

THEME 1 LATERAL PASSES



COACHING CONCEPTS: MOVING THROUGH THE ANCHOR, PUSHING AND PULLING, EYES/HANDS/BODY FOLLOWS.

MAKE AN EMPHASIS ON MOVING THROUGH THE ANCHOR, THE ANCHOR IS THE MIDDLE OF THE CREASE, THIS ALLOWS THE GOALTENDER TO GET ON ANGLE BEFORE GAINING DEPTH. GOALTENDER MUST LEARN TO PUSH AND PULL, WHEN THE GOALTENDER PUSHES TO THE NEW ANGLE, THEY MUST PULL THEIR BACK SIDE AND AVOID DRAGGING THE BACK LEG. AS ALWAYS, MOVING WITH THE EYES FIRST IS A MUST, AS THEY ADVANCE THE COACH CAN ADD A HEAD CHECK (SCANNING THE ICE) BEFORE MOVING Laterally.



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LATERAL SHOOTING PROGRESSION

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