



**Date:** September – Practice 1.7 (page 2)    **Number of Goalies:** 4 to 6

**Practice Theme / Goals:** ABC's, Basic movement techniques

**Equipment Required / Set-up:** Soccer ball

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.

**Warm-up**

Goalies pair up and play catch with a medium sized ball while doing lateral steps.

**Goalie Movement Drill B.2:**

Place pucks in a diamond formation. Goaltender will T-push to each puck, completely rotating and pushing to a square position on each puck. Goaltender stays within the diamond at all times. Make sure the pucks are close enough together that the goaltender can get there in one push. Repeat in opposite direction.

A proper t-push has key elements; lead with the eyes stick and gloves, the upper-body stays in position and the goalie does not drag their 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 goaltender focuses on leading with eyes, stick and gloves for each movement. The goaltender will set their feet at each puck then look to the next puck in the diamond. Drill should be done with hard t-pushes, and a good stance and pause at each puck.

**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 they square their shoulders and hips to the coach. The coach tosses the ball to the goalie, once the goalie catches ball, the stop with lead foot. Toss the ball back to the coach. Push to opposite post and repeat to other direction.

