



Date: September – Practice 1.8 (page 2) **Number of Goalies:** 4 to 6

Practice Theme / Goals: Butterfly save technique

Equipment Required / Set-up: None

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.

Goaltender Station Drill #3: Fundamental Save Drill - Extended Butterfly Save

'S1' has pucks in center of slot. 'S1' Passes to 'S2' at the corner angle. Goaltender pushes to proper position for a shot from 'S2.' 'S2' shoots low. Goaltender uses proper Extended Butterfly or Butterfly Save. Shooter must try to pick low corner. Goaltender tracks rebound and drill starts from center again.

Butterfly Body Position:

In a proper butterfly the goaltender's shoulders, hips, and knees are in line with each other. The pads are flush to the ice, with the front of the pads facing the puck. The goaltender's pant legs are together, and his or her feet are flared out as far as comfortably possible to maximize width and net coverage. Upper body, gloves and arms should be in the same position as the basic stance. When the puck is within 3 feet of the goaltender, the gloves and arms should be tight to the body to eliminate holes.

Remind the goaltender to "Drive their knees to the ice" when using a butterfly. Flexibility and strength improve the width of the butterfly, comfort within the butterfly is more important than width at this age.

