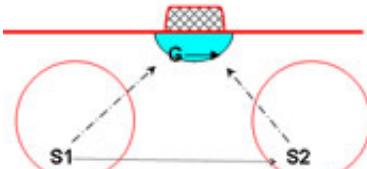


Out, Over & Back

Movement Drills - Intermediate/Advanced

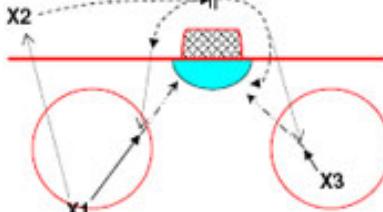
- [Out, Over & Back](#)
- [Out, Over, Full Recovery & Back](#)
- [Out, Over & Butterfly Slide Back](#)
- [Out, On Ice Recovery & Back](#)
- [Zone Work with Butterfly Slide | Video](#)
- [Post to Post Butterfly Slide](#)
- [Three Puck Movement On Ice Recovery | Video](#)



Appert Full Recovery

Fundamental Save Drills - Intermediate/Advanced

- [Gloves & Tracking 1 | Video](#)
- [Zone Work with Chest Shot | Video](#)
- [Triggered Cross Body Glove Saves](#)
- [Butterfly & Full Recovery | Video](#)
- [Butterfly & On Ice Recovery | Video](#)
- [Appert Full Recovery](#)

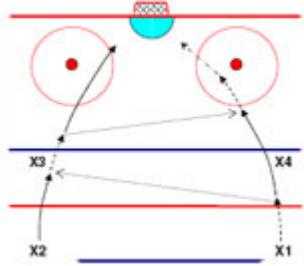


Colorado Drill

Game Situation Drills - Intermediate/Advanced

- [Three Cone Angle Shooting Drill | Video](#)
- [Berard Four Puck](#)
- [Barrasso Drill | Video](#)
- [Colorado Drill](#)
- [Monarch Shooting Drill | Video](#)
- [USA Post Load](#)
- [Wrap Read](#)
- [The Ranford](#)
- [Pass Out & 2 vs. 1 Simulation](#)
- [Max Read](#)
- [Post Awareness](#)
- [Tight & High Screen](#)

Monarch Shooting Drill



Team Drills - Intermediate/Advanced

- [Lateral Cut Phase 2 | Video](#)
- [Monarch Shooting Drill | Video](#)
- [Turco BO Drill](#)
- [Taylor Drive](#)
- [Cass Fly](#)



NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

OUT, OVER, & BACK

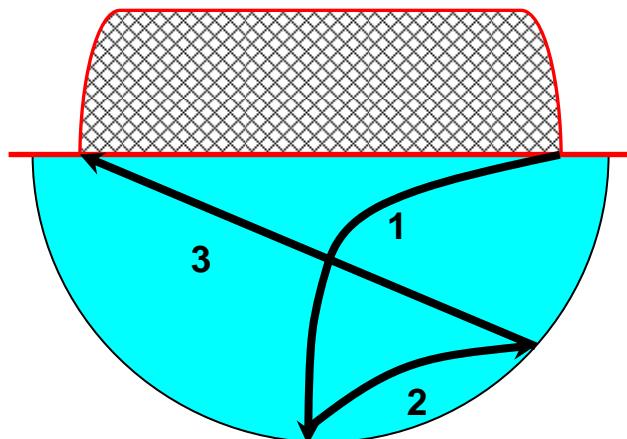
Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender small T - pushes to the corner angle of the top of the crease on the side from where he/she started from and sets feet.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heals should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle.
3. Movements should be crisp and explosive.
4. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

OUT, OVER, FULL RECOVERY & BACK

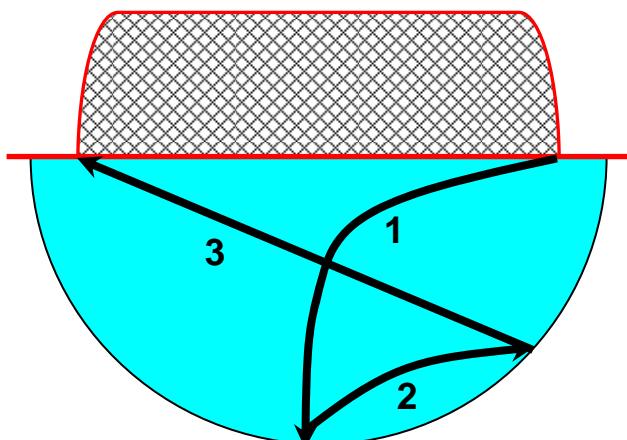
Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender small T - pushes to the corner angle of the top of the crease on the side from where he/she started from, sets feet, butterfly's, and fully recovers.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heals should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle.
3. Butterfly – Goaltender's knees should drive into ice, butt and chest are up.
4. Full Recovery – Drive leg foot needs to be brought out in front of lead leg.
5. Movements should be crisp and explosive.
6. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

OUT, OVER, BUTTERFLY SLIDE BACK

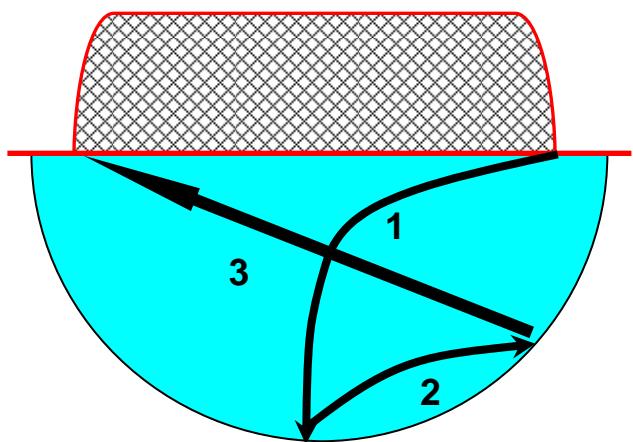
Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender small T - pushes to the corner angle of the top of the crease on the side from where he/she started from and sets feet.
3. The goaltender then rotates hips and butterfly slides back to just outside opposite side post.
4. Repeat drill from opposite post.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heals should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle.
3. Butterfly slide – Bring drive leg and lead leg together flush on the ice.
4. Butterfly slide - Goaltender should catch skate edge just outside of the post. This will keep goaltender square to the shooter and in position to move in another direction. If the goaltender hits the post it will push him/her off angle and limit his/her ability to move in another direction while also causing a small opening on the post side for the shooter.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

OUT, ON ICE RECOVERY, & BACK

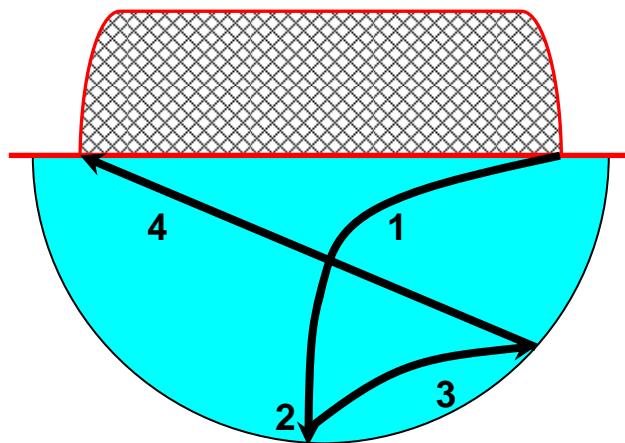
Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender drops into butterfly then on-ice recovers over to the corner angle of the top of the crease on the side from where he/she started from, catches edge, fully recovers, and sets feet.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heals should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle before dropping into butterfly.
3. On Ice Recovery - The goaltender needs to recover with the foot of the drive leg in front of the lead leg. This rotates goaltender on angle. While recovering, continue to keep the lead leg extended and flush on the ice in order to fill space. Weight should be placed on the inside edge of the drive leg. Goaltender also needs to lead with stick and gloves.
4. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

ZONE WORK BUTTERFLY SLIDE

Drill Description:

1. Start on post with head looking over right shoulder into zone 1. One small shuffle push into middle of net.
2. Look over right shoulder into zone 2, pause, and then turn head and look into zone 3.
3. One small shuffle push to post, head turned looking into zone 4.
4. Butterfly slide to the middle of the crease.
5. Catch edge and butterfly slide to the corner of the crease.

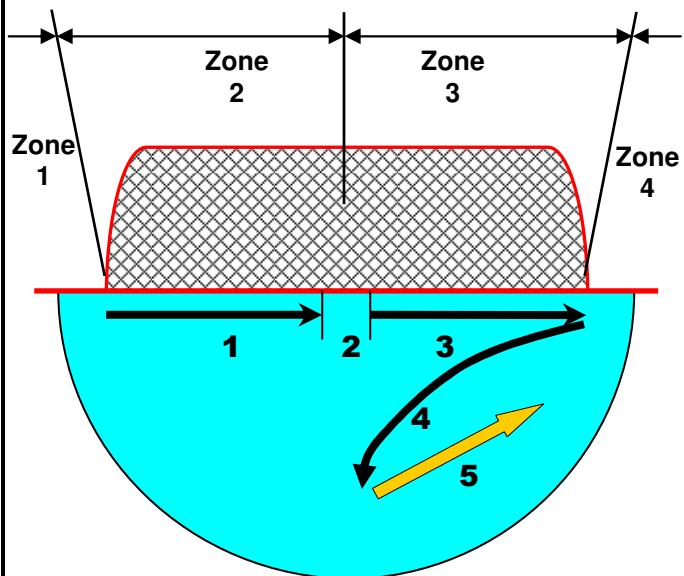
Repeat the drill 2X each way (total of 4 reps.)

Below Goal Line Zones:

When the play and puck are below the goal line the goaltender needs to break the ice into 4 zones. This allows the goaltender to track the play, make small movements if pass is made, and places goaltender in the best position to cover most of the net. The goaltender must follow the puck from zone to zone. In zone 1 & 4 the goaltender is positioned on the post. In zone 2 and 3 the goaltender is positioned in the middle of the net with his/her head looking over his/her shoulder into the zone where the puck is located.

Key Teaching Points:

1. Goaltender looks over right shoulder in zone 1 & 2 and left shoulder in zone 3 & 4.
2. Butterfly slide - The goaltender should push body to middle of the net while sliding out with shallow depth in crease and catch the inside edge of the lead leg in order to on ice recover over to corner angle.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

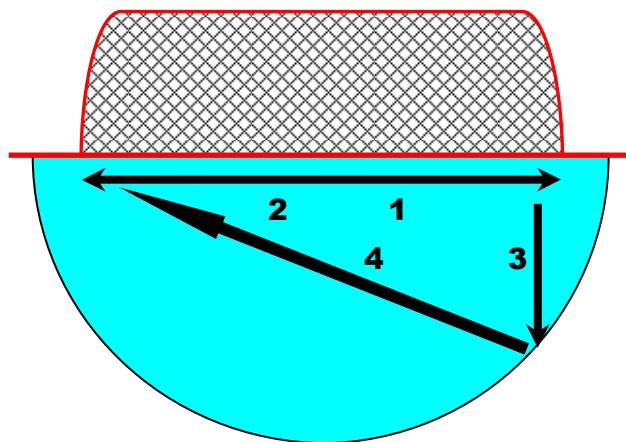
POST TO POST BUTTERFLY SLIDE

Drill Description:

1. One shuffle push across to opposite post.
2. One shuffle push across back to starting post.
3. T- push or C – cut out to the near side corner of the top of the crease and set feet.
4. Butterfly slide back to just outside the far post. Catch skate edge with the leading leg; fully recover to near side post.

Key Teaching Points:

1. Butterfly slide – The goaltender should rotate hips, lead with stick and gloves, and push hard with the inside edge of the drive leg.
2. Butterfly slide - Goaltender should catch skate edge just outside of the post. This will keep goaltender square to the shooter and in position to move in another direction. If the goaltender hits the post it will push him/her off angle and limit his/her ability to move in another direction while also causing a small opening on the post side for the shooter.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

3 PUCK MOVEMENT (ON ICE RECOVERY)

Drill Description:

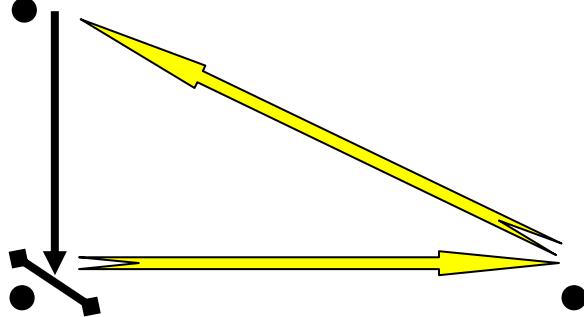
Puck placement:

1. Puck 1 is the post (Drill begins from Puck 1).
 2. Puck 2 is the near side corner of the top of the crease.
 3. Puck 3 is the far side corner of the top of the crease.
-
1. T- push or C – cut out to Puck 2, set feet and butterfly.
 2. On ice recover across to Puck 3 and catch edge.
 3. On ice recover back to just outside of Puck 1, catch edge and fully recover.

Repeat sequence 3 times.

Key Teaching Points:

1. On ice recovery: The goaltender needs to recover with the foot of the drive leg in front of the leading leg. 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.
2. After pushing off of the inside edge of the drive leg the goaltender must bring the drive leg flush onto the ice and together with the lead leg.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

GLOVE AND TRACKING DRILL 1

Drill Description:

1. Shooters S1 and S2 are placed inside at the top of the circles in line with the hash marks.
2. Passers P1 and P2 are below the goal line with pucks.
3. The goaltender begins the drill on the post near P1.
4. P1 passes the puck to either S1 or S2.

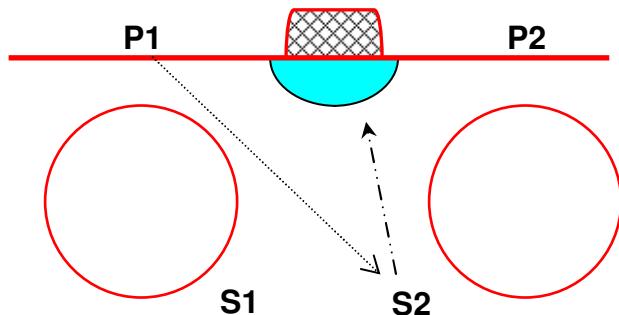
The shooter catches and shoots the puck to score, with the majority of the shots high to test the goaltender's hands.

It is important for the goaltender to explode off the post, moving center out and then setting feet for shot.

Repeat the drill 4 times from each side for a total of 8 reps.

Key Teaching Points:

1. The goaltender should move middle out while moving to the top of the crease in order to get 'on angle' quickly.
2. The goaltender must gap out as far as possible to the top of the crease. However, the goaltender must set feet before the shot is taken.
3. The goaltender must do a great job tracking the puck off the stick and reacting.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

ZONE WORK WITH CHEST SHOT

Drill Description:

X1 and X2 are standing on the face-off dots with pucks.

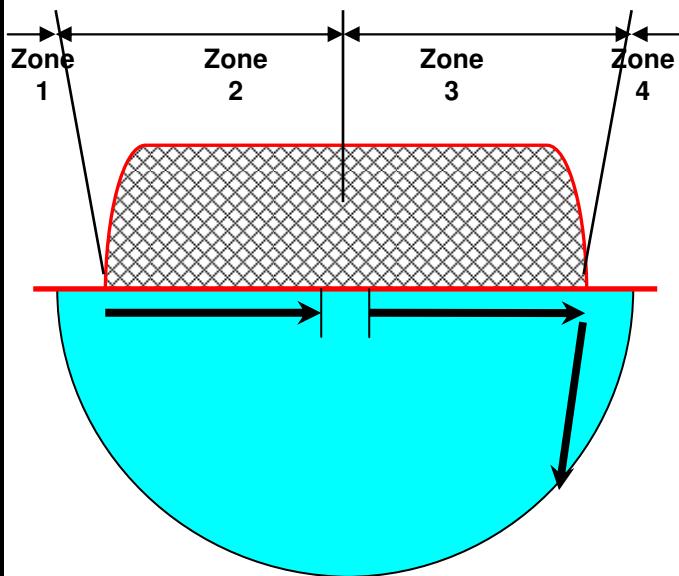
1. Goaltender starts on the post.
2. Goaltender travels to opposite post along the goal line while looking into all 4 zones behind the net.
3. After arriving at opposite post the goaltender C - cuts out and sets feet on angle with the shooter.
4. X1 or X2 shoot at goaltender's chest after he/she sets his/her feet.
5. Goaltender smothers shot in chest then fully recovers to near side post.

Repeat drill 3 times each way for a total of 6 reps.

Note: In zone 1 & 4 the goaltender is positioned on the post. In zone 2 and 3 the goaltender is positioned in the middle of the net with his/her head looking over his/her shoulder into the zone where the puck could be located.

Key Teaching Points:

1. The goaltender places himself /herself on the goal line in the middle of the net when the puck is in zone 2 or zone 3.
2. Chest shots – goaltender should absorb puck with chest and use glove to cradle puck in.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

TRIGGERED CROSS BODY GLOVE SAVES

Drill Description:

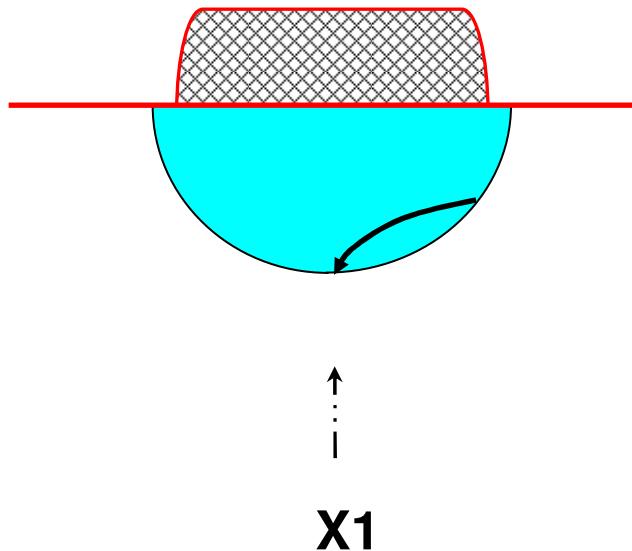
1. X1 stands in the middle of the slot 2 feet above the hash marks.
2. Goaltender stands on the right corner angle of the top of the crease.
3. X1 commands (uses word "Push") the goaltender to move to the middle of the top of the crease.
4. Goaltender small T – pushes to middle angle of the top of the crease and sets feet.
5. X1 shoots high to the goaltender's left side.
6. Goaltender tracks puck to make save and follows rebound.

Repeat above from opposite side shooting to the goaltender's right side.

Repeat 3 times each side for total of 6 reps.

Key Teaching Points:

1. Small T - push: Pivot lead leg foot towards middle then quickly rotate onto angle in middle.
2. The goaltender must do a great job tracking the puck off the stick.
3. The goaltender should direct shots off blocker into the corner and catch shots at glove.





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 $\frac{1}{2}$ 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 $\frac{1}{2}$ 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.

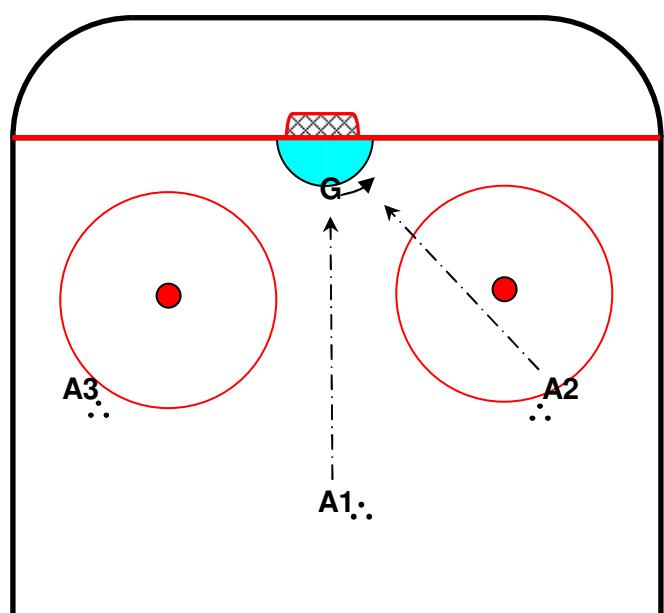
Key Teaching Points:

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.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

ON ICE BUTTERFLY RECOVERY DRILL

Drill Description:

On Ice Recovery - After leaving feet goaltender moves to next shot while maintaining on ice body position. The goaltender uses the inside edge of the drive foot to move quickly while maximizing net coverage.

B1 is standing in the middle of the slot at the top of the circle.

B2 is standing 3 feet above the top of the crease to the goaltender's left.

B3 is standing 3 feet above the top of the crease to the goaltender's right.

All shooters have pucks.

B1 shoots low to the goalie's left side. Goaltender makes save in $\frac{1}{2}$ butterfly then on ice recovers over to B2. B2 shoots when goaltender pushes off of his/her drive edge. Goaltender makes save then recovers to his/her feet. The goaltender will then T-push back to the middle for the next shot from B1.

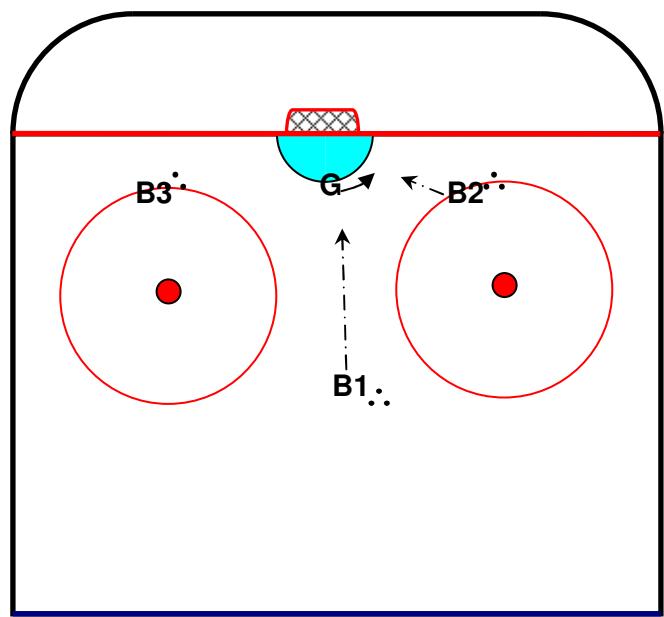
B1 shoots low to the goalie's right side. Goaltender makes save in $\frac{1}{2}$ butterfly then on ice recovers over to B3. B3 shoots when goaltender pushes off of his/her drive edge. Goaltender makes save then recovers to his/her feet. The goaltender will then small T-push back to the middle for the next shot from B1.

Key Teaching Points:

For the 2nd shot the goaltender should slide back towards the post. This will take away net from the shooter.

After extending leg to make 1st shot 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 and flush on the ice in order to fill space. Weight should be placed on the inside edge of the drive leg.

After pushing off of the inside edge of the outside leg the goalie must bring the outside leg flush onto the ice.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

APPERT FULL RECOVERY

Drill Description:

S1 and S2 are 2 feet above each face-off dot.

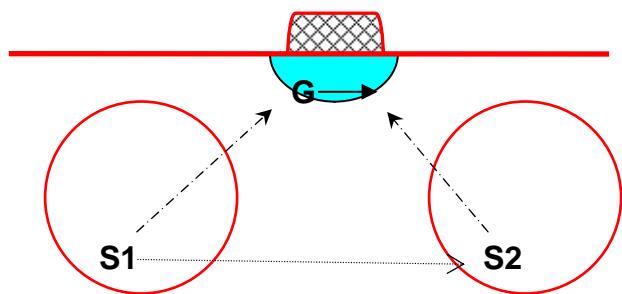
S1 starts with two pucks.

Goaltender begins at the top of the crease square to S1.

1. S1 shoots the first puck low to the goaltender's far side. When the puck hits the goaltender's pads, S1 passes the second puck to S2.
2. The goaltender makes the save on the first shot, fully recovers, and T-pushes across to face shot from S2.
3. S2 receives pass and shoots.
4. Goaltender makes the save and follows rebound.

Key Teaching Points:

1. Goaltender is in his/her stance at the top of the crease.
2. Track puck into pads or stick and control rebounds.
3. *Full Recovery*: When moving to the right, get up with the left leg. When moving to the left, get up with the right leg.
4. 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 the goaltender on angle. Weight should be placed on the inside edge of the drive leg.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

THREE CONE ANGLE SHOOTING

Drill Description:

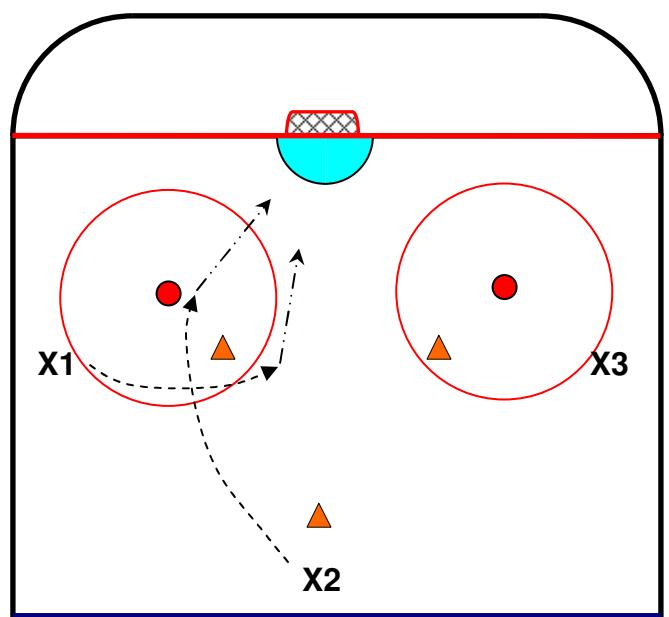
Players are lined up on the wall above each circle and in the middle of the blue line

1. On the whistle X1 carries the puck beyond the cone that is directly in front of X1 and shoots from the slot. X1 follows the shot to the net.
2. The goaltender plays the first shot and once finished returns to the middle of the net and sets feet.
3. Once the goaltender has reset on X2, X2 drives wide of either cone for angle shot with X1 staying in the slot for a potential rebound.

Repeat the drill with X3 starting from the opposite side.

Key Teaching Points:

1. The goaltender needs to maintain depth while moving.
2. Movements must be short and compact.
3. Goaltender must stay square to the shooter.
4. Control rebounds.
5. Follow and finish all shots and rebounds.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

BERARD FOUR PUCK

Drill Description:

Four shooters line up in the slot between the hash marks and two rebounders begin, one at the top of the crease and one on the weak side of the crease. Pucks are 7 to 10 feet from the net below the goal line.

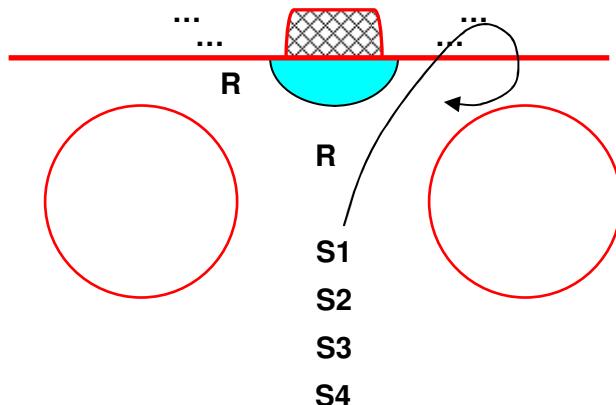
1. S1 skates to corner, retrieves puck and attacks net above the goal line.
2. S1 can shoot immediately or try to attack across the top of the crease.
3. Once S1 releases the shot, S1 and the two rebounders (R) look for second chance opportunities.
4. Play continues until the goaltender smothers the puck, clears the rebound below the goal line or beyond the shooters, or the players score.
5. As soon as the play ends, the goaltender must immediately fully recover, get to the top of the crease and begin to play S2. S2 will pick up a puck from the opposite side of the net and start his attack. One rebounder remains at the top of the crease while other rebounder must cover weak side of the crease.

This sequence continues with S3 and S4.

The drill models a walk out situation from below the goal line. The goaltender must follow the path of the shooter from the top of the crease to the post, square up, get feet set and then be patient. The goaltender should stay on feet until the shot is taken, read the play and react to the situation.

Key Teaching Points:

1. If the goaltender controls the first shot or smothers the shot, the play ends and the goaltender gets set for next shooter.
2. Goaltender should be square to the shooter and have shallow crease depth when shooter attacks net above goal line.
3. If the goaltender gives up a rebound in tight, butterfly slide to angle and stop the 2nd shot. Play continues until puck is smothered, out of area or scored.
4. If goaltender gives up a high rebound, the goaltender should fully recover, get on angle and set feet for 2nd shot. Play continues until puck is smothered, out of area or scored.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

BARRASSO DRILL

Drill Description:

PART ONE:

The shooter begins with ten pucks in the slot between the hash marks. The goaltender is in the butterfly position in the middle of the crease simulating a point shot coming at the five hole. A second goaltender is standing five feet above the crease with legs stretched wide providing a screen for the goaltender.

1. S begins by shooting the puck through the screen towards either post.

Note: The goaltender is forced to track the puck late and flare leg out to make the save. This simulates a deflection from a point shot.

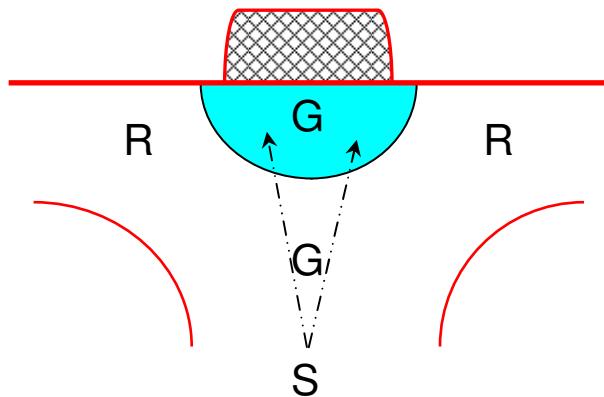
PART TWO:

Two rebounding players (R) are added to each side of the net.

1. S begins by shooting the puck through the screen towards either post.
2. The goaltender makes the initial leg flare save and then must quickly recover to play the rebound.

Key Teaching Points:

1. Tracking the puck in a late deflection situation.
2. Muscle memory work on a quick leg flare once the goaltender is already committed to a butterfly save.
3. It is important to extend the leg but goaltender must also move the body towards the shot in order to be in a good rebound position.
4. The goaltender must read position of rebound and quickly determine which recovery technique to use (full recovery or on ice recovery).





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

COLORADO DRILL

Drill Description:

1. X1 starts at the top of the circle with pucks, X2 in the strong side corner and X3 is three feet inside the top of the weak side circle.
2. X1 starts by passing to X2 in the corner and then moving to the net.
3. X2 carries the puck behind the net (stopping in the middle most of the time). X2 can reverse direction and pass to X1 or continue around the net and pass to X3. X2 also has the option to attempt a wrap around shot on either side.

Note: If X1 or X3 receives a pass, they must shoot the puck. All three players attack any rebounds and continue play until a whistle.

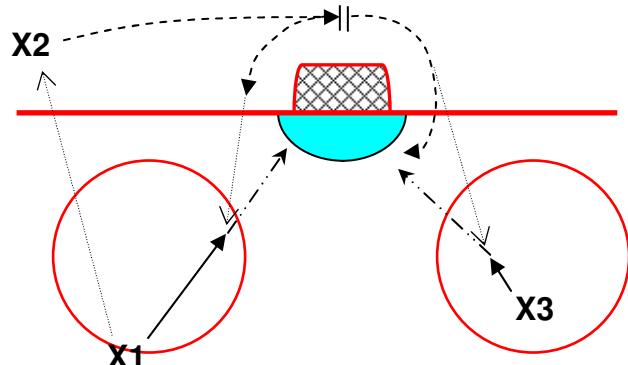
The goaltender begins 'on angle' with X1 at the top of the crease and tracks the pass to X2. The goalie then reads X2's movement behind the net.

The goaltender must follow X2 from zone to zone. In zone 1 & 4 the goaltender is positioned on the post. In zone 2 and 3 the goaltender is positioned in the middle of the net with his/her head looking over his/her shoulder into the zone where the puck is located.

Repeat drill 5 times from each side for total of 10 reps.

Key Teaching Points:

1. On pass from X2 to X1 the goaltender does not have to come out far towards the shooter, he/she needs to move over to block shot and have shallow crease depth in case of a rebound.
2. On pass from X2 to X3 the goaltender must gap out as far as possible to the top of the crease, however, the goalie must set feet before the shot is taken.
3. On wrap around attempt the goaltender must lead with stick, smother puck, and be in position to move in case of rebound.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MONARCH SHOOTING

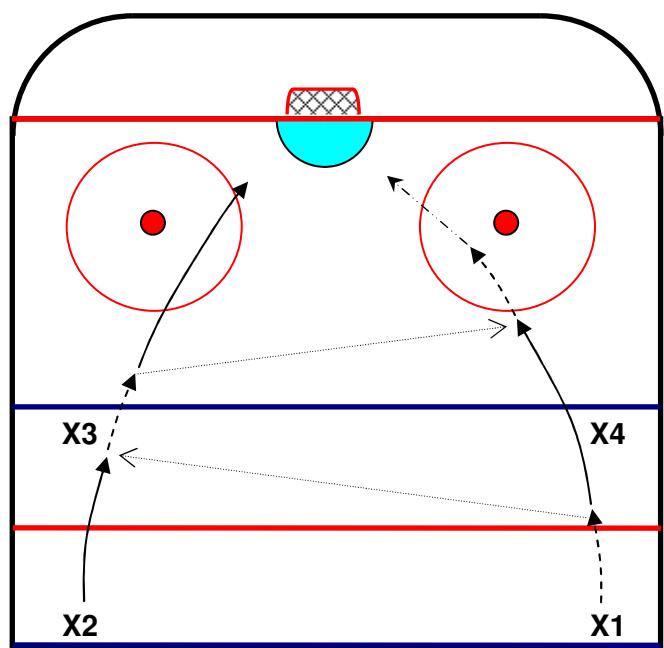
Drill Description:

Four lines begin in the neutral zone outside of the face off dots.

1. On the whistle X1 and X2 pass back and forth until they cross the offensive blue line.
2. The player with the puck when reaching the top of the circle shoots low to the far side of the net. While the other player drives to the net looking to play the rebound.
3. Once X1 and X2 cross the offensive blue line, X3 and X4 begin the drill in the opposite direction.

Key Teaching Points:

1. Goaltender must stand on top of the crease and be square to the shooter.
2. Goaltender must use stick and pad to control rebound on first shot.
3. After making a save on the first shot the goaltender must use his/her legs to recover into position to make second save.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

USA POST LOAD

Drill Description:

1. S2 begins with the puck along the boards at the top of the circle.
2. S2 passes to S1 (positioned along goal line at bottom of circle), S1 steps towards the net into the Post Load Zone and shoots.
3. The goaltender drops into the post load position to make the save, follows the rebound, and returns to square up with S2 while S1 skates to the front of the net for a rebound from S2 shot.
4. S2 then drives the net with puck from below the bottom of the circle and shoots from the Post Load Zone.
5. Goaltender drops into the post load position to make the save and follows rebound.

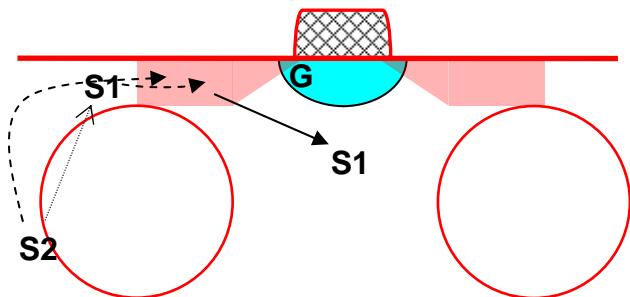
Note: The goaltender moves into the post load position as the puck moves into the Post Load Zone and reacts according to the situation presented.

Post Load Zone: Puck is below the bottom of the face-off circle on the net side of the face-off dot.

Repeat the drill 5X from each side for total of 10 reps.

Key Teaching Points:

1. As the puck enters the Post Load Zone, the goaltender gets into the post load position with no holes.
2. The post leg pad runs parallel to the post with the inside of the outside leg flush on the ice.
3. The outside knee needs to be tight with the inside ankle – this will keep the body upright and eliminate holes between the legs.
4. Stick and glove are in stance position.
5. Goaltender follows all rebounds using proper recovery.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

WRAP READ

Drill Description:

Cones are positioned on the goal line 3 feet from each side of the net.

S1 begins at the top of the circle with puck. S2 begins at the top of the circle on the opposite side.

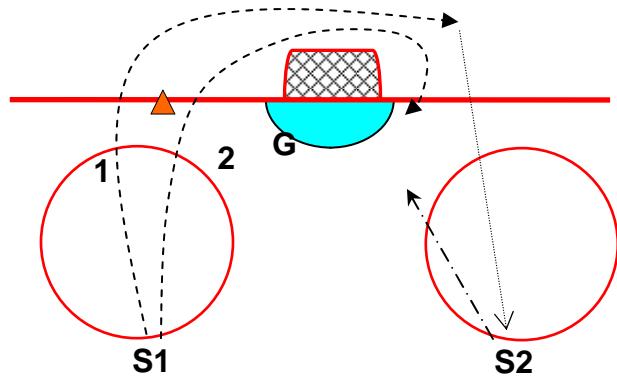
1. S1 drives behind net with the puck:

- If S1 skates on the board side of the cone S1 must continue around the net and pass to S2.
- If S1 skates on the net side of the cone S1 can wrap puck for stuff attempt or pass to S2.

NOTE: S2 is always ready for the pass in shooting position. S2 can go to the net for rebound if S1 wraps puck.

Key Teaching Points:

1. Goaltender must follow S1 and READ which path S1 takes around the cone.
2. Goaltender should stay on feet if S1 takes the path along the boards.
3. If S1 takes the path near the net the goaltender can slide across to stop the wrap, HOWEVER, goaltender must maintain net awareness and the ability to use his/her edges.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

THE RANFORD

Drill Description:

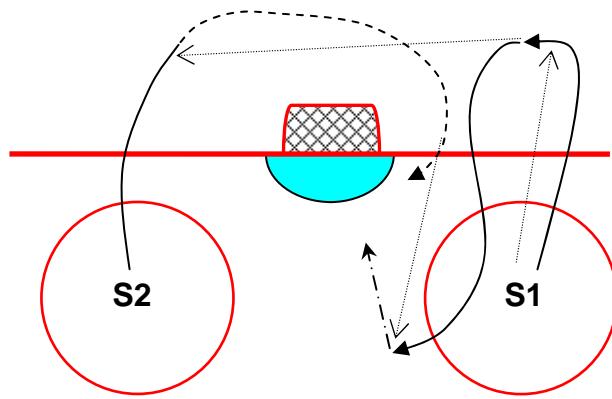
S1 and S2 begin at the face-off dots on each side of the net.

1. S1 dumps the puck into near side corner, then skates to retrieve it. At the same time S2 skates to S2's near side corner.
2. S1 passes to S2; S1 then pops out above the goal line into shooting position.
3. S2 receives pass then skates with the puck behind the net to the opposite corner and has the option to wrap or pass to S1 for the shot.

Repeat drill from each side.

Key Teaching Points:

1. Goaltender must follow S2 behind the net to determine which play S2 will make.
2. If S2 is along the boards, the goaltender must hold feet, putting him/her in position to stop the wrap or pass out.
3. If S2 attacks with speed near the net, the goaltender can slide across, maintaining net awareness and ability to use edges.
4. On all movements, the goaltender should lead with the stick and gloves.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

Pass Out & 2 vs. 1 Simulation

Drill Description:

Two shooters (S2 and S3) begin at the top of each circle in line with the face-off dots. Two passers (S1 and S4) begin below the goal line in line with the face-off dots.

1. S1 passes to either S2 or S3. Pass is received and shot taken. (On second rep. through the first pass receiver can pass to partner or shoot).
2. Goaltender makes save, follows rebound, then returns to the middle of the net on the goal line.
3. When goaltender returns to middle of net S2 and S3 curl to the blue line and who ever did not shoot picks up puck. Puck carrier skates with the puck and upon reaching the top of the circle shoots or passes to partner.
4. The non-shooter drives the net hard for a rebound.
5. Next rep. starts from opposite side (S4 as the passer).

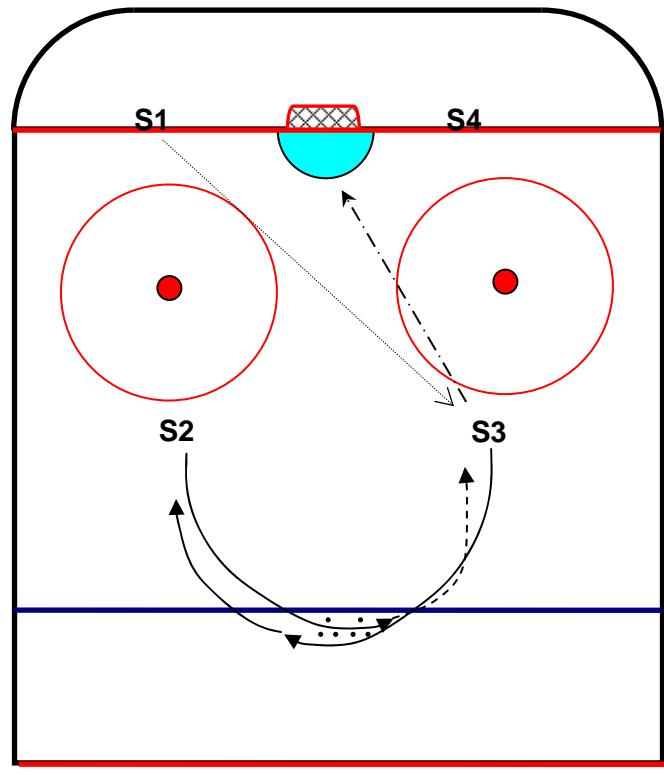
Key Teaching Points:

1st Shot:

1. Off post the lead leg should be placed towards the middle of the net. This places the goaltender on angle to potential shots.
2. The goaltender should move middle out while moving to the top of the crease in order to get 'on angle' quickly.
3. The goaltender must gap out as far as possible to the top of the crease. However, the goaltender must set feet before the shot is taken.

2nd Shot:

4. Goaltender must set feet at the top of the crease and be square to the shooter.
5. Goaltender needs to have calm feet and not sink back as play comes towards him/her.
6. Goaltender must use stick and pads to control rebound on first shot.
7. After making a save on the shot the goaltender must use his/her legs to recover into position.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MAX READ

Drill Description:

In front of S1 a cone should be placed at the top of the circle in line with the dot.

S1 has the pucks below the bottom of the goal line.

S2 is in the middle of the slot at the top of the circles.

S3 is three feet below the face-off dot on the opposite side from S1.

1. S1 passes to S2 in the middle of the slot.
2. S2 receives pass and shoots. S2 skates over to the top of the circle on the opposite side of S1.
3. Goaltender makes the save, follows the rebound, and returns to starting post.
4. When the goaltender returns to the post S1 skates around to the top of the circle. Once S1 is at the top of the circle above the face-off dot S1 shoots or passes to S2 or S3.
5. Goaltender reads the play and uses proper movement and save selection.

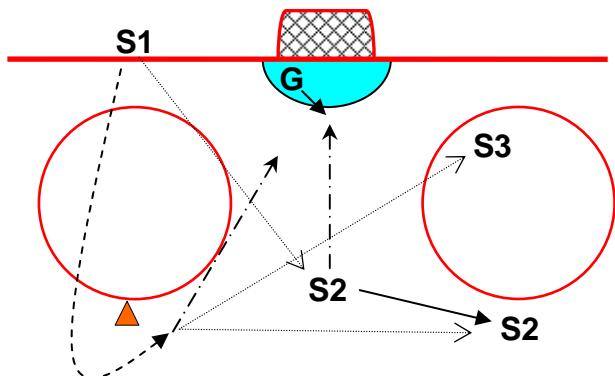
Key Teaching Points:

1st Shot:

1. Goaltender comes out through the middle, gains depth, and sets feet before shot is taken.
2. After making save goaltender uses proper recovery to follow the rebound.

2nd Shot:

1. Goaltender stays square to S1 with calm feet at the top of the crease.
2. Goaltender reads speed and location of intended pass to determine movement (move on feet or butterfly slide).





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

POST AWARENESS

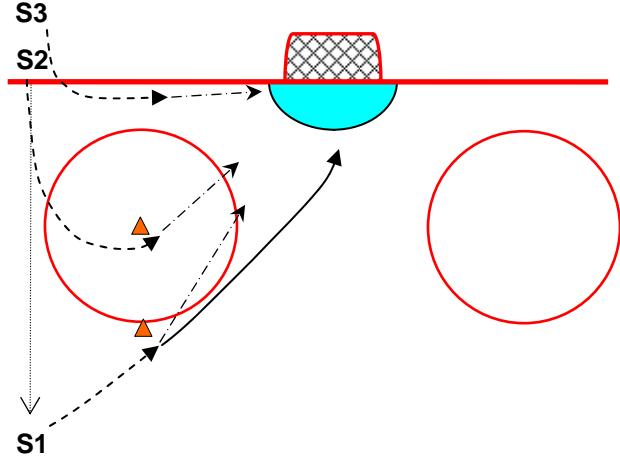
Drill Description:

S1 begins at the top of circle along the boards. S2 and S3 begin in same corner with pucks. A cone is placed on the top of the face-off circle in line with the face-off dot. A cone is also placed on the dot.

1. S2 passes to S1, S1 receives pass, skates towards the cone at the top of the circle. S1 shoots once arriving at cone and skates to the net. The goaltender makes the save, follows the rebound and then returns to the post. S1 remains in front of net to play rebounds on following two shots.
2. Once goaltender arrives at post S2 attacks cone on the dot and shoots from above the cone. The goaltender makes the save, follows the rebound, and again returns to post.
3. Once goaltender arrives at post S3 attacks the net from corner into the load zone and shoots.

Key Teaching Points:

1. Goaltender must maintain awareness of the short side when facing each shot. This can be done by tapping the post with the end of the stick. This will help goaltender develop a habit that increases proper angle and net coverage.
2. On rebounds, the goaltender must track the play and use proper recovery.
3. When T - pushing back to starting post, the goaltender must slightly lift the foot of the drive leg.
4. On the 3rd shot the goaltender should drop into the post load position as soon as the puck enters the load zone. This will help goaltender drop into proper load position thus eliminating holes and putting goaltender in position to follow pass or rebound.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

TIGHT & HIGH SCREEN

Drill Description:

This drill provides the goaltender with screen situations.

S1 screens the goaltender by standing just above the crease.

S2 is in the corner with pucks.

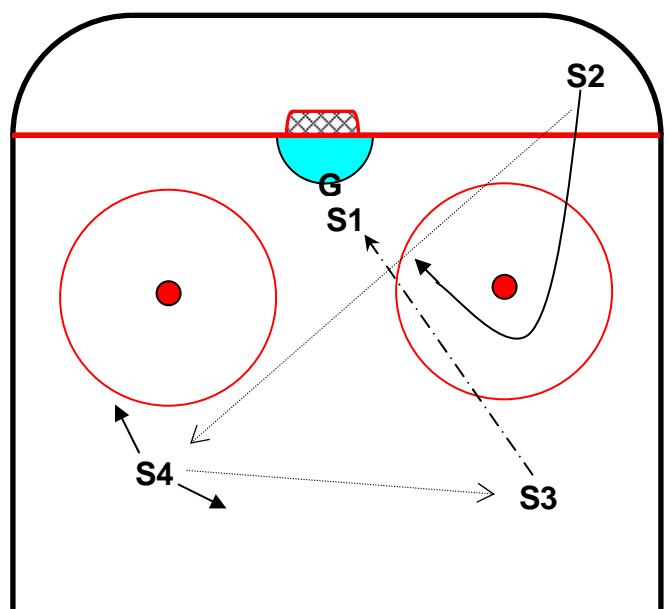
S3 and S4 are located four feet above each face-off circle.

1. S2 passes to either S3 or S4. After passing S2 curls to the middle of the slot for high slot screen and rebounds.
2. After receiving the pass S3 or S4 can walk blue line, exchange pass with each other, or shoot.
3. S1 always screens goaltender by standing in tight and plays rebounds. S2 is a high slot screen and plays rebounds. S3 and S4 shoot using the screen to score or create a rebound.

Note: Repeat drill 5X from each side for a total of 10 reps.

Key Teaching Points:

1. During screen situation goaltender maintains depth on top of the crease, keeps feet calm, and stands tall to find the puck.
2. Goaltender must use proper recovery to follow rebounds.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

TRIPLE OPTION LOAD DRILL

Drill Description:

1. S1 begins with the puck below the bottom of the face-off circle on the board side of the face-off dot.
2. S2 and S3 are placed as indicated in the slot as passing options.
3. The goaltender begins on the post near S1.
4. S1 starts by skating the puck into the post load zone and then has three options:
 - Shoot the puck to score or to create a rebound.
 - Take the puck to the net on a jam play.
 - Pass to S2 or S3 for back door play.

Note: The shooters should play out the rebounds on all three situations.

The goaltender moves into the post load position as the puck moves into the post load zone and reacts according to the situation presented.

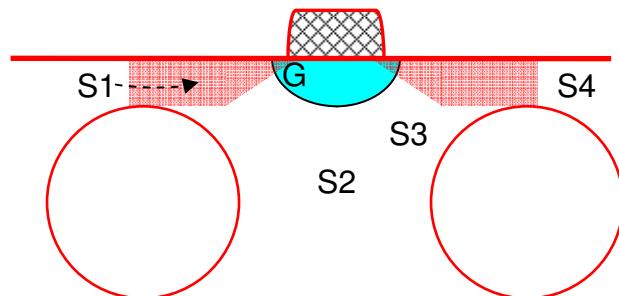
After the rebound is played out and the repetition is completed the goalie sets on the post near S4 for the next rep.

Repeat the drill 3X each way for a total of 6 reps.

Post Load Zone: Puck is below the bottom of the face-off circle on the net side of the face-off dot.

Key Teaching Points:

1. As the puck enters the post load zone, the goalie gets into the post load position with no holes.
2. The post leg pad runs parallel to the post with the inside of the outside leg flush on the ice.
3. The outside knee needs to be tight with the inside ankle – this will keep the body upright and eliminate holes between the legs.
4. Stick and glove are in stance position.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

BERARD BACK DOOR

Drill Description:

Begin with two lines of shooters with pucks inside the blue line and a pile of pucks 10 feet from the goal below the goal line on both sides of the net.

1. X1 starts by passing to X2 and then attacks the net as a return pass option for X2.
2. X2 takes a step towards the net and then passes back to X1 near the hash marks.
3. X1 collects the return pass and shoots on net, one timer if possible.
4. After shooting, X1 picks up a second puck from below the goal line and attacks the net above the goal line. X2 will stay high and delay movement until X1 retrieves the second puck and then X2 drives to the weak side post.
5. X1 hits X2 with flat back door pass for a one touch shot on goal.
6. X1 and X2 play out any rebounds.

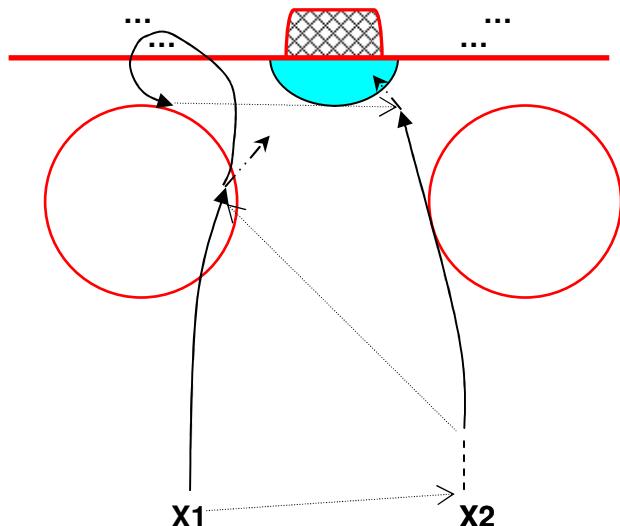
Repeat the drill with the puck starting on the opposite side.

Variation: Allow the passers to either shoot or pass in order to keep the goaltender honest and square to the play.

This drill works on the goaltender's movement on staggered and flat passes. It also forces the goaltender to read the play and be aware of the threat that exists away from the puck.

Key Teaching Points:

1. The goaltender must stay square to X2 initially and move on staggered pass to X1. Butterfly slide used, turning head to track the puck, leading with gloves & stick, pushing diagonally to angle (post).
2. After first shot, goaltender recovers to post and squares up to the puck. On pass, butterfly slide to play second shot.
3. It is important to turn head to track the puck (lead with eyes). Use proper rotation of the body, strong push with inside edge of the drive leg and then bring pads flush on the ice and together in slide to regain compactness.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

QUICK STRIKE 2 vs. 1

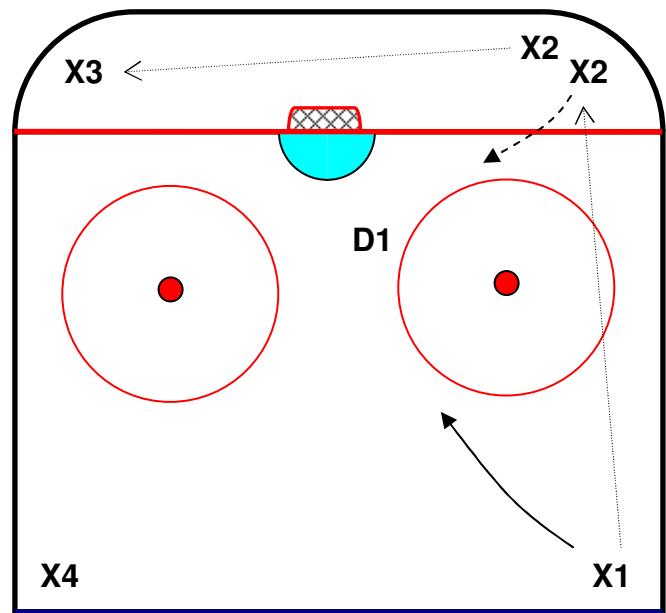
Drill Description:

Begin with players in both corners and along the boards at the blue line on each side. One defensive player (D1) begins in the slot.

1. X1 passes to X2 and both players attack the net with D1 defending. On the whistle the first puck becomes dead.
2. The next player in the X2 line passes to X3 and both attack the situation with D1 defending.
3. On the second whistle, X4 passes to the next X3 for the third 2 vs. 1 attack.
4. The third whistle initiates a pass from the X3 line to X2 for the fourth 2 vs. 1 attack – all against the same defenseman D1.

Key Teaching Points:

1. Goaltender must read the play and communicate with the defender.
2. Goaltender must read the danger of a back door pass in order to determine his/her depth in the crease.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

FLINT FOUR SHOT

Drill Description:

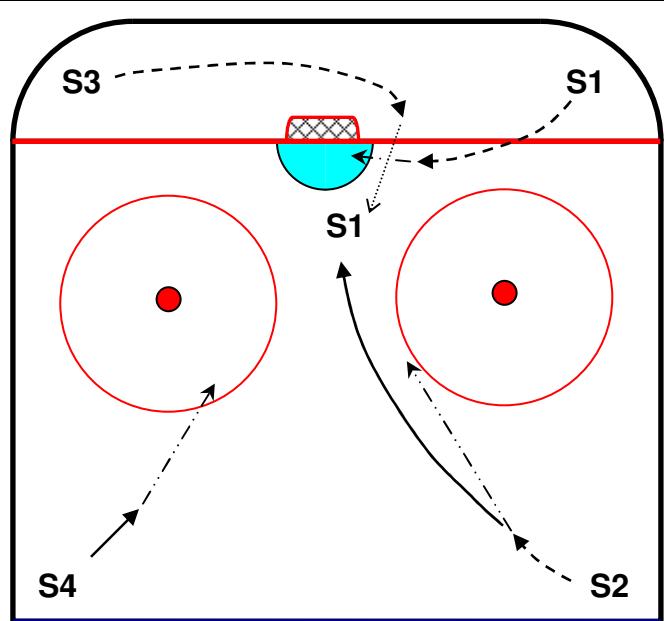
This drill sequence provides the goaltender with four different game situations. Shots alternate from in tight to outside. There is a line of players in each corner and on each side of the blue line along the boards.

1. S1 attacks along the goal line and attempts to score.
2. After the shot S1 screens the goaltender for a point shot by S2.
3. After the point shot, S2 sprints to the front of the net and covers S1.
4. S3 then attacks from below the goal line by skating behind the net. S3 has three options:
 - A. Pass out to S1 for a shot.
 - B. Walk out for shot.
 - C. Wrap around.
5. After the play by S3, S4 takes a shot from the point. On this shot S1 and S3 screen and attempt to tip shot while S2 helps defend.

Note: Players should alternate lines throughout the drill.

Key Teaching Points:

1. On the walk out if the puck enters the load zone the goaltender should use the post load technique.
2. On point shot from S2 the goaltender sets feet on top of the crease closing the gap between the goaltender and the screen. This will put the goaltender in position to look around the screen to find the puck while staying big.
3. The goaltender reads the play while staying aware of all of S3's options.
4. On point shot from S4 the goaltender sets feet on angle at the top of the crease, keeps chest up to stay big while tracking puck through multiple screens. The goalie must remain aware of any back door option.





NATIONAL TEAM DEVELOPMENT PROGRAM

GOALTENDER DRILLS

LATERAL CUT DRILL

Drill Description:

In both ends five cones are placed on the ice as shown below.

Phase 1

1. Shooter begins at the red line and skates down the boards.
2. Just before the first cone (along boards) the shooter cuts to the middle and shoots somewhere prior to arriving at the second cone (middle cone).

Phase 2

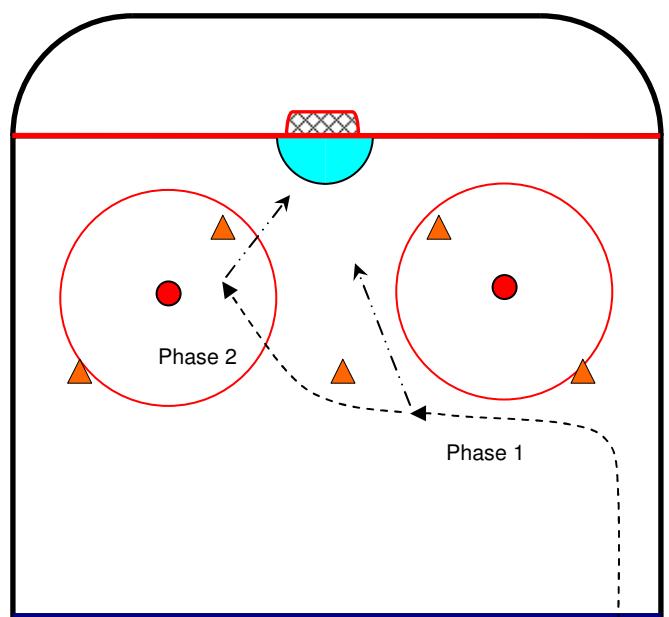
1. Shooter begins at the red line and skates down the boards.
2. Just before the first cone (along boards) the shooter cuts to the middle. The shooter has the option to shoot between the first and second cone (middle cone) or to continue the path and shoot at some point between the second and third cone (low cone).

Alternate sides with the drill.

Team drill that can be done at both ends at the same time. Have shooters lined up at the red line on both sides of center ice.

Key Teaching Points:

1. The goaltender sets up on the shooter as the shooter moves down the wall and across the ice.
2. The goaltender must be patient and stay on feet at the top of the crease taking away as much net as possible.
3. In phase two, when the puck is carried between cones 2 and 3 the goaltender must continue to stay on his/her feet and be patient moving with the puck.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MONARCH SHOOTING

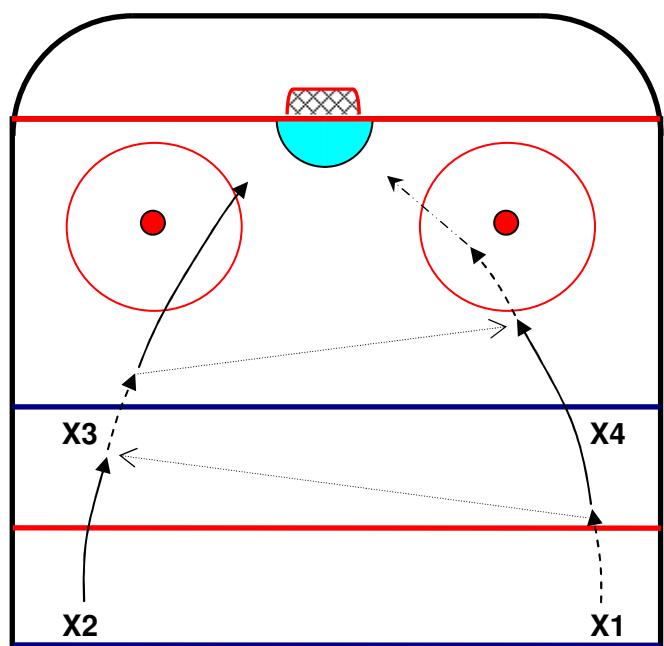
Drill Description:

Four lines begin in the neutral zone outside of the face off dots.

1. On the whistle X1 and X2 pass back and forth until they cross the offensive blue line.
2. The player with the puck when reaching the top of the circle shoots low to the far side of the net. While the other player drives to the net looking to play the rebound.
3. Once X1 and X2 cross the offensive blue line, X3 and X4 begin the drill in the opposite direction.

Key Teaching Points:

1. Goaltender must stand on top of the crease and be square to the shooter.
2. Goaltender must use stick and pad to control rebound on first shot.
3. After making a save on the first shot the goaltender must use his/her legs to recover into position to make second save.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

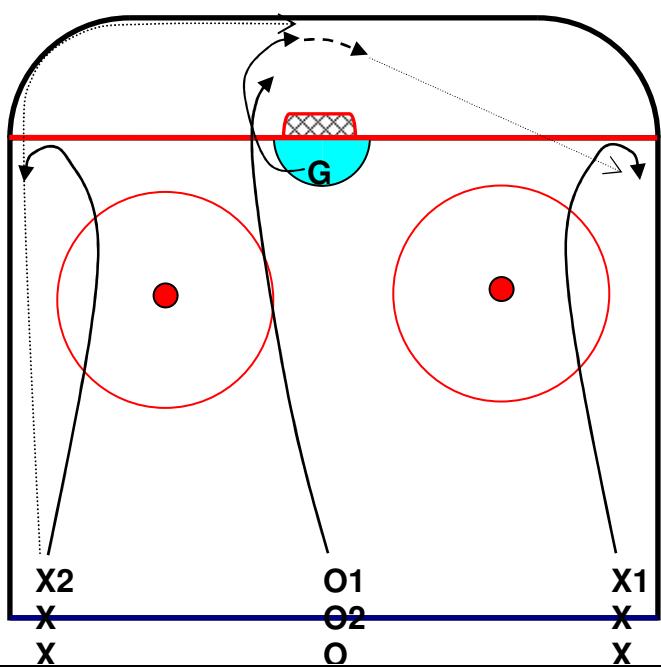
TURCO 2 vs. 1 BREAKOUT

Drill Description:

1. X2 begins the drill by rimming the puck so the goaltender can stop it behind the net.
2. X1 and X2 skate into the zone in a low breakout position (just above goal line).
3. O1 forechecks the goaltender to either side of the net.
4. The goaltender must stop the wrap, read the pressure and pass to the open player (either X1 or X2).
5. X1 and X2 regroup with O2 and attack 2 vs. 1 against O1.

Key Teaching Points:

1. On rims goaltender must quickly get to the back of the net, stop puck and turn to read the play.
2. A goaltender can turn and face the play if the forechecking pressure is soft. If the pressure is hard the goaltender needs to make a quick decision with the puck.
3. The puck should be played away from the forechecking pressure.
4. After playing the puck the goaltender must quickly return to the crease and prepare for potential shot.
5. On 2 vs. 1 the goaltender must be square to the puck carrier and have good depth allowing the goaltender to move into position if pass is made.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

TAYLOR DRIVE

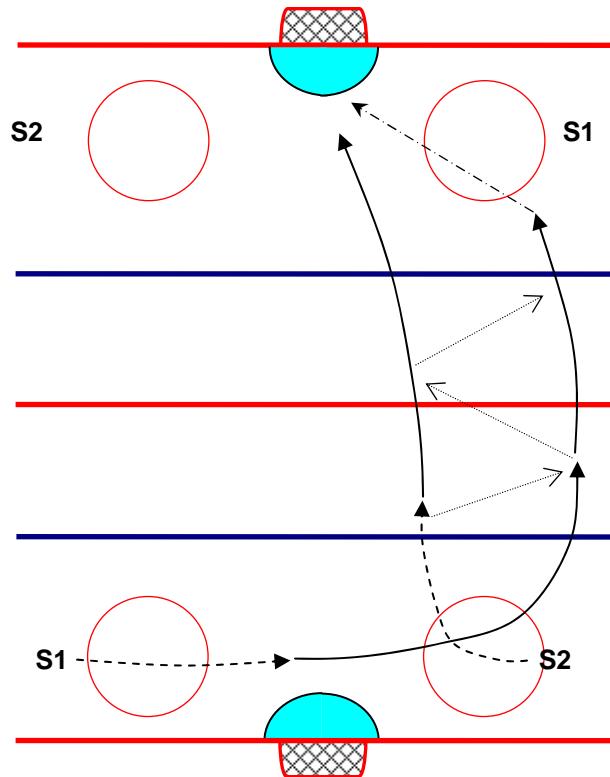
Drill Description:

Begin in both end zones with two lines of shooters at the hash marks along the boards. In each end S1 starts with the puck. S1 in each zone must be on opposite hash marks from one another.

1. S1 starts by skating across the ice and once arriving in middle of ice S1 passes to S2.
2. S2 receives pass and skates towards the middle of the ice.
3. S1 curls behind S2 and skates up ice along the boards.
4. S1 and S2 exchange passes until they reach the far blue line.
5. S1 shoots from top of circle low to the far side then drives net.
6. S2 drives net looking for a rebound.

Key Teaching Points:

1. On shot S1 is looking to create a rebound for S2 driving the net. S1 needs to hit goaltender's outside pad with shot.
2. On shot goaltender needs to have feet calm on top of the crease and square to the shooter. Rebounds must be controlled to safe area away from opposing player (S2) driving the net.
3. S2 needs to drive net with stick and body in position to shoot.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

CASS FLY

Drill Description:

Cone is placed at the top of each face-off circle in each offensive zone in line with the face-off dot.

Lines are in all 4 corners with pucks.

For each rep the starting line in each end alternates. Starting lines must be on opposite sides. Coach's whistle triggers each rep.

Phase 1: S1 skates above the cone directly in front of S1's line and continues across going below the cone on the opposite side. On the way across S1 receives pass from opposite line that he/she started from. S1 receives the pass, skates to the far end and takes a shot from the outside of the cone. At the same time a line in the far end on the opposite side starts and repeats above.

Phase 2: S1 skates above the cone directly in front of S1's line and continues across going below the cone on the opposite side. S2 leaves when S1 is above first cone, S2 receives pass in the middle of the cones from opposite side and goes down 2 on 0 with S1. S1 shoots from the outside of cone while S2 drives the middle lane for rebound. At the same time a line in the far end on the opposite side starts and repeats above.

Key Teaching Points:

Shooter:

1. Passing and receiving.
2. Shooting for rebounds.
3. Acceleration with puck.
4. Hitting the net.
5. Low stick driving the net.

Goaltender:

1. Calm feet set on top of the crease and square to shooter.
2. Rebounds must be controlled to safe area away from opposing player (S2) driving the net.
3. Use proper recovery to follow rebound.

