

Off Ice Drills for Goalies *(courtesy of Steve Guider)*

- 1) Bounce one tennis ball and watch the ball closely.
- 2) Bounce the tennis ball and toss it in the air.
- 3) Bounce the ball between the legs and catch it.
- 4) Toss a ball back and forth with a partner and follow it closely with your eyes.
- 5) Toss and catch two balls with a partner.
- 6) Toss and catch two balls by yourself.
- 7) Face opposite directions with a partner. Turn and catch the tossed balls with your partner on command.
- 8) Bounce a ball off the wall and catch it with the glove hand only. Then do the blocker hand.
- 9) Turn away from the wall, toss the ball between the legs, then turn and catch it.
- 10) Move back and forth from the wall tossing a ball off the wall.
- 11) Bounce the ball off the wall, turn a 360° degree circle and catch the ball.
- 12) The goalie faces a wall and a partner stands behind him/her and throws balls off the wall while the goalie makes the save.
- 13) The goalie has his/her back to the wall and faces a partner who throws a ball off the wall. The goalie must turn and make the save.
- 14) A partner faces the goalie and uses a tennis racket to hit balls at various spots as the goalies attempts to make the saves.
- 15) Use #15 except another goalie acts as a screen.
- 16) Another person passes out a tennis ball to the partner with a racket in front of an imaginary net and the partner slaps the ball and the goalie makes the save.
- 17) Follow the leader. Work with a partner and mimic the moves and saves that he/she makes as you face him/her. Maintain the basic stance after each move.