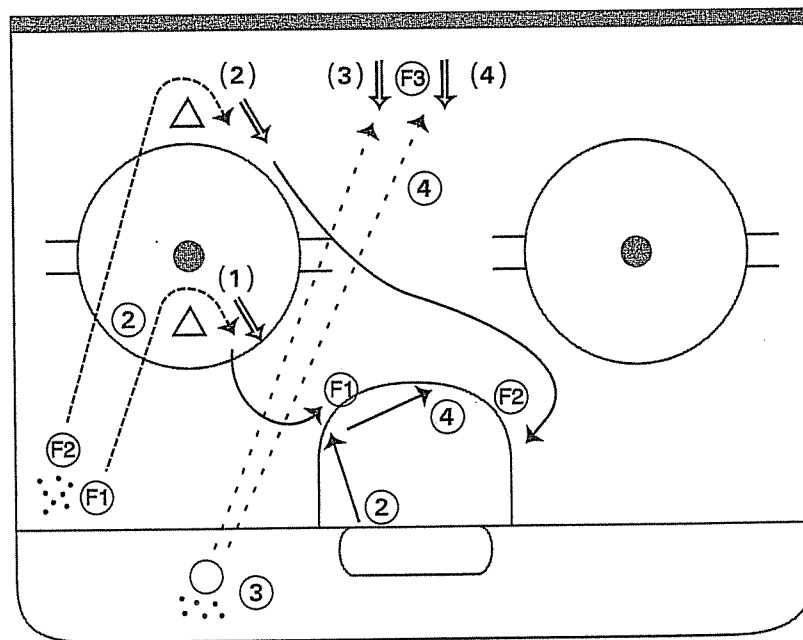
1 minute

Sequence

1. Rapid succession
2. Shots from F1 and F2 out of corners with shots (1), (2)
3. Next player in line then passes to point F3
4. Long shots by F3 (3), (4) with deflect, screen, and rebounds played by F1 and F2, who have moved to front of net
5. Goalie recovers for repeat
6. Continuous/repeat other side

Key Points

- Recoveries
- Track off-puck players
- Rebound control
- Low-to-high tracking from short side



~~UPRIGHT~~

~~Stack Pad~~/Butterfly

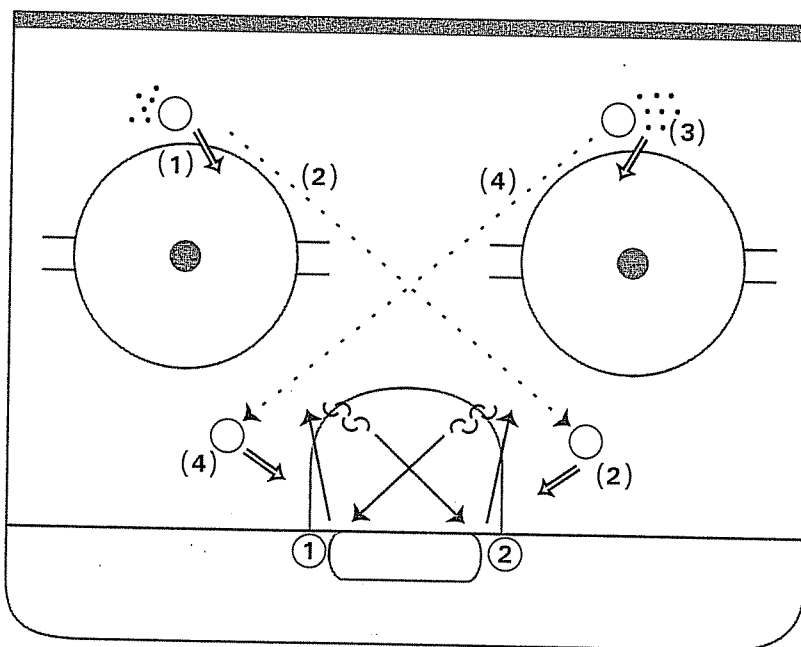
1 minute

Sequence

1. Out from left post, stop and make save (1), read pass (2) for stack-pad (or butterfly) save
2. Up and out from right post to challenge shot (3); then read pass-shot (4) for ~~stack-pass~~ (or butterfly) save

Key Points

- Time to recover for new shot
- Recoveries to face new shooter
- Off-puck player awareness
- Stack pad (or butterfly) is square to shot and to the shot lane
- Alternate ~~stack-pass~~ and butterfly save
- Play-action X Drill



Walkout/Lateral Drive

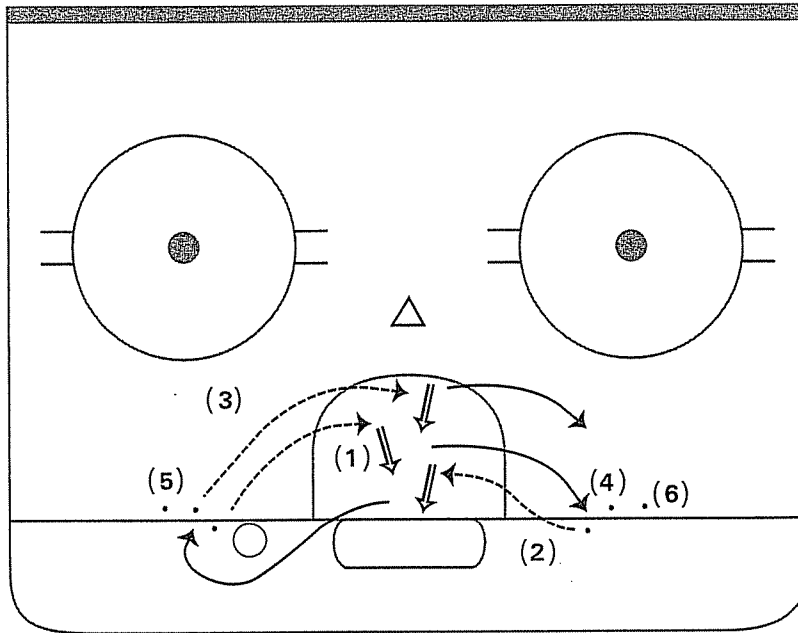
6 pucks

Sequence

1. 3 pucks each side and stick length away
2. Alternate sides and same shooter
3. Gain net (no higher than pylon) for lateral drive for shots (1), (2), (3), (4), (5), and (6)

Key Points

- Butterfly skills
- Poke-check skills
- Paddle down
- Aggressive puck pursuit, then to shot lane
- Recoveries



Dekes (controlled)

12 pucks

Sequence

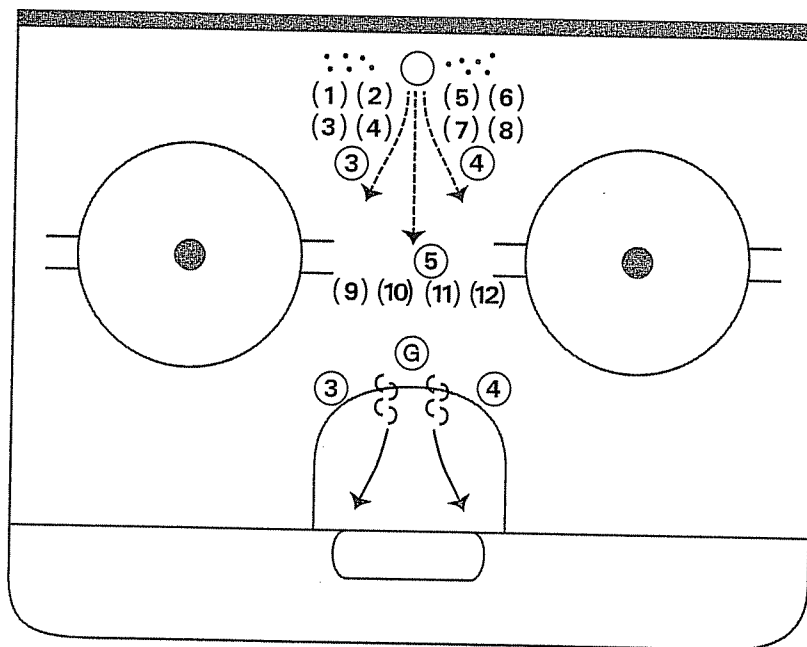
1. Goalie out of crease (Y Drill)
2. Player tries to deke (not shoot) by goalie
3. All 4 pucks (left side) recover after each deke (1), (2), (3), (4)
4. Repeat—4 dekes (right side): (5), (6), (7), (8)
5. Repeat—4 dekes (any side): (9), (10), (11), (12)

Key Points

- Gap control
- Recovery
- Compact, ready stance
- Fast feet
- Conditioning



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Triple Attack and Lateral Play Action

1 minute

Sequence

1. Shot from wing (1) by player F1
2. Quick (2) shot by F2 to force goalie back (check gap control)
3. F2 after shot, passes (3) to F3 for deke (4)

Key Points

- Off-puck player
- Edge control
- Recovery
- Lateral movement to track pass

