



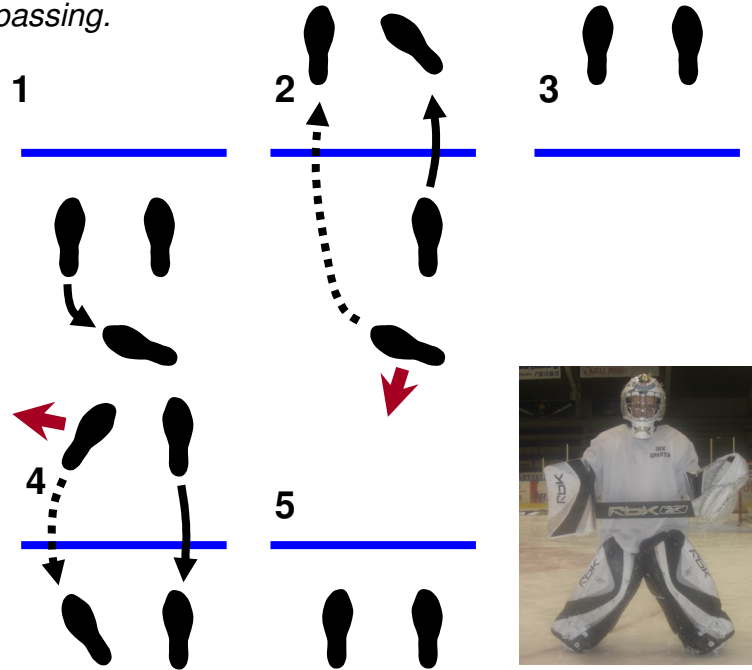
**Date:** September – Practice 1.3 (page 2)    **Number of Goalies:** 4 to 6  
**Practice Theme / Goals:** Basic movement & butterfly recovery technique

**Equipment Required / Set-up:** Soccer ball, ice marker

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

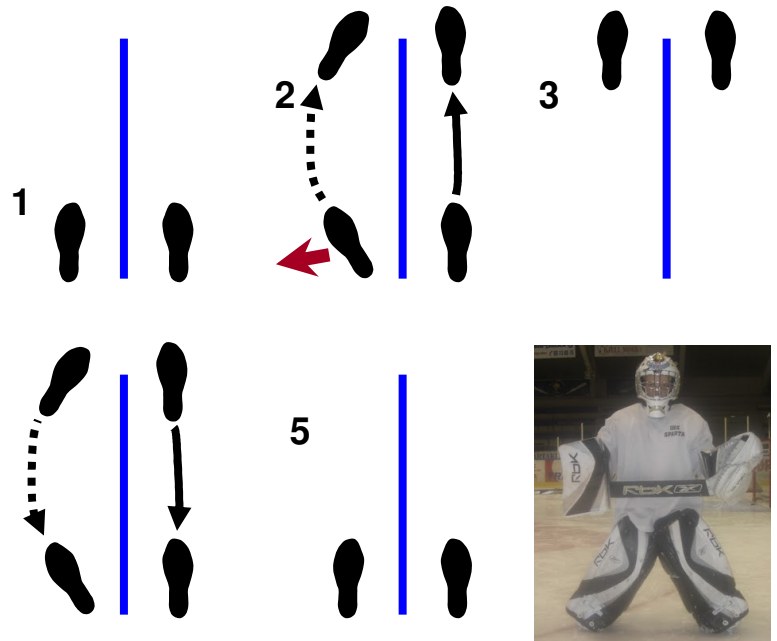
**Goalie Movement Drill A.1:**

Drawn line for each goalie in their particular area of the ice. (Not in the crease) Goaltender T-pushes through line, stops then pushes back through line. Focus on not erasing the line. Once the T-push is complete, goalie sets feet and with one 'C' cut, push backward through the line. Set feet and start the drill again, alternating sides. During the movement the goaltender places blade of stick in catch glove to promote balance and good glove placement. A proper t-push has key elements; lead with the eyes stick and gloves, upper-body stays in position. Do not drag the drive leg. Once the drive leg is fully extended it should be brought back to stance position as quickly as possible. In this drill the goalie pushes hard with the drive leg then lifts the leg off the ice to bring it back under the body. This exaggerates the movement while the goalie focuses on not erasing the line with his skate. Stop with the lead leg every time. This promotes the development of both feet, not just the dominate one.



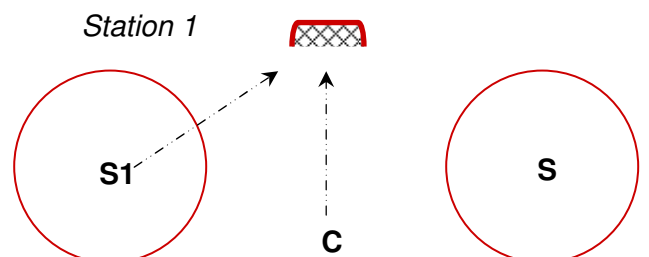
**Goalie Movement Drill A.2:**

Drawn line for each goalie in their particular area of the ice. (Not in the crease) Goaltender moves forward and backward with the line between their pads. Stick blade can remain in the pocket of the glove or coach can toss soccer ball (or ball of like size) to promote up-right skating and athleticism. This works best with a ball, using the ball and controlling the speed of the goalie is important. Goalies never need to go out and back really fast so practicing forward and backward skating while tossing the ball back and forth with a coach promotes good upright body positioning under controlled speeds.



**Station 1: Goaltender Station Drill #1**

Coach is in high slot with pucks and one shooter at each corner angle. Goaltender starts in a good technical butterfly, shot is taken by coach along ice at goaltenders right side, goalie uses the stick and pad to control rebound to side. The goaltender then fully recovers, using left leg as drive leg and gets square to S1. Once goaltender is square to S1, coach says go and the shooter take a low shot. Alternating side on original shot. Always making sure of proper leg recovery.



**Station 4: 1v1 Out of Corner**

For this drill, the goalie should be on the post before the play starts. The goalie needs to maintain good post coverage, and possibly use a post load when the player attacks the net.