



Date: 09/23/20
Length: 60 mins
Start Time: 11:38am
End Time: 12:38pm

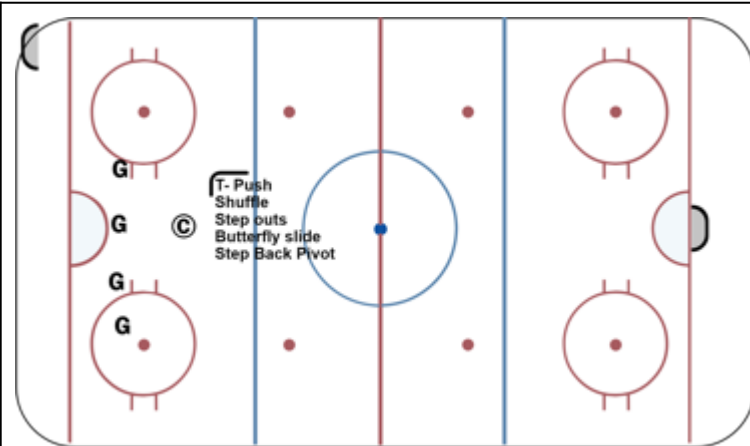
Group: Vics
Focus:
Level: BAN

Length	Start	Drill Name	Category	Notes
0	11:38am	Ice Map Goaltender Evals	Goalie	
10	11:38am	Mobility Assessment	Goalie	
10	11:48am	Rebound Recovery	Goalie	
10	11:58am	Low Shots and Hig Shots	Goalie	
10	12:08pm	Goal Assessment drill Tracking /depth	Stations	
10	12:18pm	Goal Assessment drill walk outs	Competitive	
10	12:28pm	Goal Assessment drill 3 on 0 Battle drill	Competitive	

Ice Map Goaltender Evals



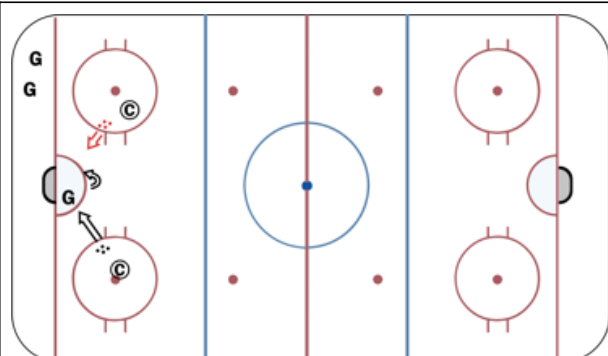
Mobility Assessment



Determine:

- quickness of move
- Does G lead with eyes and maintains proper stance
- Does G set self after move

Rebound Recovery

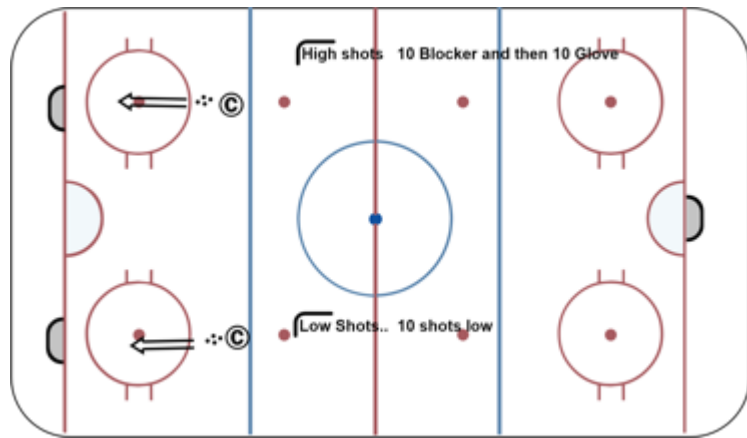


10 reps total---start 5 from each side.

Coach shoots first puck...goaltender saves and recovers to accept shot from other side---

- Determine. Determine..
- Does Goaltender use visual lead
- Does G rotate to new treat then moves
- Assess Butterfly Blocking

Low Shots and Hig Shots



Coach #2 Low Shots 10 on ice-

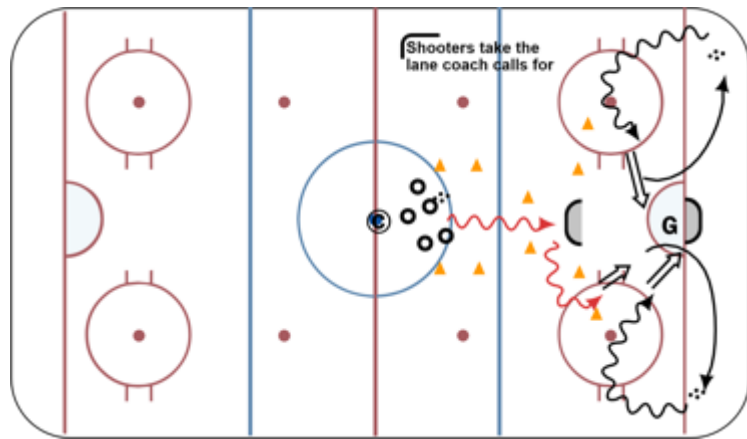
Determine:

Does G accept low shots with stick, and do the control or cover rebound.

Coach #3 High shots 10 each side.

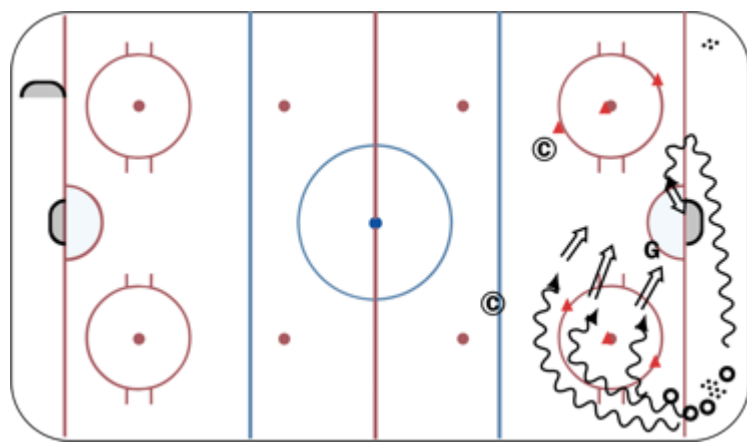
Determine - glove position, and effectiveness is controlling rebound

Goal Assessment drill Tracking /depth



Group one assist with goaltender evaluation- Six lanes are created. Shooters retrieve puck and c will tell then which lane to take a shot and go for rebound

Goal Assessment drill walk outs



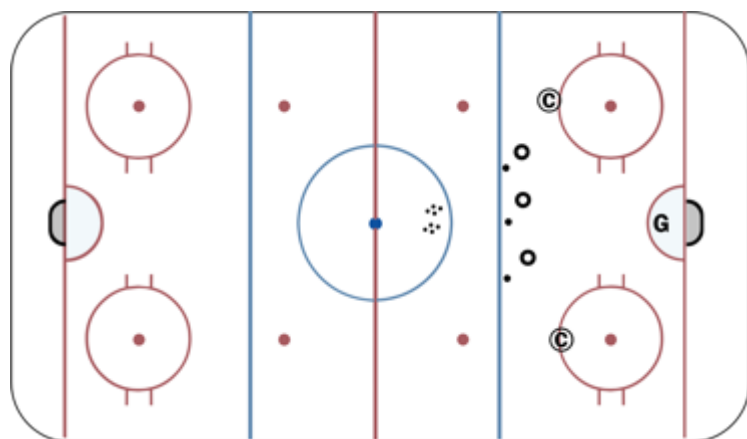
Three players leave in order and go around pylon...and shoot. no deaks

4th Skater Time wrap attempt or walk out

Go to other corner and repeat. at lease four reps per goaltender..

Key Points: Goal assessment Group Two Shot assessment

Goal Assessment drill 3 on 0 Battle drill



3 on 0 - with 3 pucks. After the first goal is scored the player who scored it stay in front to screen Goal tender. Playe on all three pucks,

Key Points: Battle Drill