

Circles Forward Drill

1 minute, or left then right

Sequence

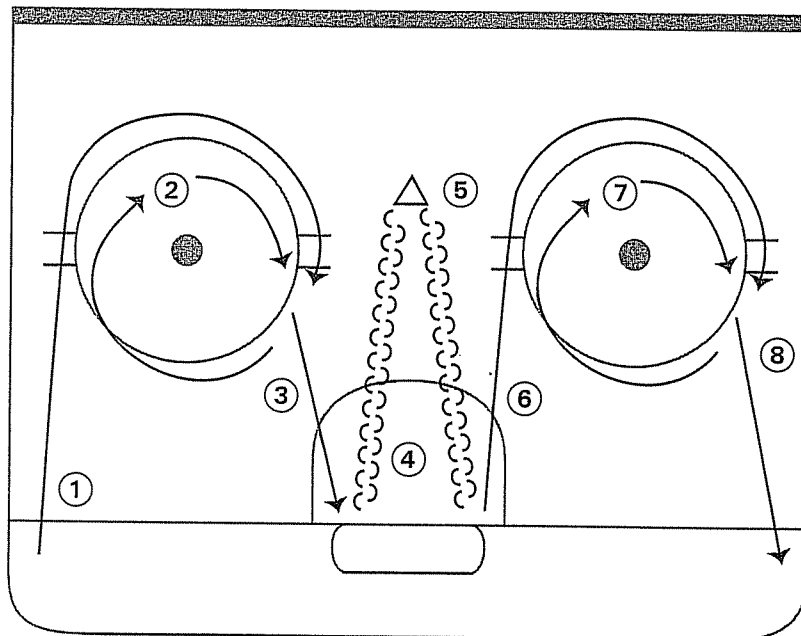
1. Start in left corner, skate forward
2. Clockwise around first circle 2 times
3. Exit circle and skate to left post
4. Pivot, backward skating away from post
5. Pivot, backward to other post
6. Pivot and forward skating
7. Clockwise around second circle 2 times
8. Exit to corner
9. Reverse (counterclockwise)
10. Repeat

Key Points

- Quick transitions
- Fast feet
- Skating drills
- Conditioning



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Circles Backward Drill

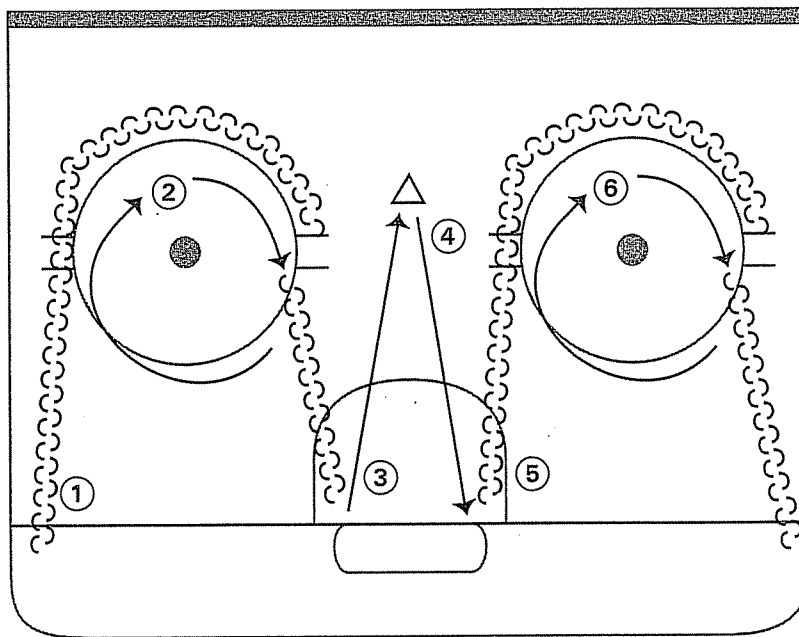
1 minute, or left then right

Sequence

1. Start in left corner, backward skating
2. Clockwise around first circle 2 times; exit circle and skate to left post
3. Pivot and skate forward—stop
4. Pivot, forward to right post
5. Pivot and backward
6. Clockwise around second circle 2 times and to corner
7. Reverse (counterclockwise)
8. Repeat

Key Points

- Quick transitions
- Fast feet
- Steady stance
- Quick looks over alternate shoulder



Two-Goalie Fielding Drill

Repetitions vary

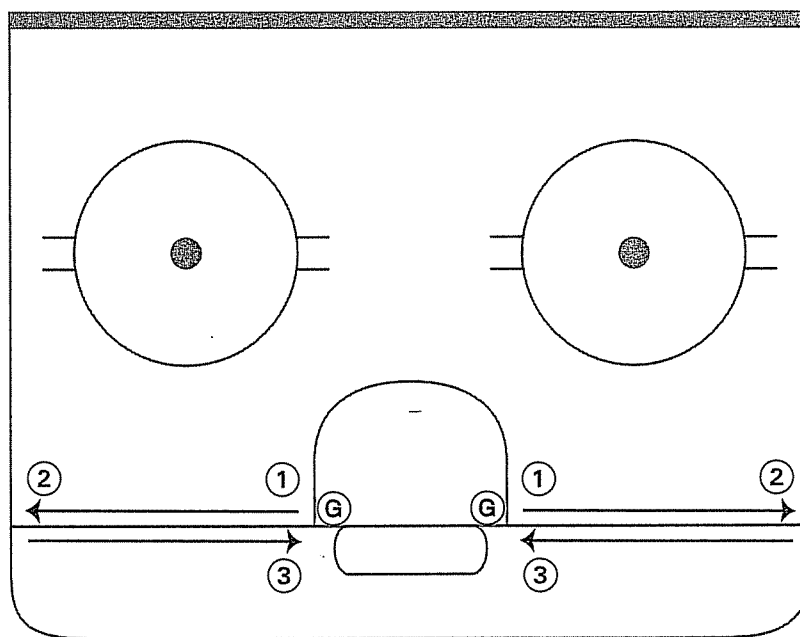
One goalie at left post; another at right post

Sequence

1. Sprint to side boards forward
2. Stop, facing up ice
3. Return to post position—
1-2-3 is one cycle
4. Repeat 2 to 5 times as
conditioning improves
5. Goalies switch sides
6. Repeat

Key Points

- Speed
- Net awareness
- Add a puck to stick-handle during skating
- Rest between cycles twice the time of one cycle



Two-Goalie Retrievals Drill

Repetitions vary
One goalie at left post; another at right post

Sequence

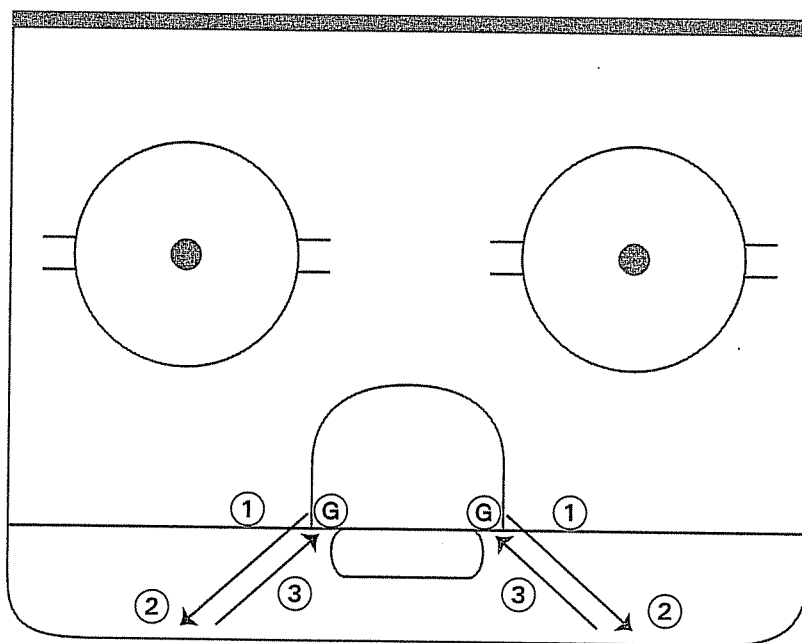
1. Spring to point at boards behind the net
2. Stop and touch board with stick
3. Return to post position
4. Repeat 2 to 5 times as conditioning improves
5. Goalies switch sides
6. Repeat

Key Points

- Urgency (quick stops and starts)
- Fast feet
- Net awareness
- Always facing up ice
- Add pucks behind net at (2) for goalies to clear/pass up the boards



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Shooting Drills

The saves skills used in the following drills may vary. Coach and goalie(s) should work together to decide on the practiced skill—for example, on low shots use the half butterfly—or simple stop the puck.