



ACYHA GOALIE INSTRUCTION STANDARDS

TURN DRILL

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GOALS:

- Emphasis on the first move being a pivot
- Tracking and Balance
- Small Moves without over committing
- Rebound Control
- Controlled Movement

- Start at a post. Start your movement to the middle of the net and move out to the A position.
- At the top of the movement, stop and track the shooter.
- First move is a pivot. Center of body should pivot before a lateral move takes place.
- Complete for the rebound or control to the corner.

VARIATIONS:

- Change the starting point of the puck: the point, the sidewall.
- Add traffic.

