



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### OFF POST SMALL SHUFFLE WORK

#### Drill Description:

Note: Goaltender starts from set position on the post.

1. The goaltender comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet.
2. The goaltender small shuffles across the top of the crease until he/she reaches the puck in the middle of the slot.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post

Place a puck 3 feet above the top of the crease in the middle of the slot.

Repeat the drill for 4 - 6 reps.

#### Key Teaching Points:

1. Off post the goaltender should shift body through the middle of the net while moving out to the corner angle.
2. Small shuffles should be used while maintaining stance position.
3. Rotate hips and lead with stick and gloves when T – pushing back to opposite post.
4. T- push – Lift drive leg slightly off the ice after initial push.

