



Date: September – Practice 1.6 (page 2)

Number of Goalies: 4 to 6

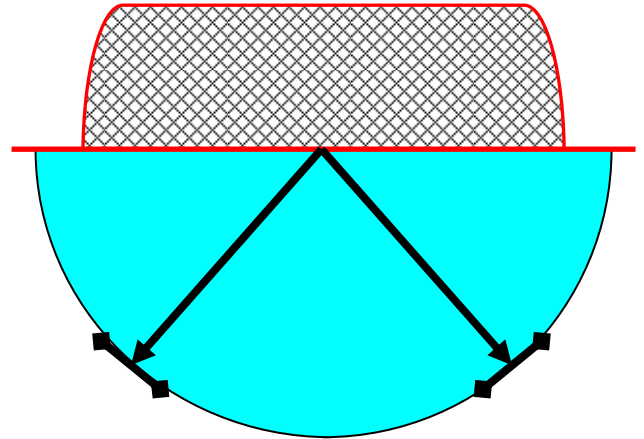
Practice Theme / Goals:

Equipment Required / Set-up:

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.

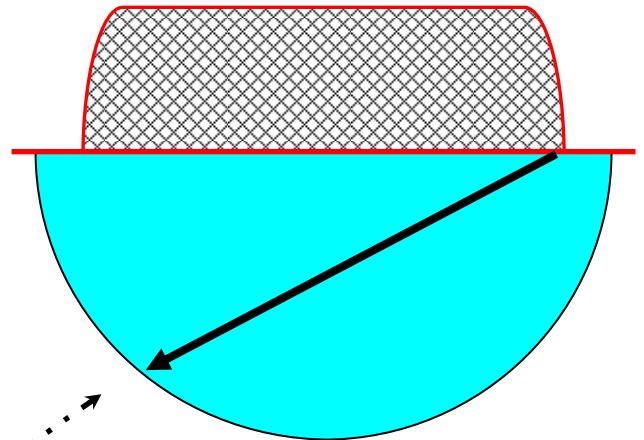
Goalie Movement Drill C.1:

The goaltender begins the drill in the 'Start Position,' which is the center of the net just in front of the goal line. The 'Start Position' is very important place for a goaltender to be comfortable because this is where he or she should be when the play is not in their zone. In this drill, the goaltender will come out to the corner angle, set their feet, butterfly. Recover using the outside foot first, set their feet, and back slowly into the net finding the 'Start Position.' Repeat on the opposite side.



Goalie Movement Drill C.2:

Coach has a ball, Goaltender does not have stick. Goaltender starts on post (or simulated post) pushes across to the corner angle, as soon as the goaltender pushes he squares his shoulders and hips to the coach. The coach tosses the ball to the goalie, once the goalie catches ball, stop with lead foot. Toss the ball back to the coach. Push to opposite post and repeat to other direction.



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