

DAILY ROUTINE - Stances, Movement, Exercises for GOALIES

Technique on *stance* should be practiced on a daily basis. Note where all body parts and stick are located when done properly.

Game stance

Butterfly

Scramble (paddle down)

Movements:

Shuffle - left & right

Shuffle - diagonal left and right

C-Cut or T-Glide from top of crease to pipe and pipe to top of crease. This may also be referred to as a drop step.

Diagonal slide in Butterfly - left & right

Power Push - left and right from knees (in butterfly)

Exercises (Simulated movements or Saves):

Stick Save From Stance -left & right (slight movement with lead leg w/stick on ice)

Full Extension Pad Save - left & right

Glove Save - Low, middle, high

Blocker Save - low, middle high

Flare Pads (from butterfly) - left & right

Poke Check - left, right, straight out (all from stance); diving poke check and recover

Concentrate on technique while performing these drills and exercises. Speed and efficiency will come with repetitions. This routine will also serve as part of your warm-up and will only take a few minutes.