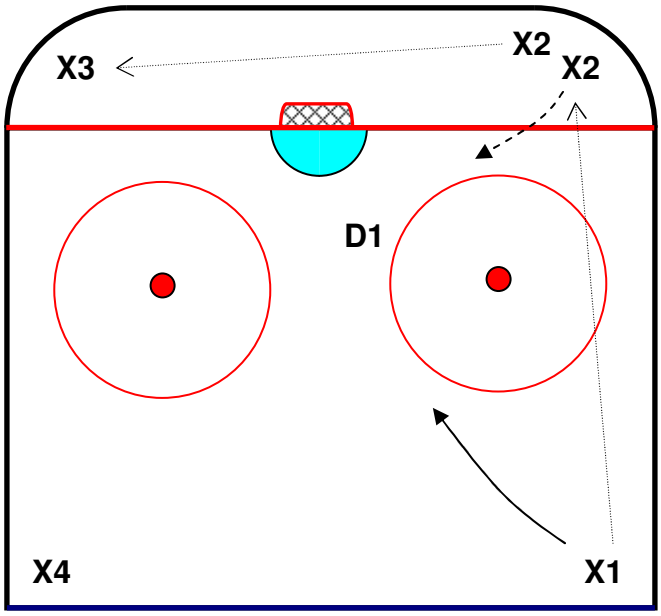
# NATIONAL TEAM DEVELOPMENT PROGRAM
# GOALTENDER DRILLS

## QUICK STRIKE 2 vs. 1

**Drill Description:**

Begin with players in both corners and along the boards at the blue line on each side.
One defensive player (D1) begins in the slot.

1. X1 passes to X2 and both players attack the net with D1 defending. On the whistle the first puck becomes dead.
2. The next player in the X2 line passes to X3 and both attack the situation with D1 defending.
3. On the second whistle, X4 passes to the next X3 for the third 2 vs. 1 attack.
4. The third whistle initiates a pass from the X3 line to X2 for the fourth 2 vs. 1 attack – all against the same defenseman D1.

**Key Teaching Points:**

1. Goaltender must read the play and communicate with the defender.
2. Goaltender must read the danger of a back door pass in order to determine his/her depth in the crease.