



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

UMBRELLA PP CREASE MOVMENT

Drill Description:

1. T - push or C - cut out through the middle of net to the middle of the top of the crease. Set feet and turn head to evaluate shooter's options.
2. T - push over to the corner of the top of the crease on the opposite side that the goaltender started from. Set feet and turn head to evaluate shooter's options.
3. T - push back to the middle of the top of the crease. Set feet and turn head to evaluate shooter's options.
4. T - push over to corner of the top of the crease on the side that goaltender started from. Set feet and turn head to evaluate shooter's options.
5. T - push or 1 shuffle back to post. Set feet and turn head to evaluate shooter's options.
6. Butterfly slide across goal line to make an in tight backdoor save.
7. Recover to feet and start drill from opposite side.

Key Teaching Points:

1. All movements are quick and explosive.
2. Each movement ends with the goaltender stopping, setting his/her feet, and turning head to evaluate shooter's options. This will help develop good play tracking skills.
3. Butterfly slide is to make a save on an in tight backdoor play across the crease. Goaltender needs to push hard with edge of drive leg, extend leading leg flush on the ice, rotate hips and shoulders, bring drive leg flush on the ice and tight to the leading leg. This will eliminate holes on the ice.

