

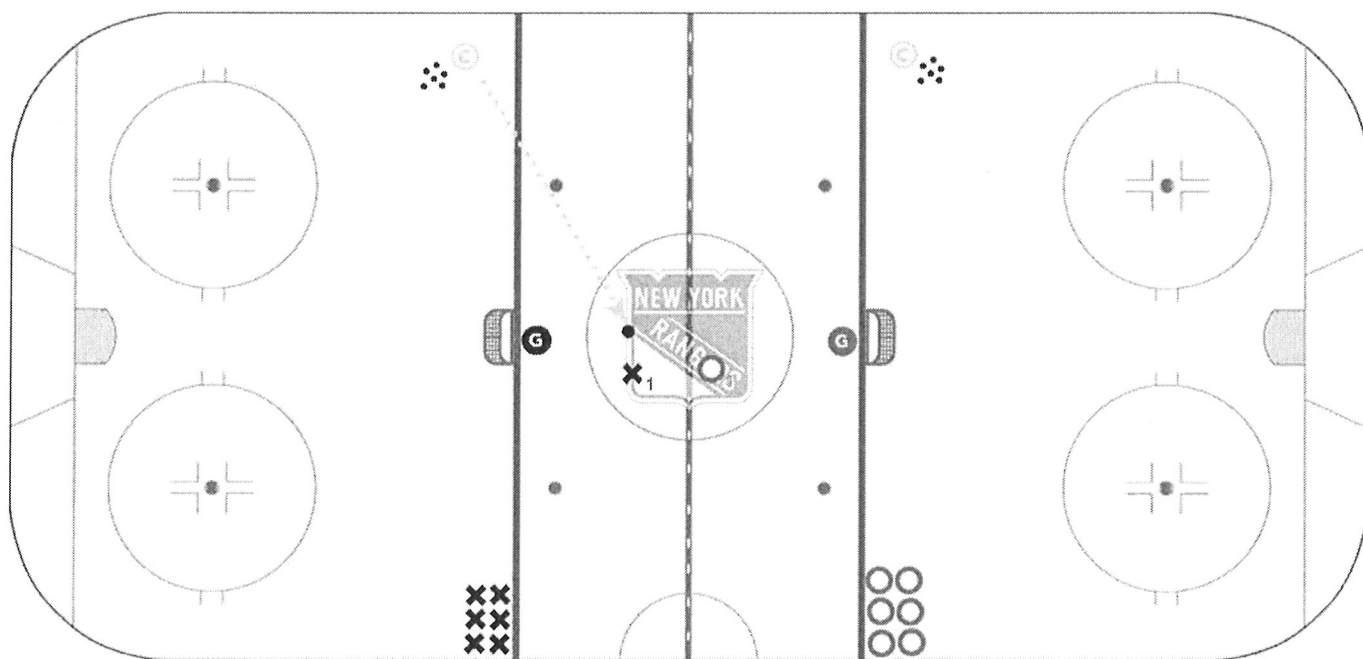
3 GAME 1 VS 1, 2 VS 2, 3 VS 3 NZ GAME

Category: Small Area Drills & Games

Team: New York Rangers

Description:

- Coach spots puck in NZ for 1 vs 1, 2 vs 2, 3 vs 3 game play
- 30 sec shifts

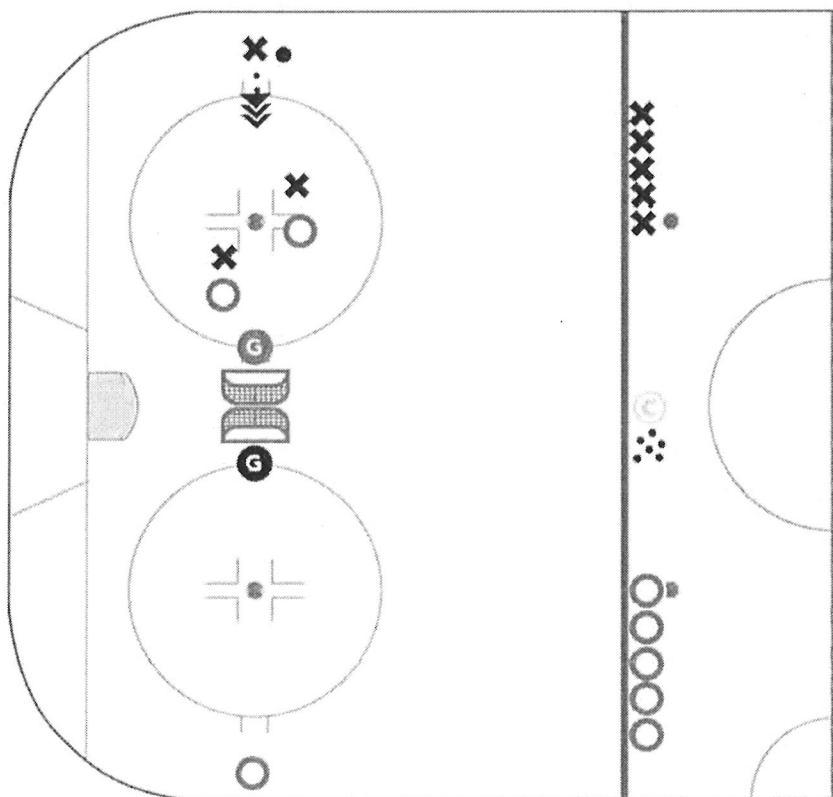


HURAS 2 VS 2 WITH SHOOTER

Category: Small Area Drills & Games

Team: Tampa Bay Lightning

- Description:**
- Play 2 vs 2 where each team has a shooter
 - 2 points for a goal from a screenshot, tip or rebound
 - 1 point for any other goal
 - Shooters cannot be challenged by opposing team or have their shots blocked
 - Shooters cannot take slapshots
 - On whistle 3 new players jump in for each team (1 shooter, 2 players)





GOALTENDING DRILLS

LEGEND

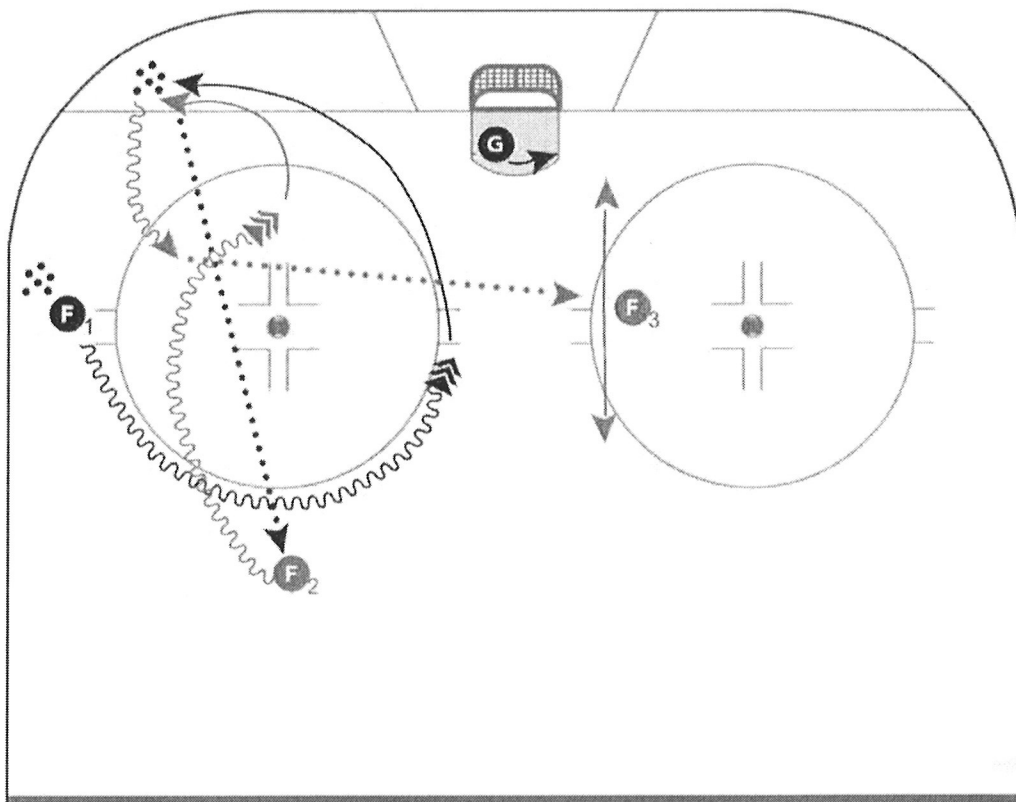
»» Shot	———— Skate
Stop	~~~~~ Skate With Puck
▶ Direction	•••• Pass
↘ No Arrowhead	~~~~~ Backwards Skating
)) Pivot	~~~~~ Backwards Skating With Puck
	Lateral Skating
	— Goalie Padslide
	— Goalie Butterfyslide

SLOT — BAD ANGLE — BACK DOOR

Category: Goaltending

Team: Arizona Coyotes

- Description:**
- **F 1** starts the drill, skates with puck around top of circle and takes a shot
 - Player then skates to corner, picks up a puck and passes it to **F 2**
 - **F 2** then goes along the wall for a bad angle shot
 - After shot, player picks up a puck from the corner and passes to **F 3** for a backdoor play

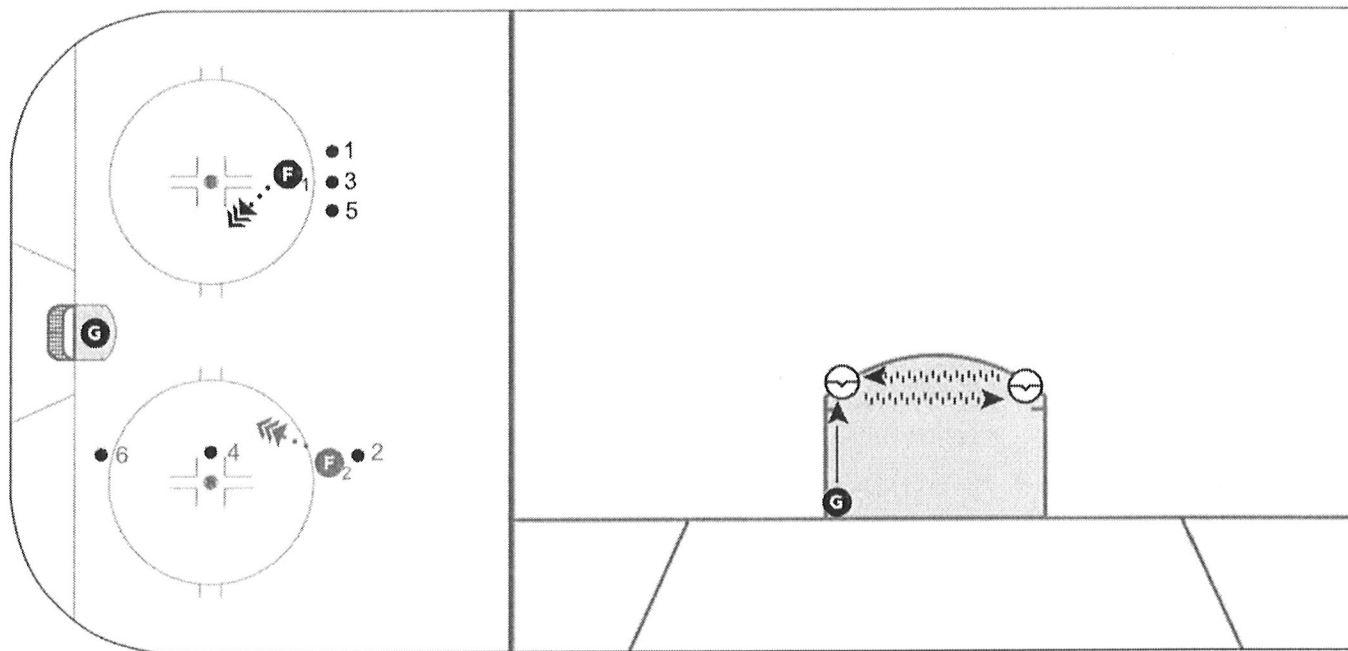


6 SHOT RECOVERY

Category: Goaltending

Team: Arizona Coyotes

- Description:**
- Goalie steps out to **F 1** for a longside, low shot
 - Butterfly recovery, across to **F 2**, 2nd shot
 - Goalie, return to **F 1**, 3rd shot longside
 - Butterfly recovery, across to **F 2**, 4th shot
 - Goalie, return to **F 1**, 5th shot longside
 - Recovery to **F 2**, 6th shot

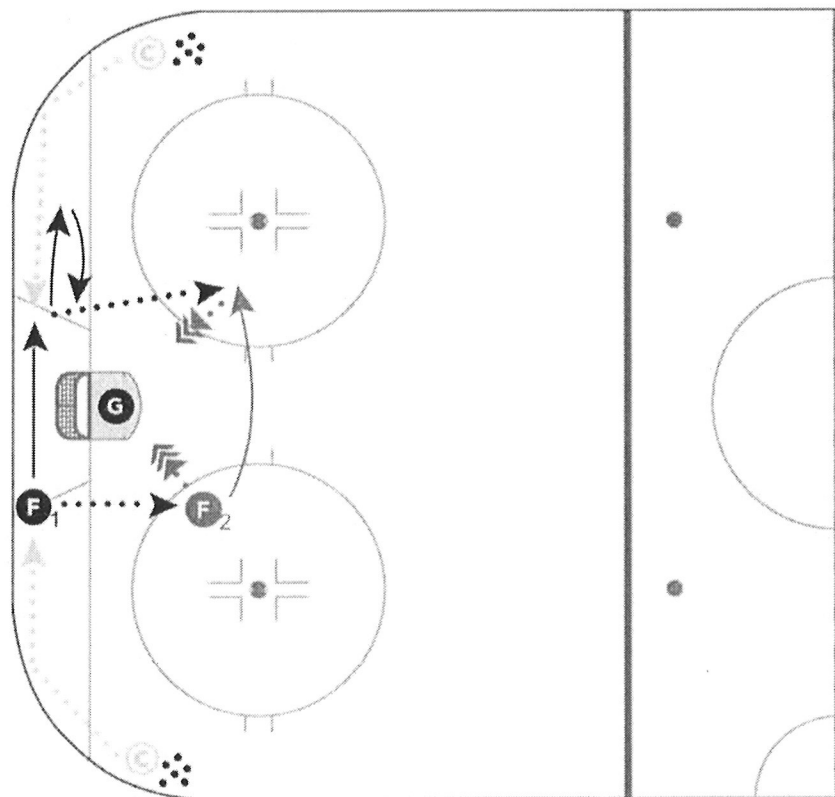


LOW TO HIGH RELEASE

Category: Goaltending

Team: Columbus Blue Jackets

- Description:**
- Low backboard releases along the posts to a high forward
 - Coach hits to low **F 1** who skates towards the net and passes along the post to a high **F 2** for a shot
 - Repeat other side with the same positions on puck #2



2 SHOT — LOW TO HIGH

Category: Goaltending

Team: Columbus Blue Jackets

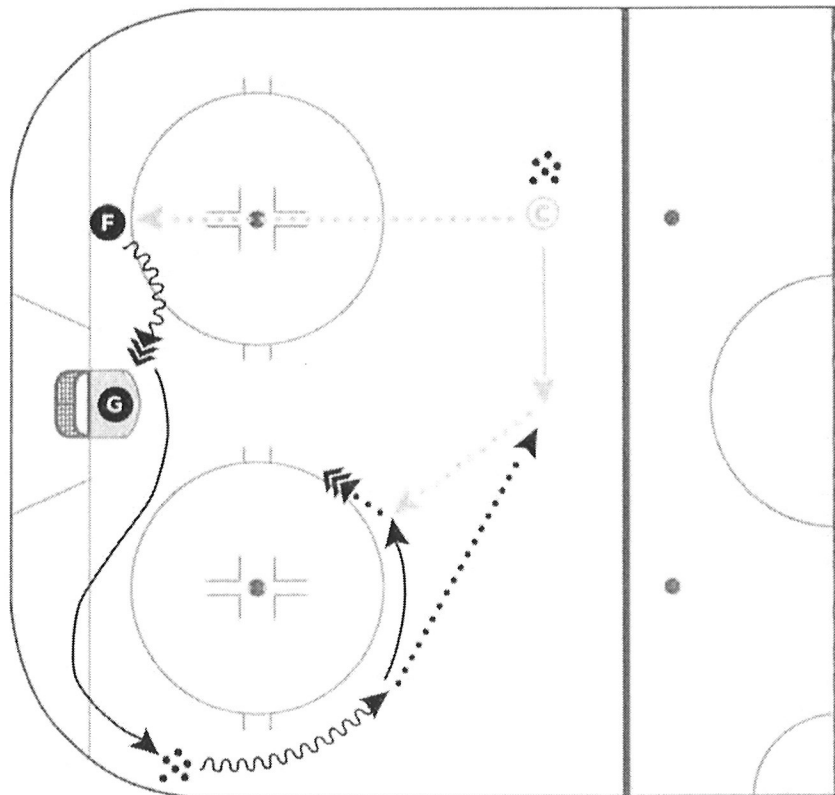
Description: Puck #1

– Coach passes from high to low. Forward steps up and drives to net forming a low play

Puck #2

– Forward retrieves weak side corner puck and climbs high to the top of the circle

– Forward passes to high coach, who bumps it back to driving forward for a shot

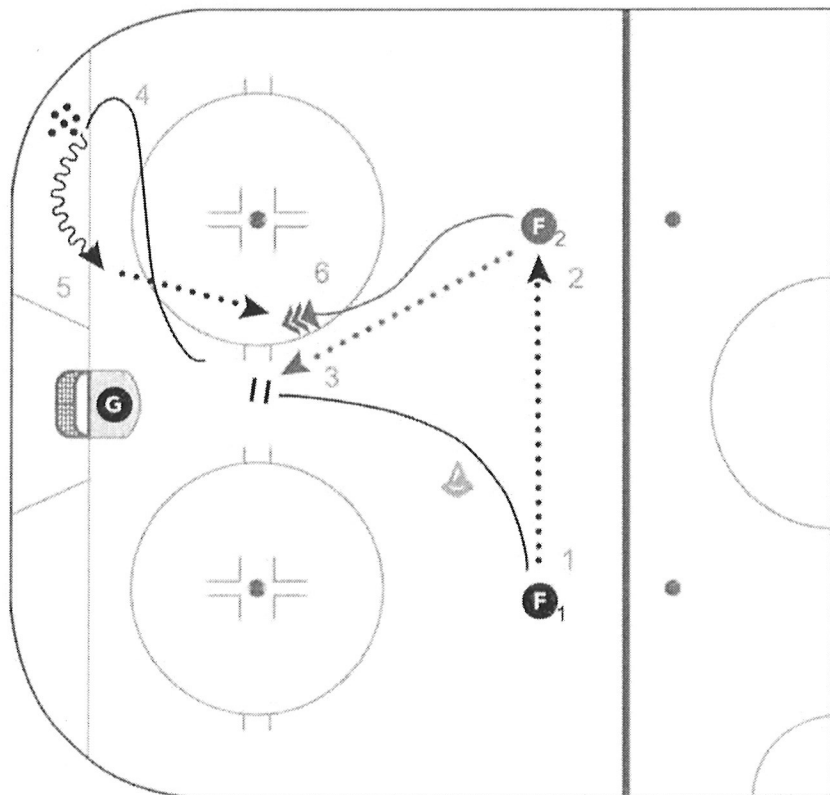


GOALIE DRILL 1

Category: Goaltending

Team: Florida Panthers

- Description:**
1. **F 1** passes to **F 2** — **F 1** skates around cone and down the middle
 2. **F 2** shot/pass to **F 1**
 3. **F 1** high tip
 4. **F 1** continues below goal-line picks up puck and cuts backtowards net
 5. **F 1** passes to **F 2**
 6. **F 2** shoot to score — play rebound

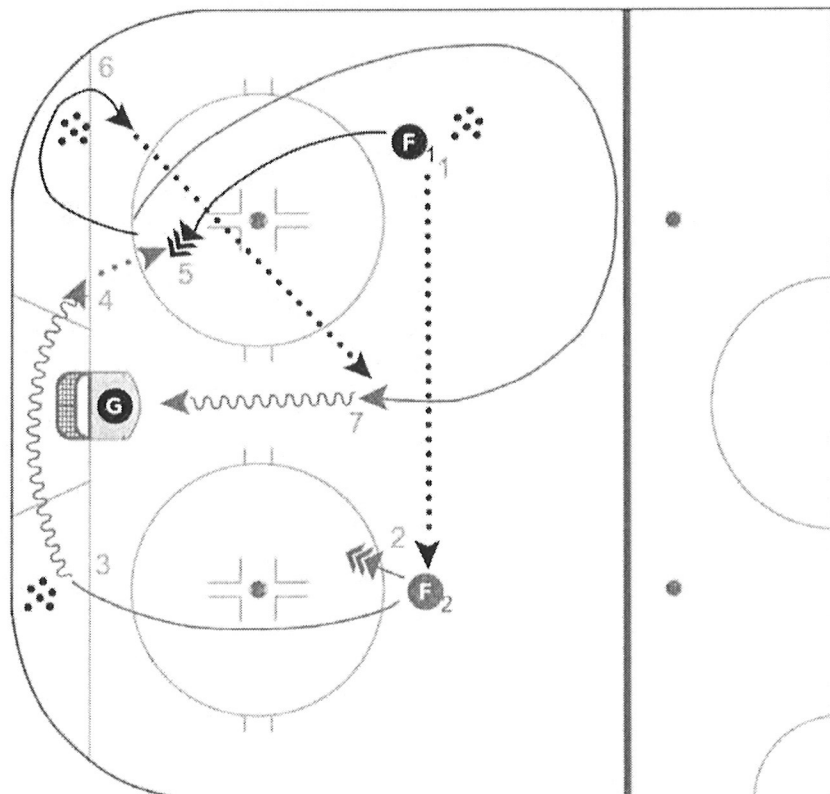


GOALIE DRILL 2

Category: Goaltending

Team: Florida Panthers

- Description:**
1. **F 1** passes across to **F 2**
 2. **F 2** shoots quick/one timer
 3. **F 2** skates hard down to goal-line picks up puck and continues behind the net
 4. **F 2** makes goal-line pass to **F 1**
 5. **F 1** quick strike shot
 6. **F 1** cuts back to the corner and picks up a puck
 7. **F 2** continues to skate around and back down the middle to receive a pass from **F 1** — skate in for a deke

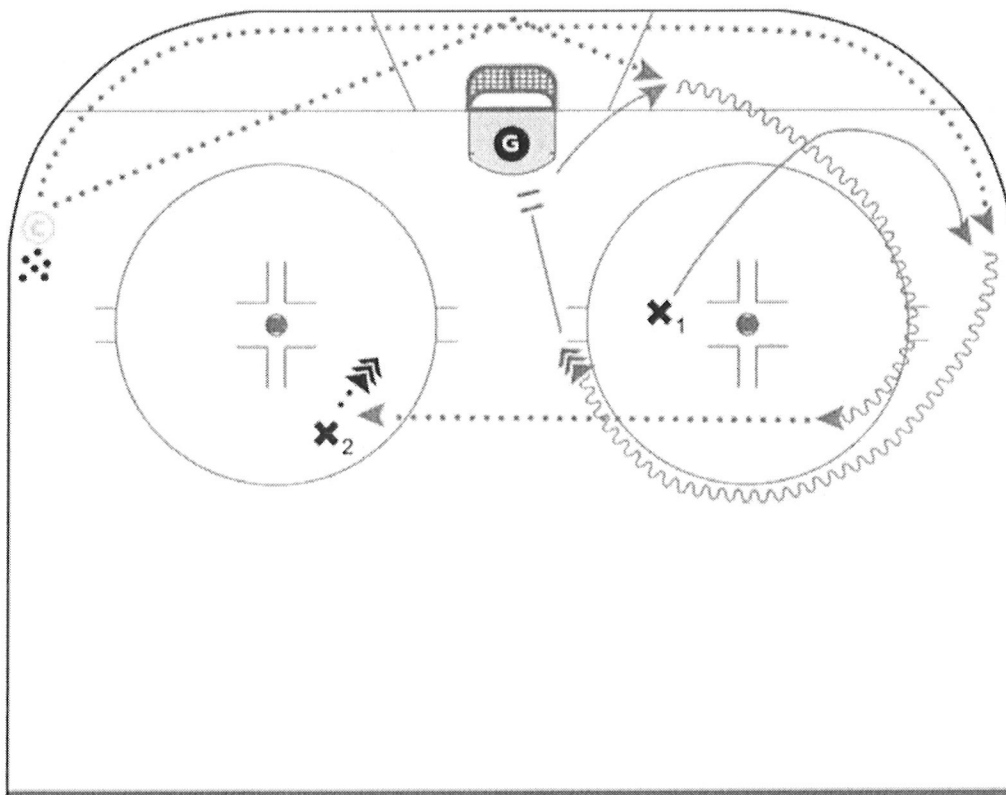


SEAM/LATERAL GOALIE SHOOTING

Category: Goaltending

Team: St. Louis Blues

- Description:**
- **Red** route first, continuously into **Blue** route
 - Coach will rim 1st puck, **X1** will collect and cut seam for a quick shot & stop at net
 - Coach will then pass 2nd puck behind net, **X1** will collect puck, carry up & pass lateral to **X2** for 2nd shot

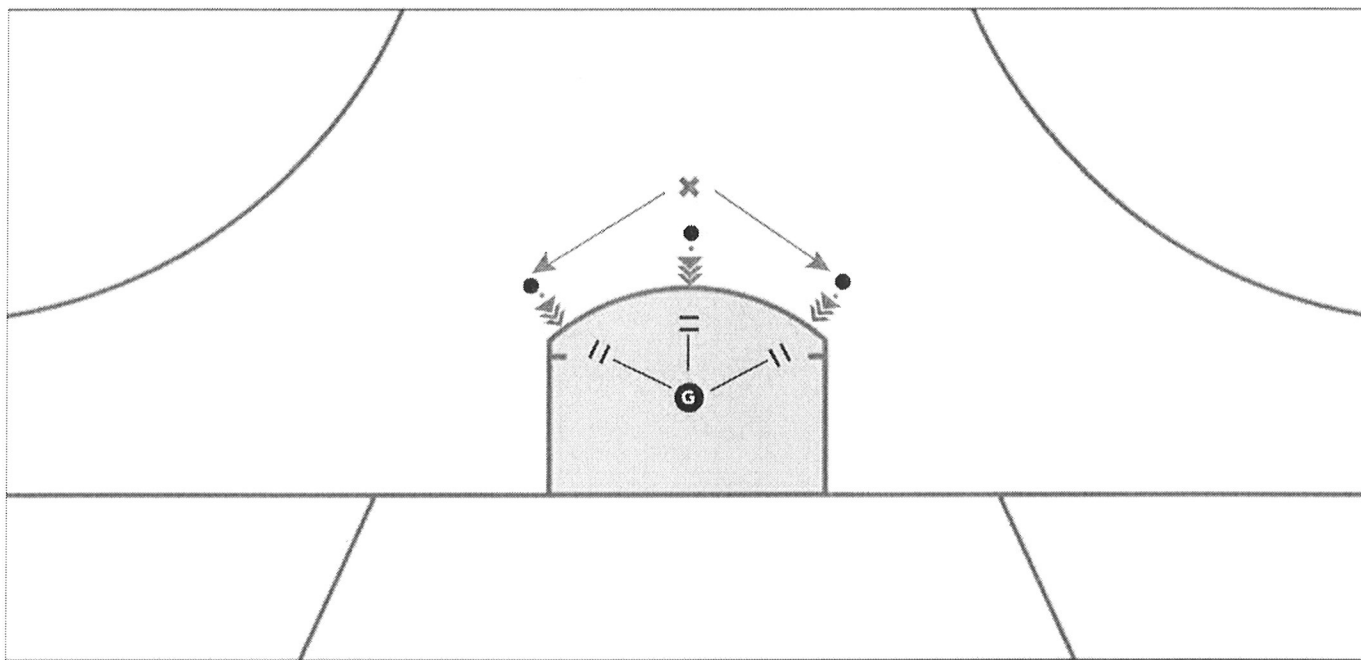


NET FRONT 3 PUCK

Category: Goaltending

Team: Toronto Maple Leafs

- Description:**
- 3 pucks are set at the net front, just outside the crease. One at the top, one at each side
 - The player will try to score each puck, one at a time, until the puck is either covered, in the mesh out of play, or a goal
 - It's all out. The first puck must be shot first, then dekes are allowed on all other plays
 - Fun game, get the competitive juices flowing!



GOAL LINE GLOVE & BLOCKER

Category: Goaltending

Team: Toronto Maple Leafs

- Description:**
- Pucks are all in the mid-high slot.
 - Goalie starts on one post, eyes in the corner (either put a puck in the corner or tell them to look at the yellow part of dasher where the vertical goal line meets). Eyes and head must start here.
 - On coach/shooter call (vocal yell or stick clap), goalie gets eyes on puck immediately and pushes laterally to make the save. Shooter aims for the opposite post/elbow/corner from where the goaltender is starting.
 - The shooter's timing should be appropriate for the age of the goaltender. Elite goaltenders can make these saves with very little or no time gap at all between the auditory call and shot. The goal is to build reaction time and quickness, not angles or depth...so goalies should push laterally, not out toward the shooter (they may not have enough time to push out anyway).
 - A variation allows the goaltenders to butterfly-slide into the save.

