



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

3 PUCK MOVEMENT (ON ICE RECOVERY)

Drill Description:

Puck placement:

1. Puck 1 is the post (Drill begins from Puck 1).
 2. Puck 2 is the near side corner of the top of the crease.
 3. Puck 3 is the far side corner of the top of the crease.
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1. T- push or C – cut out to Puck 2, set feet and butterfly.
 2. On ice recover across to Puck 3 and catch edge.
 3. On ice recover back to just outside of Puck 1, catch edge and fully recover.

Repeat sequence 3 times.

Key Teaching Points:

1. On ice recovery: The goaltender needs to recover with the foot of the drive leg in front of the leading leg. This rotates goaltender on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the drive leg.
2. After pushing off of the inside edge of the drive leg the goaltender must bring the drive leg flush onto the ice and together with the lead leg.

