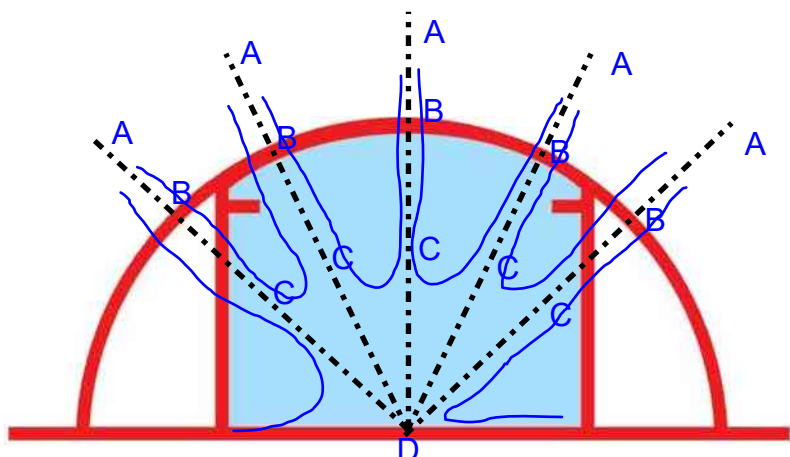




ACYHA GOALIE DRILLS

CREASE MOVEMENT PROGRESSIONS



PROGRESSIONS

- 1) Add a Butterfly at the top of the movement.
- 2) Add a shot at each stop.
- 3) Change pattern, by requiring goalie to go from outer stem to outer stem, then opposite inside stem to inside stem then to center and return to position D.
- 4) Add a return to the nearest pipe each time.
- 5) Instead of moving back and then out, have the goalie move from stem to stem at various depths. They should understand how LITTLE they have to move to cover more of the zone.

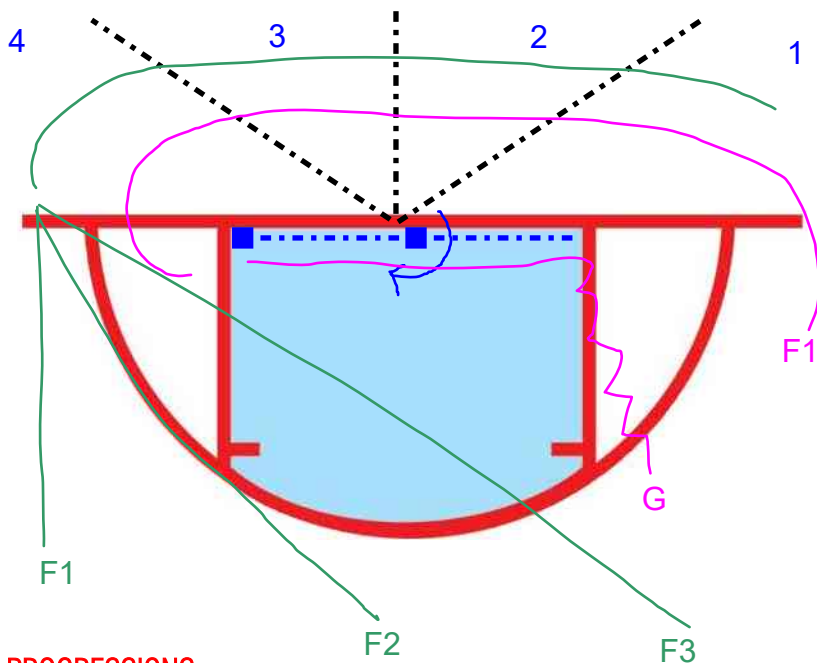
MAPLE LEAF MOVEMENT PROGRESSIONS

GOALS:

- End result should look like a Maple Leaf.
- Coach should draw the stems for practice
- Goalie should do this prior to game and each switch of ends of rink.
- Find landmarks, get your bearings.
- Outer stems lead to D-Zone face off dots
- Inner stems lead to Neutral Zone dots and go through the hashes at the circle
- Center stem to Center Dot

Primary Drill - In and Out Movement

- a) Start at a post. Start your movement to the middle of the net and move out to the A position.
- b) At the top of the movement, stop and move back into the net to C position.
- c) Explode to next stem.
- d) Complete to all stems and return to opposite pipe.



PROGRESSIONS

- 1) Add a pass-out to varied shooter positions - goalie needs to check the location and read the pass to make the best movement to save. (Green)
- 2) Goalie Race. Skater starts above goal line with goalie at A on same side. Goalie needs to get to the opposite post before the player / puck does. (Pink)

POST TO POST MOVEMENT

GOALS:

- Tracking movement behind the net
- Keeping body facing the slot
- Prepare for quick shots
- Keep post secure on either end

Primary Drill - Lateral Movement (Blue)

- a) Start at a post. Keep skate on the post as long as possible. (Zone 1)
- b) Move to next position once puck crosses the line using a shuffle movement. (Zone 2)
- c) Utilize pivots to turn head for visibility. Once puck crosses the center line of the net, OK to switch your head to the other side. (Zone 2/3)
- d) Get to the post when puck progresses to Zone 4)

Don't allow goalie to advance to the post too soon. Goalie needs to learn to read the speed as well as the technique. Skater should vary their speed.