



Date: September – Practice 1.4 (page 2) **Number of Goalies:** 4 to 6

Practice Theme / Goals: Game play, crease positioning

Equipment Required / Set-up: No extra equipment required

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.

Stations 4 and 5:

Goalies who's groups are at stations 4 and 5 all participate in the station 5 game

Station 6: Goaltender Station Drill #2

Each shooter stands on the hash marks. Coach pass puck from goal line out to 'S1'. Goaltender pushes from slot to a square position with the shooter S1. S1 shoots. Goaltender makes save and tracks puck after save.

Goaltender begins the second part of the drill on the opposite post. Coach 2 passes puck from other side to 'S2'. Coach always passes to the line on the same side which allows the goaltender to make a good short T-Push to the proper position in the crease.

