



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

BUTTERFLY FULL RECOVERY DRILL

Drill Description:

Full Recovery - Goaltender recovers onto both feet after going down onto ice to make a save.

A1 is standing in the middle of the slot 2 feet above the top of the circle.

A2 is standing on top of the face-off circle to the goaltenders left.

A3 is standing on top of the face-off circle to the goaltenders right.

All shooters have pucks.

For all shots goaltender stands at the top of the crease.

A1 shoots low to the goalie's left side. Goaltender makes save in ½ butterfly then recovers to his/her feet. Goaltender then small T-pushes over to A2. A2 shoots low. Goaltender makes save then recovers to his/her feet. The goaltender will then small T-push back to the middle for the next shot from A1.

A1 shoots low to the goalie's right side. Goaltender makes save in ½ butterfly then recovers to his/her feet. Goaltender then small T-pushes over to A3. A3 shoots low. Goaltender makes save then recovers to his/her feet. The goaltender will then small T-push back to the middle for the next shot from A1.

Key Teaching Points:

Goaltender is in his/her stance at the top of the crease.

Track puck into pads or stick and control rebounds.

Full Recovery: When moving to the right, get up with left leg. When moving to the left, get up with right leg.

After extending leg to make save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. 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.

