



KOHA Goaltending

Age Specific Progressions and Goals

Goaltending Drills: End Zone, Neutral Zone, Edgework, and Puck Playing

Age Group Specific Progressions and Objectives

8U

Expectations for this age group are very realistic and simple. Coaches are not going to teach significant techniques or habits. The goalies may maintain a very basic stance and coaches should shoot pucks at the goalies to have fun and make them smile. Aim for a lot of glove saves so they enjoy playing the position and want to stick with it as they transition to 10U.

10U

At 10U coaches will start working on basic stance, positioning, skating, full recoveries, butterfly, technique/habits, save selection, rebound control, and puck handling.

Stance should consist of feet just outside shoulder width apart. Slight arc with back with elbows tucked in and hands outside hips and in front of body. Along with a basic stance we will also work on a basic butterfly which will include knees together and feet wide along with good elbow and hands habits.

Coaches will start introducing goaltending specific skating techniques. This will include T-pushes, shuffles, C-cut, butterfly slides on ground and slides from feet which will include hinges, and full recoveries up to goalies feet and butterfly recoveries. This also will include sliding into post which incorporates a lot of technical skills.

Technical skills involving postwork will consist of an inside seal when integrated with the post. At this age we want our goalies putting their foot/boot of the leg pad inside the post and getting a seal with the shin of the pad and sealing with the inside of the upper body. We will teach this technique at this age to relieve stress on their hips and knees.

Based on the structure of our program most drills will be done in the Neutral Zone. This instruction area will allow coaches and goalies an optimal amount of reps to perfect habits.

12U

This age group will be very similar to the 10U group. At this age level coaches will take a deeper dive into the goalies stance. Understanding when to use a wide stance versus a taller stance.

Coaches will continue to focus and reinforce habits and skating. Coaches really need to concentrate on the goalies to develop their post integrations. This means we will continue to use the inside seal concept and add an overlap as part of the teachings on the post.

This age group should have a little more emphasis on puck playing as they have a little more strength now to control their stick. That will include handling the puck, passing on forehand and backhand, and glove to stick.

At 10U it is hard to teach positioning so there will be a deeper dive with this age. Try to put a bigger emphasis on keeping angle laterally and trying to stay square to the puck. Coaches will likely spend a lot of time working on depth at this age too. It is a difficult concept for 10U's to understand, so they must learn depth in 12U.

14U

At 14U there will be times where the goalie world is still in the neutral zone but we will start to move it to an end zone to make the drills more game-like. At this age goalies need to start enhancing their hockey sense and improve their ability to read plays. Which includes zone entries, goal line situations, traffic, half wall situations, and backdoor options.

By this age they should be extremely good skaters with all of the basic movements. Now we are going to introduce the toe on post technique which will add another layer to their skating abilities. With that coaches can add more body control and post integrations work with leg activations and reverse rotations.

The main addition to puck playing at this age will be handling rims, and then deciding what to do with that puck once the goalie retrieves it.

Goaltending Verbiage List

Angle: Angle is the imaginary line from the puck to the middle of the net. If a goalie is 'off-angle', they leave a piece of the net open. Simply said, the goalie is 'on angle' if they are in the middle of the net relative to where the puck is located.

Butterfly: A goaltender style of play where he goes down on his knees causing his leg pads to spread wide like a butterfly. Knees should be together and feet wide apart.

Butterfly Recovery: This is when a goalie moves to one side or the other by sliding on his knees.

C-cut: A forward and backward movement. With the heel cut the letter C into the ice while maintaining weight on the heel of the inside edge.

Dead Angle Shot: This is a shot that comes anywhere from the faceoff dots and below.

Depth: Depth is based on where the goalie is located in their crease.

Full Recovery: When a goalie is on his knees and he pushes to the side by transitioning up to his feet.

Half Butterfly: A half butterfly is the extension of one leg, while the other leg is down on the ice.

Hinge: When the goalie makes a movement toward his post and has to rotate his body in order to get inside of the post.

Inside Seal: This technique is a form of the RVH. When in the RVH The goalie will put his whole fit and part of shin inside and right up against the post to create a strong seal in the RVH.

Lateral Movement: When a goalie moves from side to side from one side of the net to the other.

Overlap: When the play is in a dead angle the goalie will overlap his foot with the near post.

Paddle Down: Making sure that the paddle of the goalie stick is down on the ice to prevent goals on low shots in a tight area.

Reading the Play: A goalie that is tracking the puck, the puck carrier, and players away from the puck and trying to anticipate where the play might go and when and where the puck will be shot on net.

RVH: RVH stands for “Reverse Vertical Horizontal”. This is a technique used when the goalie is on the post. The leg that is against the post is down flat against the ice in a horizontal position while the other leg is up in a vertical position.

Save Selection: The goalie’s proper save choice in a given situation.

Shuffle: Side to side short distance movement. Both toes should be pointing forward throughout the entire movement.

Skate on Post: This technique is a form of the RVH. When in the RVH the goalie can have his skate blade right against the post to help with movements.

Square to the Puck: A goalie is square to a puck when he is facing the shooter head-on so that the shooter will have a minimum amount of net to shoot at from his position on the ice.

Toe on Post: This technique is a form of the RVH. When in the RVH and using a toe technique the goalie has his toe box up against the post.

T-push: This is a goaltending skating technique. The goalie will push with one leg and turn his foot with the lead leg and stop with that foot.

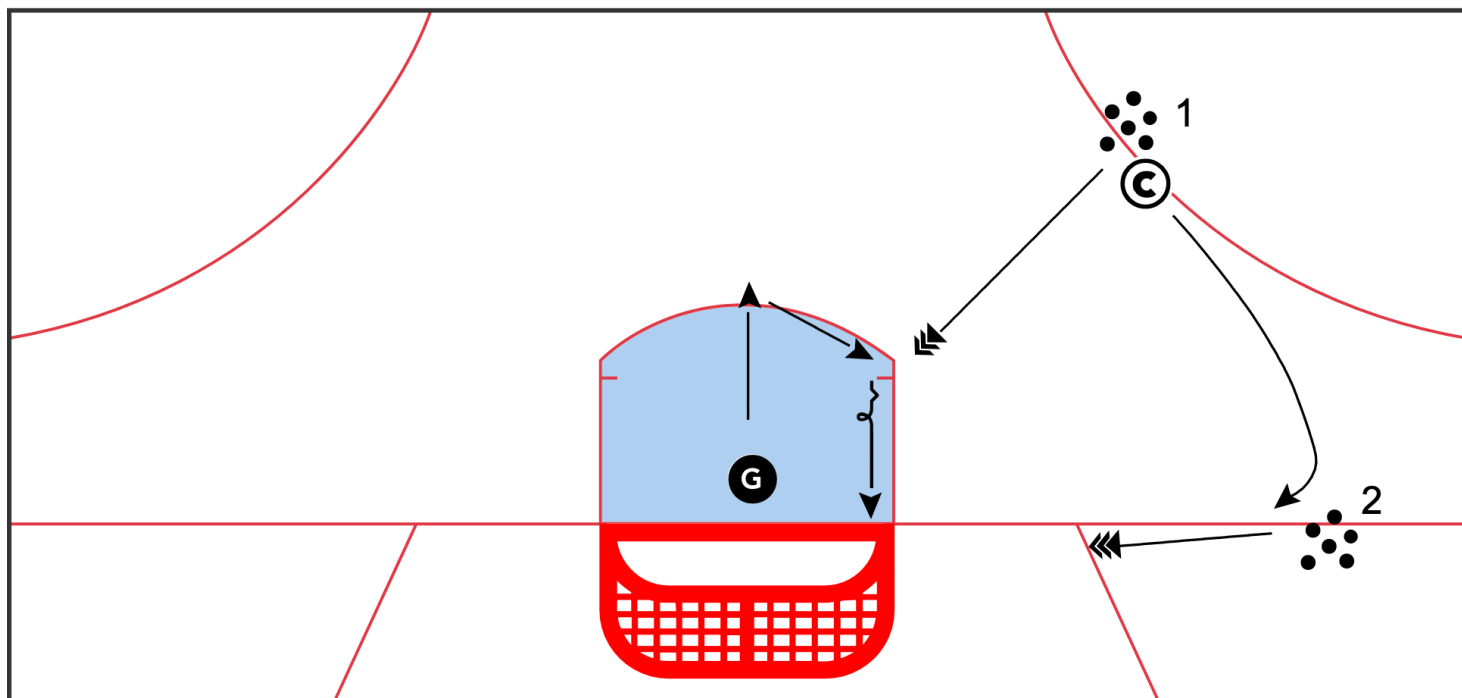
Tracking the Puck: Tracking pucks means the goalie is watching the puck. Good habits to allow better tracking are to have nose/head trajectory slightly downward pointing at the puck, and to have good head turn habits so the goalie can easily see pucks go into his body and off of his body.

VH: VH stands for “Vertical Horizontal”. This is a technique used when the goalie is on the post. The leg on the post will be in a vertical position and the other leg is in a horizontal position.

Block Drills For NZ



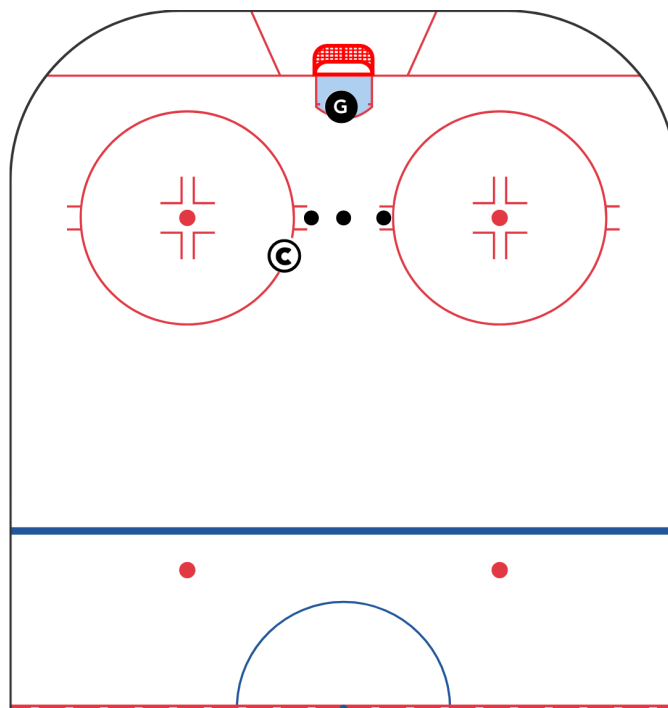
2 Shot Zone Entry/Postwork



Description

Goalie will start on goal line and C-cut to top of crease. Will then Shuffle to puck and make either a stick or blocker save to the near side. After save Coach will move to second puck and the goalie will follow the rebound to RVH. Coach has freedom on second shot to be creative- can shoot on goal line, can net drive, wrap around, etc.

3 Puck Battle game

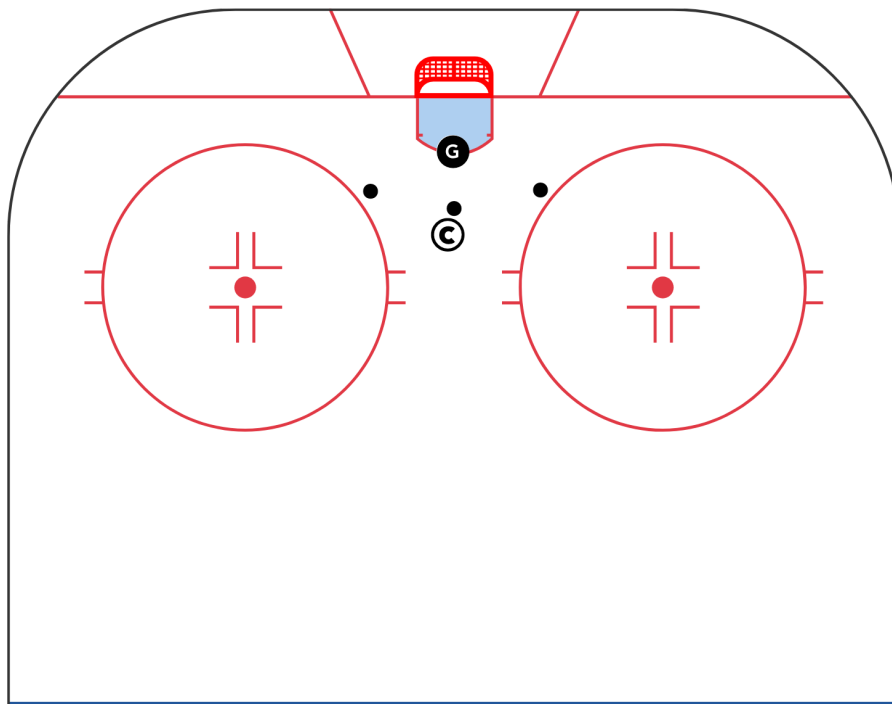


Description

3 Puck

High Battle. Coach picks on of the three pucks and can do anything he wants. IF he scores he gets a point, if goalie makes save he gets a point. Best of 3 3 pucks.

3 Puck Battle in Tight

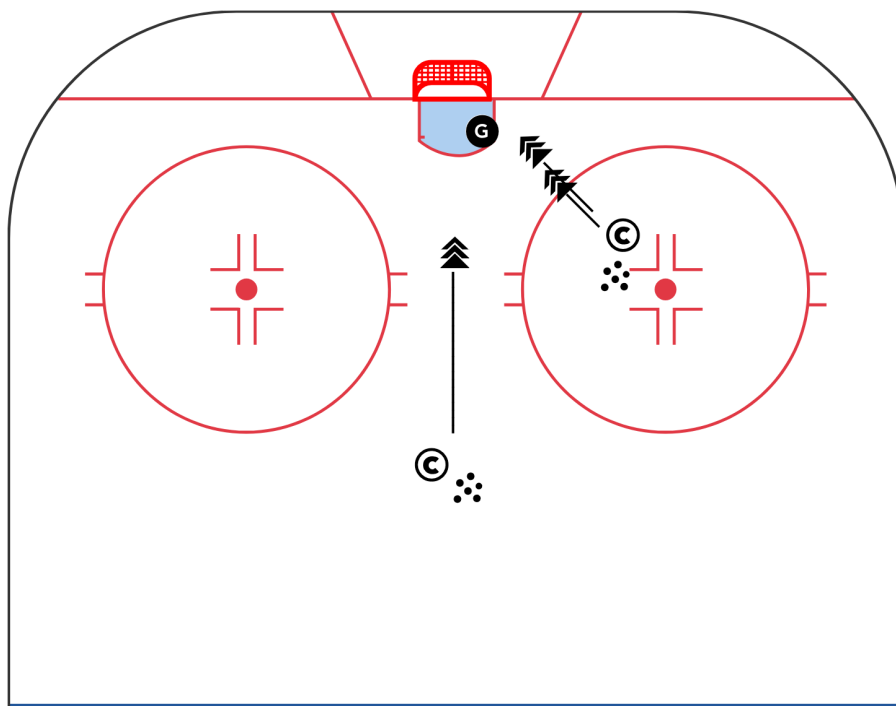


Description

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Goalie will make save from middle puck. From here the coach will pick one of the other pucks and shoot as a rebound and then quickly shoot the third and final puck and a second rebound.

3 Shot Paddle Down

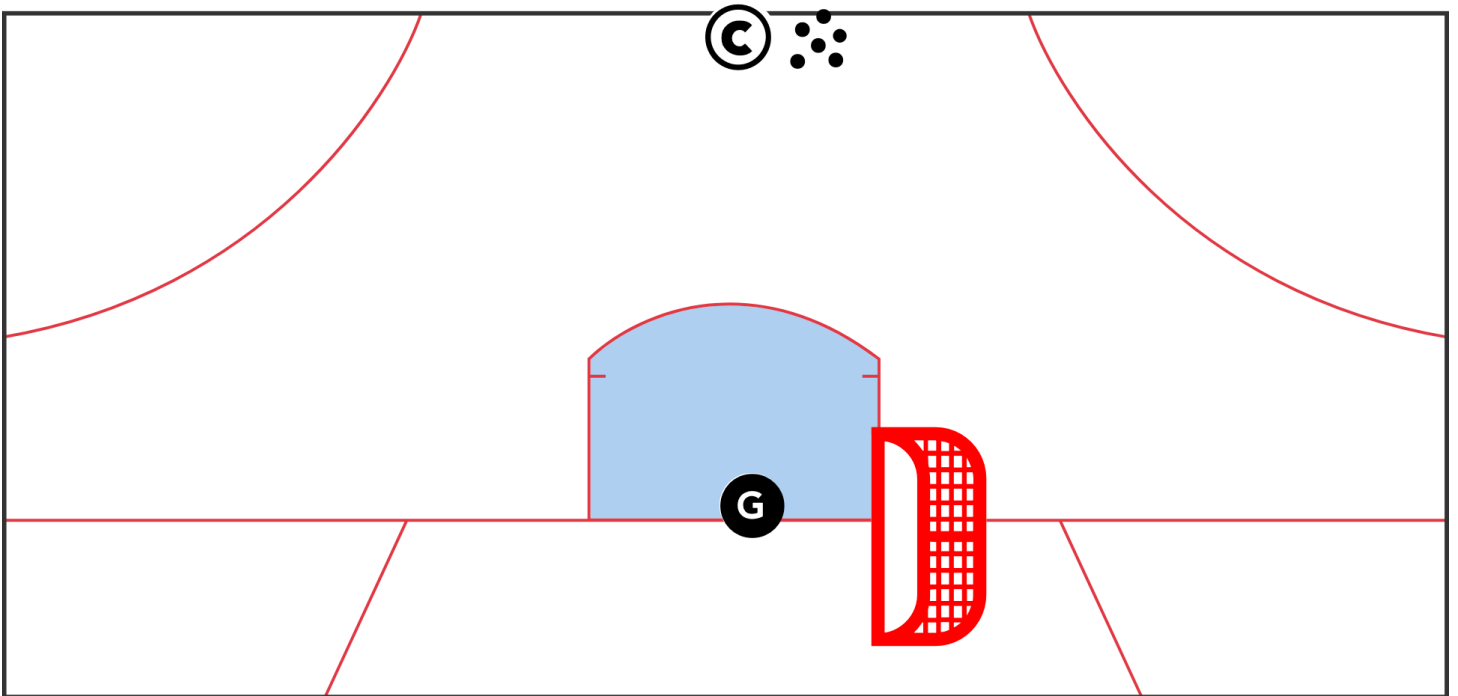


Description

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3 shot drill. Goalie is squared up to puck. First shot he will go down and make save. Try to get stick on puck. Second shot will be quick and goalie is to go paddle down to eliminate rebound. Third shot he will get up and push to top of crease for a shot.

3 Stick Saves Progression



Description

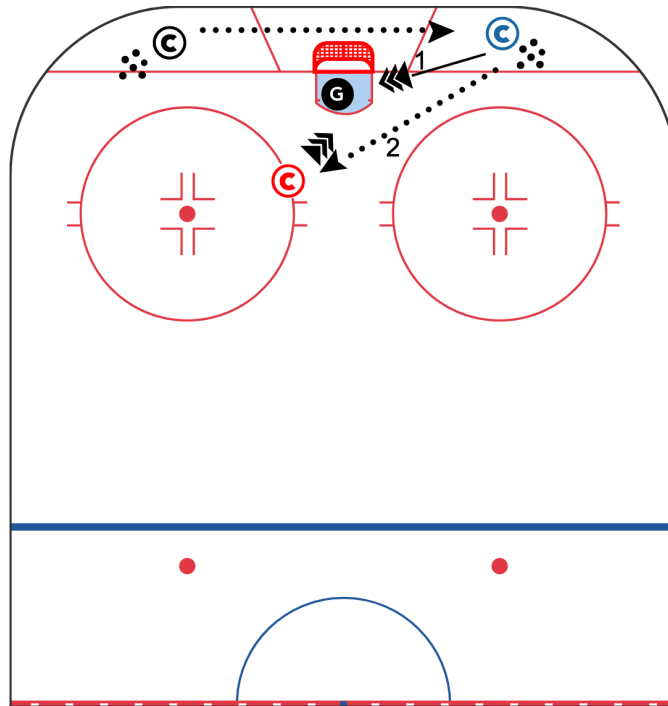
3 Shot Stick Saves:

First Shot- Goalie starts in butterfly next to the net and coach will shoot low to the side the net is on, goalie will make stick save into the net.

Second Shot- After making the save on shot 1, the goalie will get up to his feet and stance and coach will shoot to the same spot again forcing goalie to go down and make a stick save into the net.

Third Shot- Goalie will get up to feet and wiggle out above crease as if it were a breakaway, coach will skate in like a breakaway situation and again, force goalie to make a stick save into the net.

Compete in Tight

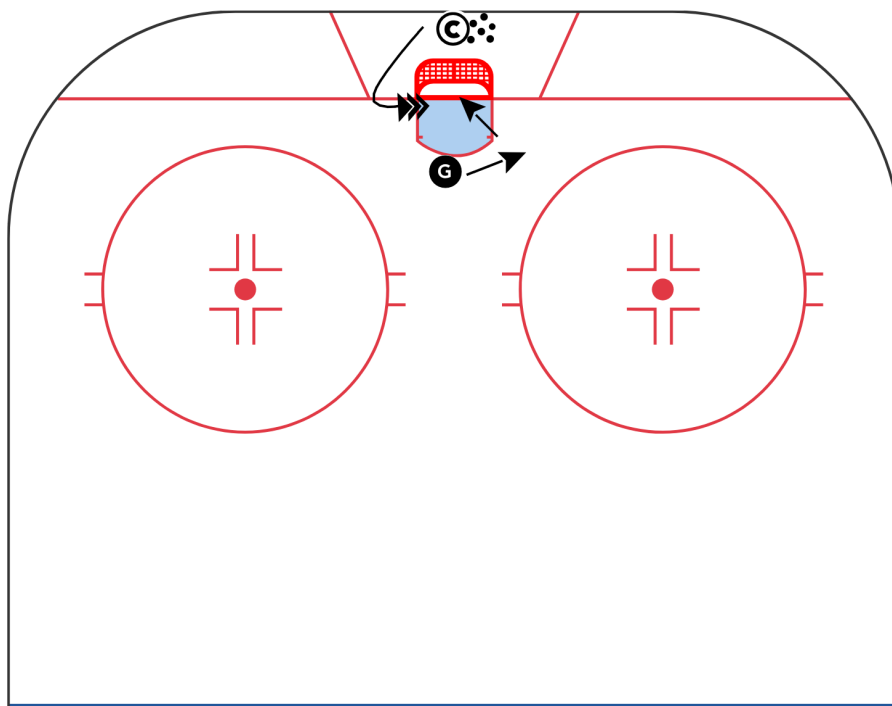


Description

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Two coaches below goal line. And the Red coach in the middle floating. Starts with a pass from Black to Blue. From there Blue has the option to either move for a jam and wrap around. Once the goalie makes a save the Blue coach grabs a second puck from below the line and looks to either Jam or pass out in front the floating Red. Red can be wherever he wants, goalie must head check to find him.

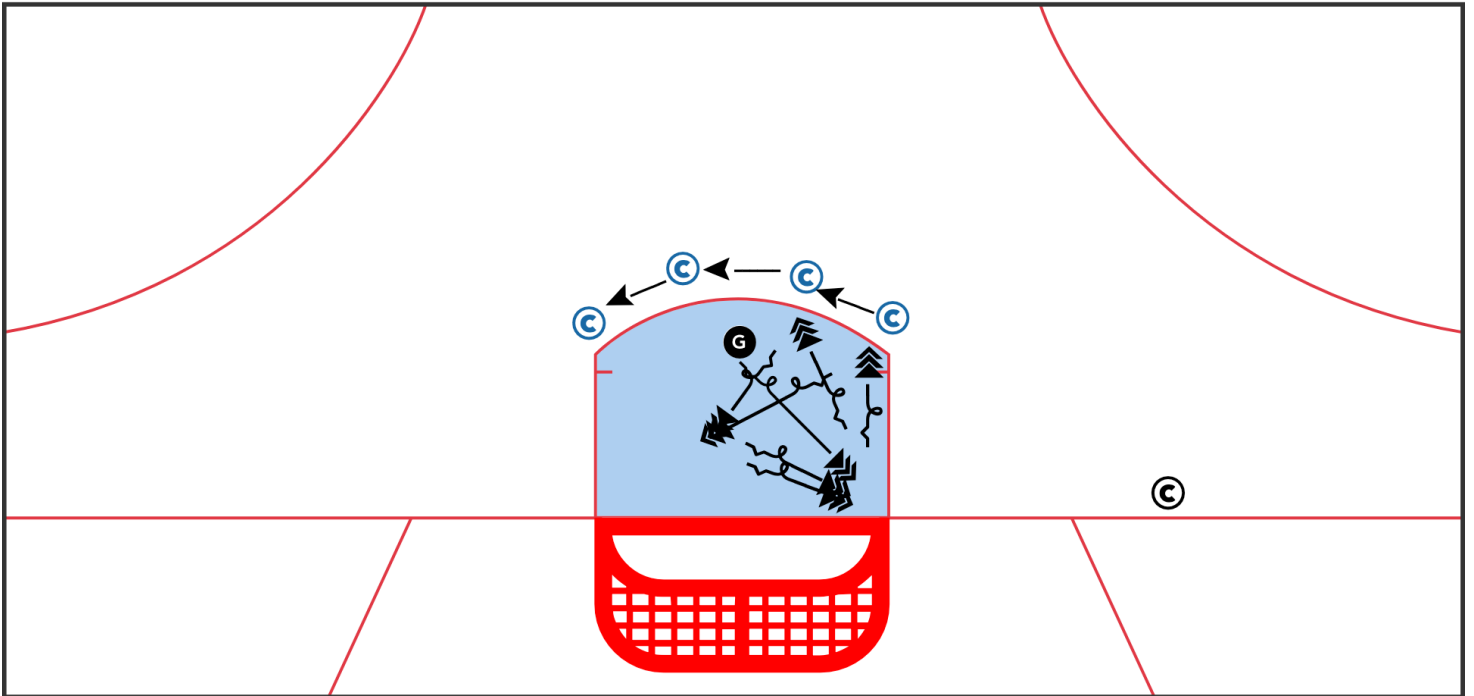
Behind Net



Description

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Goalie starts on top of crease. He will t-push to corner and then push to post. From here he will check his windows and keep track of puck/coach behind net. Coach can attack on either side of net.

Continuos 5 Hinge

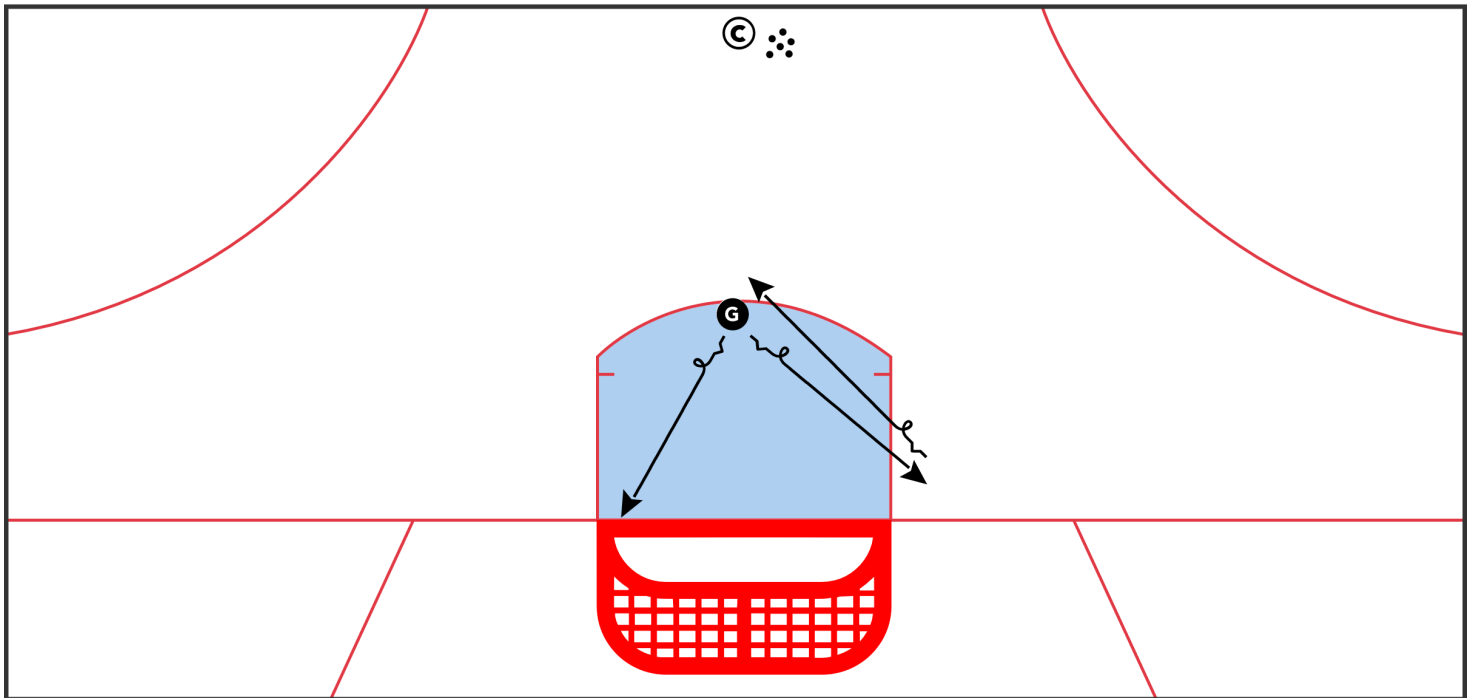


Description

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Goalie starts on top of crease and will slide to post. **Black** coach passes to **blue** coach and goalie will nudge out and make save. Coach then slides over a step or two. Goalie then slides to middle and slides back to post. **Black** passes to **blue** and goalie nudges and makes save. Goalie slides to middle and slides to post. This is a continuous drill with the **Blue** coach just adjusting where he shoots every rep by taking a step over, receiving passes from **Black**.

Continuous Slides, edges.



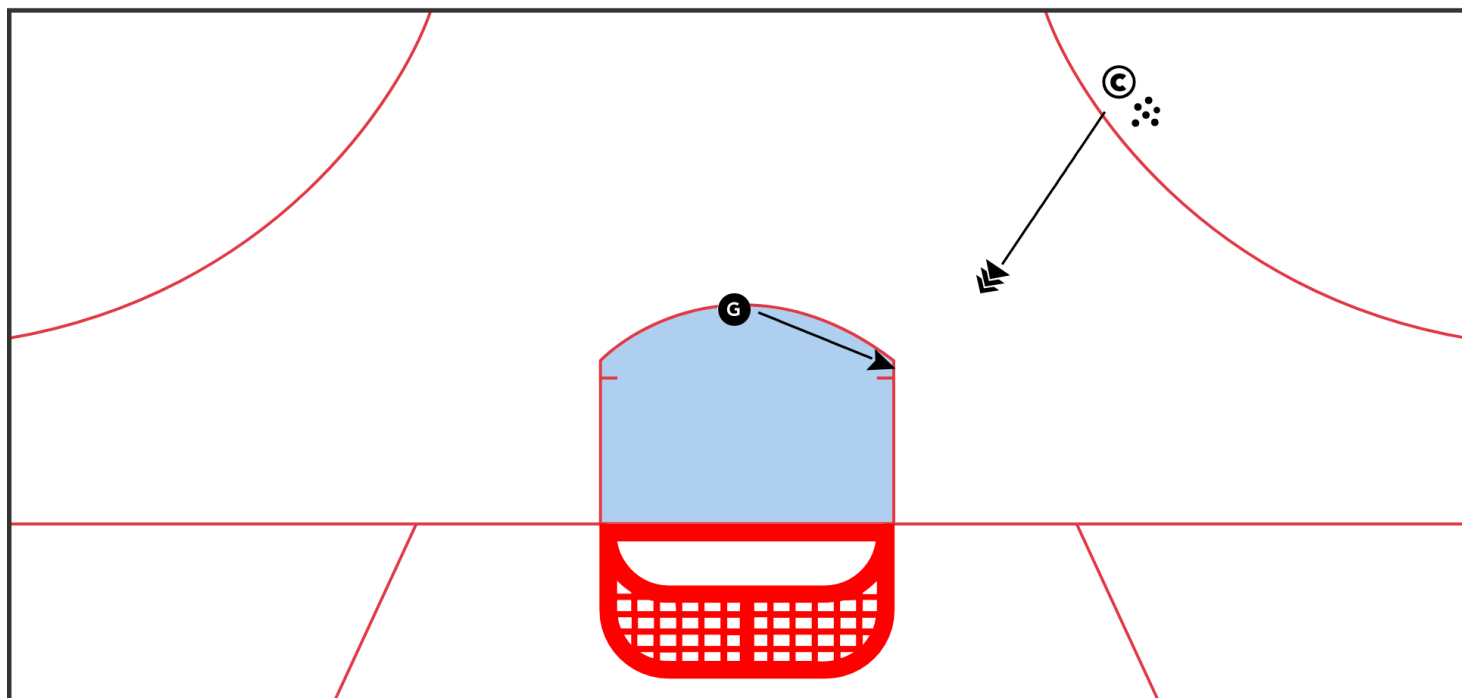
Description

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All shots are on the ice, want goalie to get stick on puck. Whole drill is done on knees.

Goalie start on top of crease. He will slide toward/above post and catch his edge and push back to top making a save while moving. He will then slide to other post going right into the RVH, and then will slide from RVH back to top making save. So the right side hes pushing and catching edge and on the left side hes going into RVH. Drill is continuous.

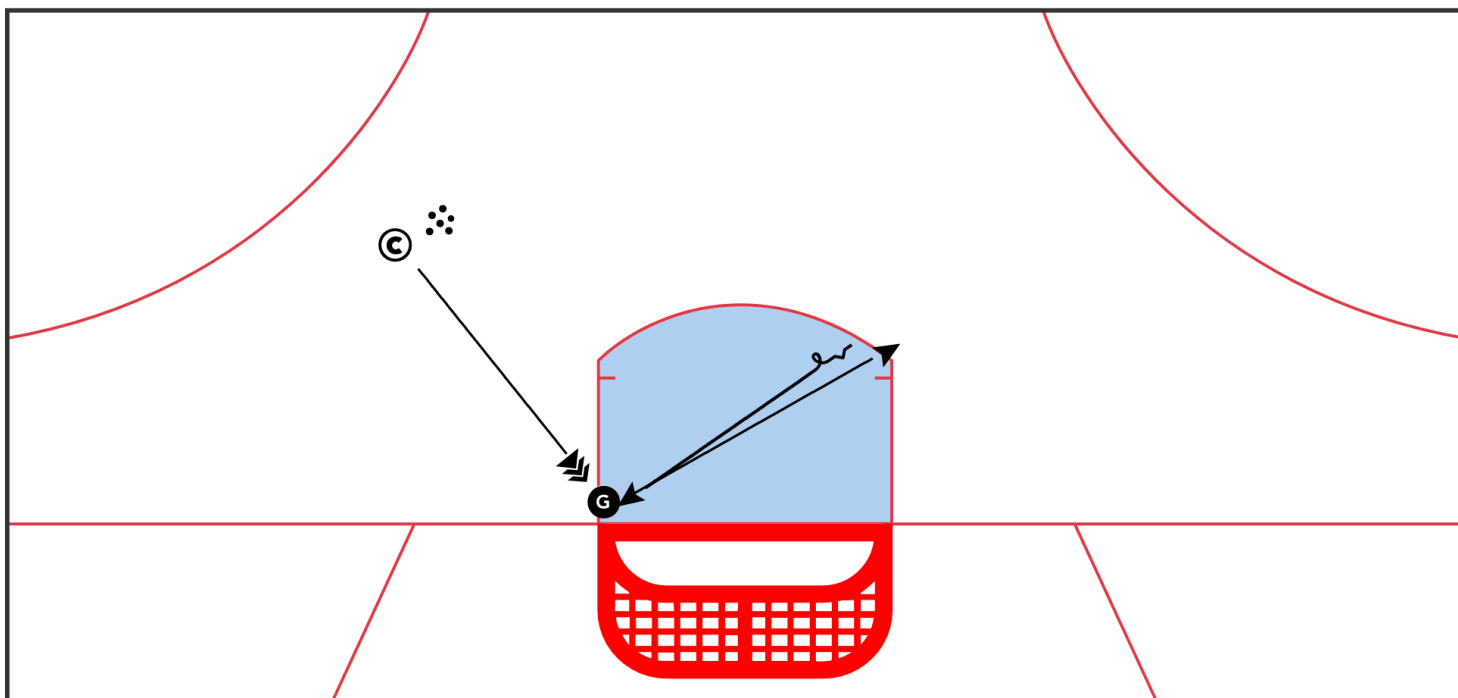
Continuous Stick Saves



Description

Simple Drill. Goalie starts on top of crease and pushes to puck and will make stick save to far side and follow rebound to post. Once he is at post he can push to top of crease and repeat. Do drill continuously getting lots of reps.

Controlling Frame/Belly, Bumps

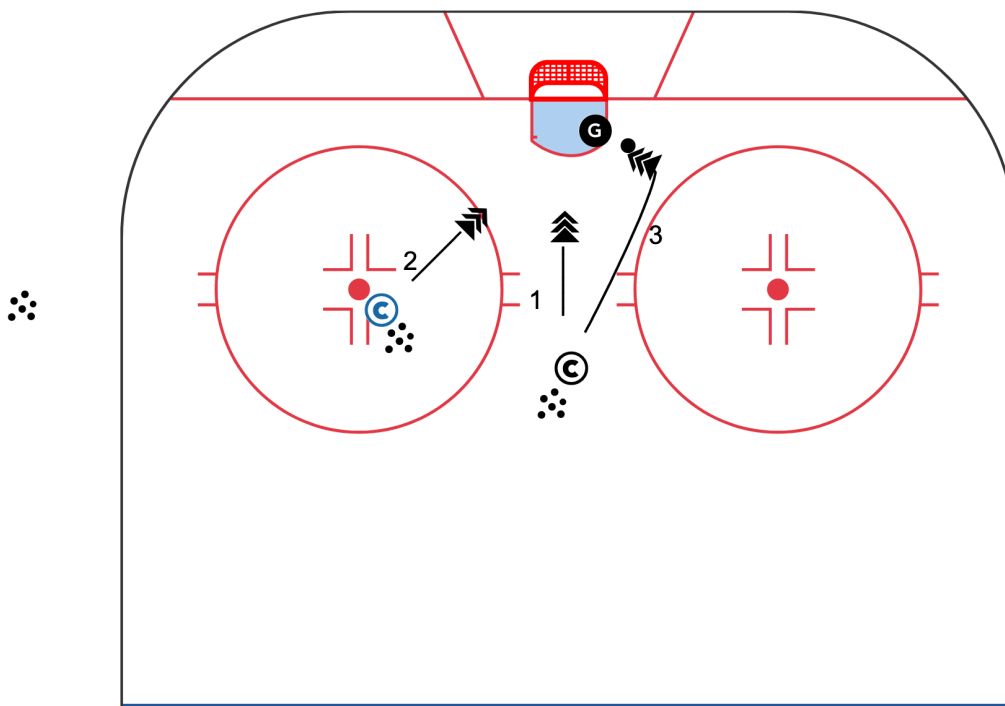


Description

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Goalie starts on post. He will long push to corner of crease. Butterfly and slide back to har post and pump off of it making a stick save. He will get up to feet and get back on post. Now he will long push again to corner of crease. Butterfly and slide back to far post and bump and get one shot to belly area. Control it, and stay right there in butterfly and get a second puck to belly area.

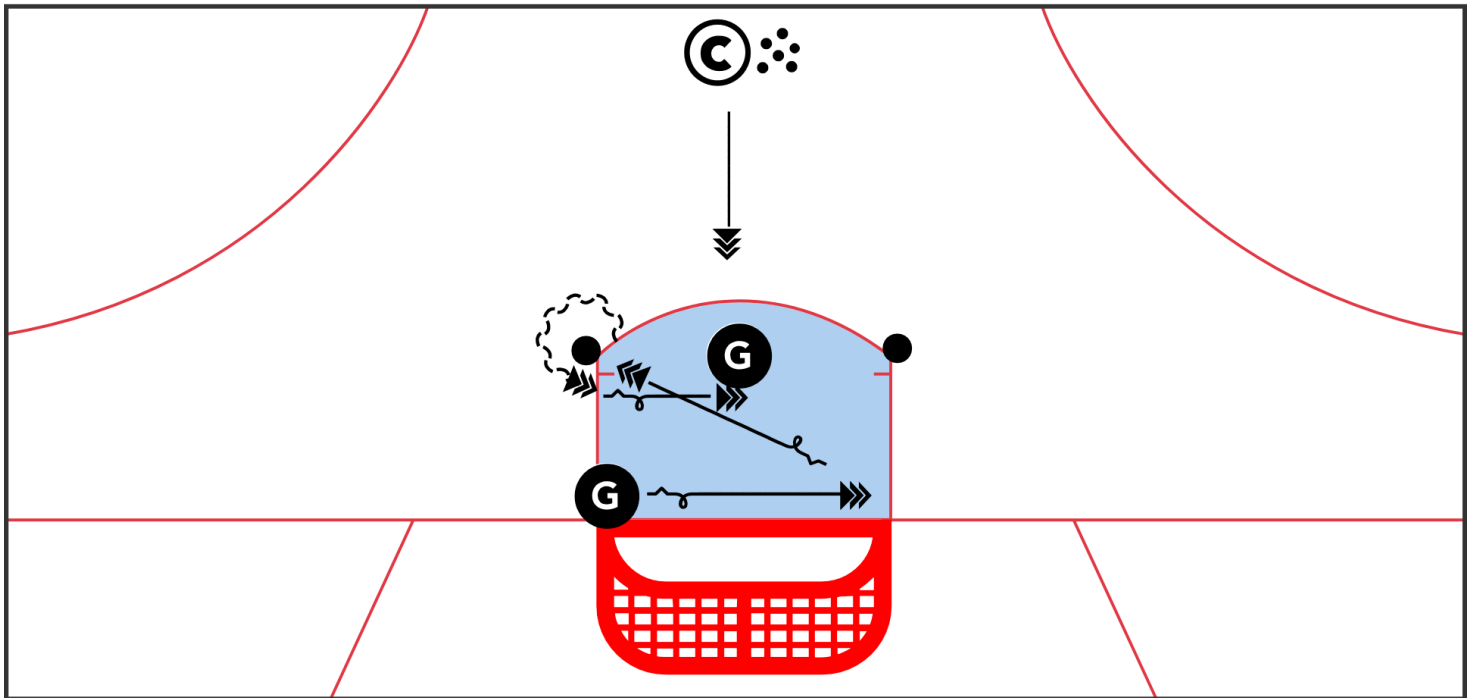
Down Low Compete



Description

Goalie starts on feet lined up with puck directly in front of him. On command, he will shuffle to middle lined up with the **Black** coach and make a save. He will then slide to **Blue** coach making save while moving. Once he makes that save goalie and the **Black** coach are racing/ battling for the third shot which is the loose puck that he started on. Goalie needs to quickly slide and battle for third save.

Edgework/Postwork/Groundgame



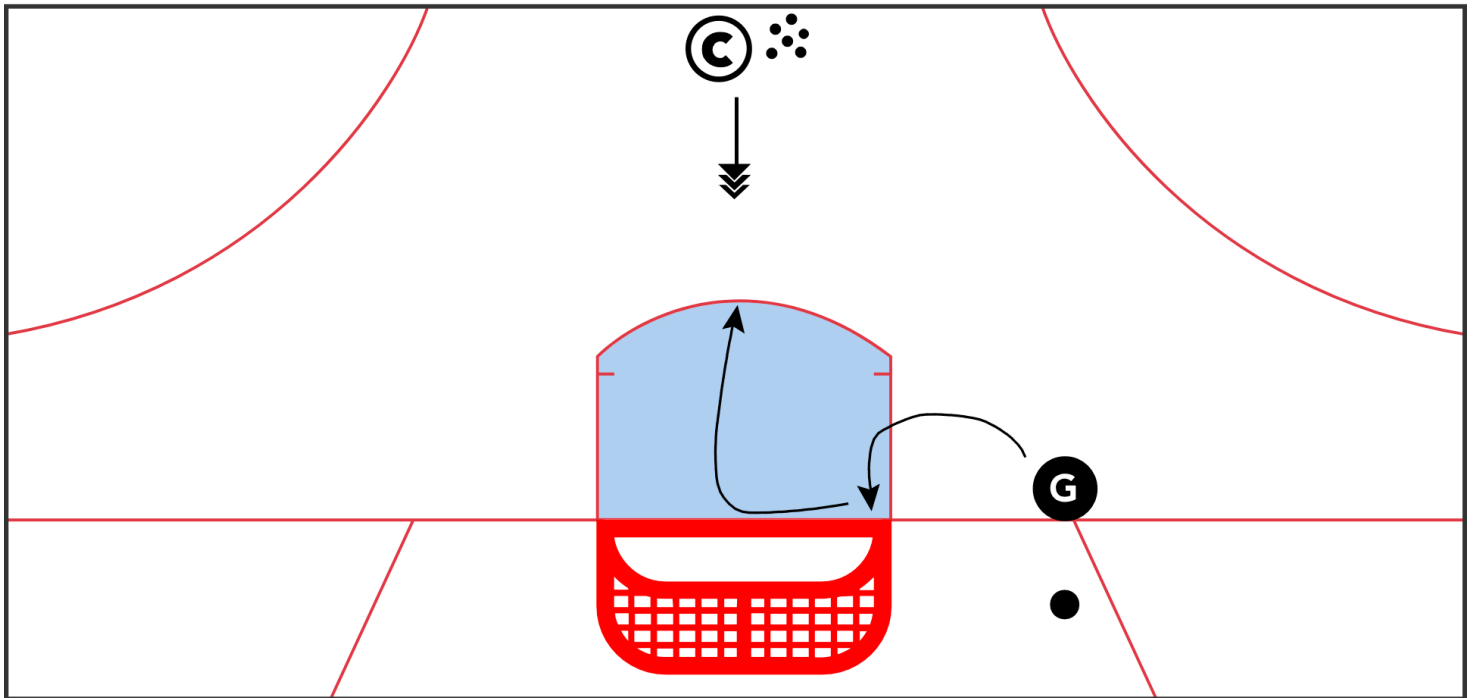
Description

1st Progression: Goalie will start on one post in RVH. Goalie will then slide to other post-RVH, and will then lean/nudge and push in line with puck on opposite point of crease (should be a controlled push). Goalie will then carve in a backward circle around the puck and then slide to middle of crease lined up with puck and then establish feet. Coach will shoot, play out rebound. (All of the movements are done on the ground.)

2nd Progression: On the next progression instead of having the goalie establish feet at the end, have them butterfly slide to the middle and make a sliding save at the end, play out rebound. So when they slide around the puck in a circle, have them then slide to middle making save.

3rd Progression: Next progression, have the goalie go around both pucks. So, slide post to post, lean/nudge and slide to puck on opposite point of crease, slide in circle around puck and then slide back to the post you just came from. And then repeat. Once Goalie has completed both side he will end up on the post he originally started on, have goalie then nudge to middle and establish feet and drive to top of crease and make save. Play rebound.

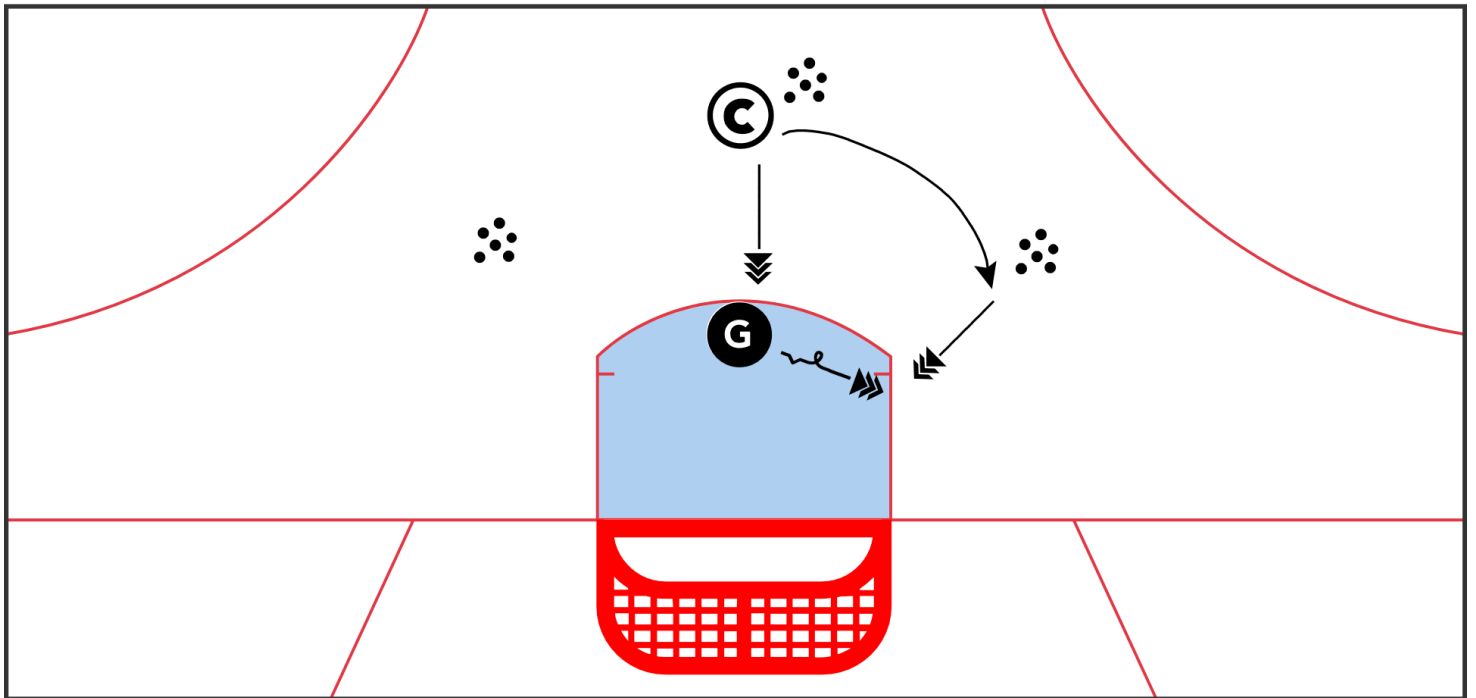
Edgework/Psotwork/Groundgame



Description

Place a puck a foot away from the side of the net. G will start in butterfly facing the puck. on command G will slide and hinge into RVH. Then, G will lean/nudge to middle of net and then establish feet and drive to top of crease. Coach will shoot and play out rebound.

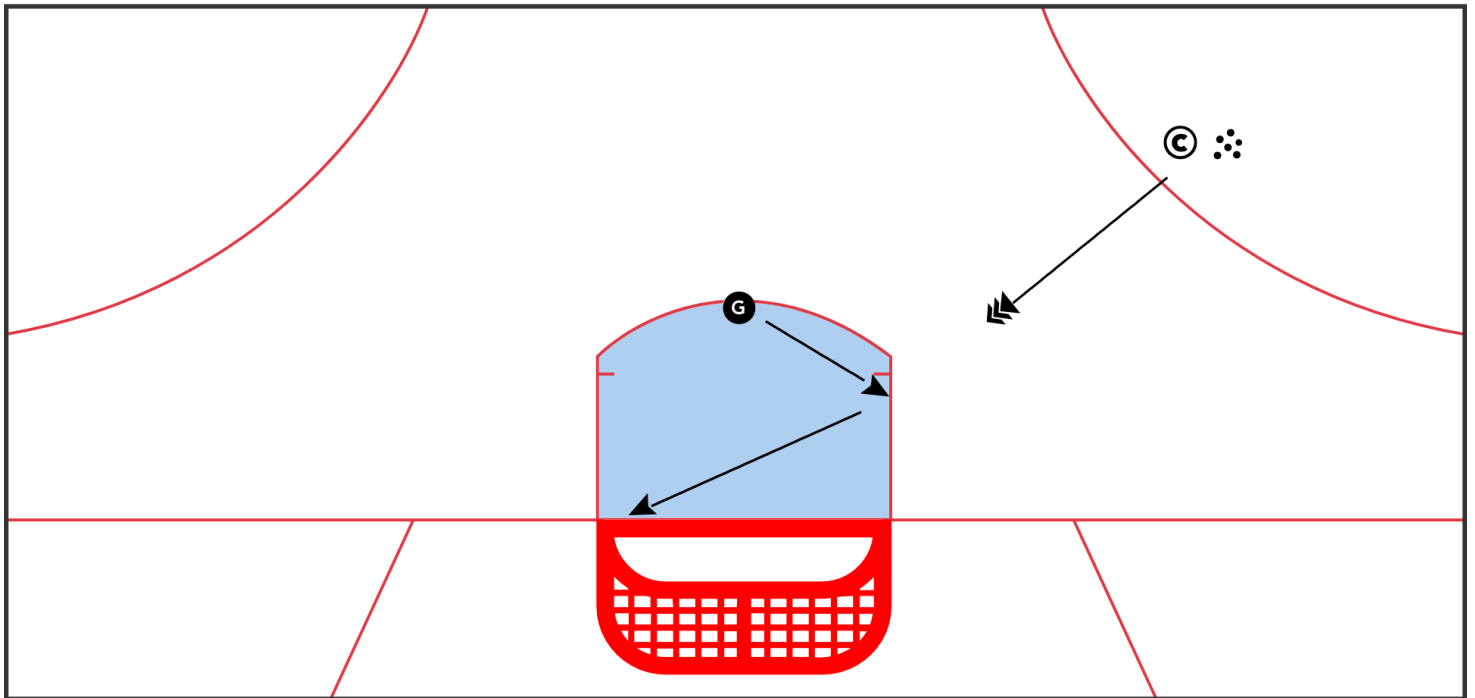
Finding Puck/ Rebound Recovery



Description

Goalie will start in butterfly at top of crease. Coach will bank puck off the goalies leg pad and then play out the rebound. Goalie is to find puck off of pad and then rotate and makes sliding save on the rebound. Keep playing puck until goalie covers or puck is out of play.

Lateral Release

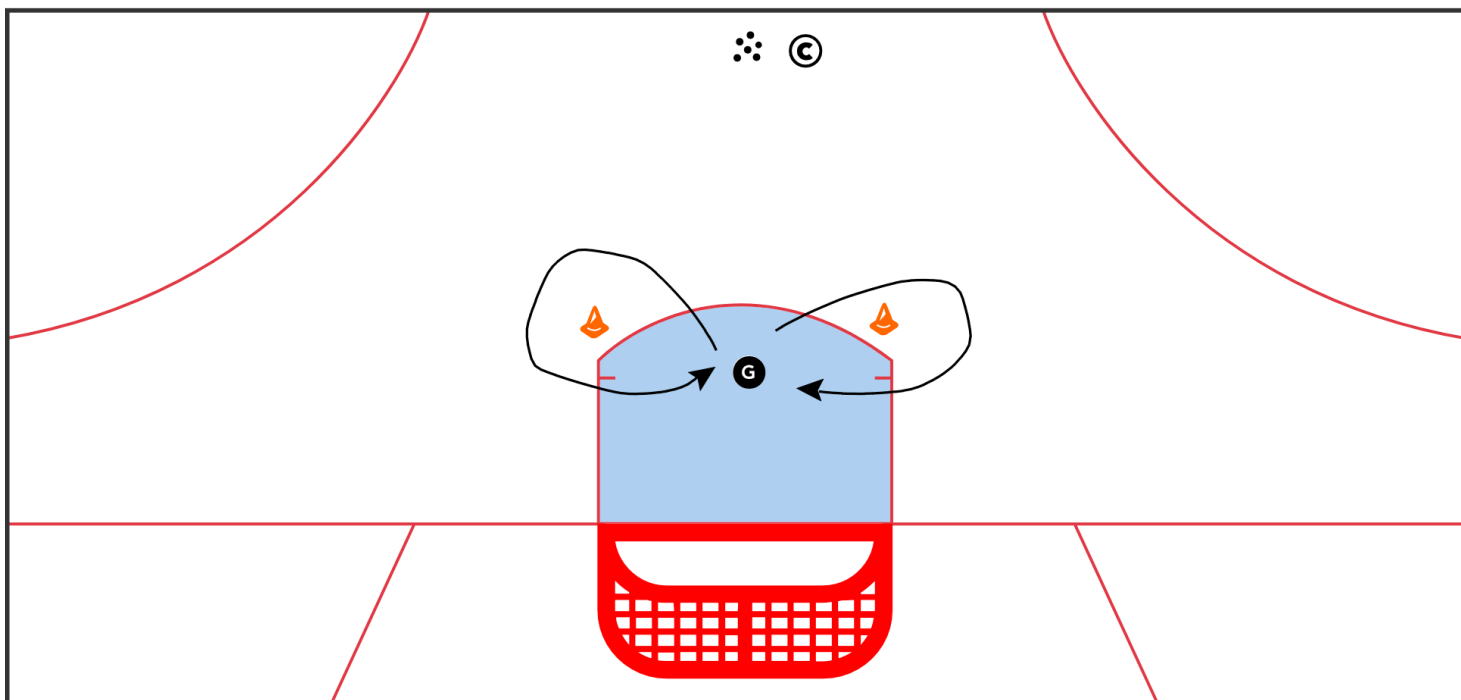


Description

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Goalie starts on top of crease. On coaches command he will make a long shuffle to puck and make a save low to far side. Try to get stick on puck. He will then follow his rebound. Encourage making the first push on feet rather than sliding to avoid getting out of position. High reps. Coach must shoot puck low area.

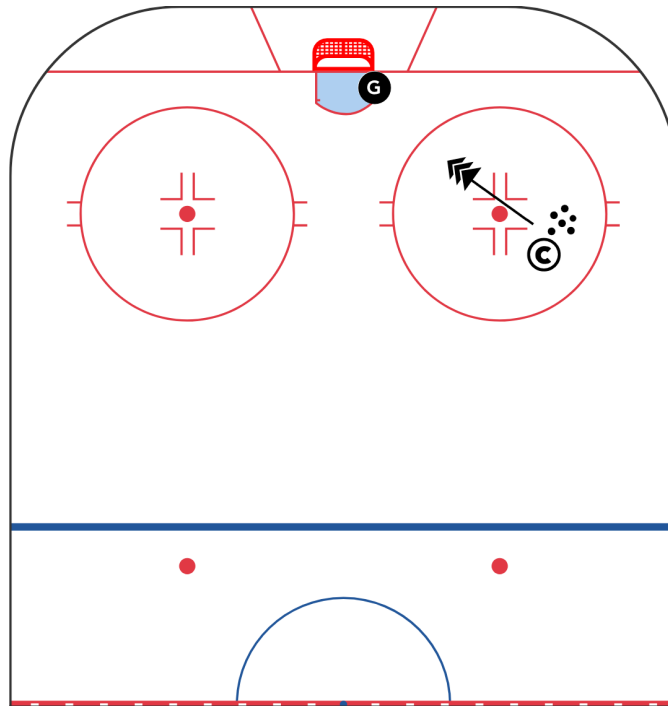
Mohawks Shot



Description

Easy simple drill. Goalie is squared up to puck. He will mohawk around one cone and get back to middle and then make save. Same thing on other side.

Movements off post w/ body saves.

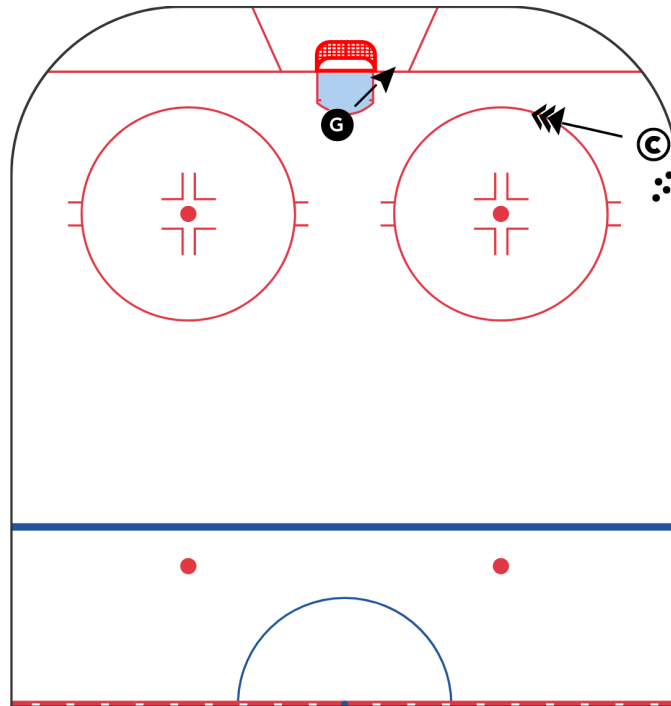


Description

<https://www.instagram.com/p/Bn7ghr4jECU/> <<https://www.instagram.com/p/Bn7ghr4jECU/>>

Goalie starts on post. He will drive out to puck and make body save. He will then recover to near post and same thing drive out and make body save or blocker save. Then, he will recover to far post and drive out to face-off dot, and then T-push back to puck and make another save. Play out rebound on last shot. Drill can be done continuously.

Overlap/ Adjusting Foot

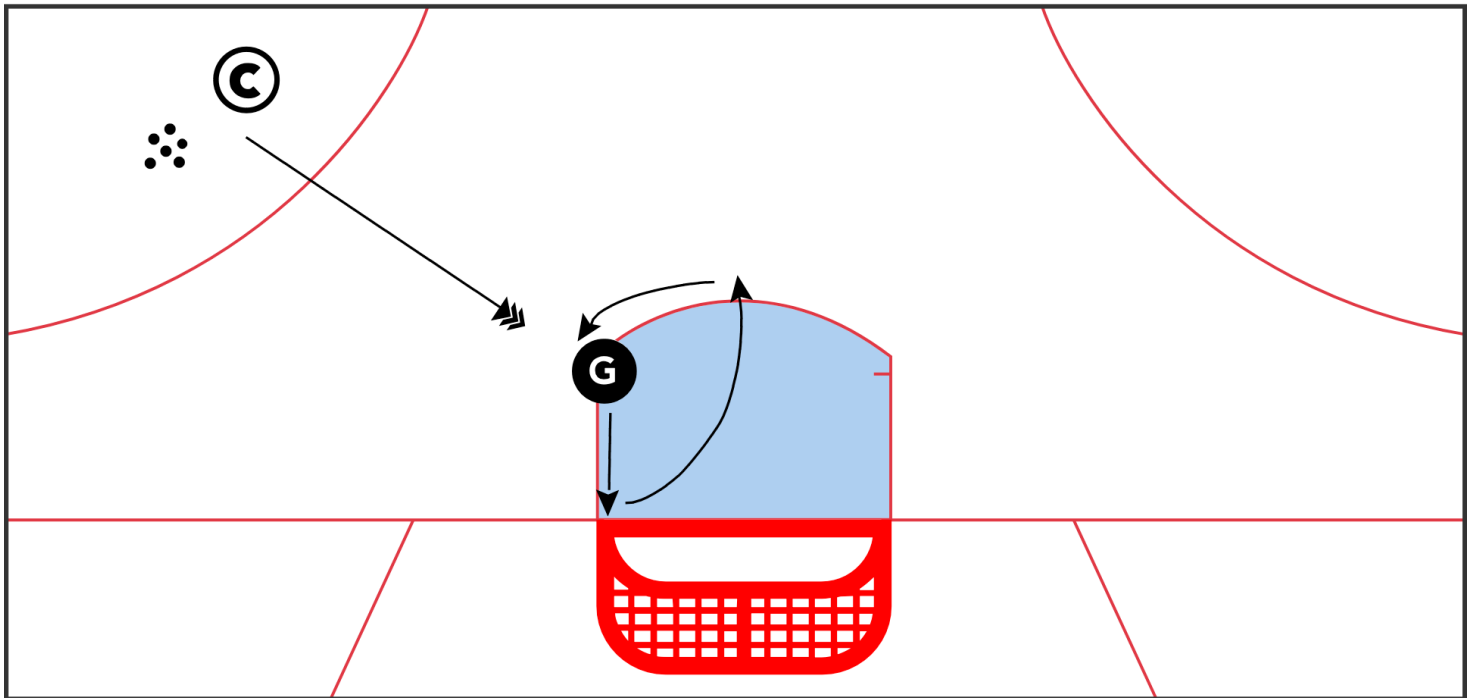


Description

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Goalie starts on top of crease. He will t-push to post. Then, he will adjust the foot that is inside the post and move just outside the post to get into that overlap position. Once squared up to puck coach will attack and shoot. Play out rebounds.

Postwork/Groundgame/Movement

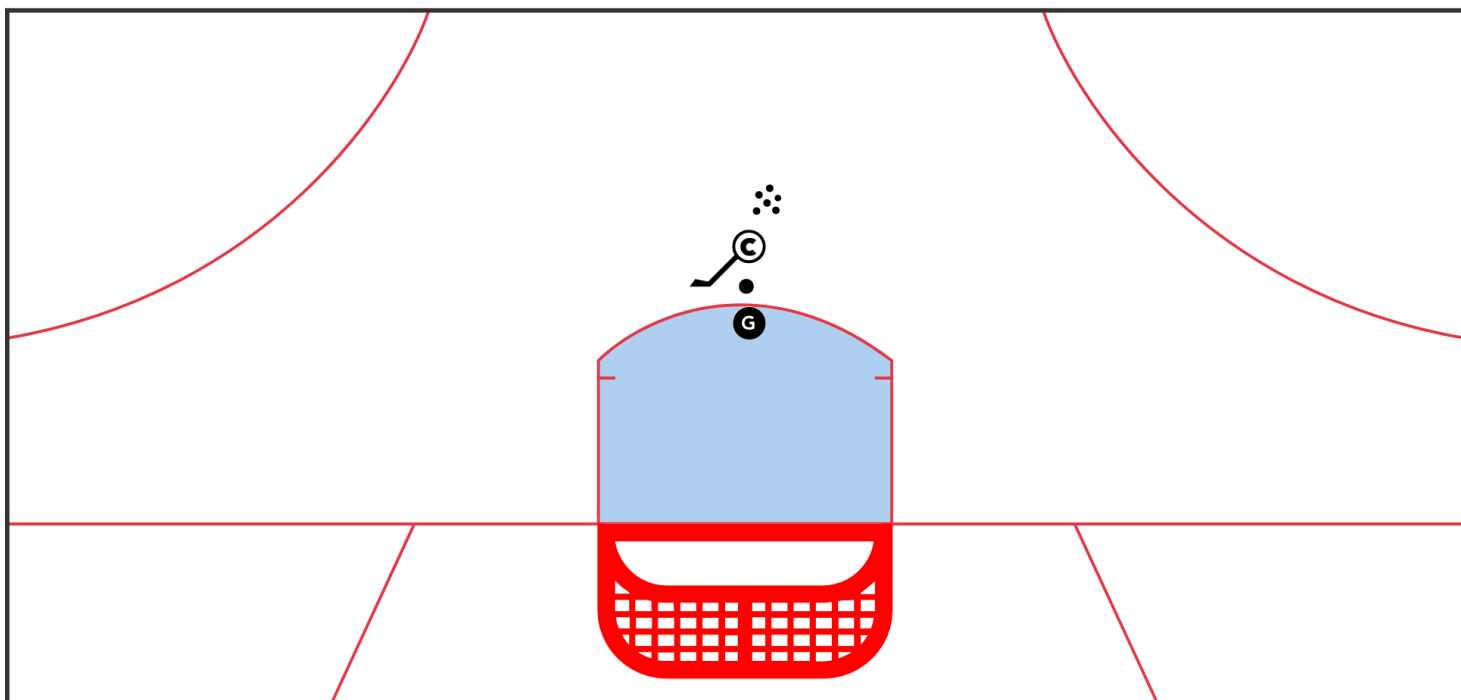


Description

1st Progression: Goalie will start lined up with puck. Goalie will push to post hinging on feet. Goalie will then push to top of crease and shuffle back in line with puck. Coach shoots, play out rebound.

2nd Progression: Goalie will butterfly and slide and hinge to post in RVH, then will lean/nudge to the middle of net and get up to feet and push to top of crease. Will then shuffle back to puck and coach will shoot.

Projecting Hands in Tight

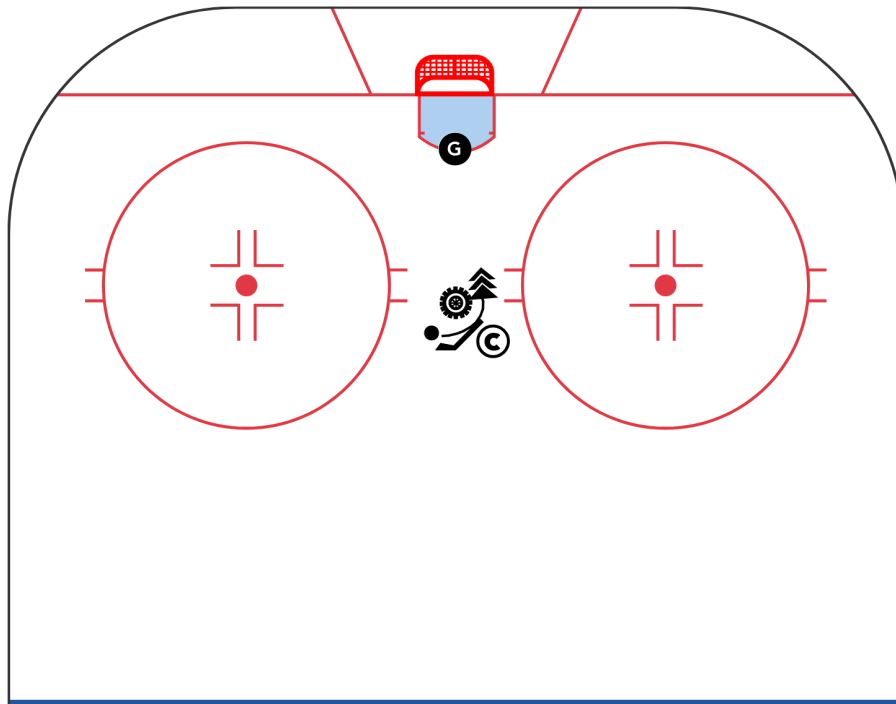


Description

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Goalie is top of crease sitting in his butterfly the whole time. Coach has a puck directly in front of him. Coach will grab puck and make small move one way or another and shoot low. Goalie is to just lean and project hands forward.

Pull Shot in and Shoot

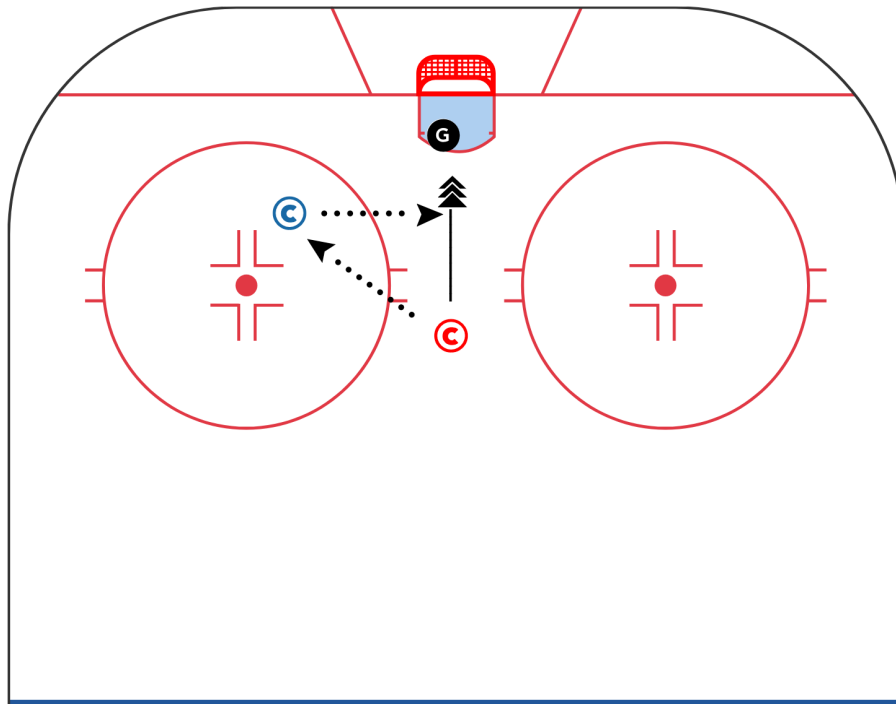


Description

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Goalie will start on post and coaches command will drive out to puck. Coach is dragging the puck from one side of the tire to other and shooting. Replicates shooting around an object. Goalie is tracking the puck around/through the object.

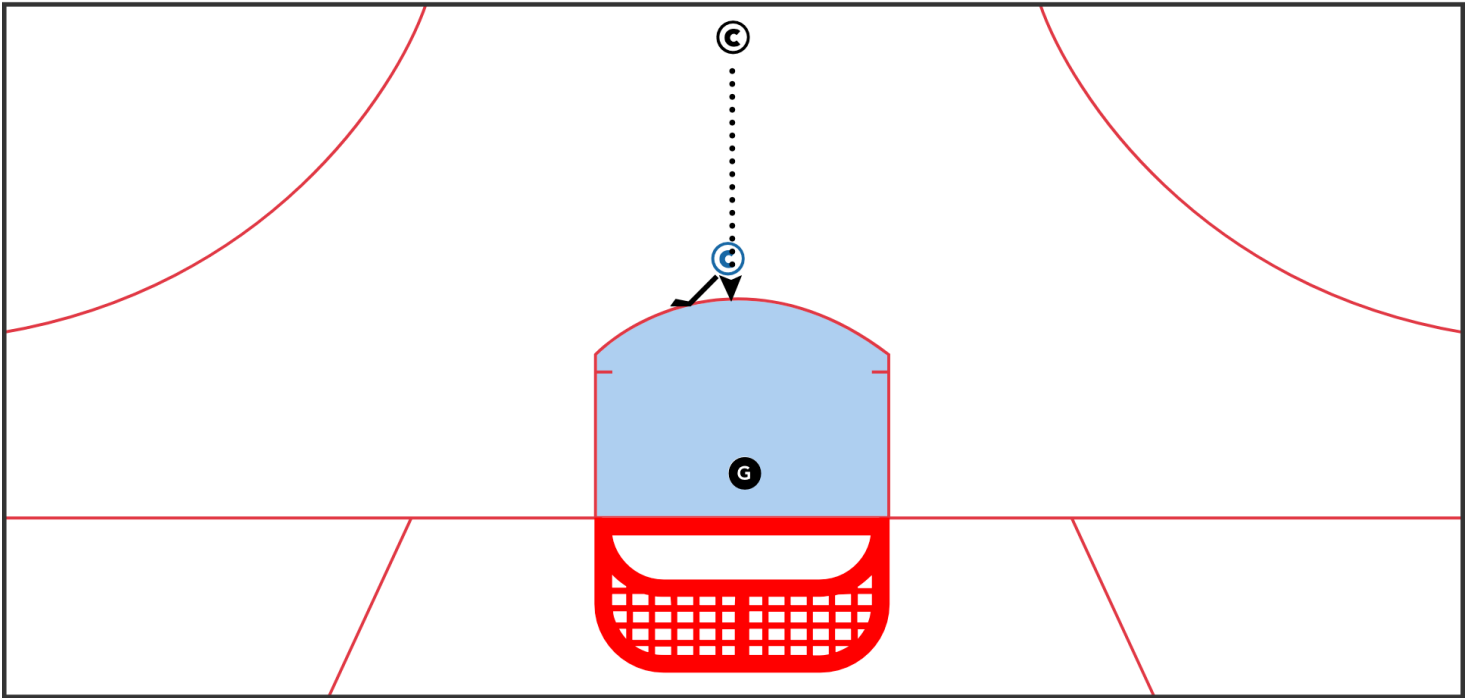
quick pass to middle



Description

Play starts on Red coach. He passes to Blue coach and he passes back to Red as he drives the middle. Give and Go. Goalie needs to follow the passes.

Quick Reactions

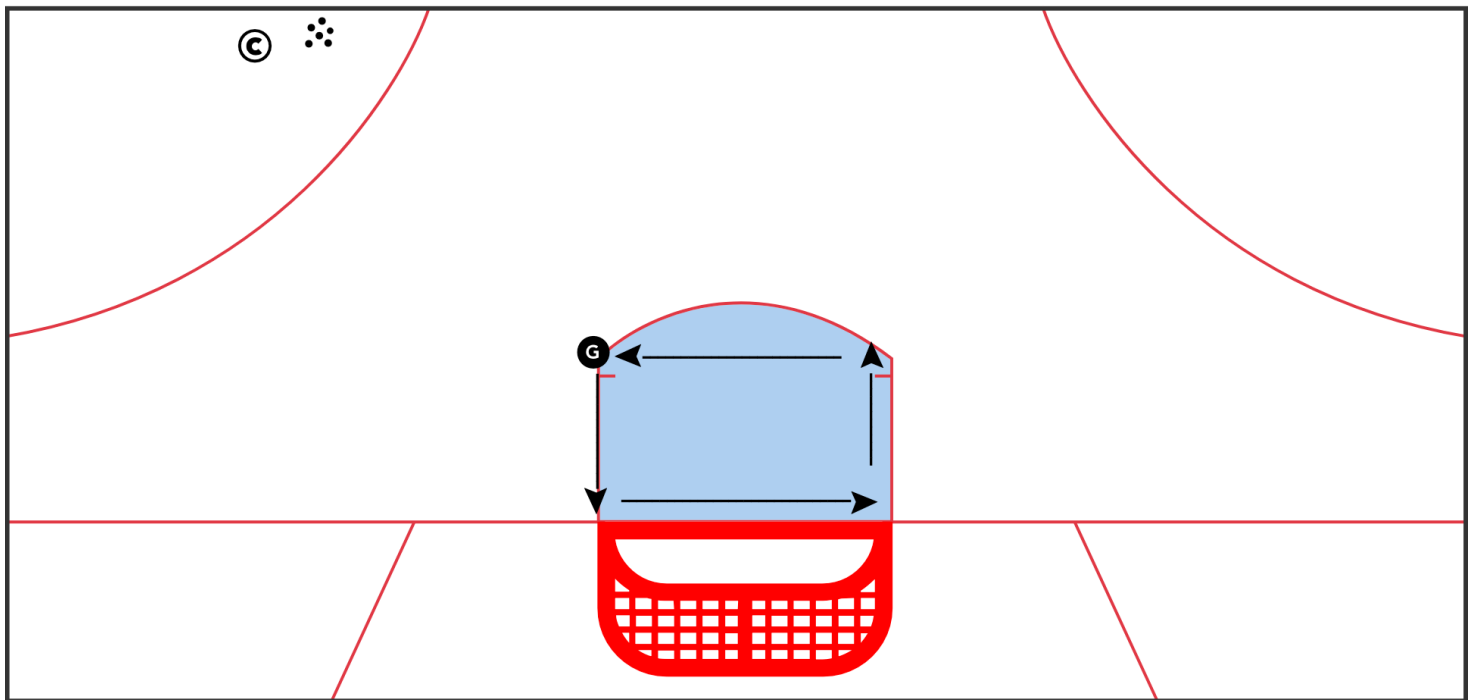


Description

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Blue coach is facing the goalie. **Black** coach slowly passes puck through the **Blue** coaches legs. **Blue** coach will grab puck and move one way or another and shoot. Goalie is sitting butterfly and must react to **Blue** grabbing puck and quickly shooting.

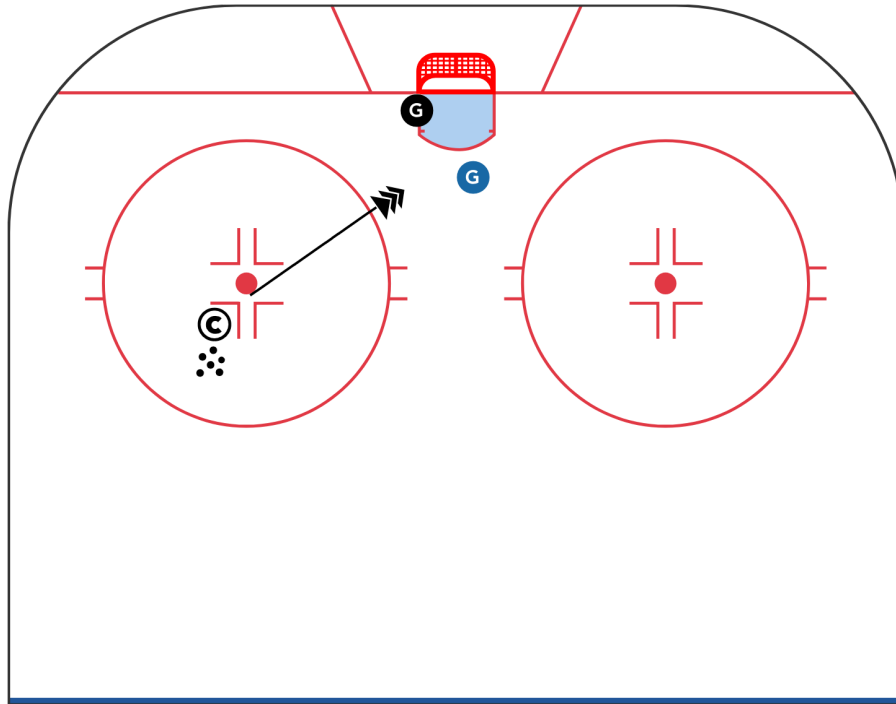
rectangle



Description

Goalie starts lined up with coach and pushes to near post, then moves post to post and carves out. Then T-pushes back to where he started and makes save. This drill can be done continuously.

Redirected Shot

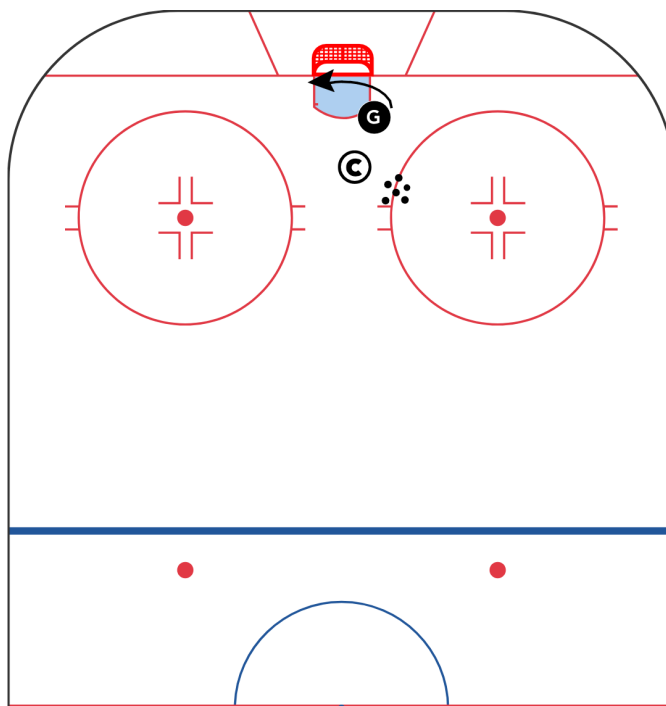


Description

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The **Blue** goalie is in his butterfly with stick ready to redirect the shot into the net. **Black** goalie is starting on post. He will push out to puck and butterfly, slides to the middle and catches edge and slides back to puck and gets up to feet. Now, coach will shoot a puck on the ice at the **blue** goalie. **Blue** is making stick save while **black** is sliding into that redirected shot.

Reverse Rotation and Bump

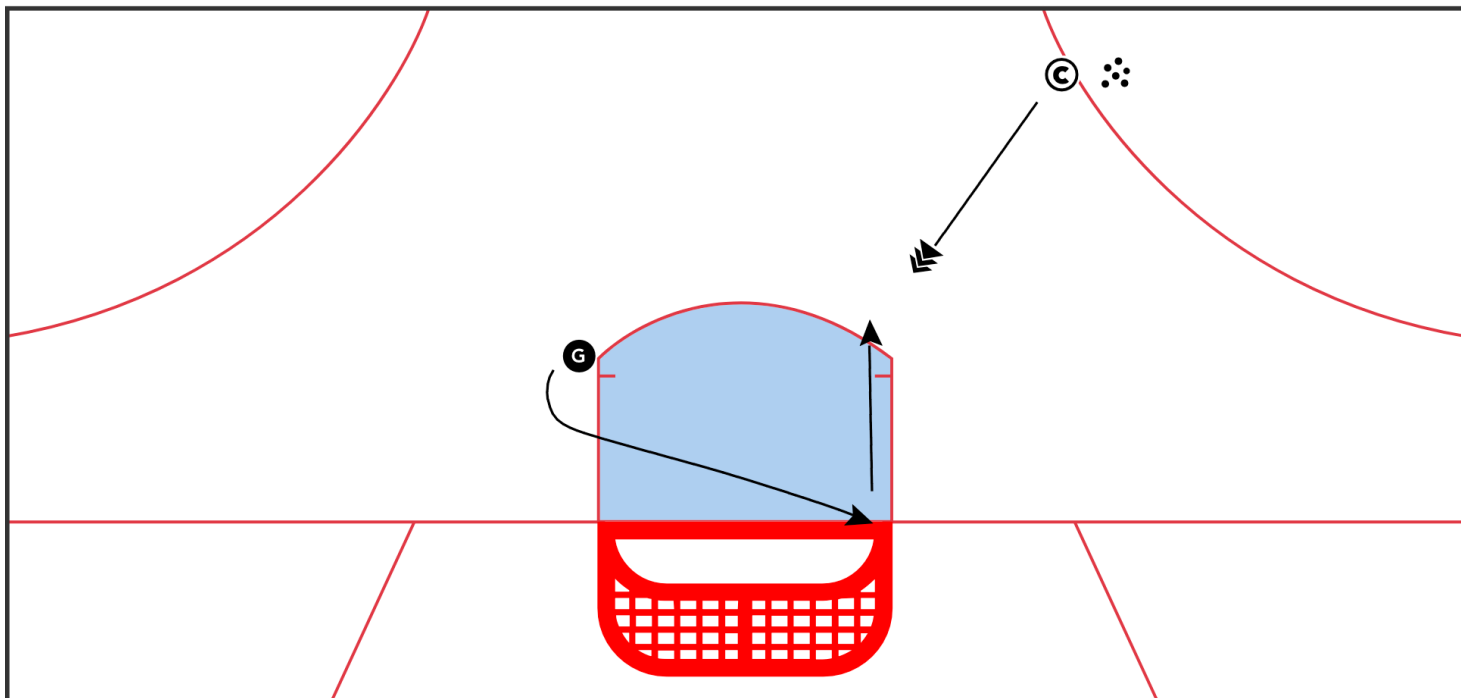


Description

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Goalie starts lined up with the dot. He will butterfly and reverse rotate to far post and slide to RVH. Then, he will bump to the middle and makes save.

Reverse Rotations/ Bump off Post on Feet

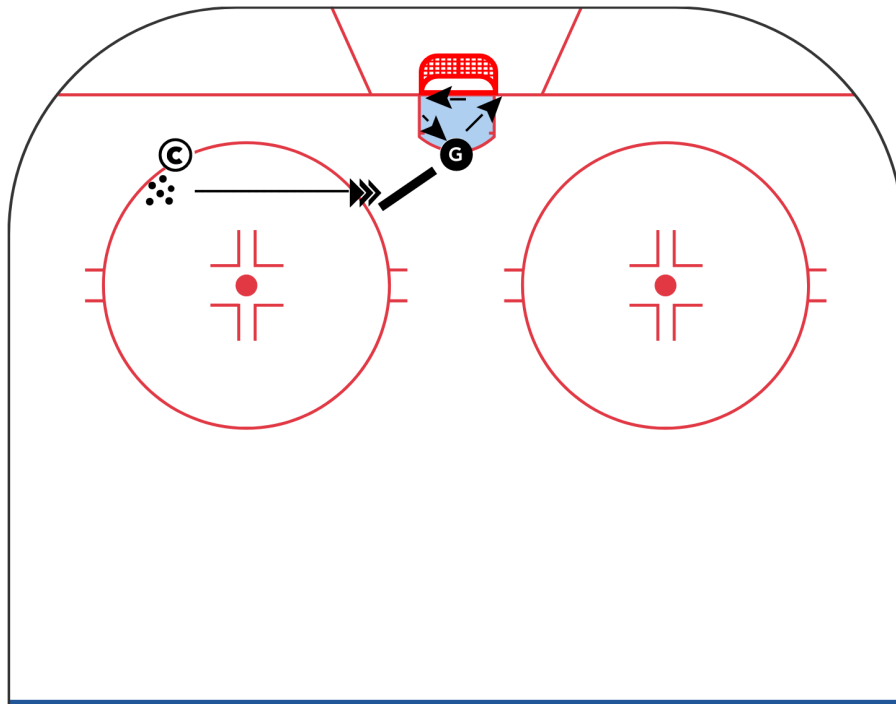


Description

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Goalie starts squared to dot. Butterfly and reverse rotate up to his feet and get to far post. From here he will drive off post and make save.

RVH Bump

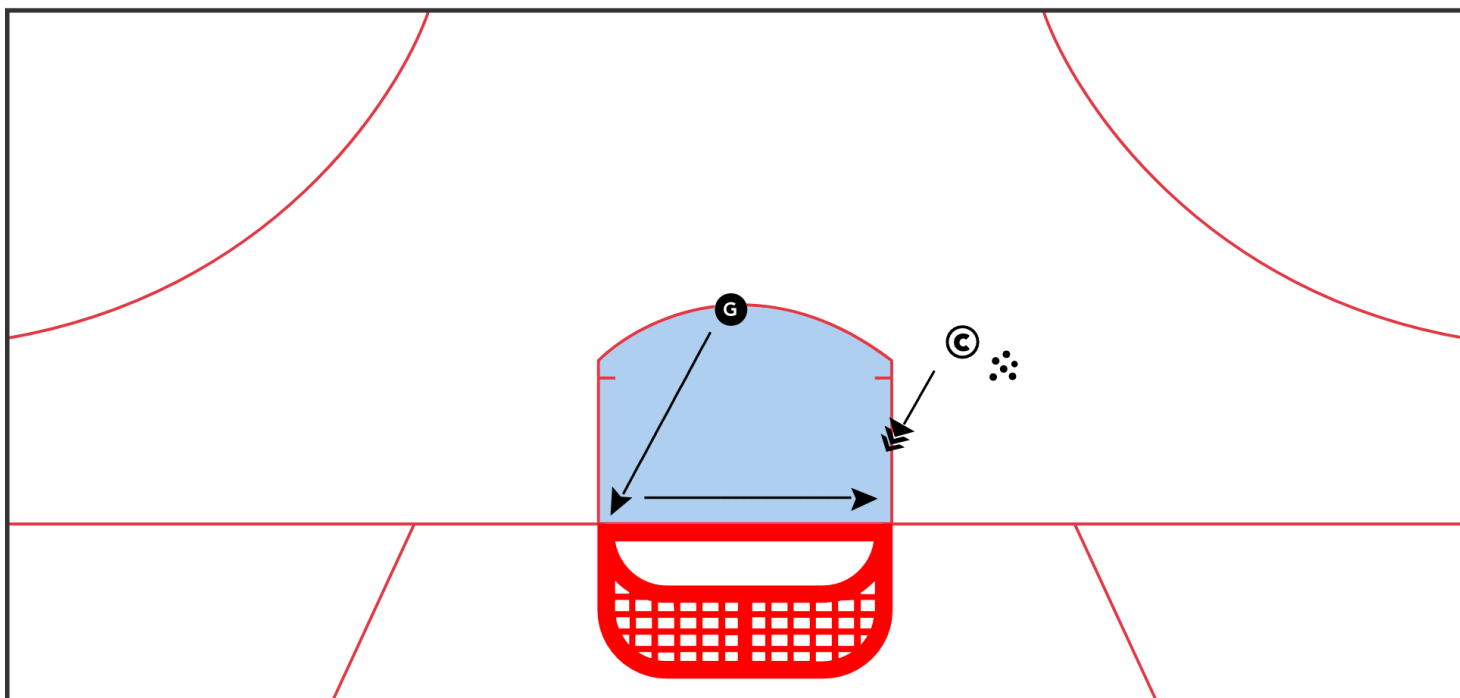


Description

Goalie starts on top of crease in butterfly, whole drill is done on knees.

Goalie will slide to RVH and then slide post to post and bump out. When goalie bumps out coach shoots off a rebounder. Play out rebound.

RVH's and bump

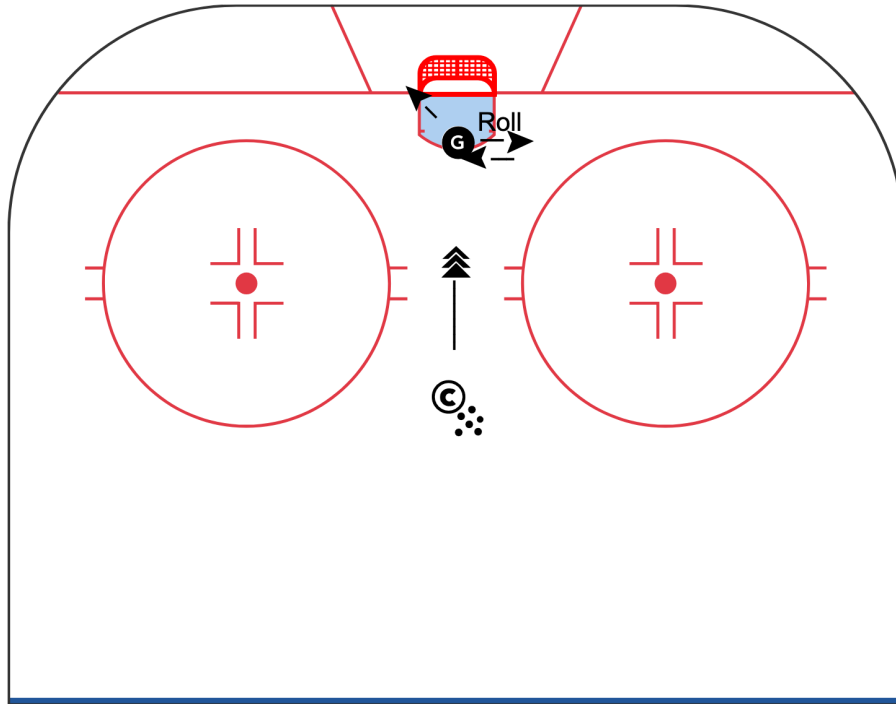


Description

Goalie starts in butterfly at top of crease. Whole drill is done on knees.

Goalie will lide into RVH and slide into other RVH and bump off post while making save. Coach should shoot as goalie bumps.

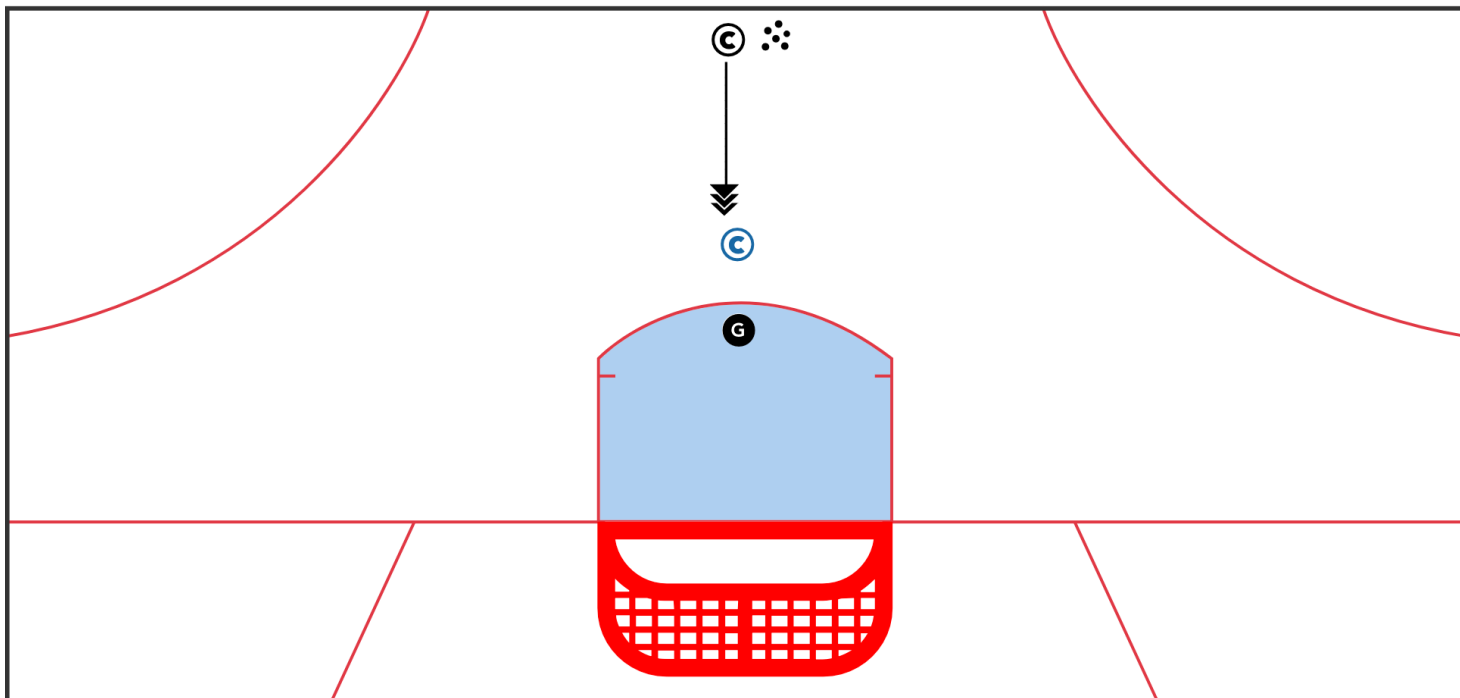
Scramble Drill



Description

2 shots in the drill. On command goalie will butterfly and will roll over to his left on his belly. Trying to get stick around on the roll and keeping eyes forward. He will quickly get up and t-push back to middle squared with puck and face shot. Goalie will make save and recover to his feet to post on his right. He will then drive back to top of crease for a shot.

Screen and Rebound

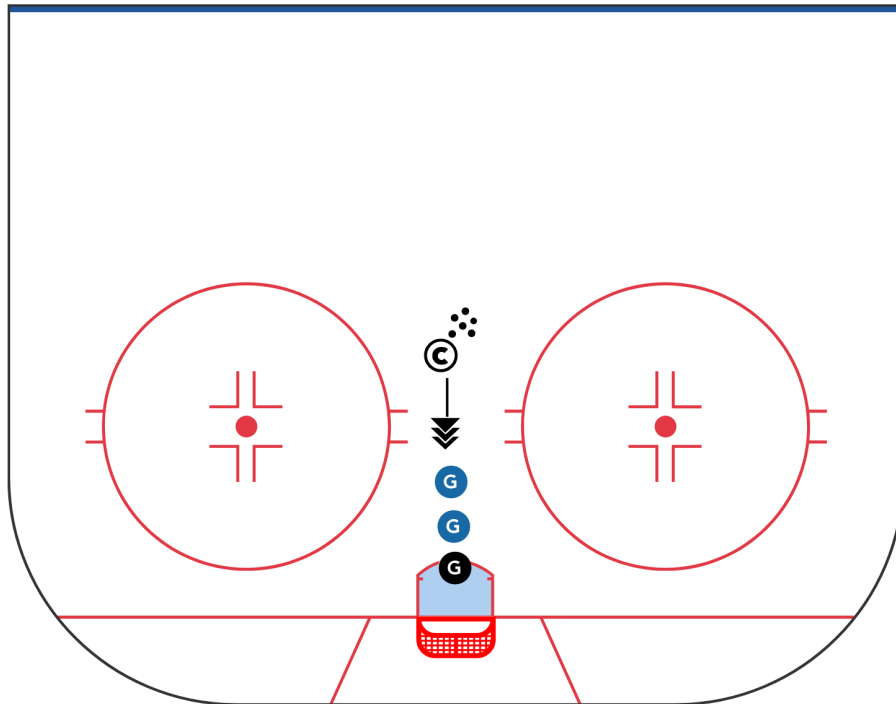


Description

<https://www.instagram.com/p/B5oddmAFsw5/> <<https://www.instagram.com/p/B5oddmAFsw5/>>

Blue coach is screening the goalie and he is facing the goalie so he can quickly grab the rebound. Black shoots low through the screen and Blue shoots rebound.

Shot through goalies



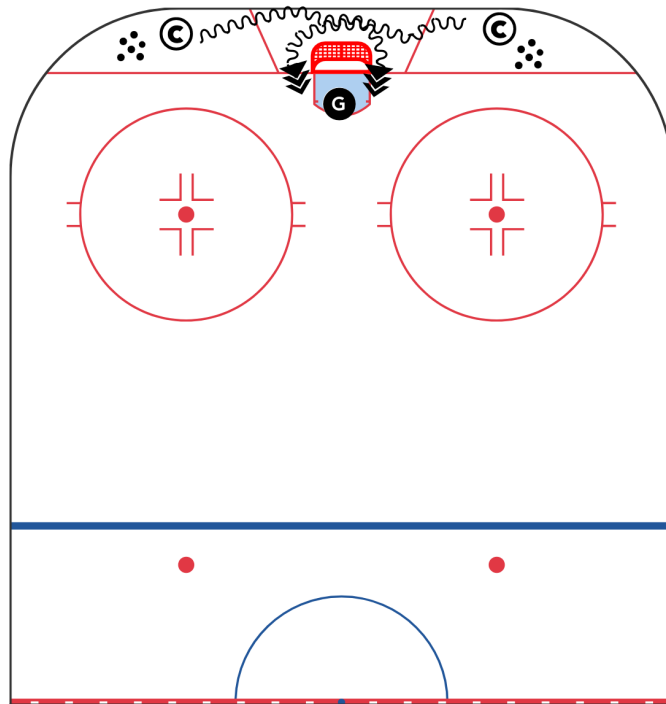
Description

The two **Blue**

goalie are making movement to left and right the entire time. Can be T-pushes, shuffles, slides, etc. When they shuffle to left or right coach is firing a shot on **Black** goalie.

Next progression: Have **Black** goalie make a skating movement too.

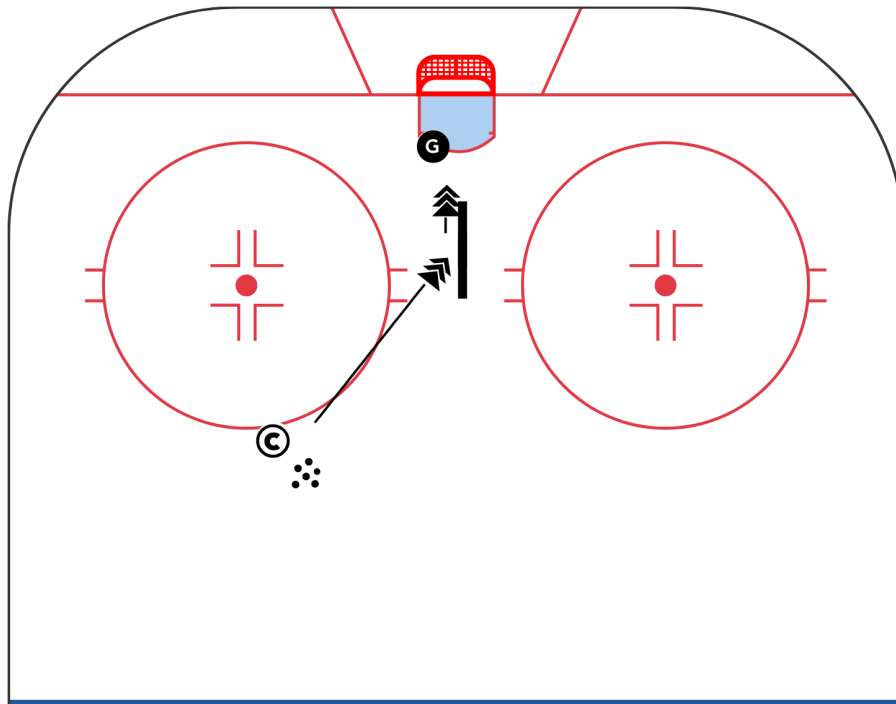
Sight Lines/ Wraps



Description

https://www.instagram.com/p/ChYqOSSOiyT/?img_index=1 <https://www.instagram.com/p/ChYqOSSOiyT/?img_index=1>
RVH sight lines and transition work. Just have coach wrapping pucks.

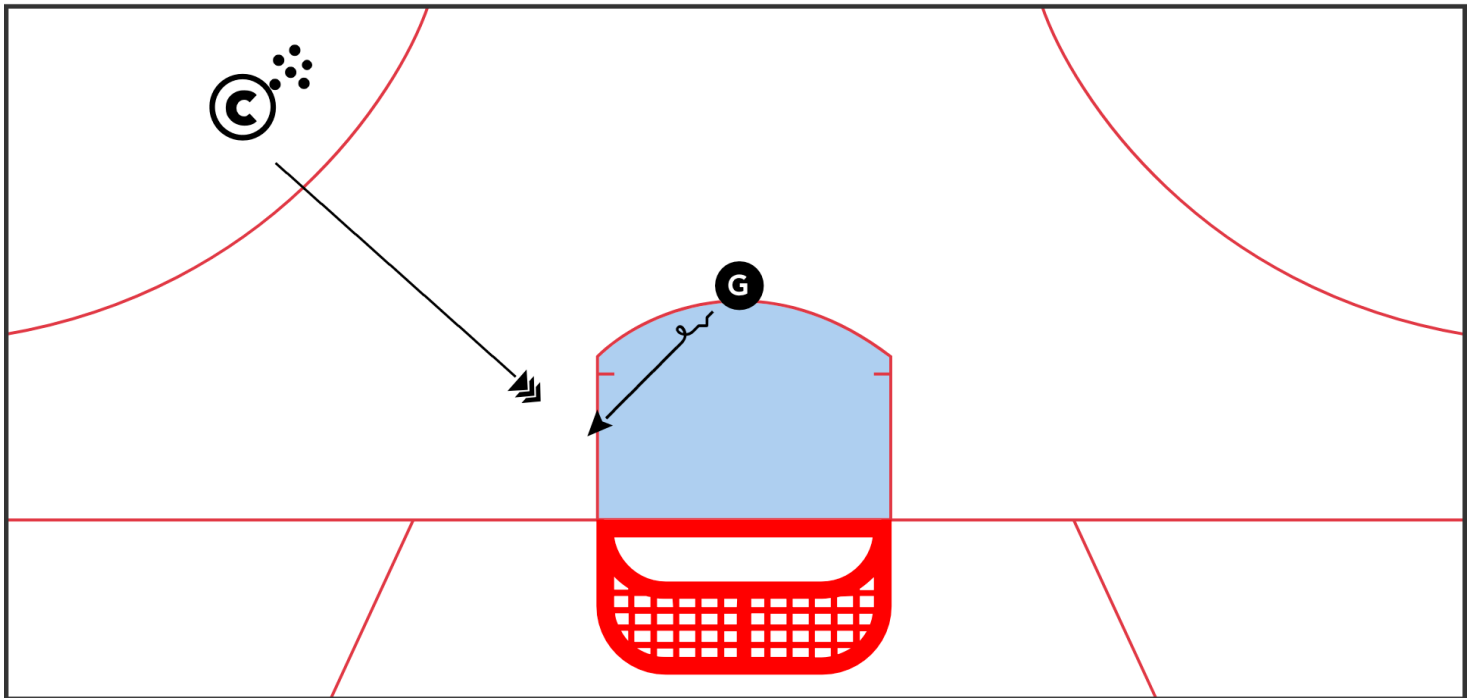
Slide into save



Description

Goalie starts on feet, top of crease. Pushes to post and goes post to post. Pushes out on feet and slides into a save off the rebounder.

Slide, save while moving

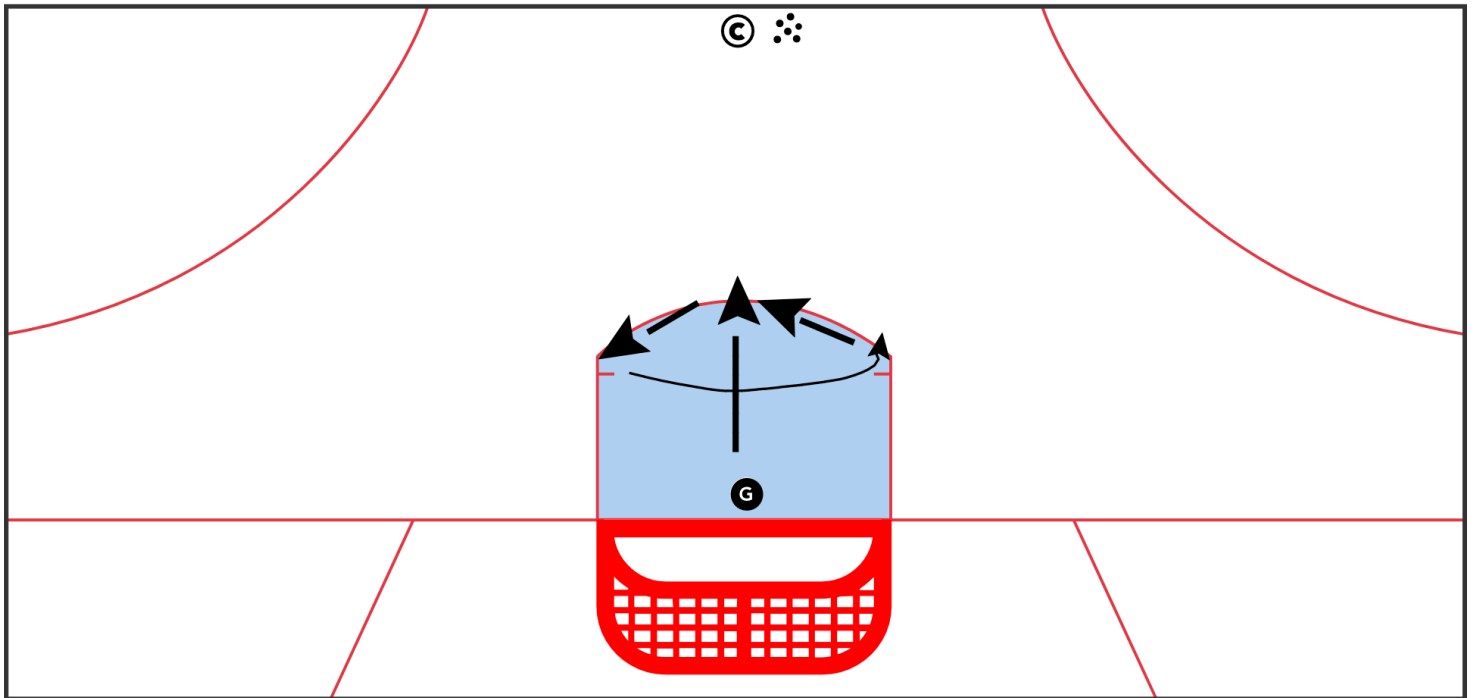


Description

Simple Drill.

Goalie starts on top of crease. He will rotate and slide making save while moving. Should be a good drill to get plenty of reps. Play any rebounds.

Stick in Balanced Hands

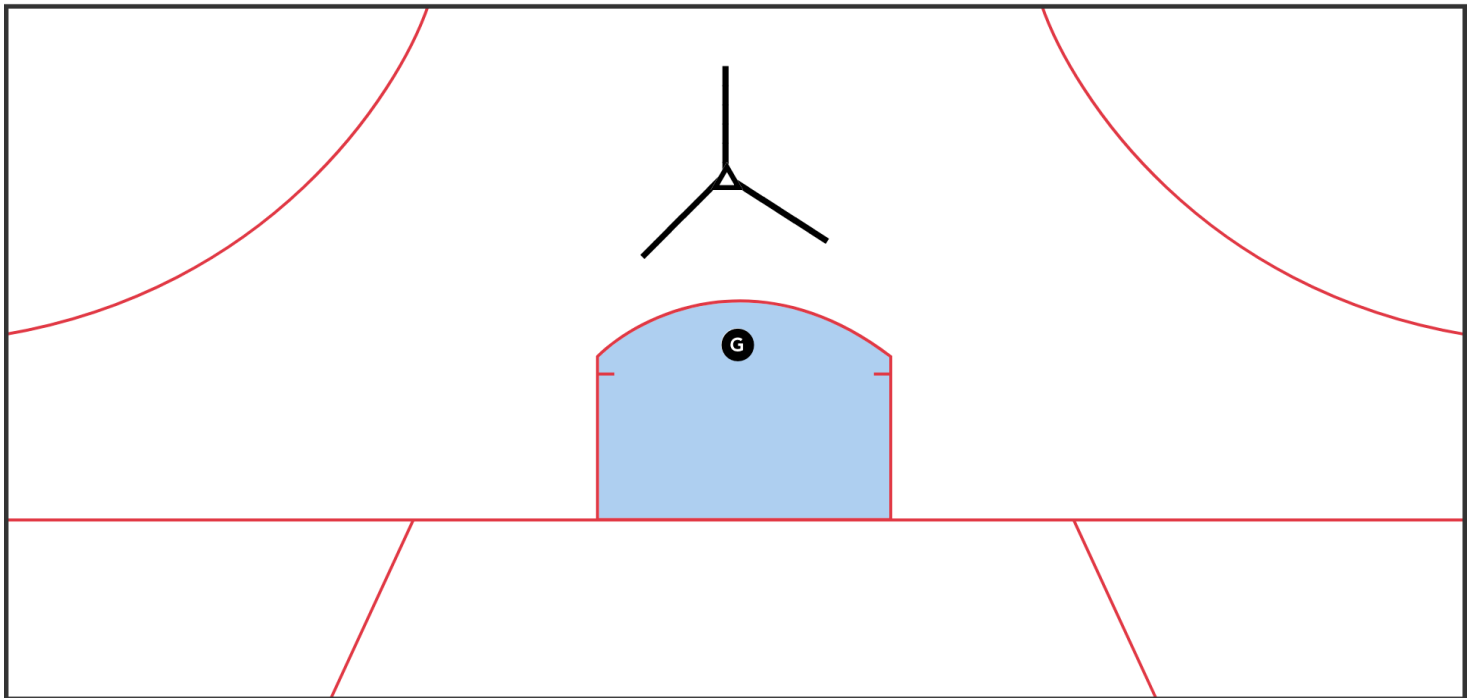


Description

Goalie will start on goal line. Have goalie take gloves off and hold a stick in his hands. That stick should stay level throughout the entire drill, hands should be balanced.

Goalie will start on goal line and push to top of crease. Shuffle twice to the left and then T-push to opposite corner of crease. Goalie will then butterfly and slide back to the middle/top of crease making a save while moving. Coach should shoot low, goalie needs to keep hands balanced. Coach can create any movement variation with this drill as long as shots are low.

Tennis Ball, Active Hands

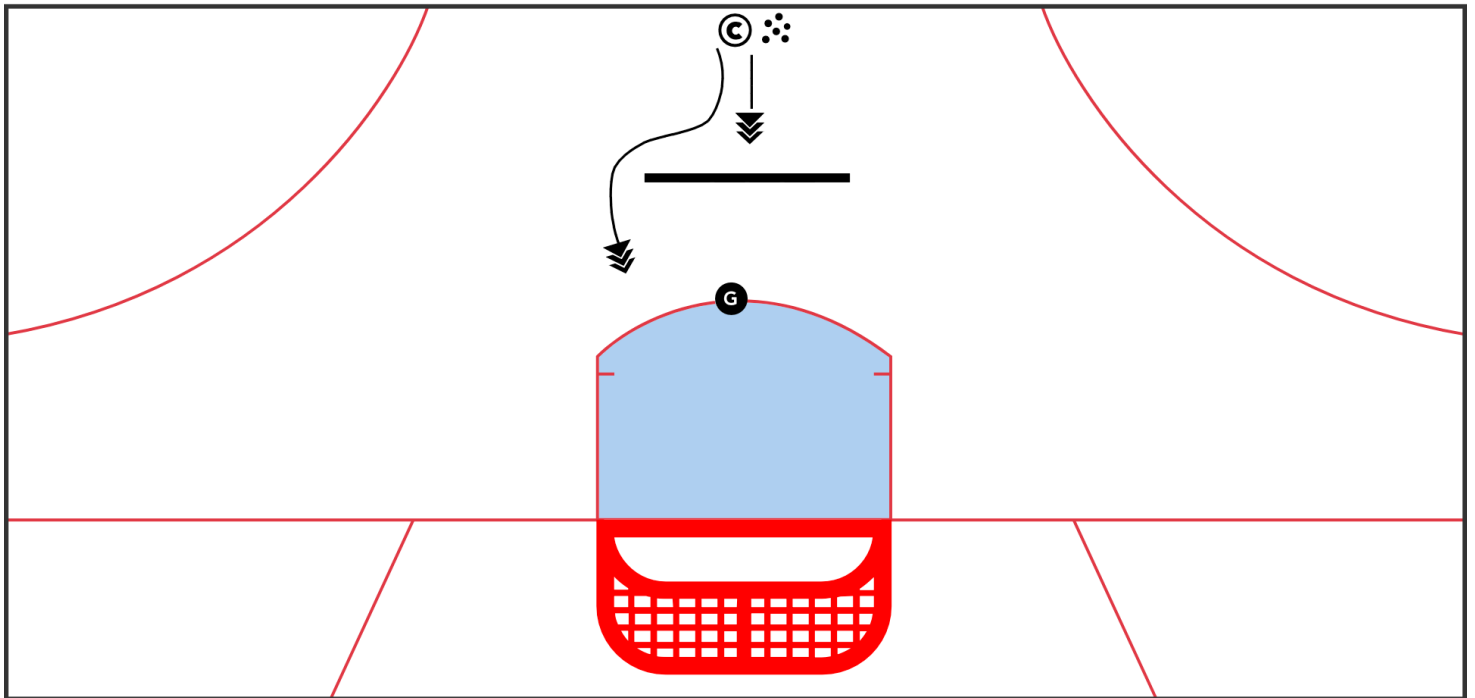


Description

Easy drill.

Set one of the screen triangles in front of the goalie and have him take his gloves off. Coach will stand a distance away and toss tennis balls through the screen. Goalie needs to track and catch the balls through screen. Can be done without a net and anywhere on ice.

Tight Recoveries off Block

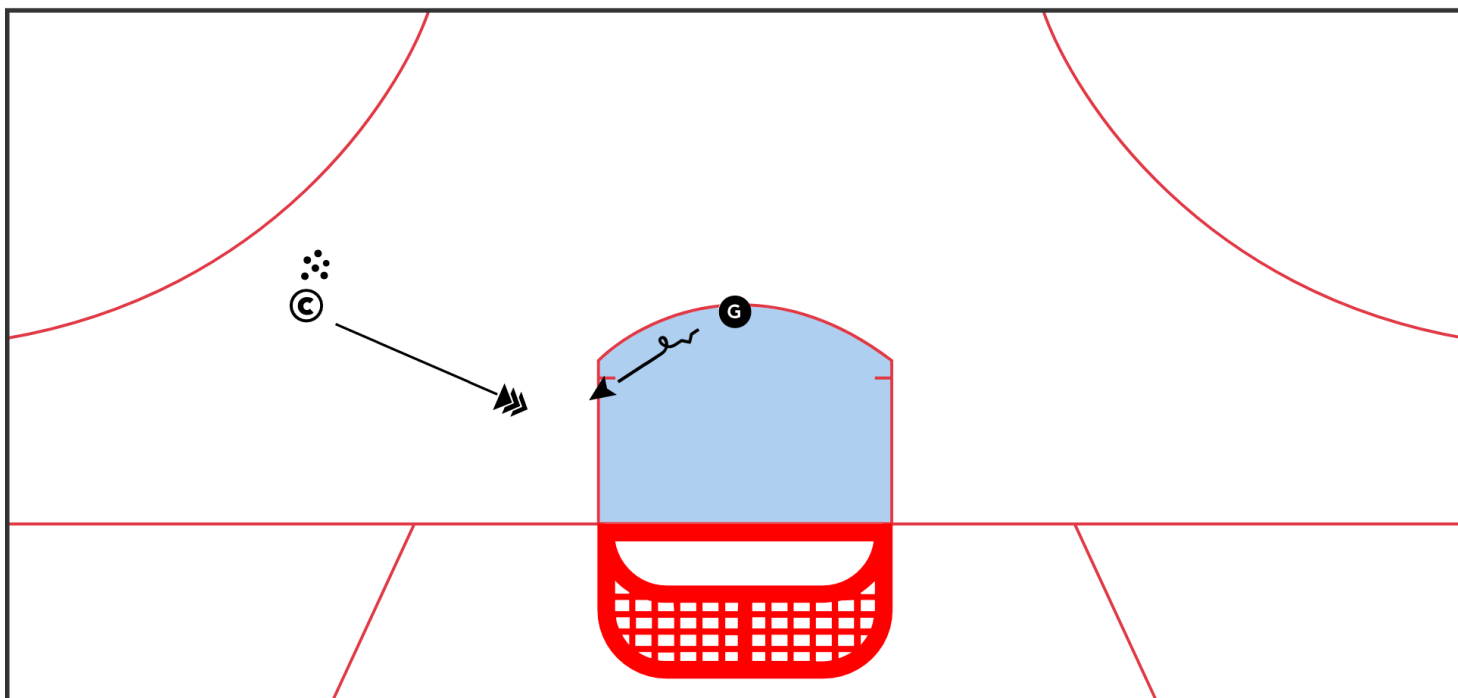


Description

<https://www.instagram.com/p/B5DyEzagg9T/> <<https://www.instagram.com/p/B5DyEzagg9T/>>

Goalie starts on top of crease coach should place a rebounder in front of the goalie. Coach will shoot puck at the rebounder simulating a blocked shot. The goalie will go down and the coach will grab the loose puck off the rebounder and attack to one side or the other. Goalie must recover. The next progression can be coach can attack the rebound below the goal line and drive wide.

Using Ball to Stay Balanced

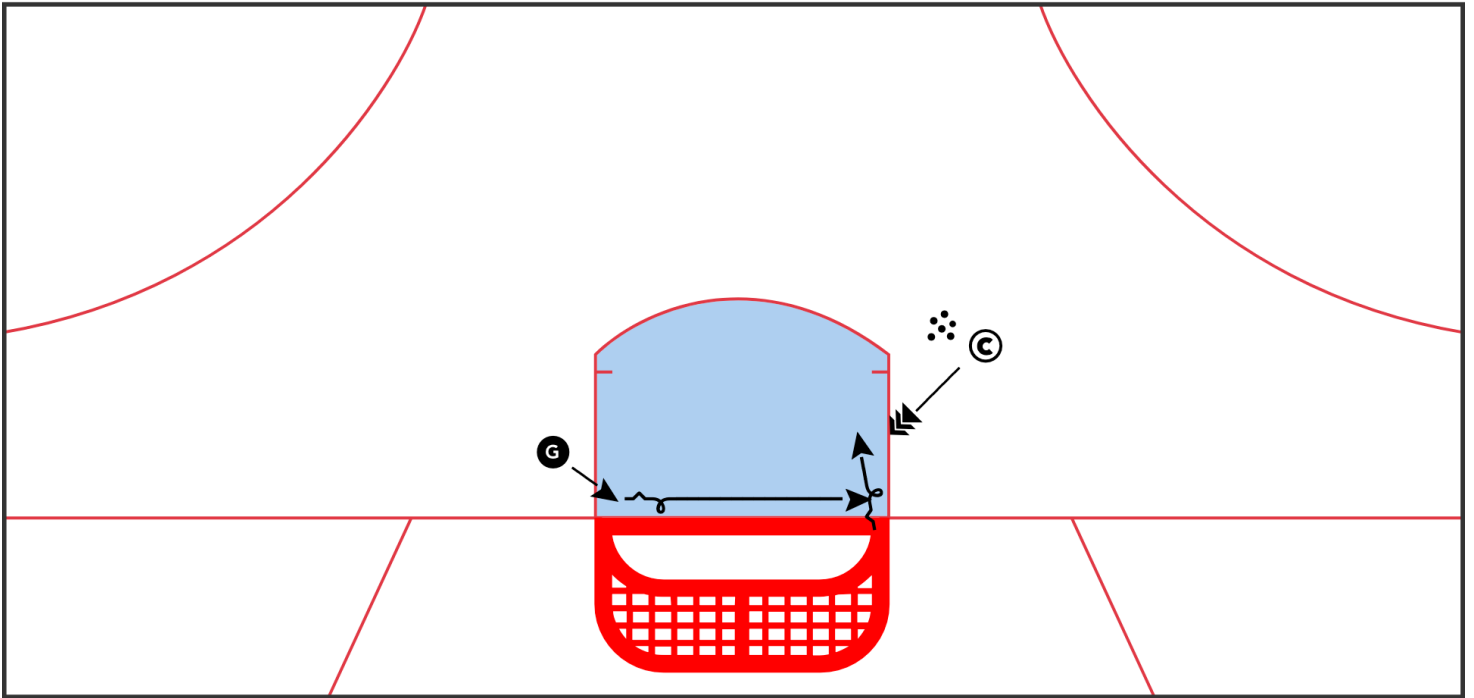


Description

https://www.instagram.com/p/B5YGD-WAzXv/?img_index=1 <https://www.instagram.com/p/B5YGD-WAzXv/?img_index=1>

Do this drill with a soccer ball for younger kids. As kids get older into 14U if they have the strength we can use medicine balls. We are using the ball to stay balanced with the upper body. Have goalie start on top of crease without his stick holding a ball in his two hands. On command, goalie will butterfly, rotate, and slide to puck making a save while moving. Coach should keep shot low in legs area.

VH Transitions Backside Bump

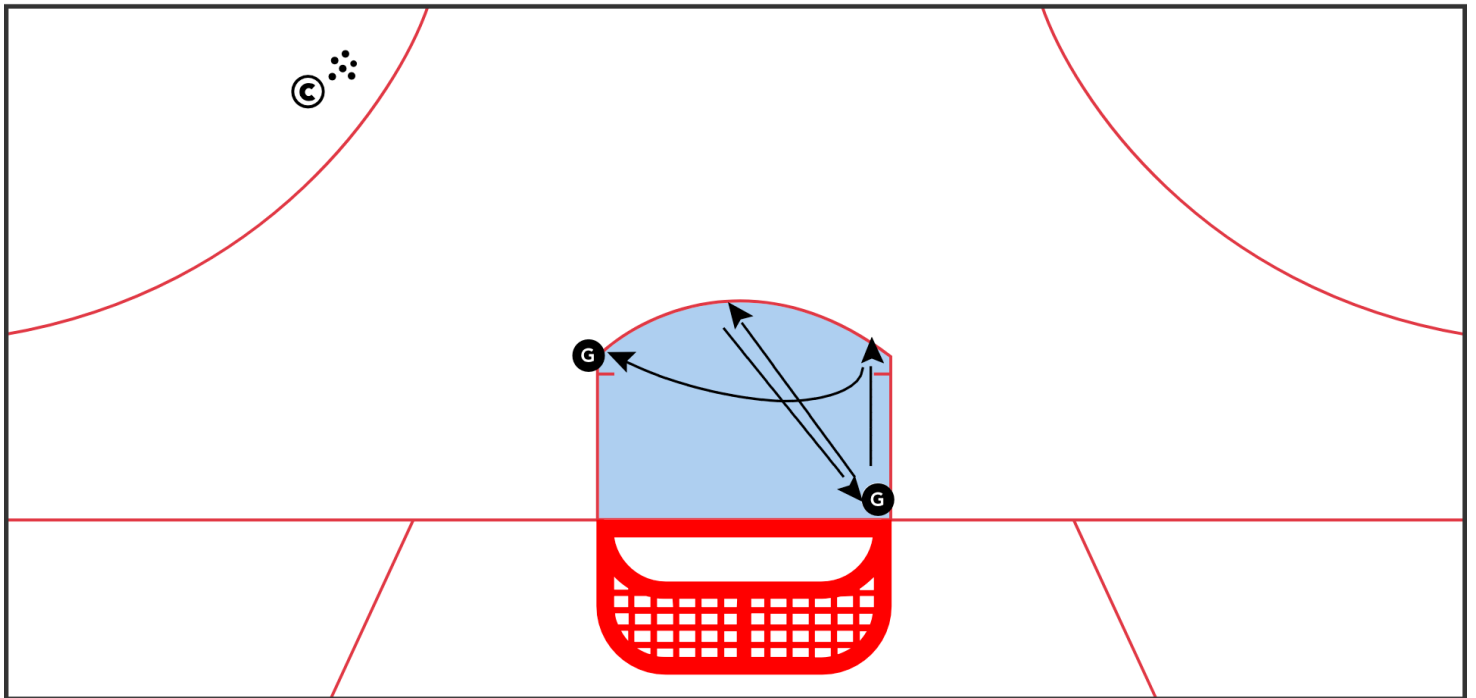


Description

<https://www.instagram.com/p/Bs6oEdJISGi/> <<https://www.instagram.com/p/Bs6oEdJISGi/>>

Goalie starts in overlap, wiggles back a bit and goes into VH. He then slides from VH into RVH on backside post. Once he is there he bumps out and makes save. Play rebound.

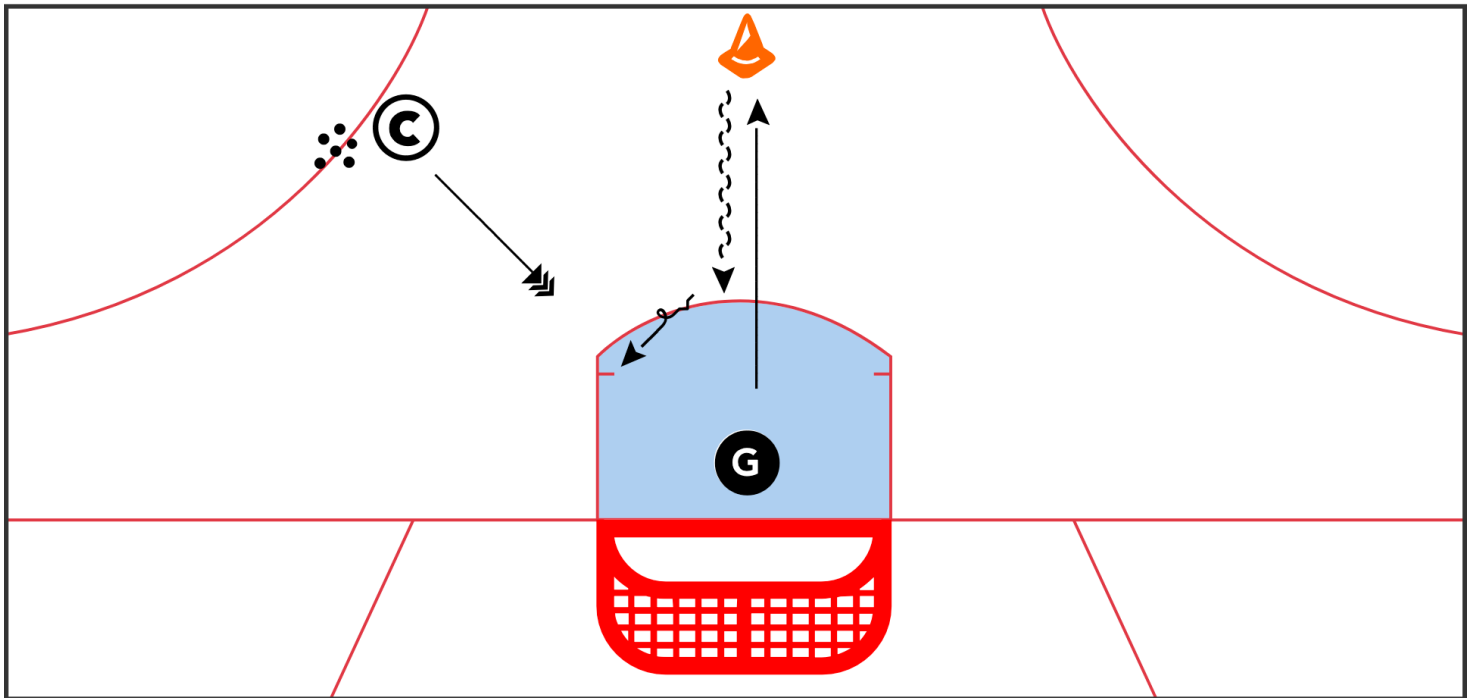
Visualize Head Checks



Description

Goalie starts on post. He will make a head check and then push to top of crease. He will then t-push back to post. Again, he will make a head check and push to corner of crease on near side and wiggle drive across crease squared up to puck and make save.

Zone Entry/ Slide from Feet



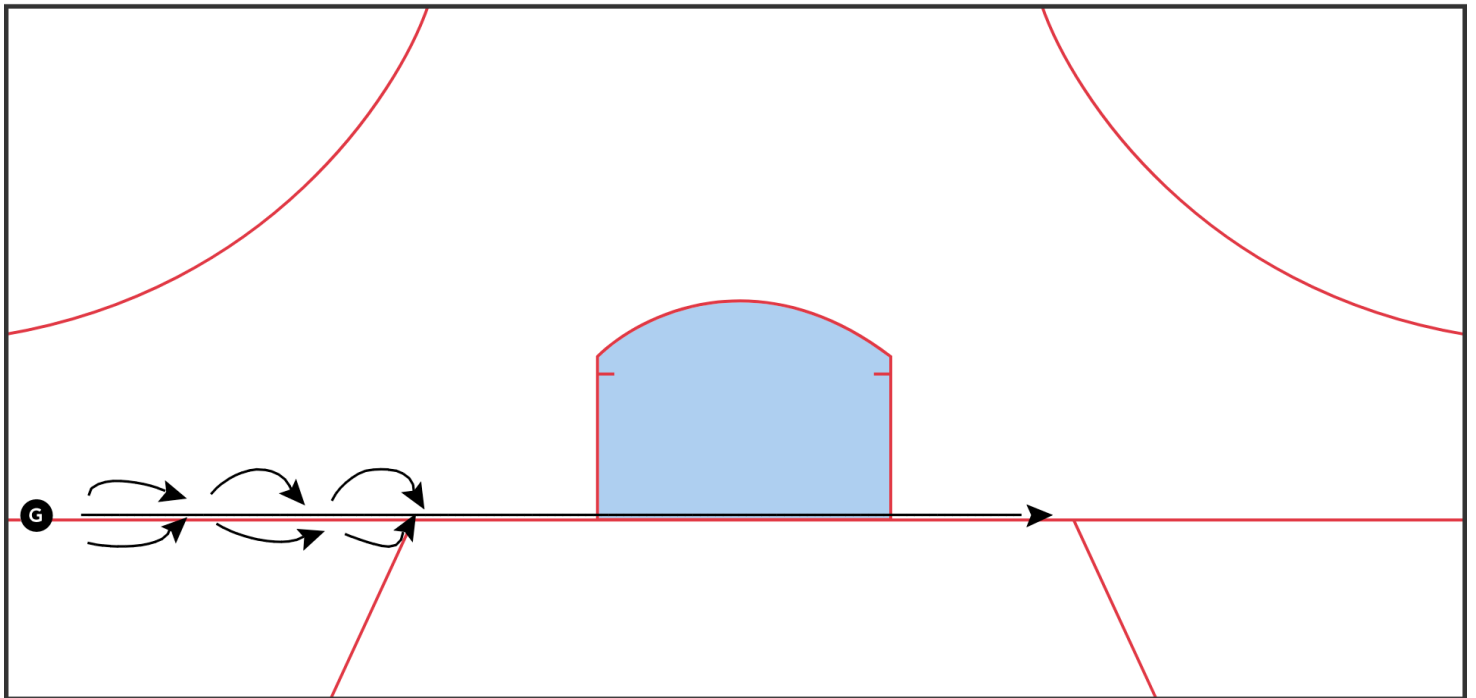
Description

Goalie will start on goal line and wiggle to the cone as if it were a zone entry. Goalie will then wiggle backwards and slide in the direction of coach/puck. Coach will shoot and goalie will make save on slide from his feet. Play out rebound.

Edgework



2 Foot C-cut/ Jump

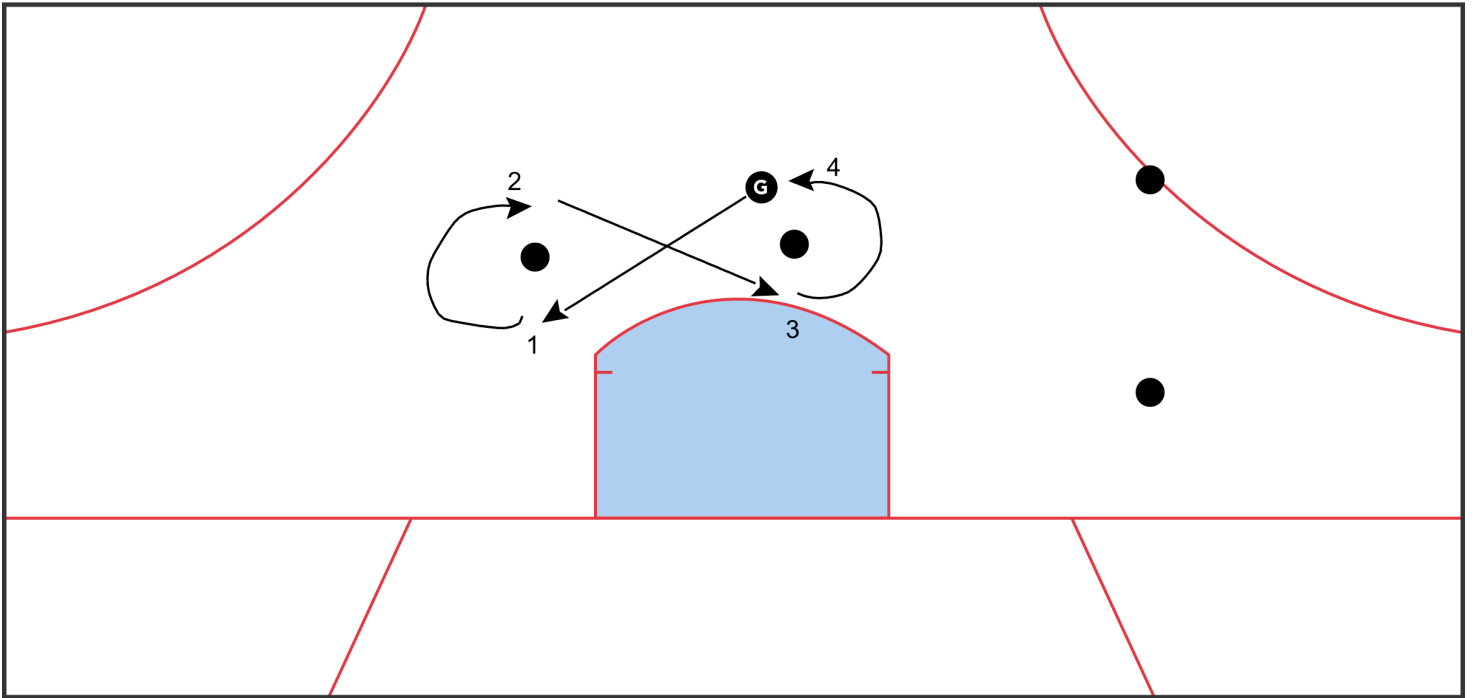


Description

<https://www.instagram.com/p/BmwVOMzhF3k/> <<https://www.instagram.com/p/BmwVOMzhF3k/>>

Goalie will be making two foot c-cuts followed by a jump. This is continuous along the red line Good for edges control and balance.

2 Puck Carving

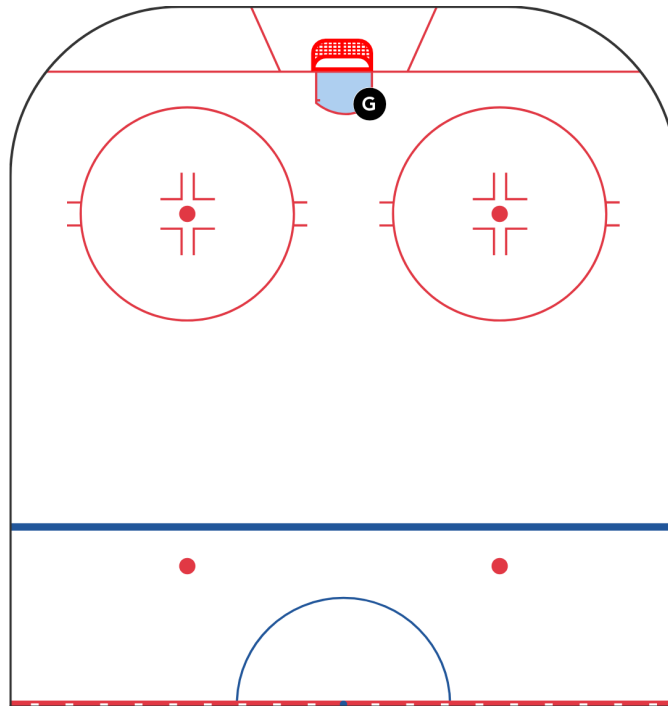


Description

Goalie starts above the puck. This drill can be done anywhere on the ice. Goalies are carving foot around the pucks. Should maintain good balance and edgework. Head should stay up and hands should stay in right spots.

1. Goalie will shuffle below the other puck. Should be directly behind it.
2. Goalie will then take his left foot and carve around the puck, this should put him not above the puck.
3. Goalie will shuffle below the puck he originally started at.
4. Goalie will take his right foot and carve around it. He should now be above that puck where he originally started.

3 Angles to RVH

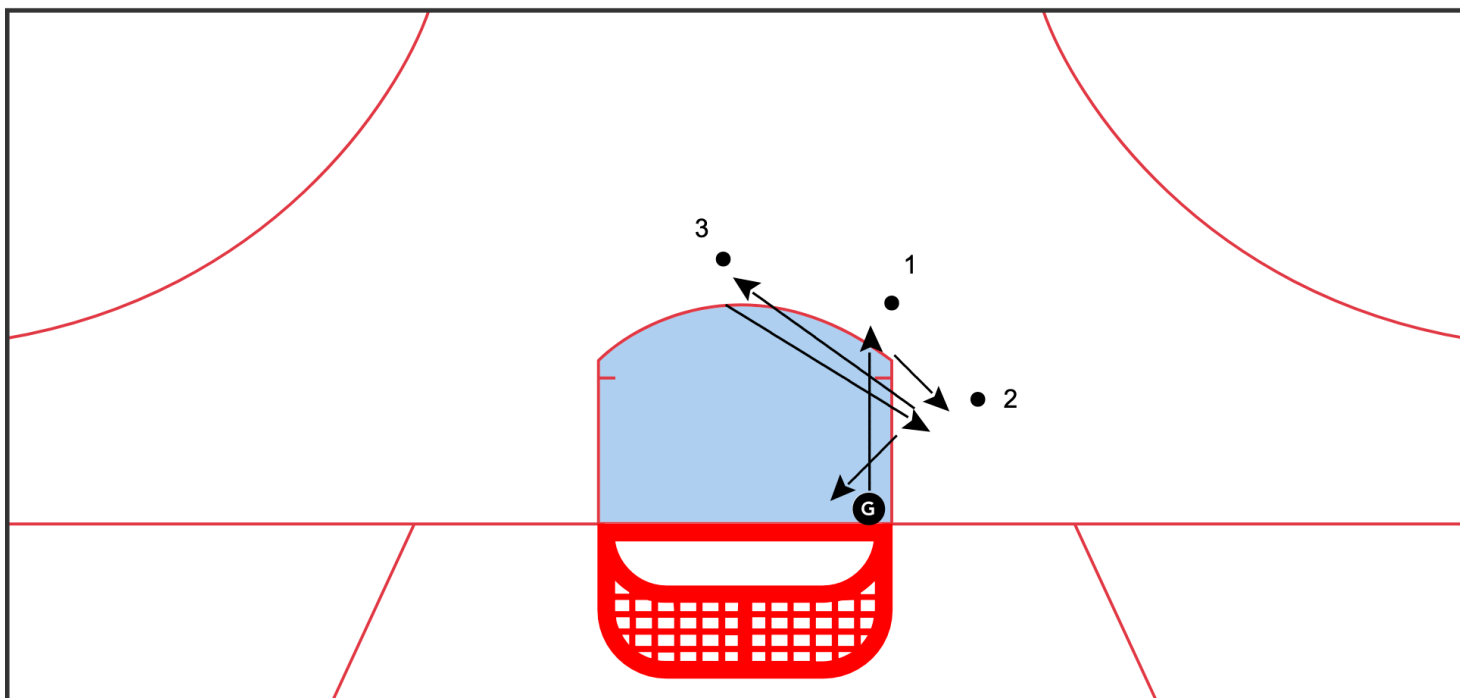


Description

<https://www.instagram.com/p/Bn6U90Zl-yw/> <<https://www.instagram.com/p/Bn6U90Zl-yw/>>

Goalie starts o corner of crease. He will butterfly and slide to RVH on near post. From there he will drive out to top of crease and butterfly and slide back to same post. Then, he will drive to feet to far corner of crease and butterfly and slide back to same post. Working on getting to RVH from different angles and driving up to feet.

3 Puck Movements

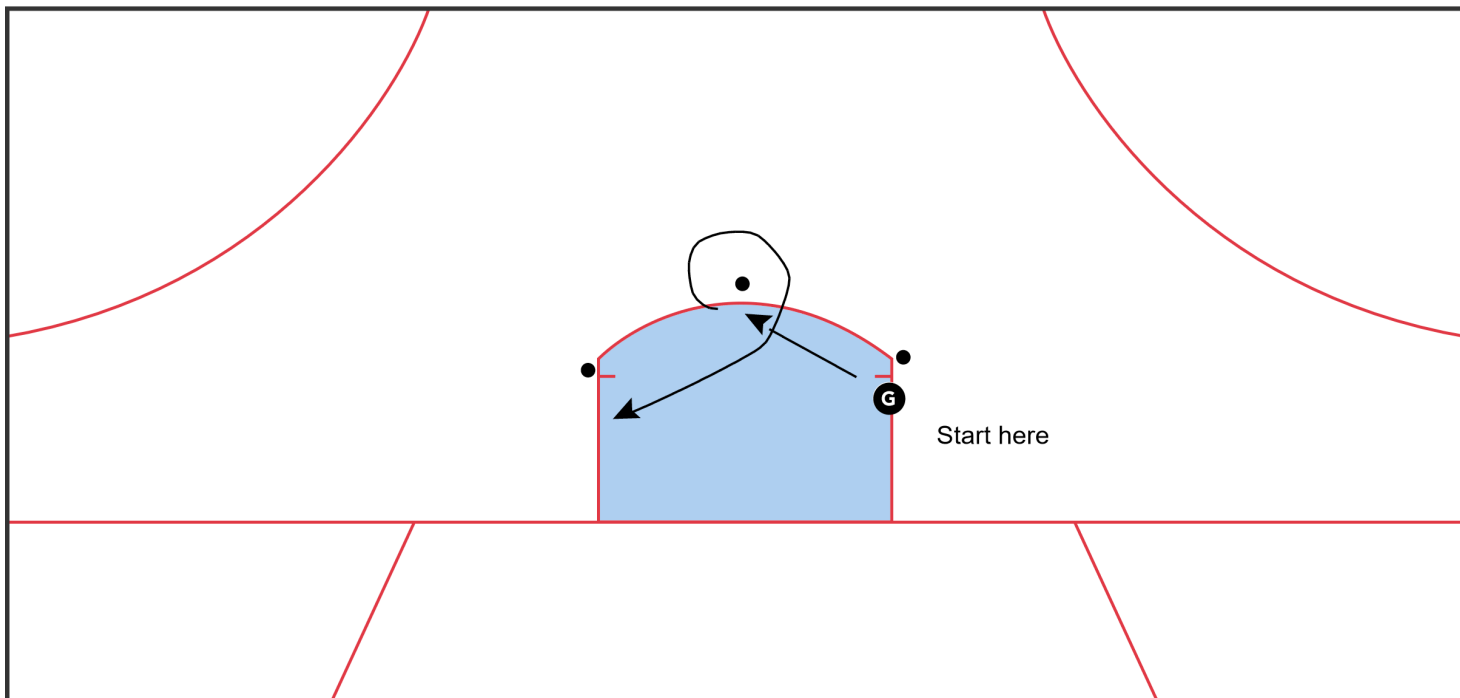


Description

https://www.instagram.com/p/B8K_aUvBRva/ <https://www.instagram.com/p/B8K_aUvBRva/>

Goalie starts on post. Pushes to first puck, shuffles to second puck, hard drive to third puck and then pushes back to second puck, then gets back to post on feet. Whole drill is done on knees. Can create different movement patterns.

3 Puck Pivot

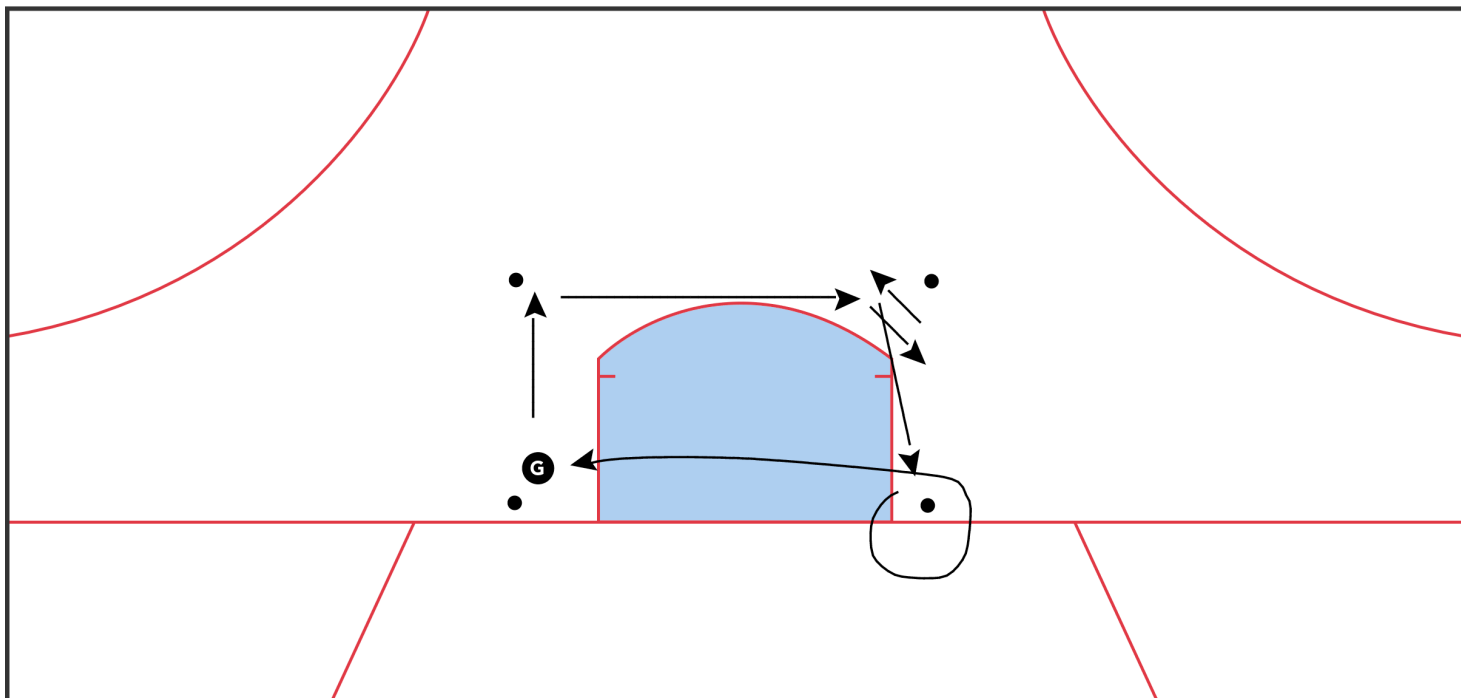


Description

<https://www.instagram.com/p/BrA2zYaFI4T/>

Goalie starts on the puck on right side. He will T-push to the middle puck. Then, he will skate around the puck and pivot and transition into a T-push toward the left puck.

4 puck skating



Description

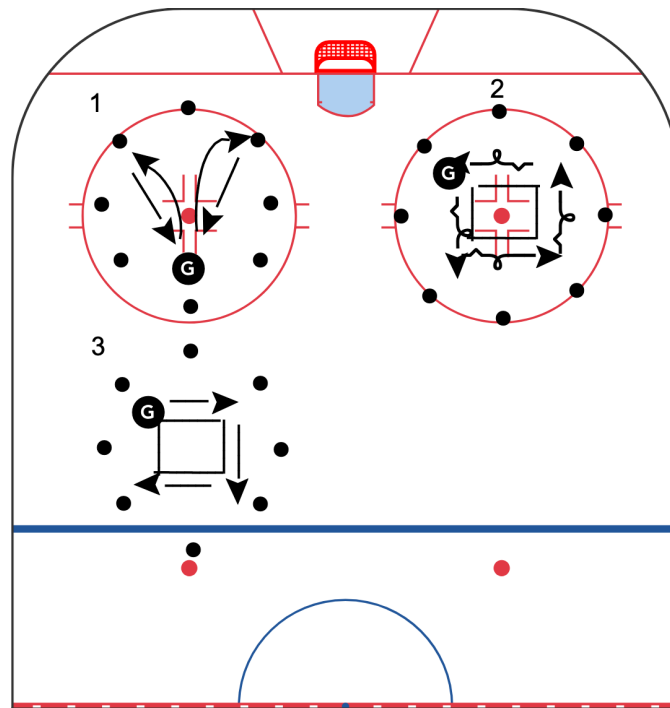
<https://www.instagram.com/p/BoX5RTShuvi/>

4 puck Skating. Lots of variations can be done with this. Link above is just one example.

1. Can do T-pushes all around. Could then add two shuffles on each puck and then tpush.
2. Slides to each puck
3. Carve around each puck and transition to feet.

Plenty of variations.

8 Puck Skating



Description

<https://www.instagram.com/p/BwTaR6MAOpt/> <<https://www.instagram.com/p/BwTaR6MAOpt/>>

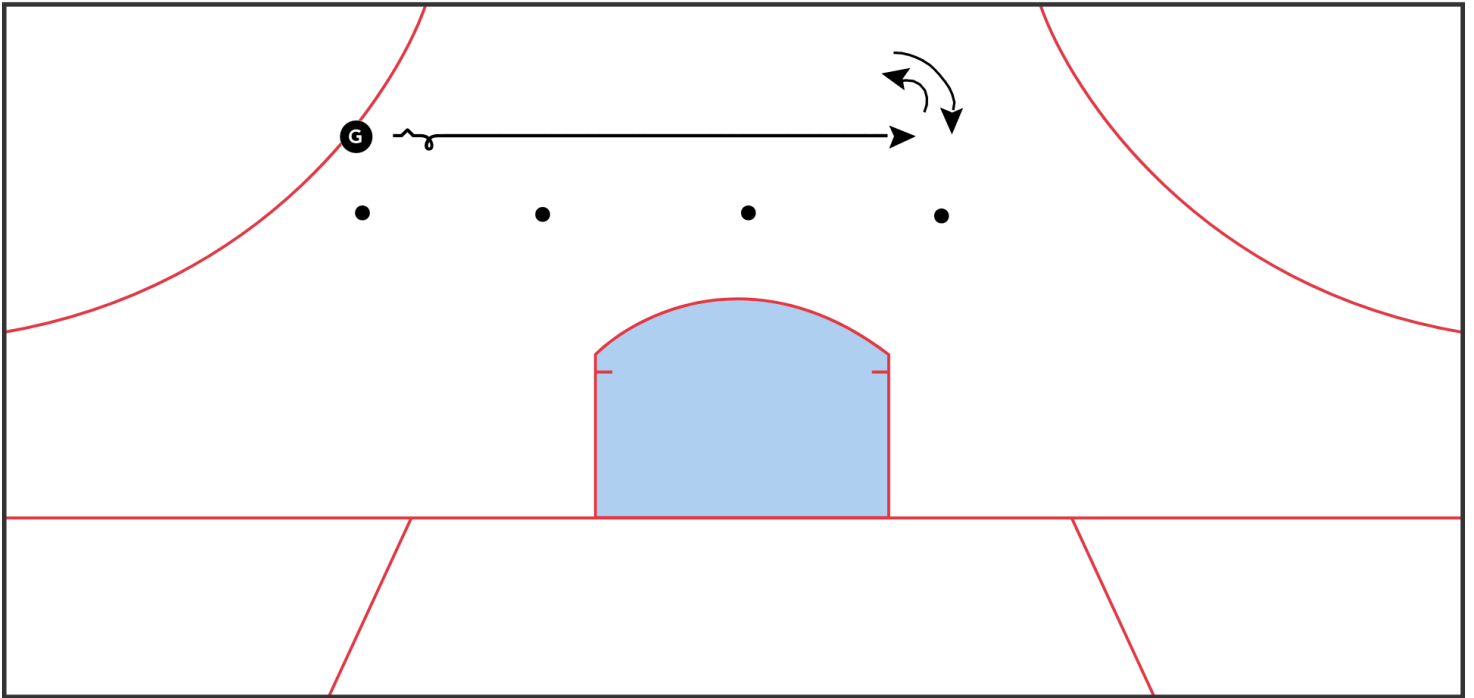
1st Progression: Goalie starts squared with top puck. Goalie wiggles backwards and then rotates and slides to puck behind him on angle and gets up to feet. Does the same movement back up to top puck.

2nd Progression: Goalie is sliding from feet and popping up to feet at corners of box.

3rd Progression: Goalie is making t-pushes around the box.

There are a lot of movement variations that can be done with the box in the middle or with the 8 pucks on the outside.

90 degree turns

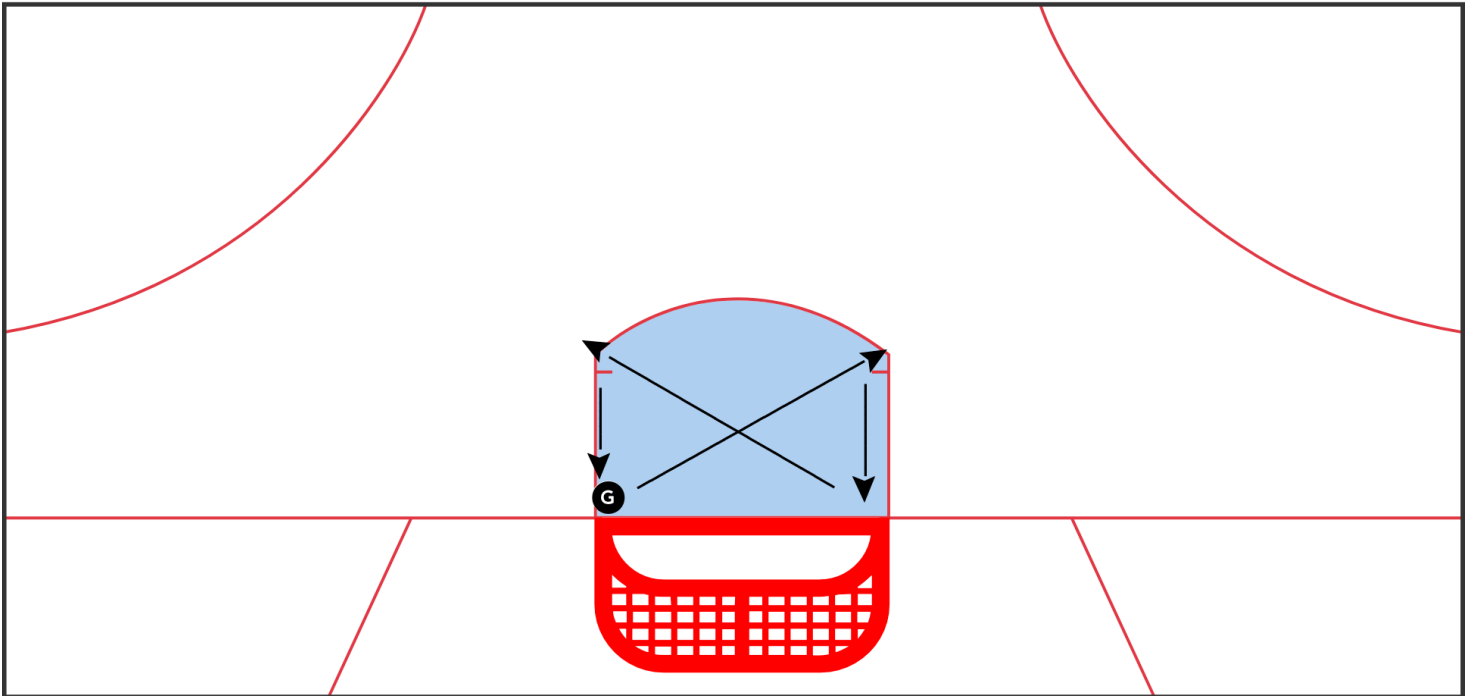


Description

<https://www.instagram.com/p/B1H5i0NAplv/> <<https://www.instagram.com/p/B1H5i0NAplv/>>

Goalie starts in butterfly squared up to puck. Will slide all the way to far puck and uses edges to rotate 90 degrees and then use edge to square back up to puck.

Basic Crease Progressions

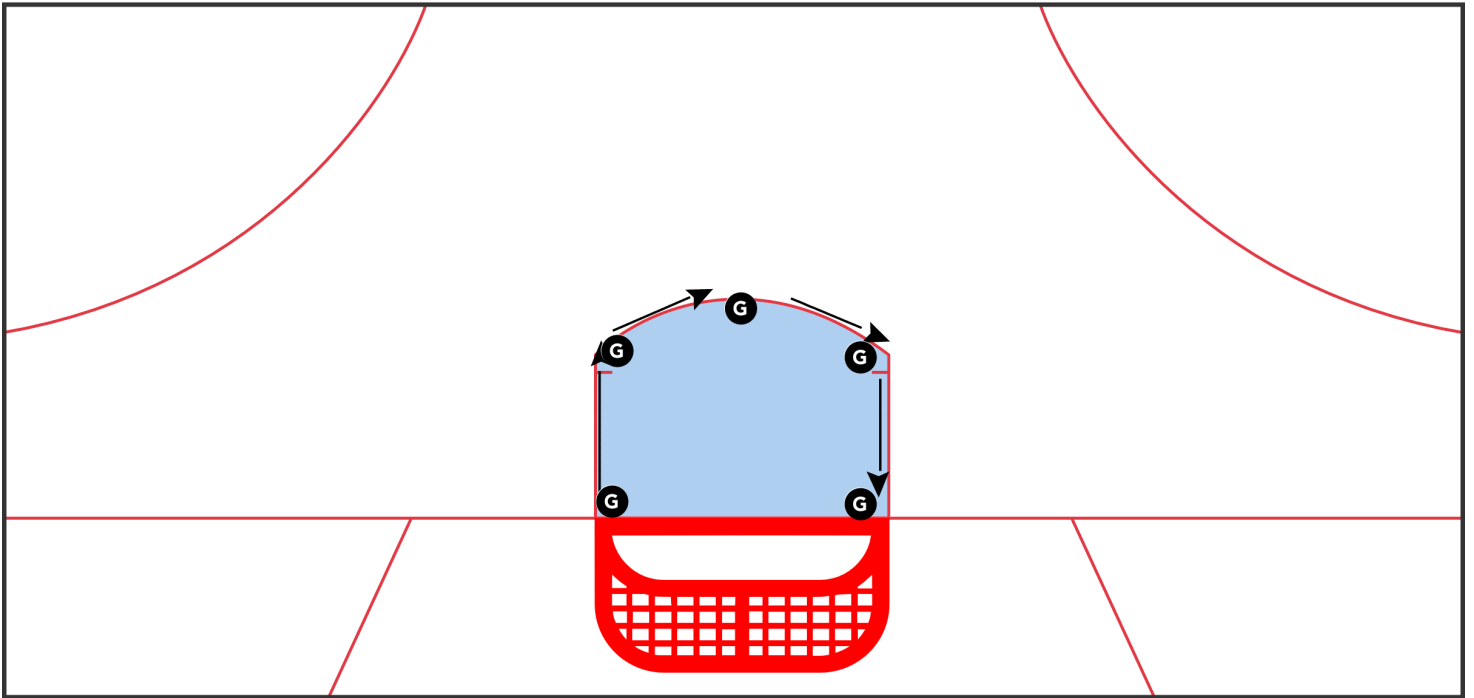


Description

https://www.instagram.com/p/B3-SGGdAluv/?img_index=1 <https://www.instagram.com/p/B3-SGGdAluv/?img_index=1>

- 1st Progression: Post to far dot (focusing on deep angle before depth to establish squareness first) then push to near post and repeat.
- 2nd Progression: Post to far dot, butterfly and recover to feet to near post. Repeat.
- 3rd Progression: Post to far dot with recovery back to near post on feet using hinge recovery. Repeat.
- 4th Progression: Post to far dot with recovery back to near post into RVH, then bump to far post into RVH and back. Repeat.

Build and Chop

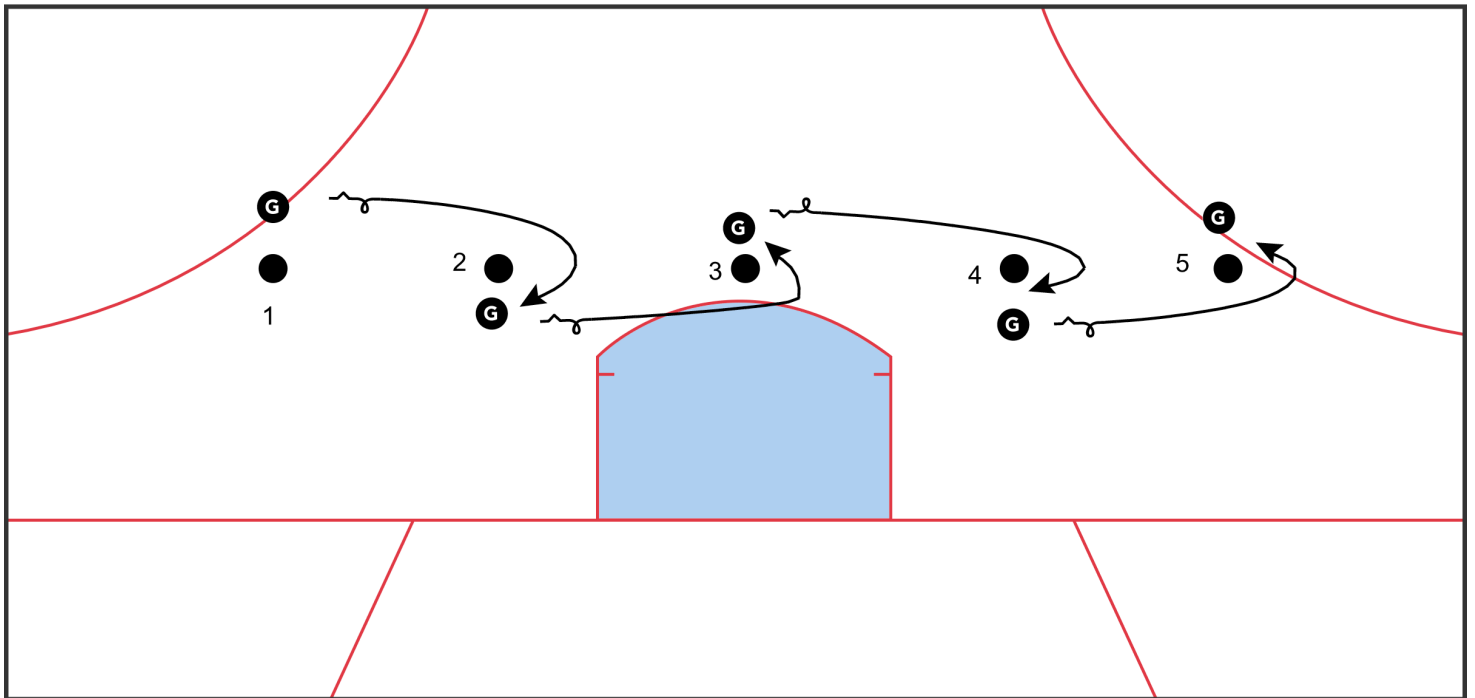


Description

Build and Chop

Goalie will start on his post. First he will push to corner of crease in line with faceoff dot. Then he will T-push to the middle/top of crease and then T-push again to the other corner of crease lined up with the faceoff dot. Goalie will then push into post. Go both ways. First progression is doing T-pushes. Second progression is using shuffles. Third progression is using tall shuffles(through traffic).

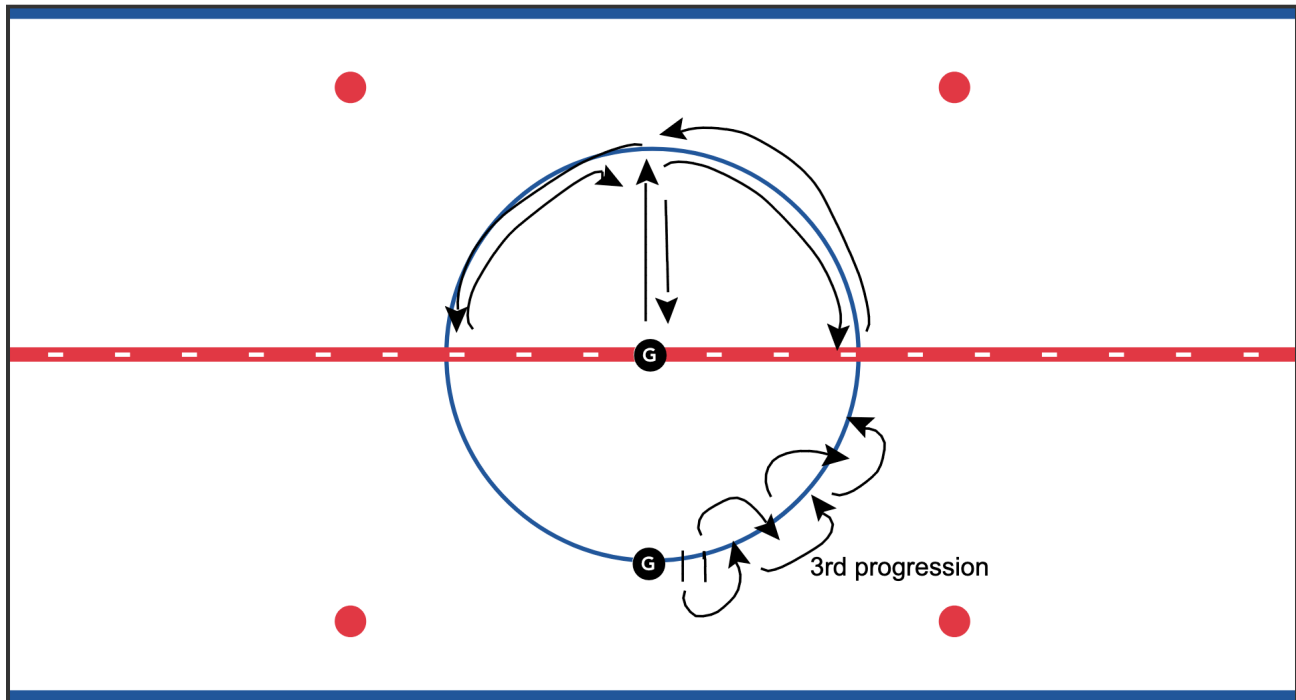
Candy Canes



Description

Candy Canes- Place 5-8 pucks down in straight line. Entire drill is done on the goalies knees. Goalie will start in a butterfly facing the first puck. Goalie will butterfly slide toward second puck and use edges to carve around that puck. Essentially making a 180 around the second puck and he should now be facing that second puck. Goalie should be in a controlled butterfly at that puck. Goalie will then slide toward third puck and use edges to slide around it. Once again he should be facing the third puck. Continue the movement until the end.

Circle edges



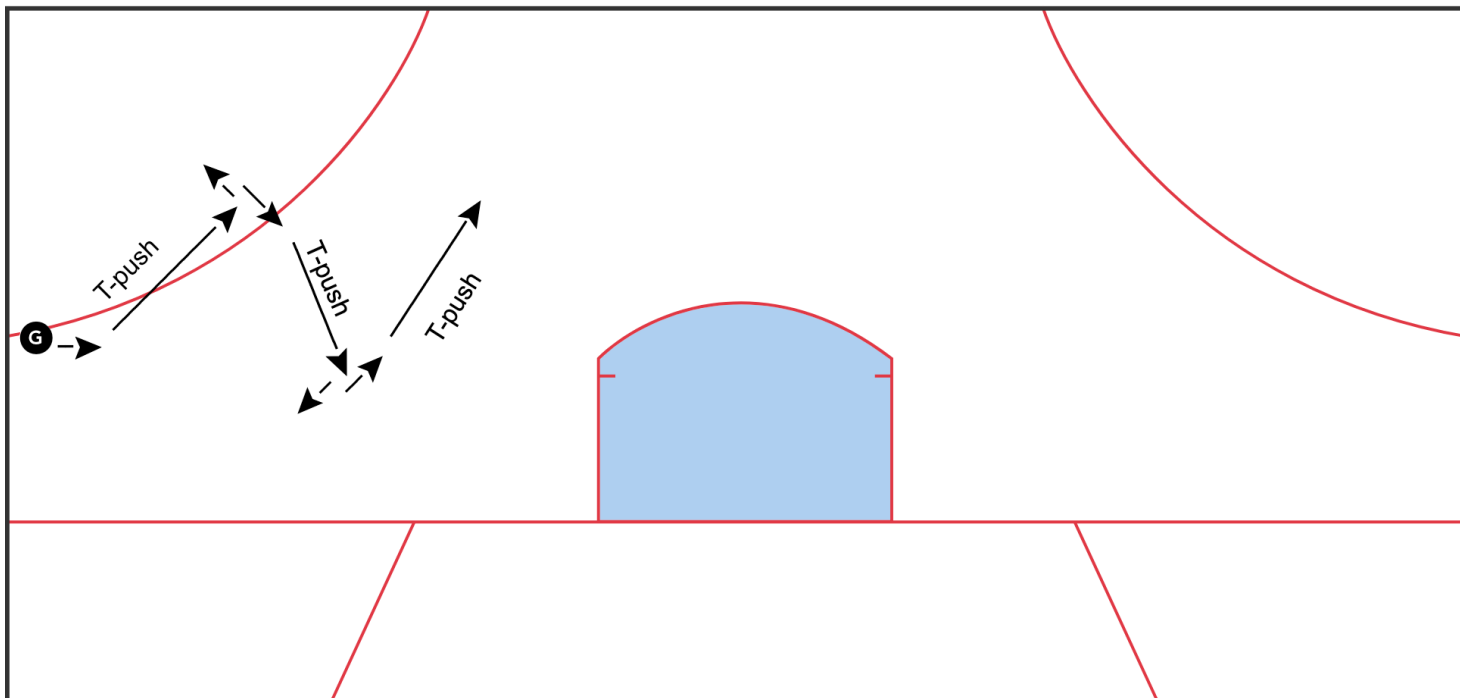
Description

1st Progression: Goalie starts on dot. He will c-cut with only his left foot to the circle. He will then T-push to his left all the way to the red line and then back to top of circle. Then, he will shuffle to his right to red line and back. Once he is on top of circle again he will c-cut backwards with only his left foot to the dot.

2nd Progression: Goalie will use his right foot only to c-cut forward. Once at top of crease he will slide and pop up to feet, slide and pop up to feet to left all the way to red line and back to top of circle. To his right he will butterfly at top of circle and then push slide all the way to red line and pop up to feet and then will butterfly and push slide to top of circle and get up. Backward c-cuts with only right foot to dot.

3rd Progression: Goalie will c-cut with both feet at same time to top of circle. He will then use his right foot and carve forward 180 degrees with the left foot basically staying in spot. Then carve forward 180 with left foot and then again right foot and so on. Do this to red line and back. To the right goalie will carve backward 180 with each foot to red line and back. C-cut back to dot with both feet.

Depth skating

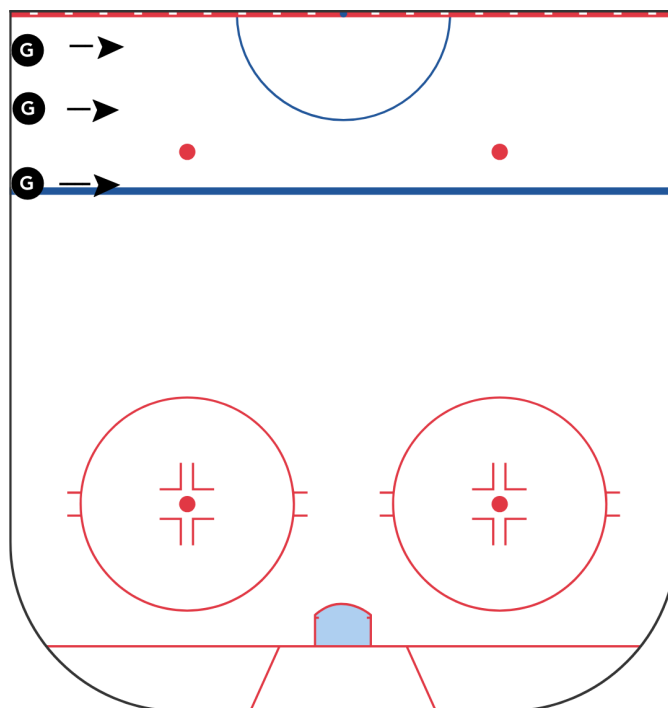


Description

<https://www.instagram.com/p/BsO24nPgfyc/> <<https://www.instagram.com/p/BsO24nPgfyc/>>

Goalie will wiggle backwards and then t-push to his right. Once he t-pushes he will wiggle forward and then wiggle backward to gain momentum and t-push to his left.

Edgework on wall



Description

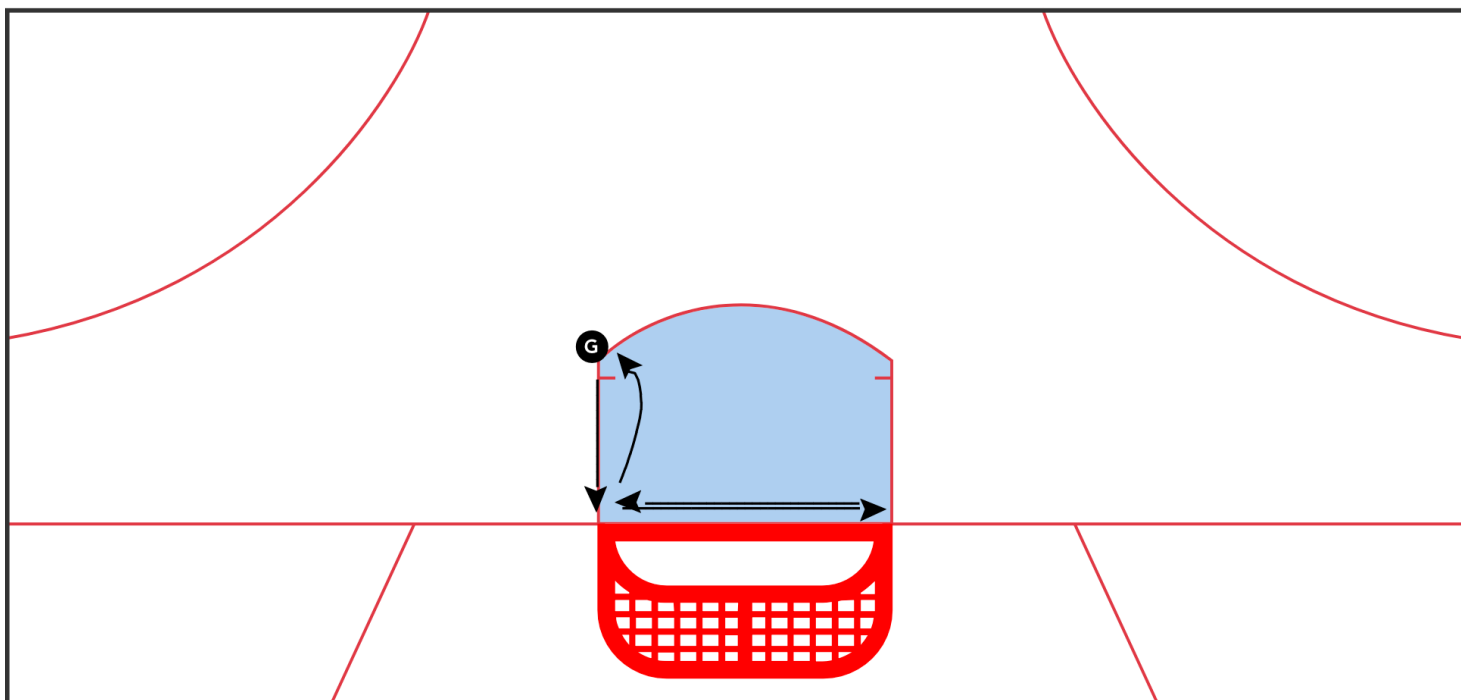
<https://www.instagram.com/p/BsO24nPgfyc/> <<https://www.instagram.com/p/BsO24nPgfyc/>>

Lots of variations can be done here. A few examples...

Goalies start on wall and t-push twice, shuffle twice, then going back toward the wall they shuffle twice and t-push twice.

Can make movements on ground and have them use the wall as their anchor.

Feet to RVH transition

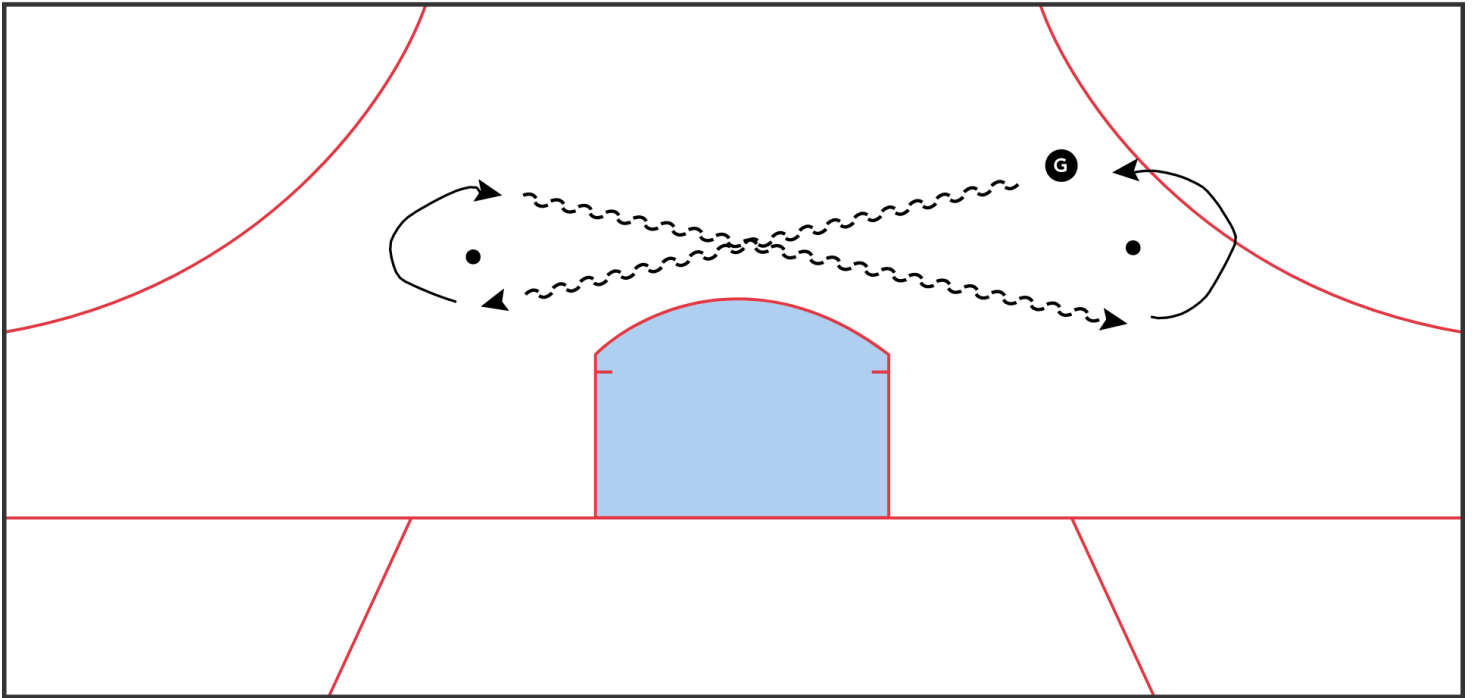


Description

https://www.instagram.com/p/BsOhneAg7_X/?img_index=1 <https://www.instagram.com/p/BsOhneAg7_X/?img_index=1>

Goalie starts lined up with dot. He will push to post on feet. Then he will transition from feet on post to RVH. Now he will slide from post to post and then again back to post he started at. Now he will drive up to feet lined up with dot.

Figure 8's

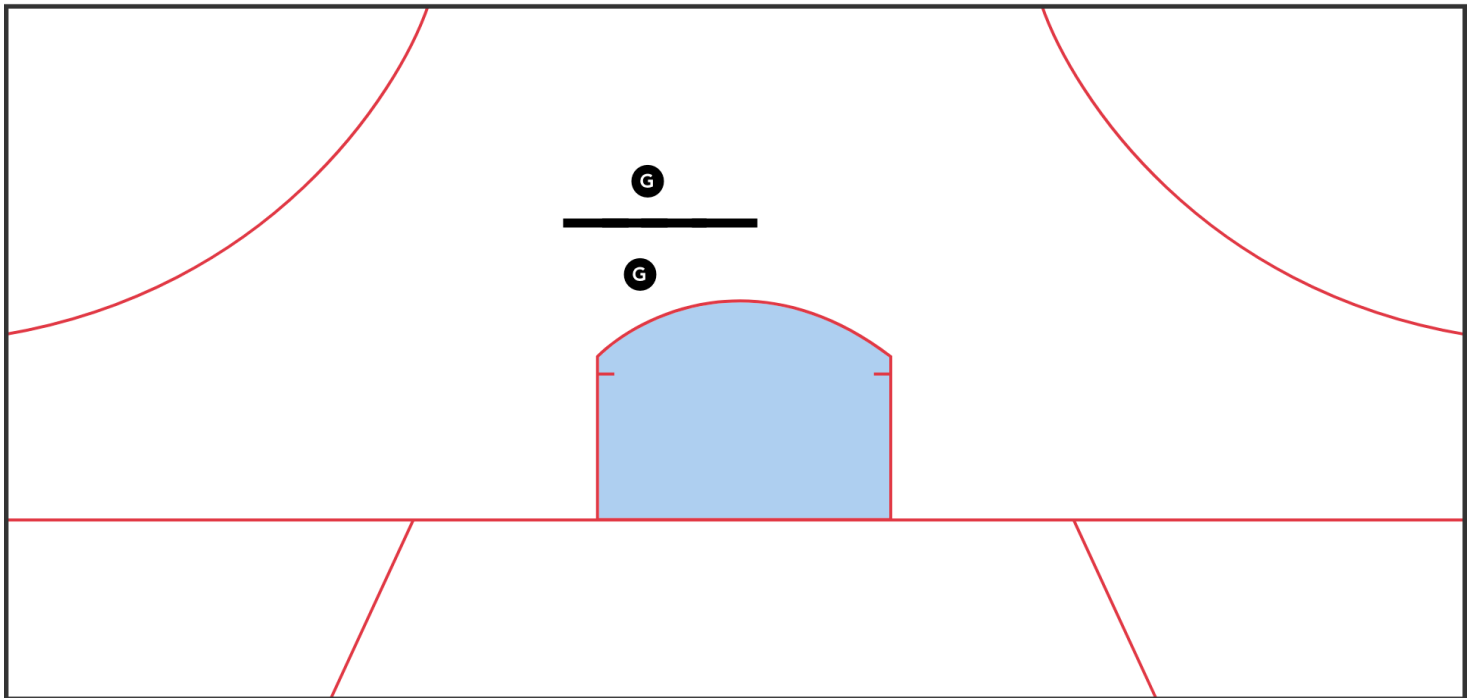


Description

<https://www.instagram.com/p/BsawdaRIGoB/> <<https://www.instagram.com/p/BsawdaRIGoB/>>

Big figure 8. The whole drill is done going backwards to start. 2nd progression can be forward. Goalie will start next to one puck he will skate backwards to other puck. Once here he will get down on one knee and carve around the puck and get back to feet all in one motion and skate backward to the next puck that he originally started at.

Goalie Tag



Description

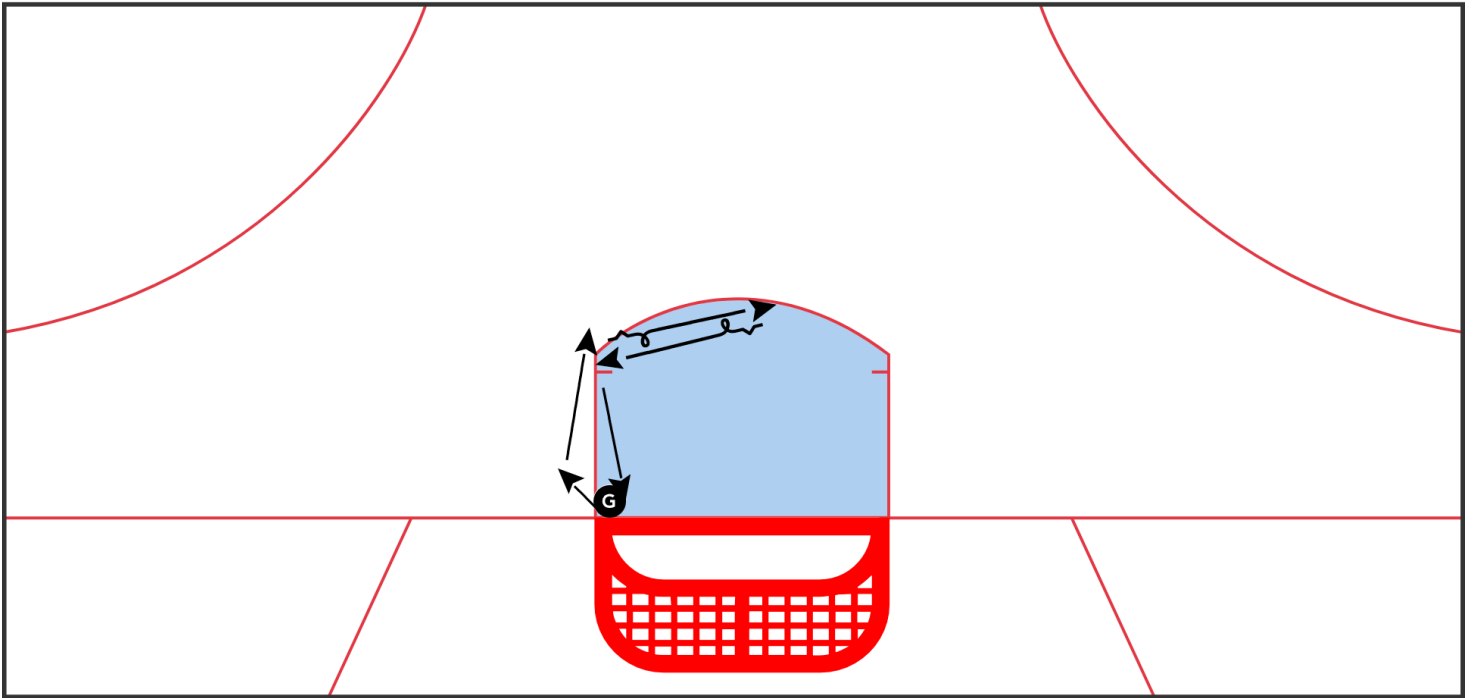
Have the goalie play a game of tag around the pad.

1st progression: Just skate normal

2nd: Play tag using only t-pushes and shuffles.

3rd: Play tag on their knees.

Leg Activation/Hinges to Feet

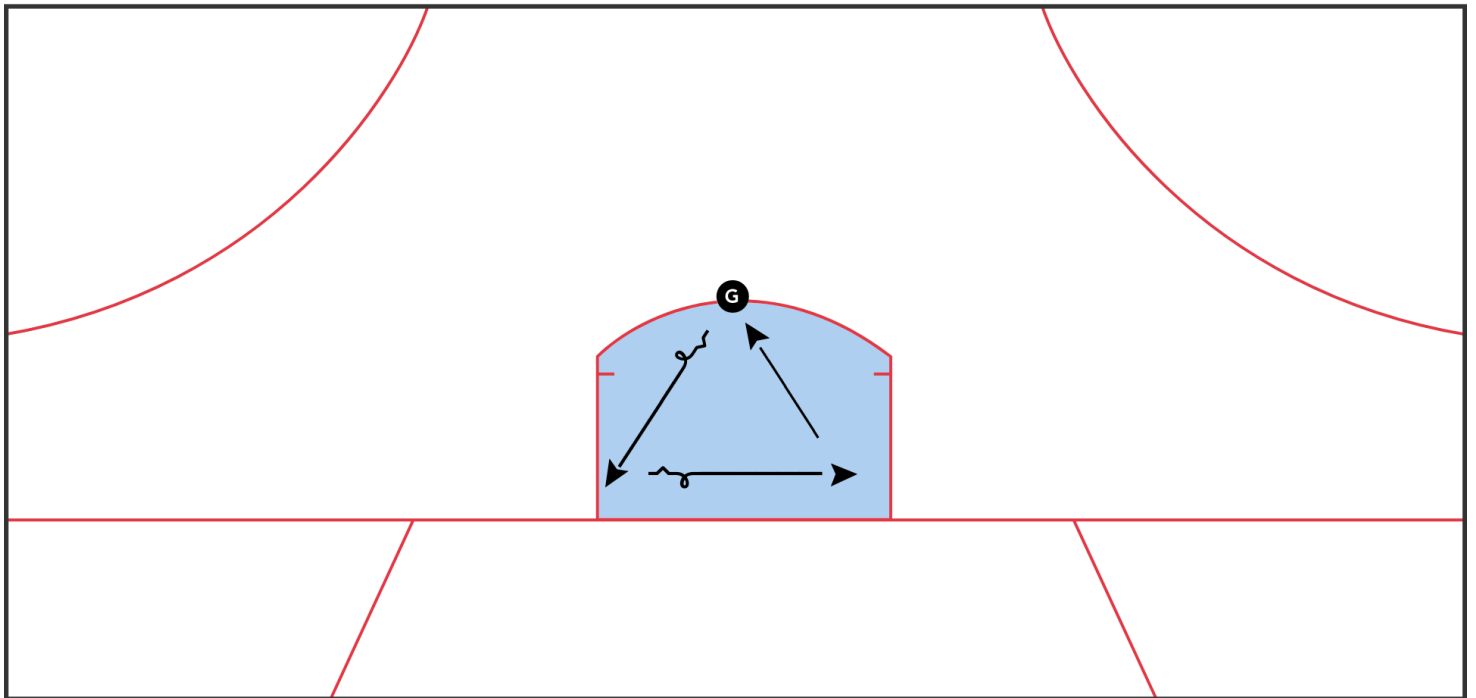


Description

<https://www.instagram.com/p/B5oyGj8gjYy/> <<https://www.instagram.com/p/B5oyGj8gjYy/>>

Goalie will start on post. He will carve out to an overlap. From here he will shuffle to corner of crease and slide to middle/top of crease and catch his edge and slide back to corner. From here he will activate the trail leg and transition up to his feet and push to post.

Medicine Ball



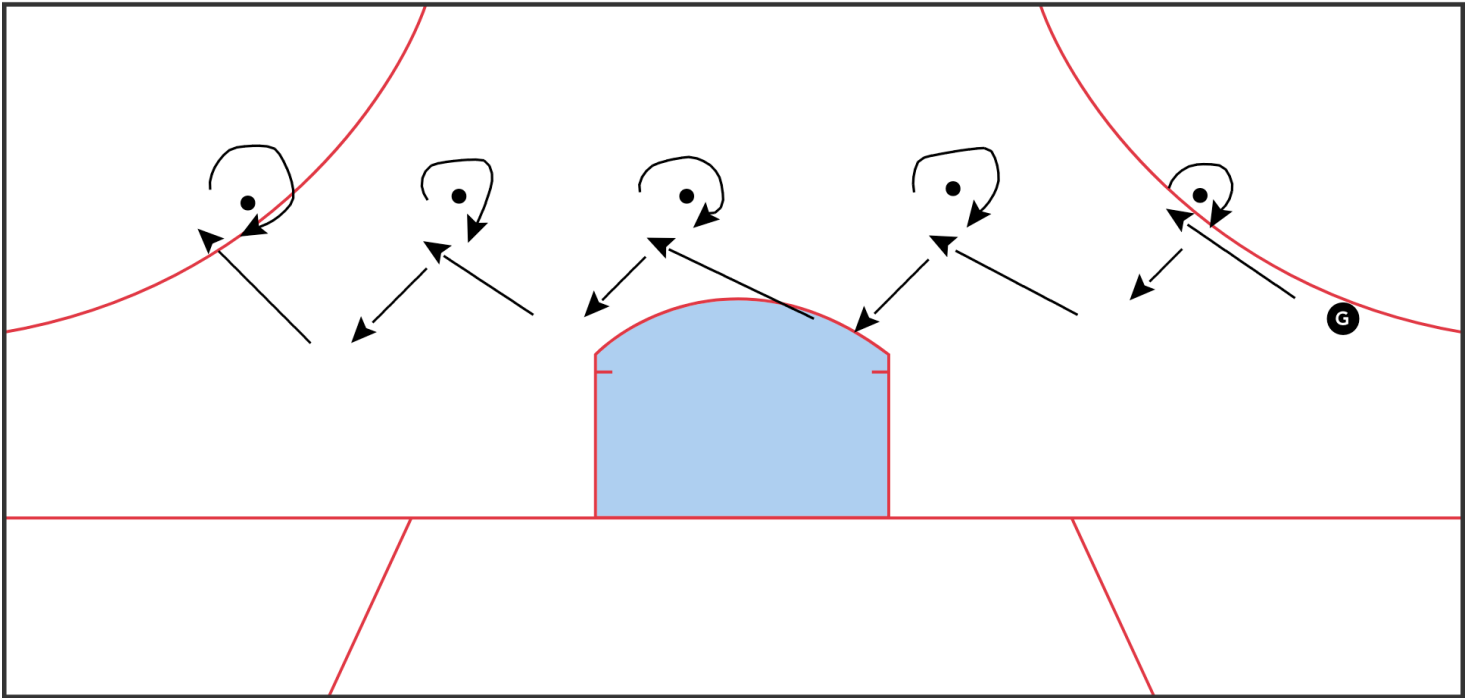
Description

https://www.instagram.com/p/Bk0HotbHM_K/ <https://www.instagram.com/p/Bk0HotbHM_K/>

Goalie will start in stance at top of crease with a medicine ball. Goalie will go into butterfly and slide toward post, catch his edge, slide across to other post catching his edge and driving up to his feet at top of crease.

-Many different movement variations can be used. Should be done only with older kids.

One foot carves



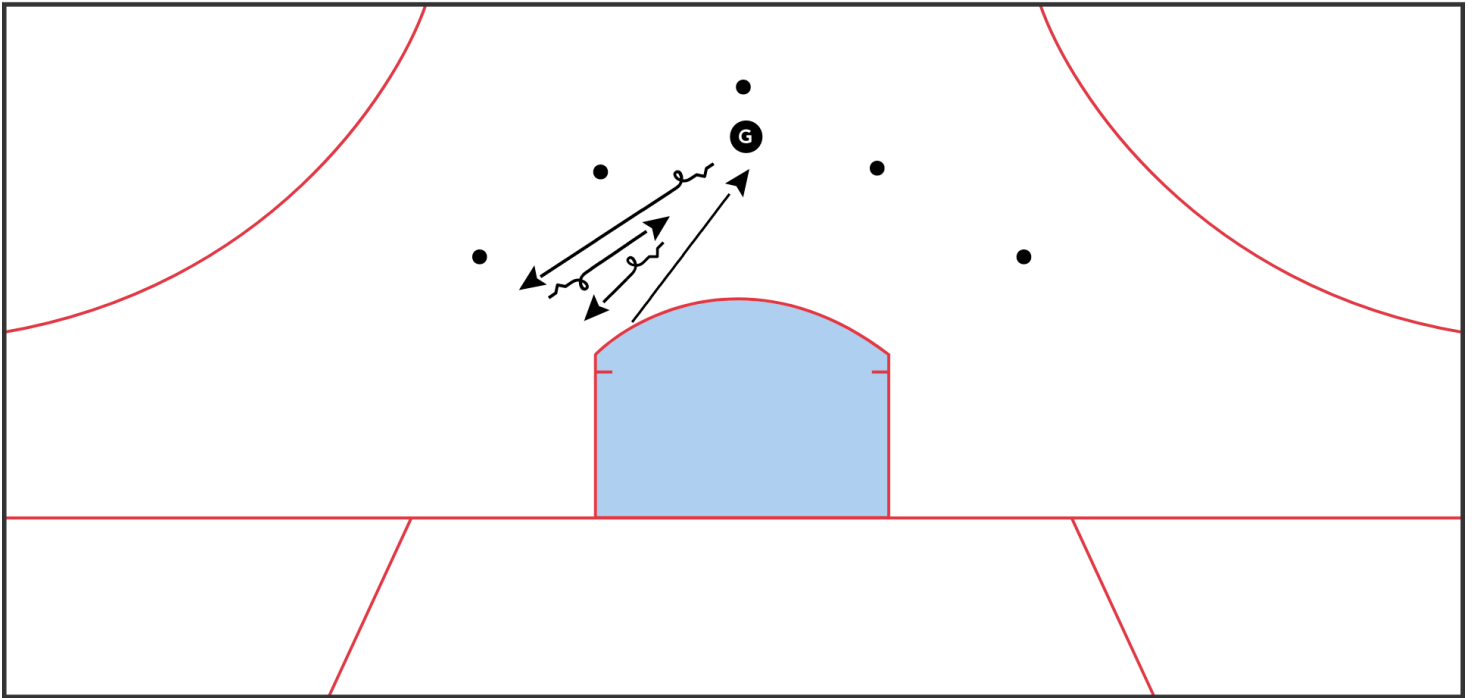
Description

<https://www.instagram.com/p/BsO24nPgfyc/> <<https://www.instagram.com/p/BsO24nPgfyc/>>

Whole drill is done on knees.

Goalie slides next to puck and takes his right foot and carves around the puck and slides once away from it, switches foot and slides back toward the second puck where he will then take his right foot and carve around the puck and repeat. Drill is above. All edge control.

Quick Reverse Slides

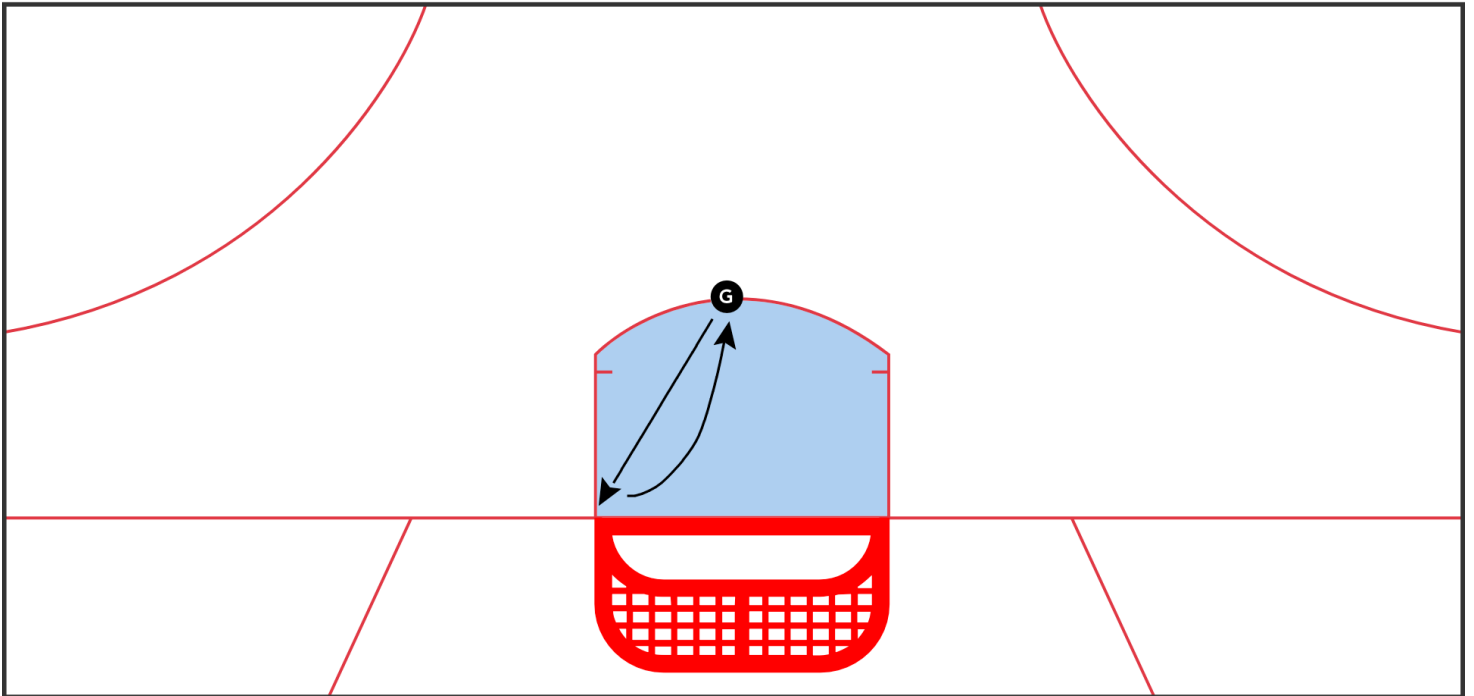


Description

<https://www.instagram.com/p/B4wNTkBAGJw/> <<https://www.instagram.com/p/B4wNTkBAGJw/>>

Goalie starts squared to top puck. He will slide to the furthest puck to his left and catch his edge and push to the puck to his right, he will catch his edge again and push back to the puck on his left. Now he will catch edge and drive up to his feet to puck on top.

Repetitive Post Exits from RVH

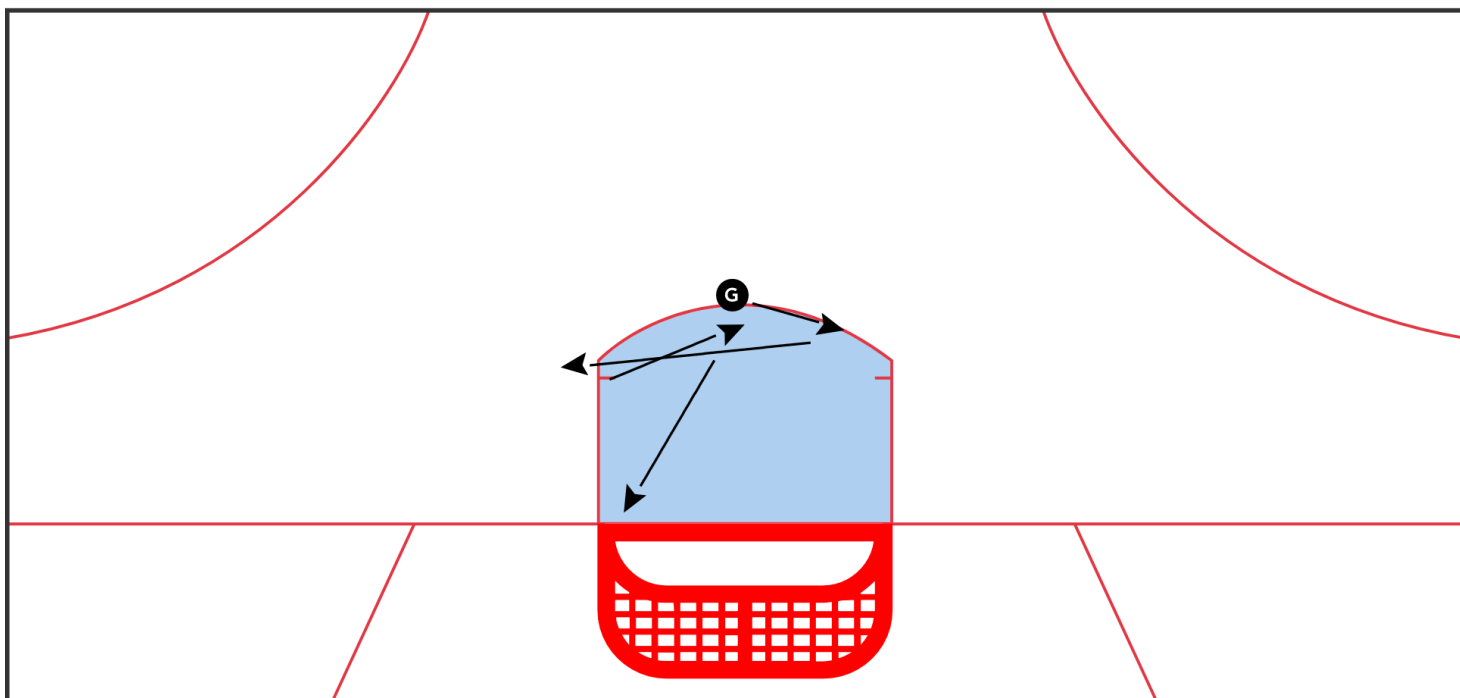


Description

https://www.instagram.com/p/B6_ozumg5WS/?img_index=2 <https://www.instagram.com/p/B6_ozumg5WS/?img_index=2>

Simple. Goalie starts on top of crease and pushes to post on feet. Now he will transition into his RVH. Then he will push from RVH to top of crease. Do this continuously.

Reverse Slides

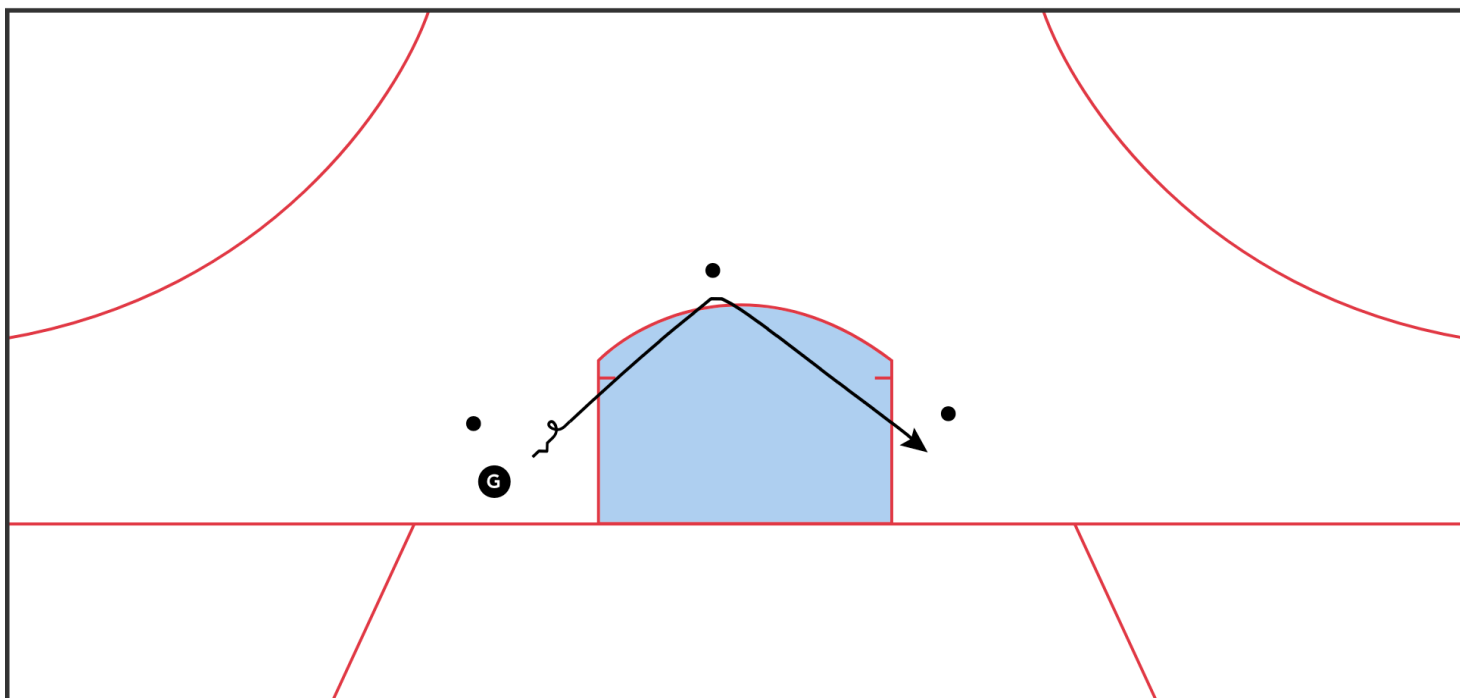


Description

<https://www.instagram.com/p/BrMHRM8FLPR/> <<https://www.instagram.com/p/BrMHRM8FLPR/>>

Goalie will start at top of crease. He will butterfly and slide to his right and catch his edge and slide to his left to corner of crease. There he will catch edge again and slide back to middle. Now he will catch edge and slide into RVH.

Rotation Slides

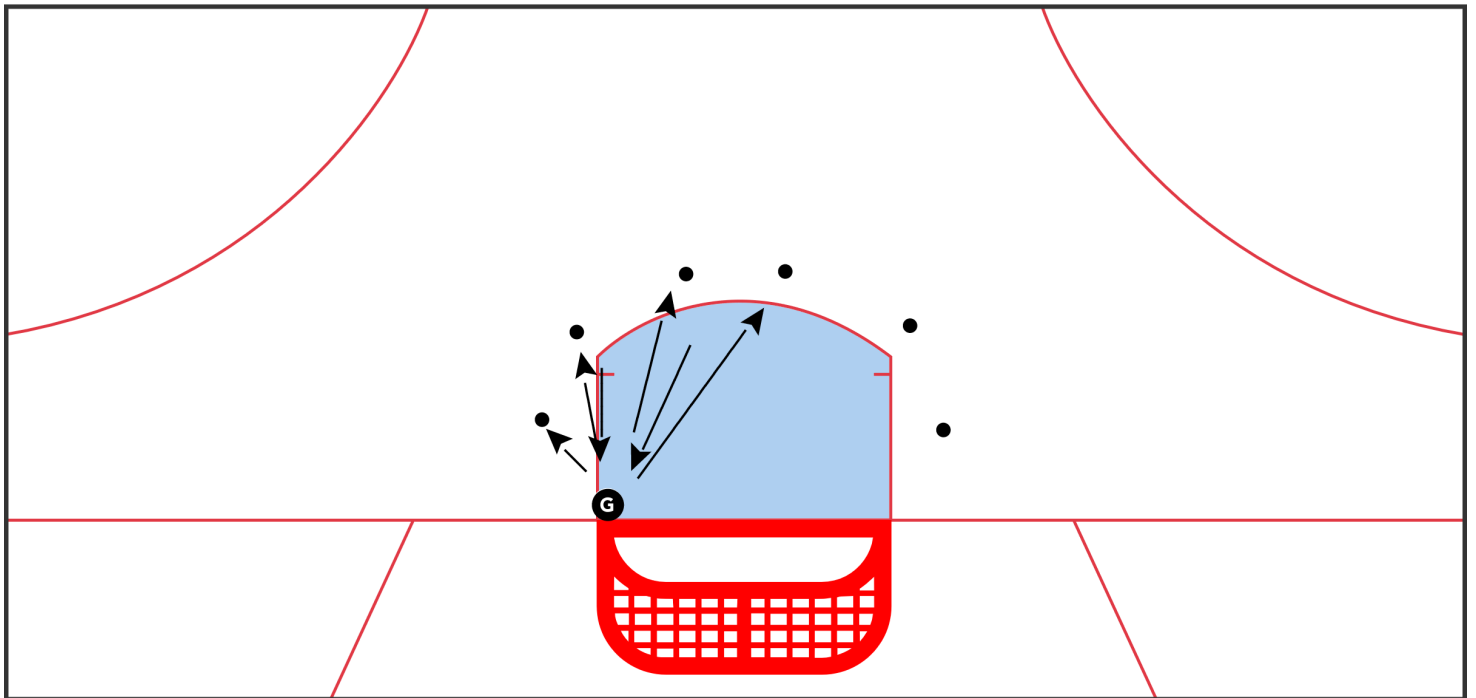


Description

https://www.instagram.com/p/B1ZsoDDAToV/?img_index=1 <https://www.instagram.com/p/B1ZsoDDAToV/?img_index=1>

Goalie starts on knees squared to puck on far left. He will slide to top puck and rotate and use same leg and slide to puck on far right. Need to rotate upper body while moving and get hips around. See video.

RVH/Feet Transitions

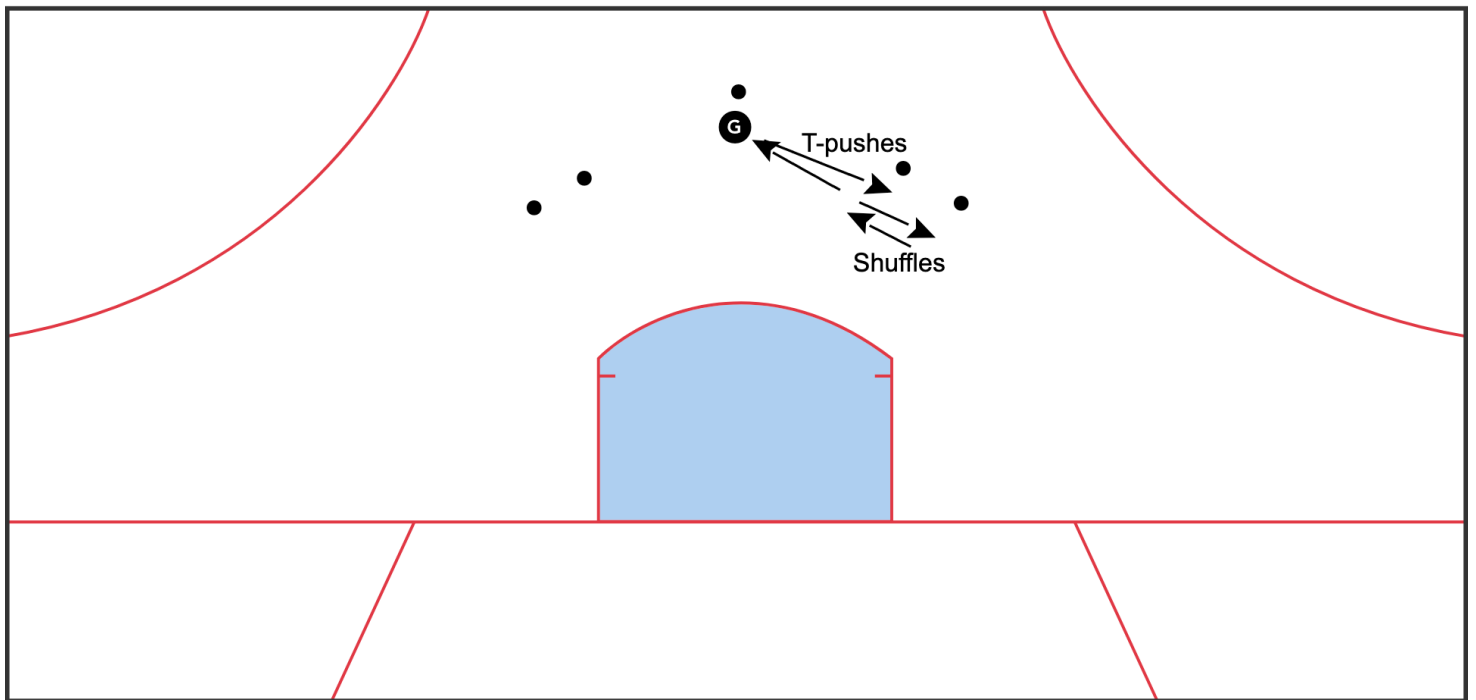


Description

<https://www.instagram.com/p/B3fM1n9A3IX/>

Goalie starts on post in his RVH. He will get up to his feet against the post and push to the first puck and then push back to post. Once hes on his post he transitions into RVH, gets back to feet and pushes to second puck. Does this for every puck.

Simple and Controlled Movement

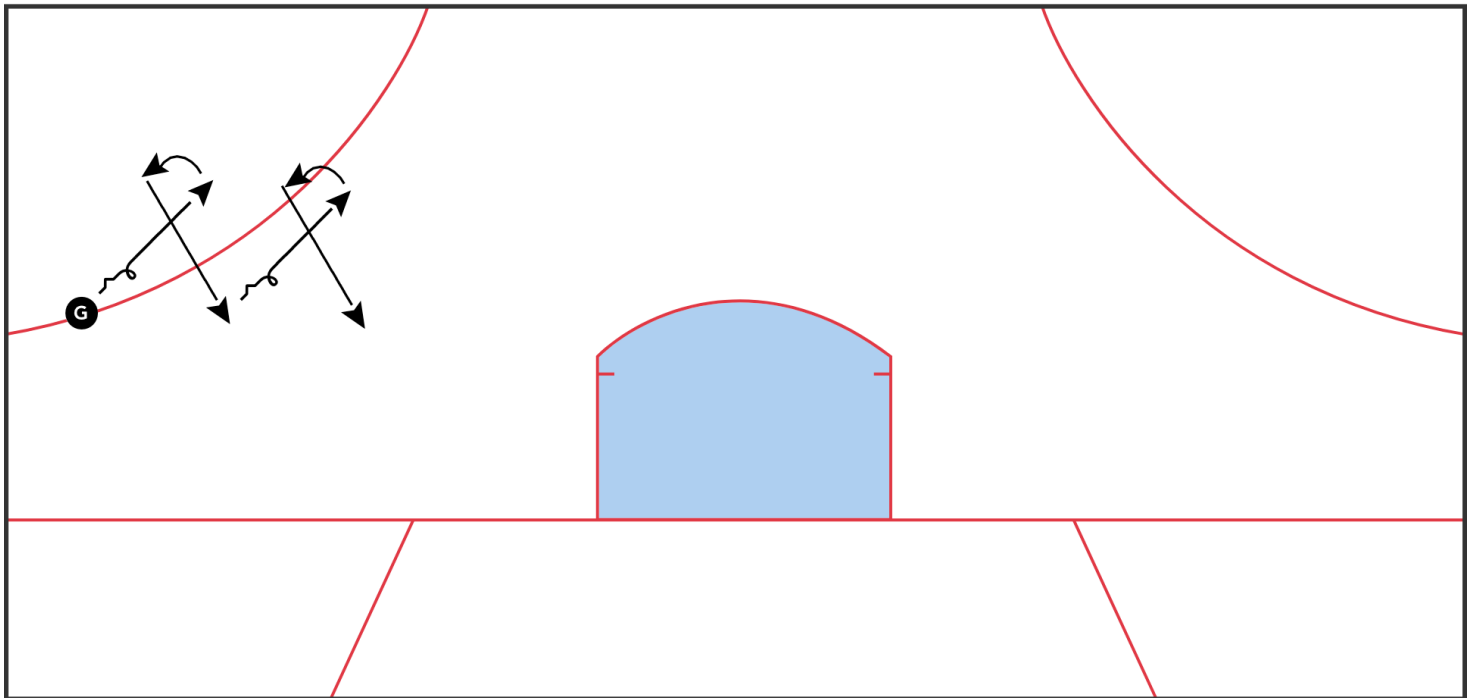


Description

<https://www.instagram.com/p/B4JZP5IAWiV/> <<https://www.instagram.com/p/B4JZP5IAWiV/>>

Goalie will start squared up to top puck. He will T-push to the first puck next to him and the shuffle to the next puck and back. From here he will T-push back to the middle puck.

Slide- Carve- T-push

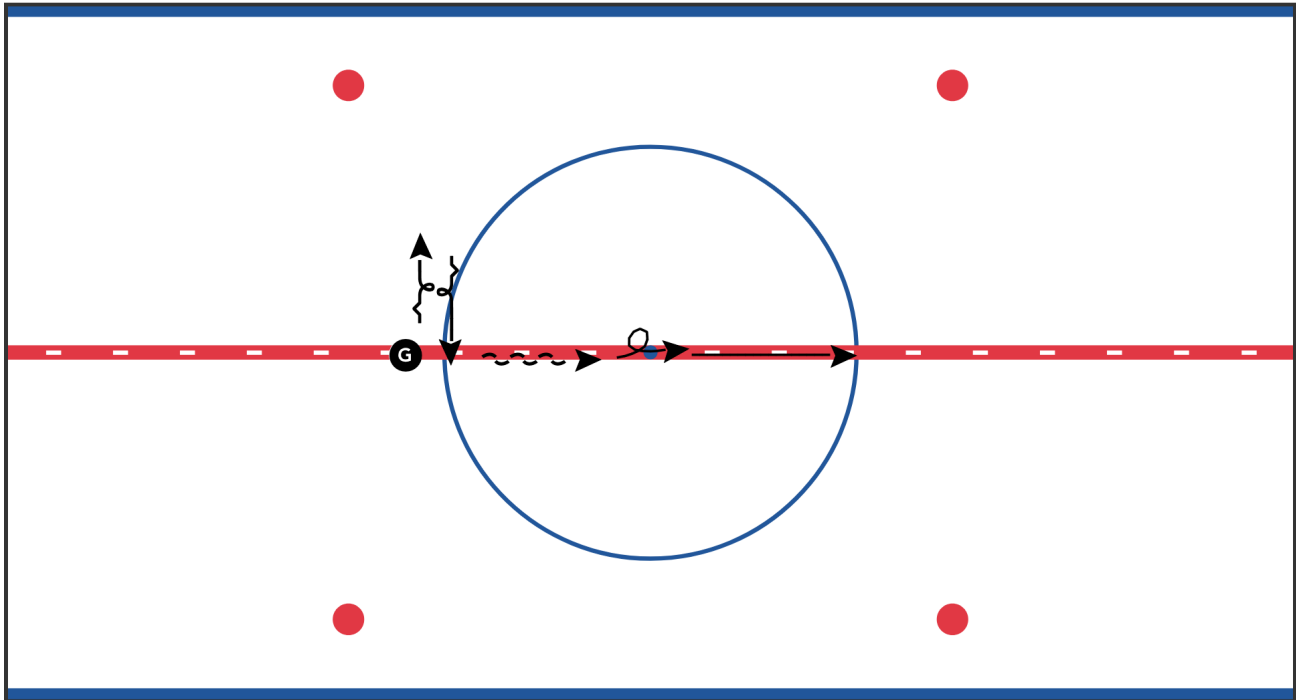


Description

https://www.instagram.com/p/B6mBHBwpPqs/?img_index=1 <https://www.instagram.com/p/B6mBHBwpPqs/?img_index=1>

Goalie will start by sliding at a forward angle, then he will c-cut backward and then transition into a t-push back into the middle at a forward angle.

Slide/Spin Body Control

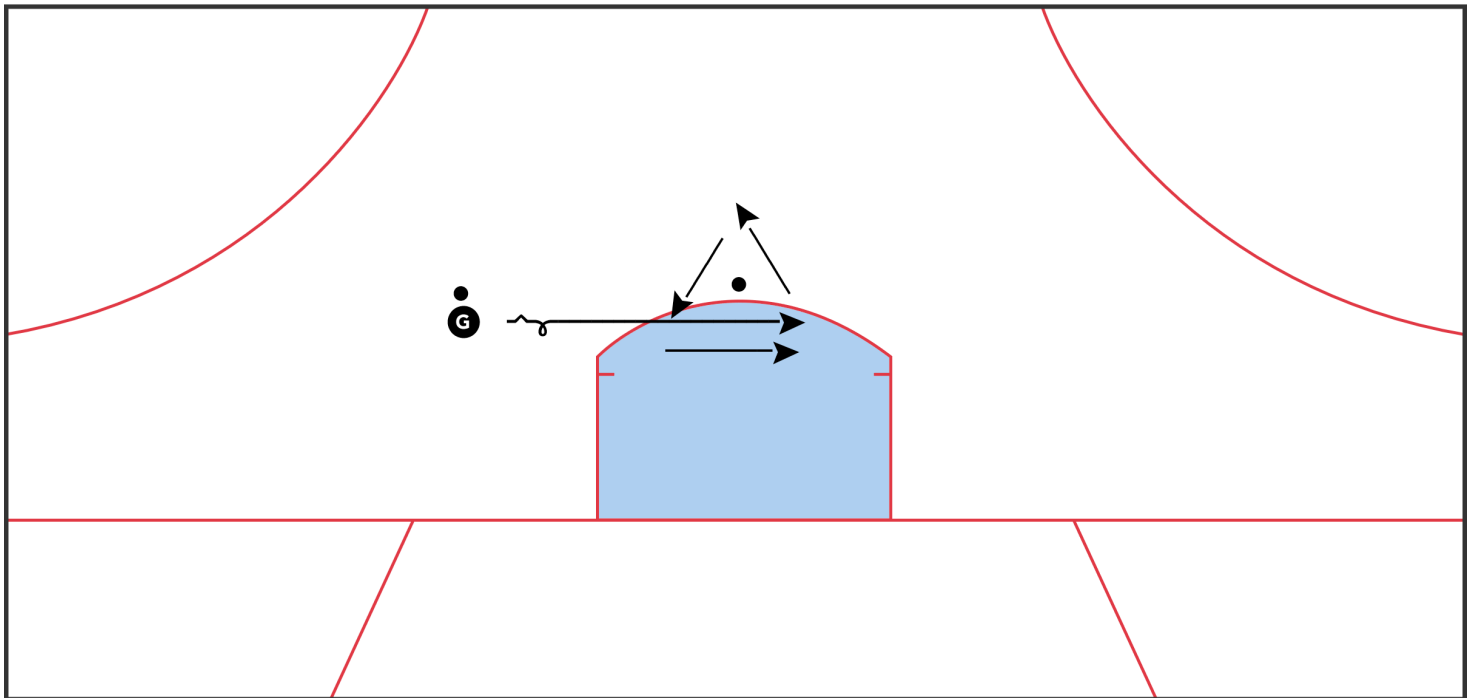


Description

<https://www.instagram.com/p/Bxi36mshccu/> <<https://www.instagram.com/p/Bxi36mshccu/>>

Goalie starts on circle. Slides to right and then back to left. He will skate backwards toward dot and will slide/spin and get up with opposite leg and c-cuts to circle.

Slides Controlling Puck



Description

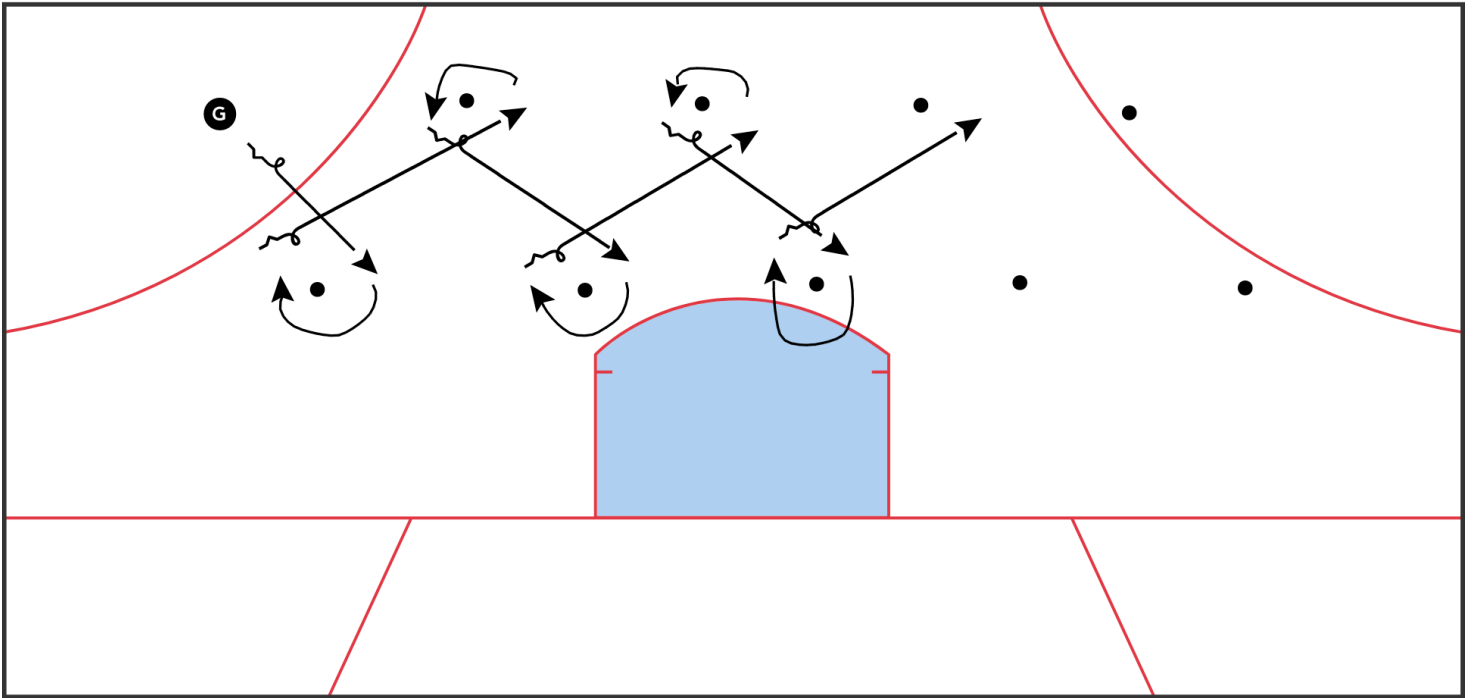
<https://www.instagram.com/p/BpHlaTshQJX/>

Video is above.

Goalie has puck and will slide with puck control of puck on stick. He will then leave puck in one spot and slide/pop to feet and a triangle shape around the puck.

Another progression: Could have the goalie carving on knees around puck.

Slides, C-cuts on Ground

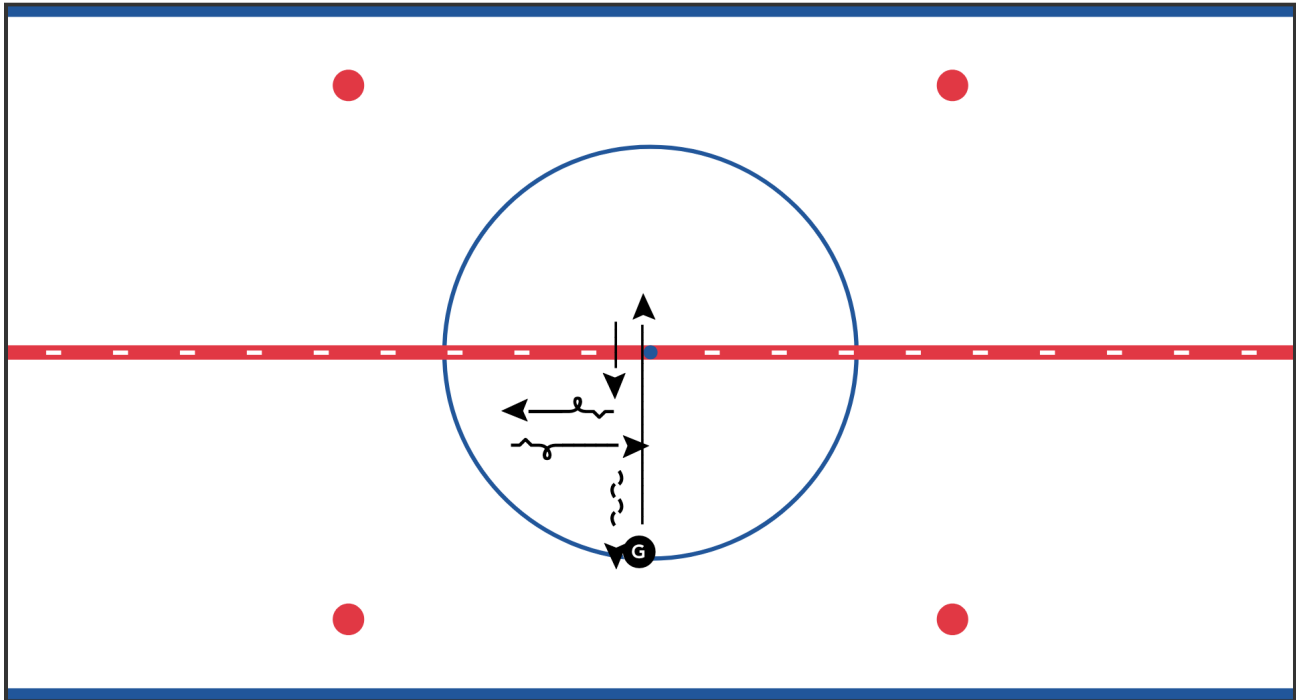


Description

<https://www.instagram.com/p/BlzBoAhnu2Y/> <<https://www.instagram.com/p/BlzBoAhnu2Y/>>

Set the pucks lined up as pictured above. Goalie will slide to puck and c-cut around the puck with one foot and then slide to next puck. Whole drill is done on knees.

Slides

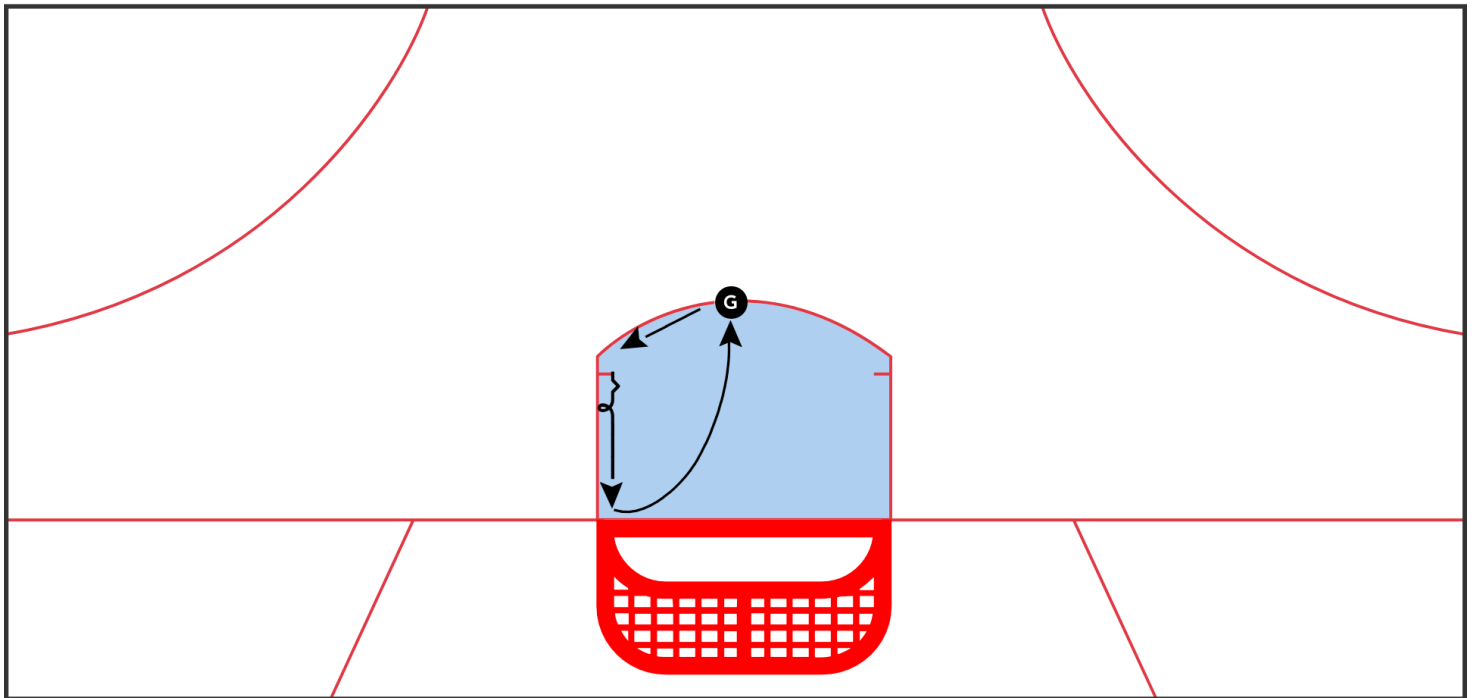


Description

https://www.instagram.com/p/BsX7-y2hP1Y/?img_index=1 <https://www.instagram.com/p/BsX7-y2hP1Y/?img_index=1>

Goalie starts on circle and c-cuts to dot. Goalie then skates backward and slides one way, catches his edge and slides back and hops up. finishes skating backward to circle.

Step Outs

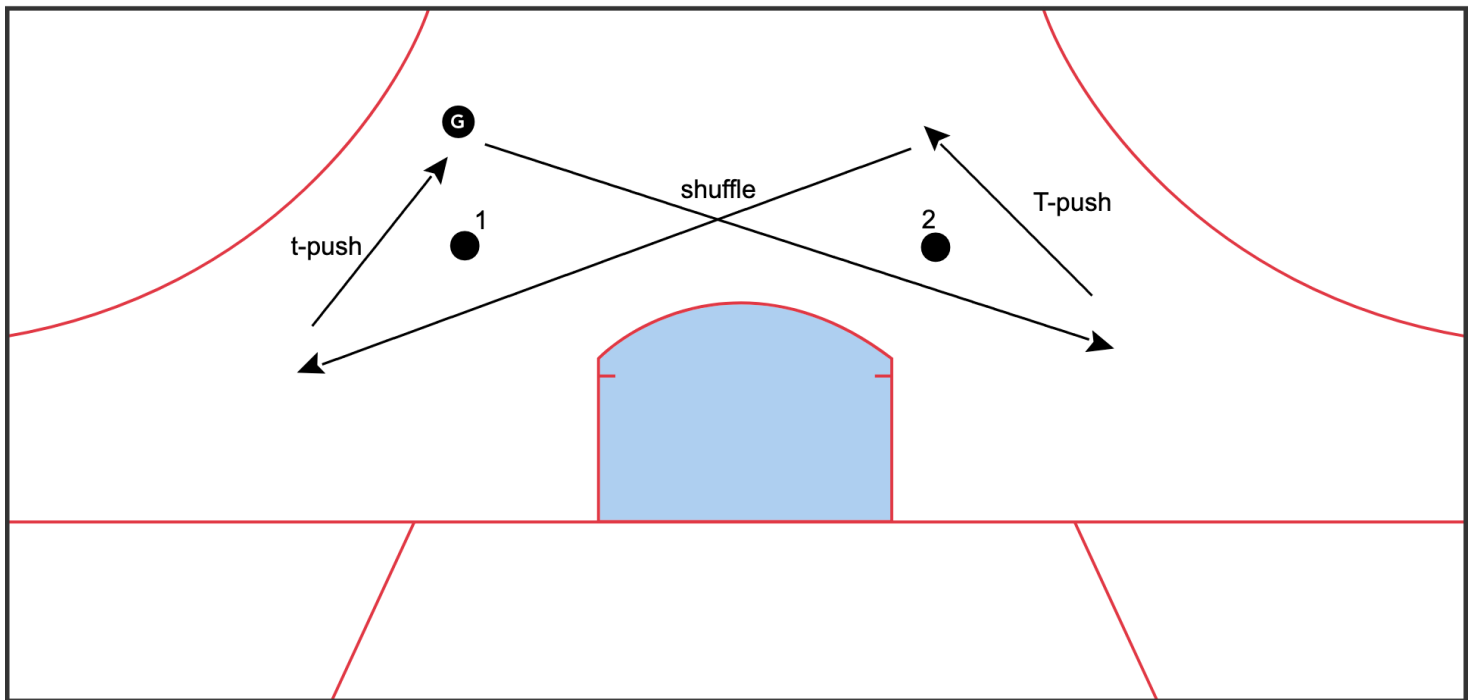


Description

<https://www.instagram.com/p/B1VKODXANII/> <<https://www.instagram.com/p/B1VKODXANII/>>

Goalie starts on top of crease. He will shuffle to his left to corner of crease, he then will butterfly and slide into RVH on near side. Once he is in his RVH he will then Step out up to feet to top of crease from the RVH.

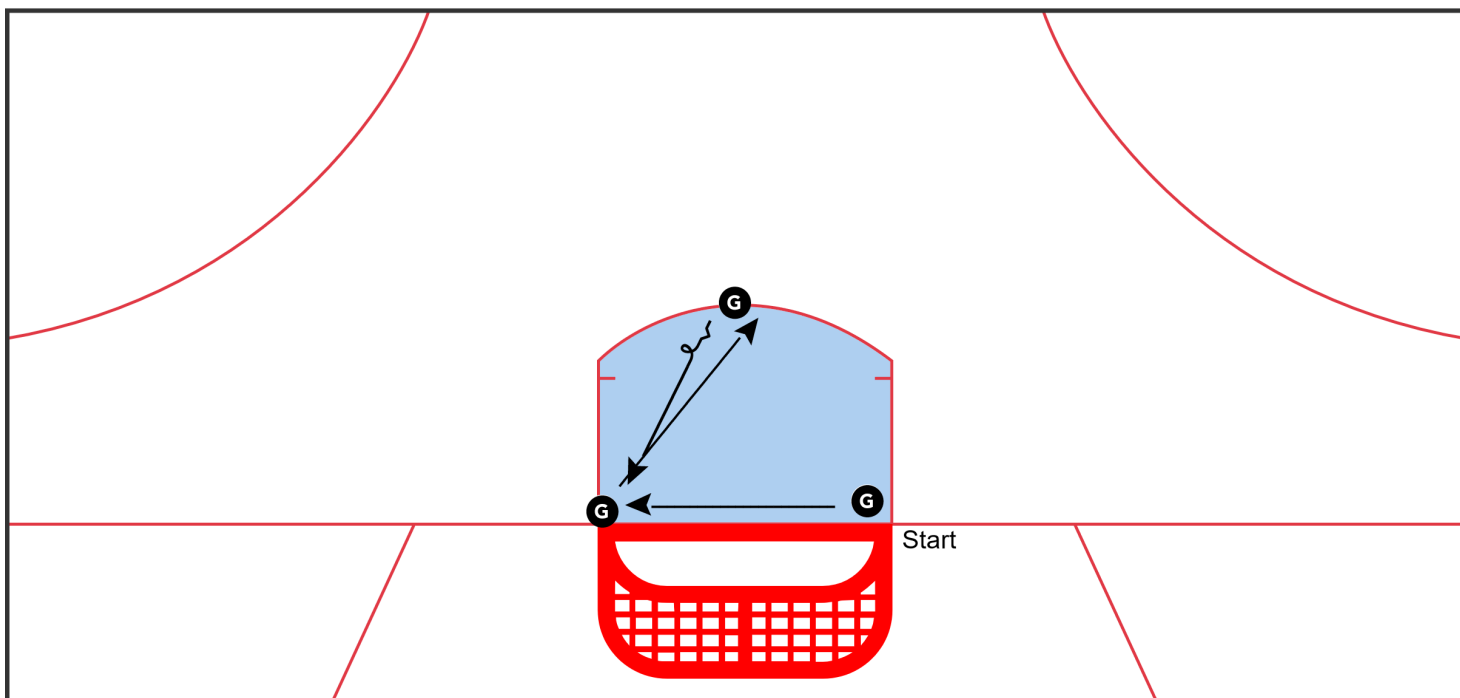
T-push/shuffle Figure 8



Description

Goalie starts above puck 1 and shuffles below and past puck 2. He then T-pushes above puck 2 and starts shuffling below and past puck 1. Then drives back above puck 1 where he originally started.

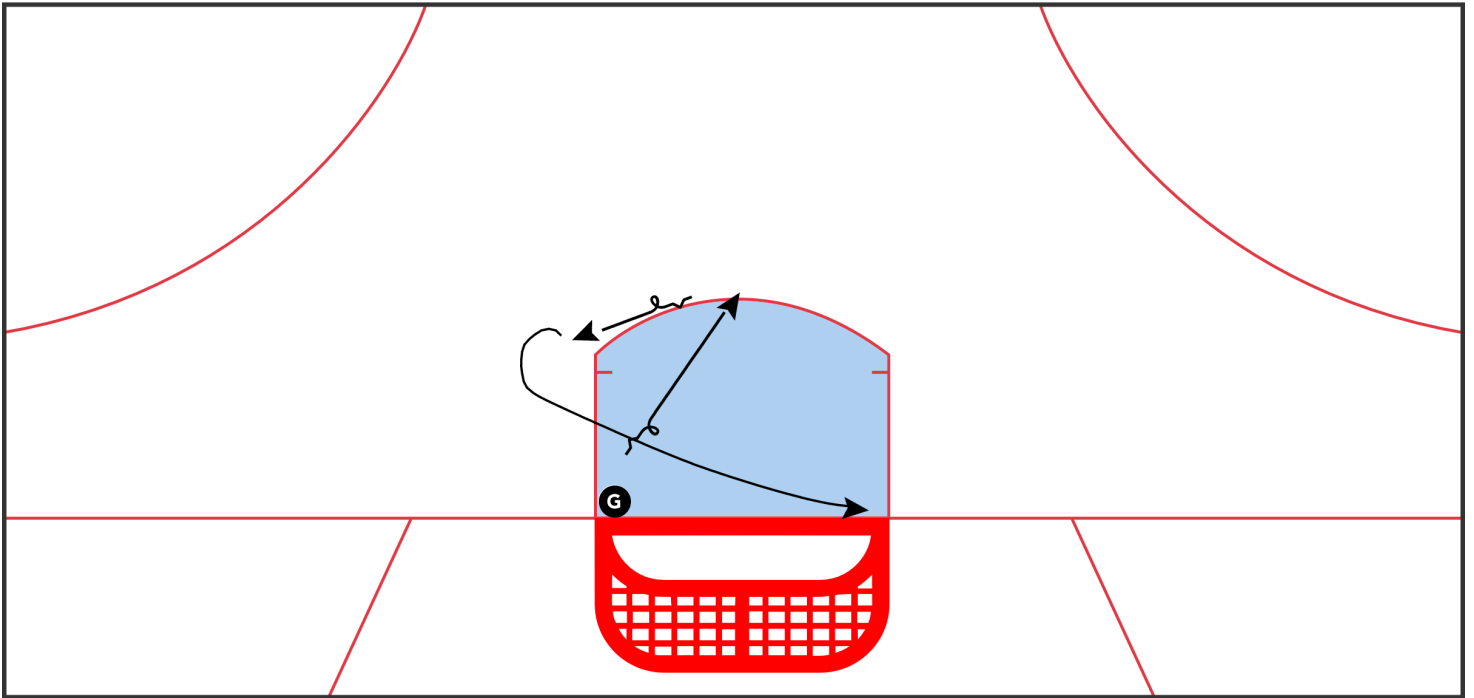
Triangle



Description

Goalie starts on post. Goalie will shuffle along goal line to other post. He will then push to top of crease. Goalie will then go down into butterfly and will slide to post into his RVH. He will then get up sealing the post on his feet. Do the drill both ways. This drill can be done all on knees. All on feet. They could slide from RVH into RVH instead of getting to feet.

Twists to inside of posts



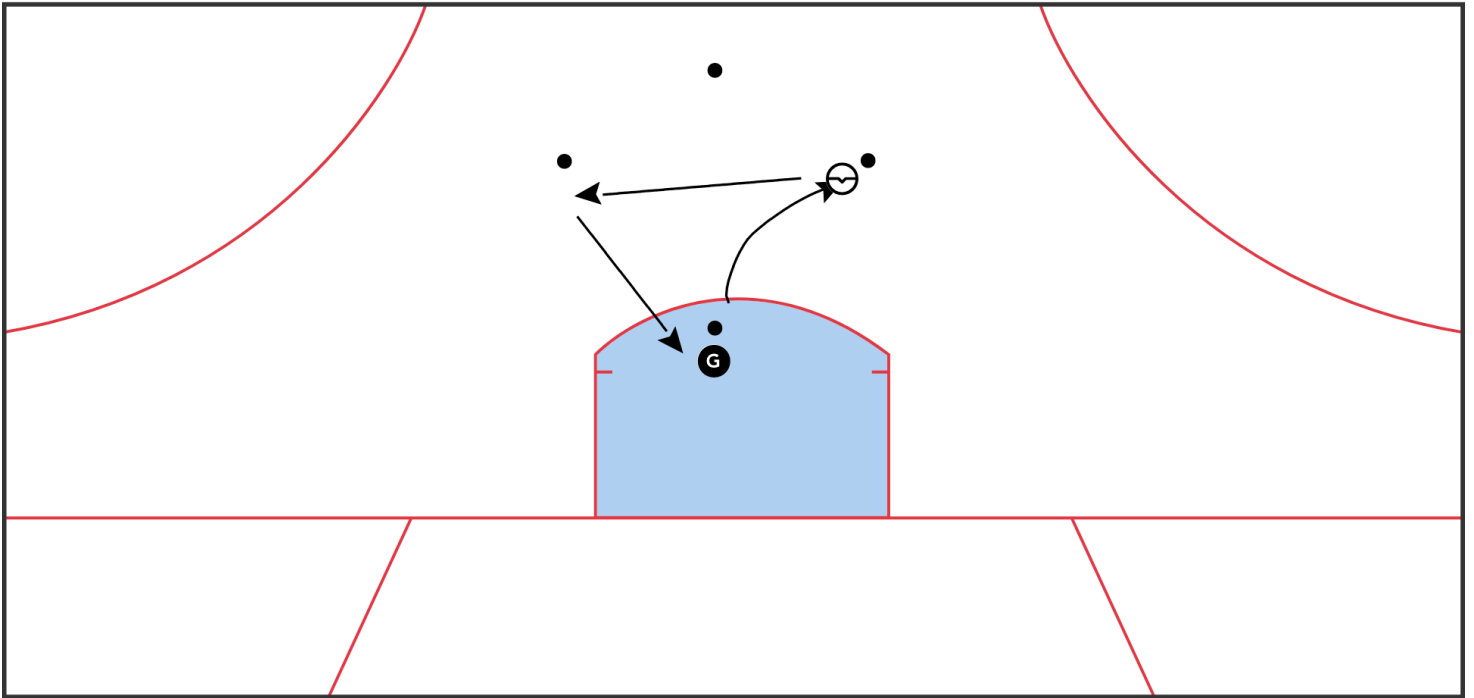
Description

<https://www.instagram.com/p/B1T7IPyAaDC/>

Video is above.

Goalie starts on post and bumps to top of crease. He will then slide to his left and catch his right edge and slide/twist to the inside of the far post. Repeat going other way.

Visualizing Save/Recovery

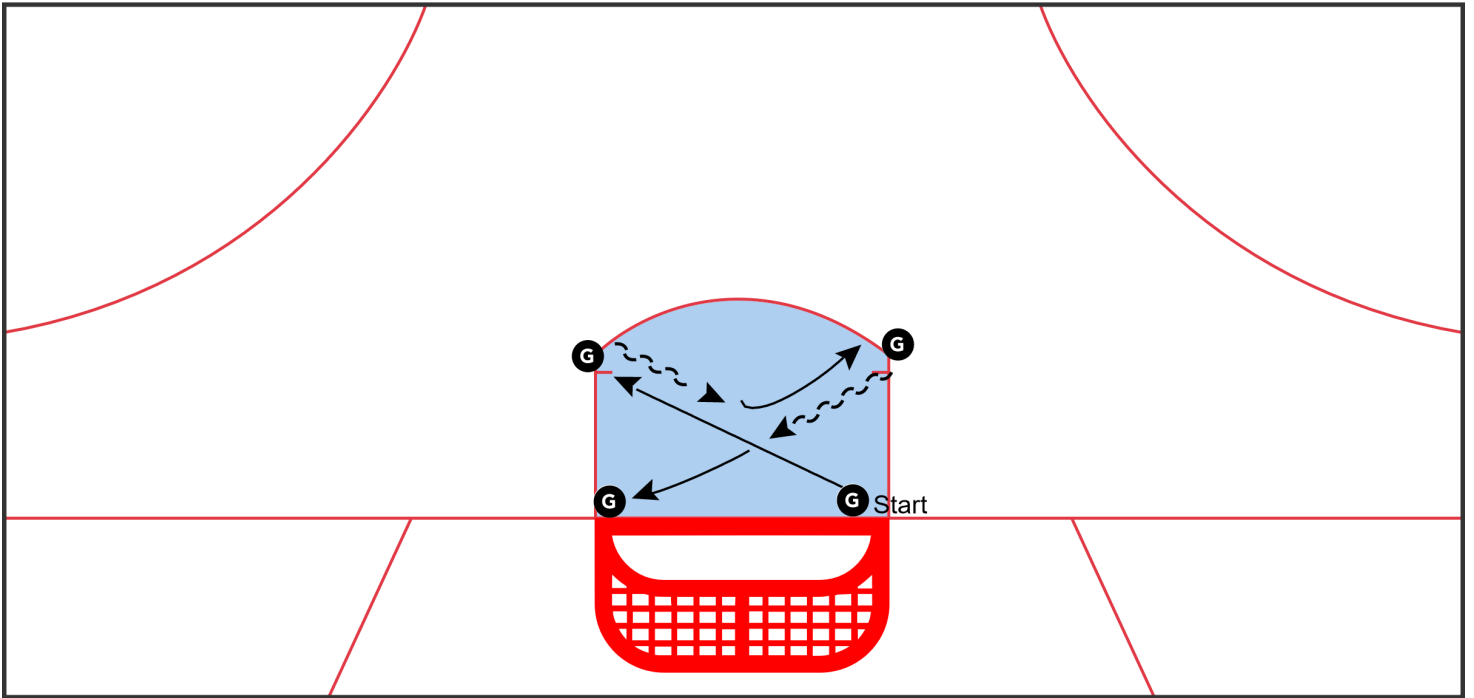


Description

<https://www.instagram.com/p/B5nYOjdF5If/> <<https://www.instagram.com/p/B5nYOjdF5If/>>

Goalie will start below the bottom puck. He will push/c-cut to the puck on the right. Now he will butterfly visualizing a save and recovery to his feet to the puck all the way to the left. From here he will push back to bottom puck.

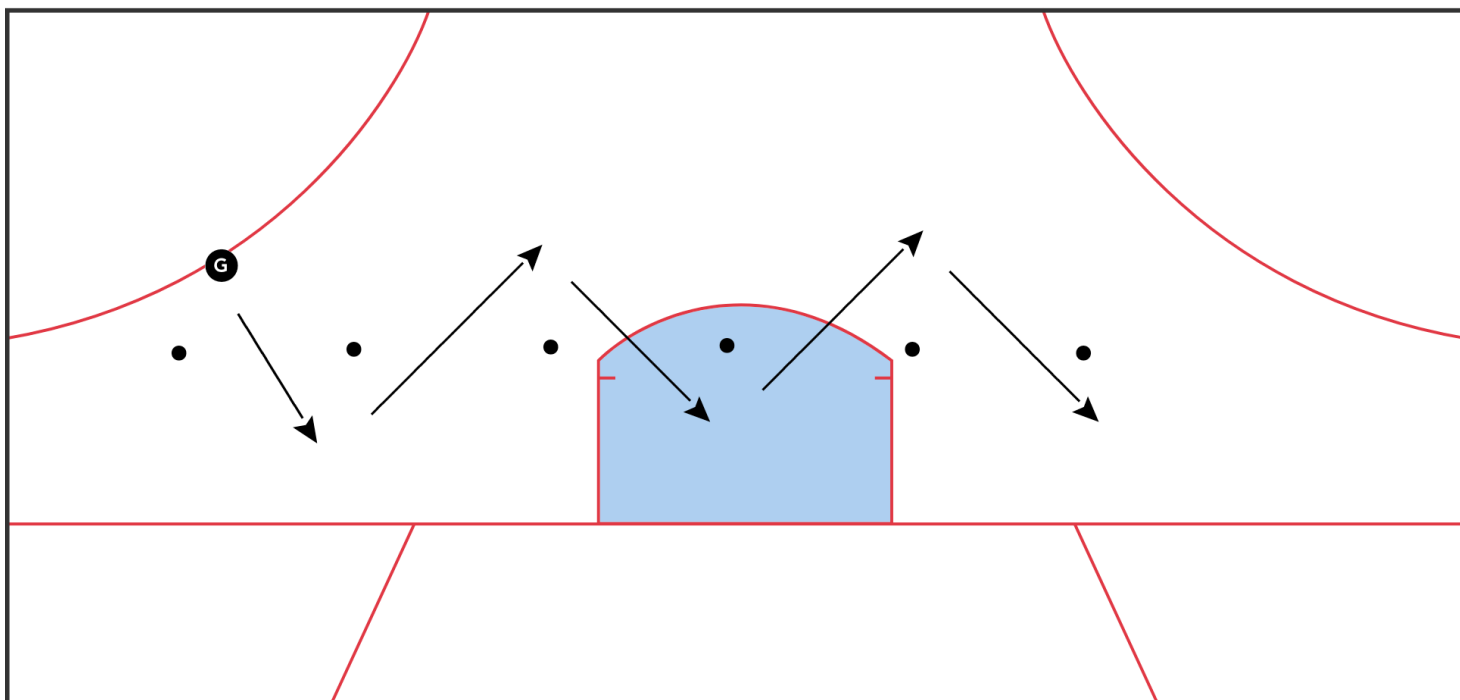
Wiggle Drive Wiggle Shuffle



Description

Goalie will start on his post. He will push to opposite corner of crease lined up with face-off dot. Goalie will then wiggle backward and drive to the other corner of crease lined up with dot. Goalie will then wiggle backward and shuffle into the post.

Zig Zags



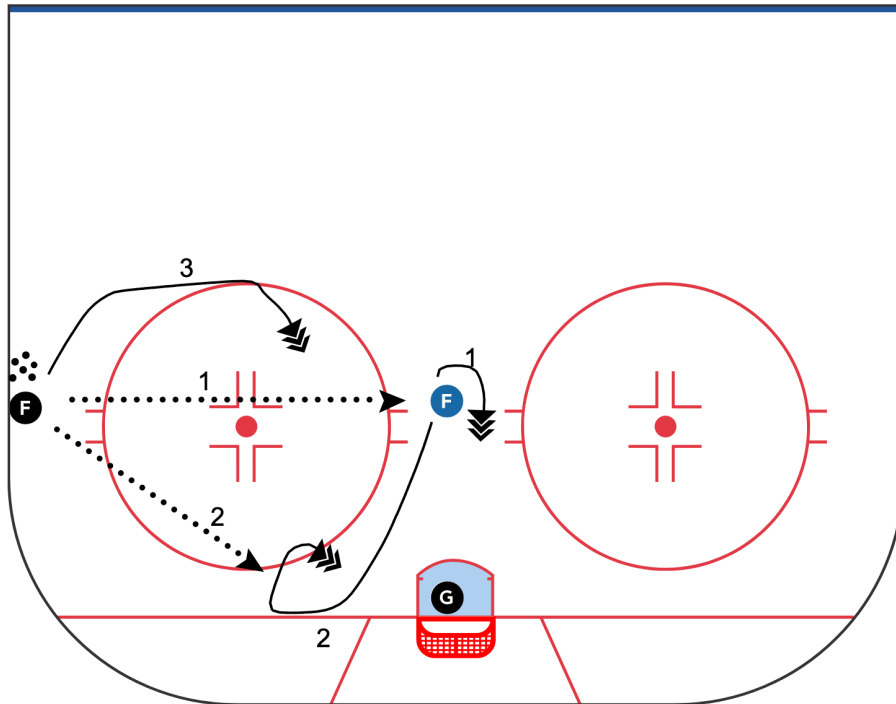
Description

Line of pucks and the goalie is making a movement zig zagging through them. Can do all T-pushes. Then do shuffles. Then slides. Have the goalie go through it backwards too.

End Zone



3 Shot Variation



Description

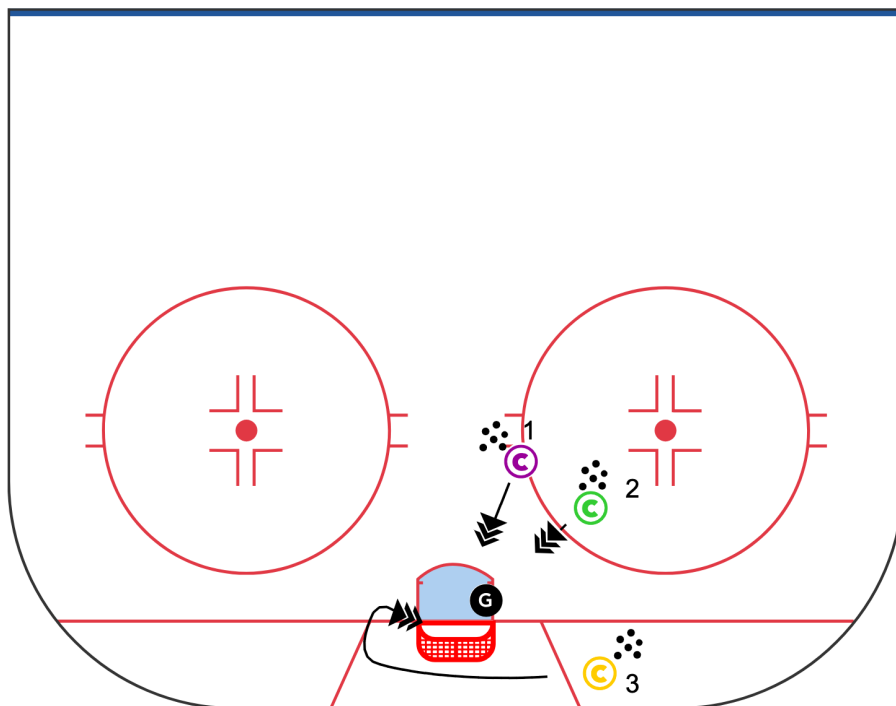
Black player on the half wall and **Blue** player in between the hashes facing the blue line.

First progression: **Black** passes to **blue**, and blue quickly turns and shoots on net.

Second progression: After **blue** shoots the first puck he will skate to the goal line and catch another pass from **Black**. He will turn or and shoot or take a step above the goal line and shoot.

Third progression: **Black** works off the wall and shoots with **blue** as a screen or playing rebounds.

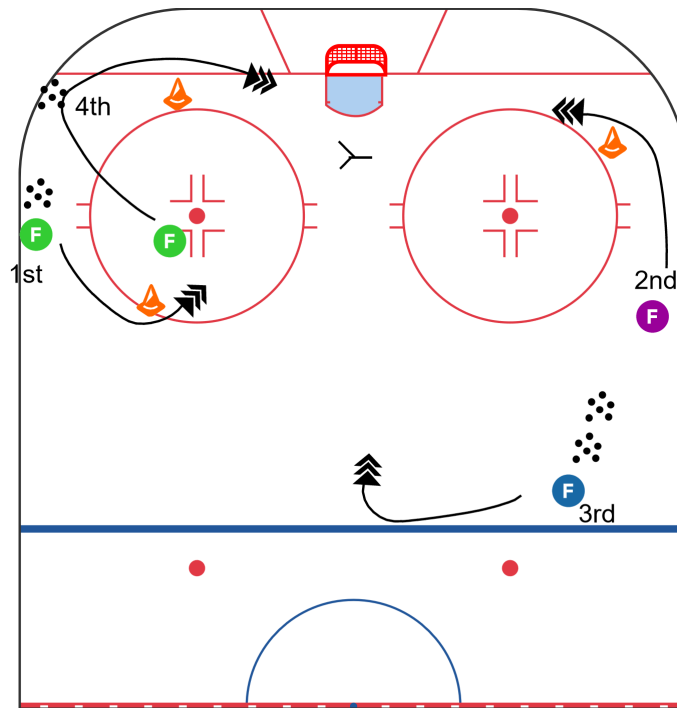
3 Shots in tight



Description

Goalie starts on post. He will drive out to Purple coach and make save. Then he will slide to green coach making save. Goalie then needs to recover to post (staying on ground) and play out Yellow coach on the wrap. Play out rebounds.

4 Shot 4 Scenario



Description

Station 4 Four Shot: This is a four shot drill.

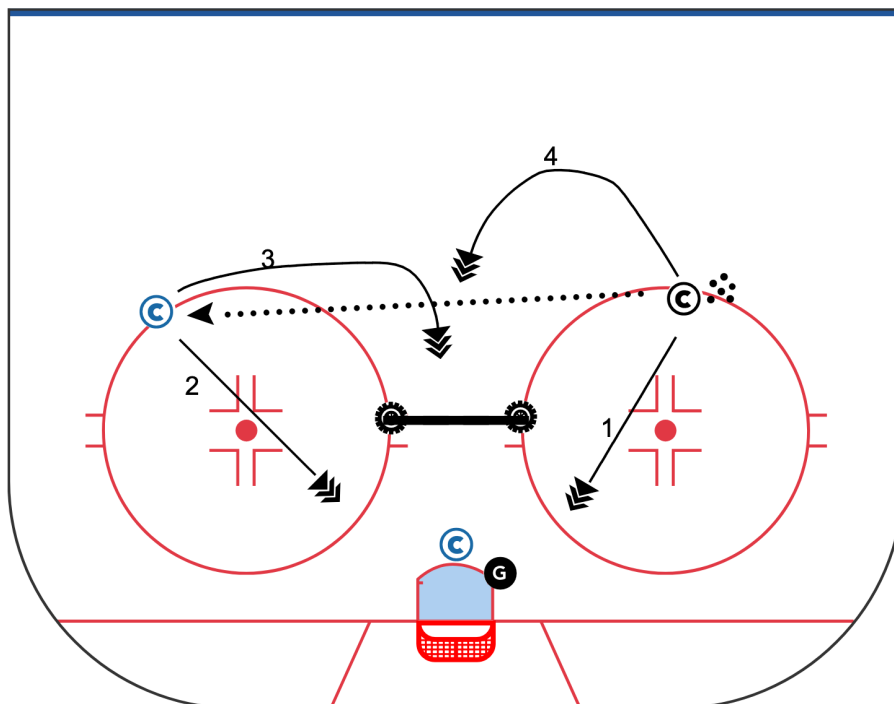
FIRST SHOT- It will start with the goalie squared up with the green forward. Green will loop somewhat around the top of the circle and shoot from a distance. Once goalie makes save he will immediately get up and square up to purple forward.

SECOND SHOT- Purple will drive down the wall and shoot simulating a zone entry. Once goalie makes that save he will square up to the blue forward who will be in the high zone.

THIRD SHOT- Blue will walk the blue line and shoot from distance through the Screen Triangle. Once goalie makes that save he is to get to post where the green forward has grabbed a second puck.

FOURTH SHOT- Green Shooter will drive the goal line for a jam play. All shooters can play rebound on the fourth shot.

4 shot sequence



Description

<https://www.instagram.com/p/Bm1pC31hqCL/> <<https://www.instagram.com/p/Bm1pC31hqCL/>>

Drill starts with goalie squared up to **black** coach. In the middle there are two stacks of two tires each with a pad laid across the top as a screen.

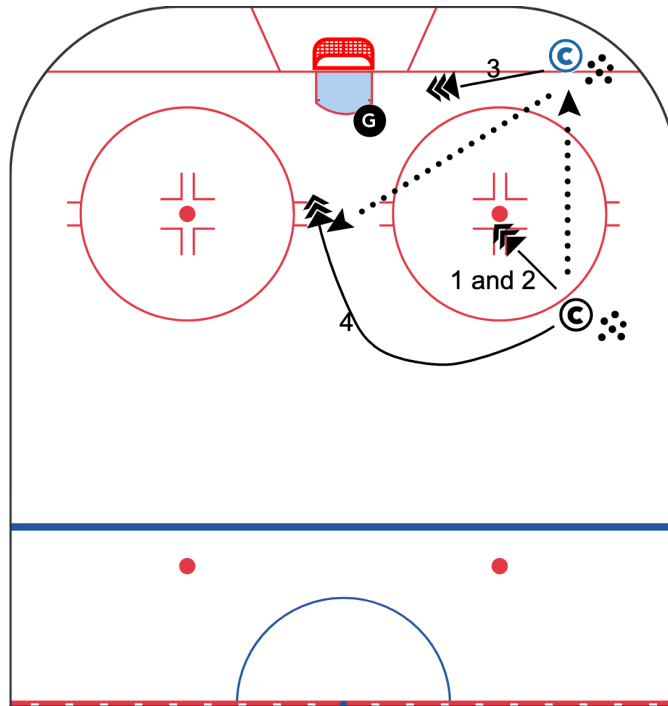
First, **Black** coach will shoot and goalie makes save.

Second, **Black** coach will pass to **blue** coach and shot. Goalie will make save and recover back to **black** coach.

Third, **Black** coach will pass to **blue** and **blue** will work to middle and shoot through the screen. **Blue** then goes to net and acts as screen for shot four.

Fourth, **Black** works to middle of high zone and shoots through screen of objects and screen of **blue** coach. Play out rebound.

4 Shot VH Variation

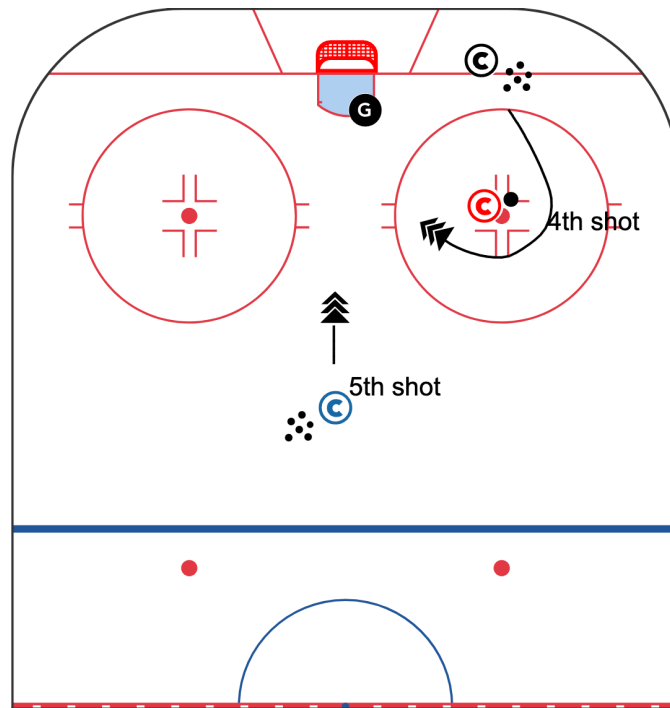


Description

<https://www.instagram.com/p/BxFsGMTDNqm/> <<https://www.instagram.com/p/BxFsGMTDNqm/>>

Drill starts with goalie squared to **Black** coach. Coach will shoot and goalie will make save and get back to feet. Again, coach will shoot and goalie makes save. Then **Black** coach will pass to **Blue** and the goalie will push to post and make save in VH. From here the **Black** coach will skate and find open ice in slot area and **Blue** will hit him with a pass and shot.

5 Shots Driving off Post, Finish w/ Screen



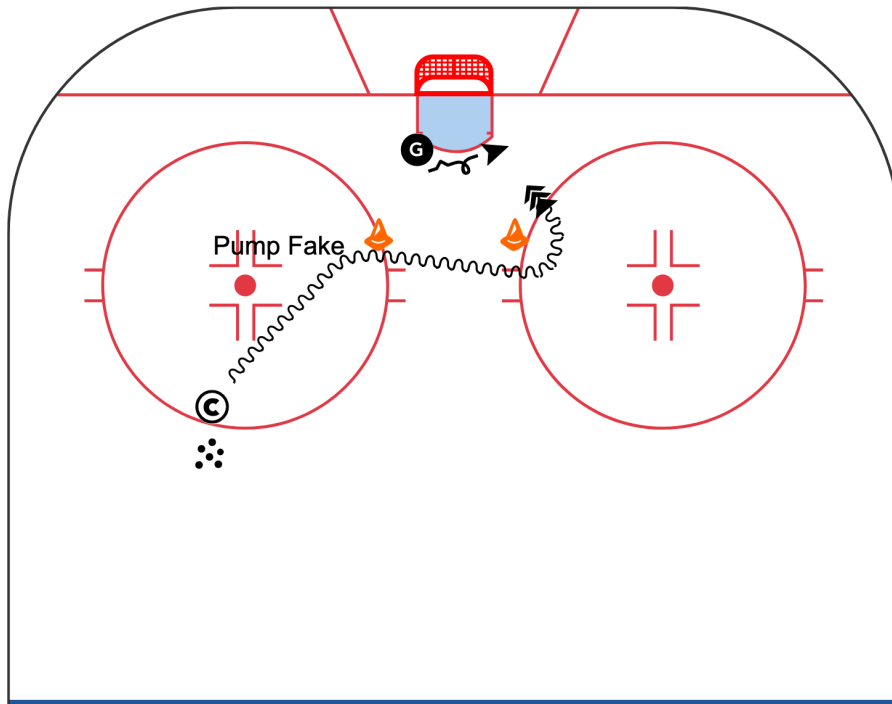
Description

<https://www.instagram.com/p/Bk2ynqYh5Qx/> <<https://www.instagram.com/p/Bk2ynqYh5Qx/>>

Goalie starts squared up to Red coach. Red coach will shoot and goalie makes save. Then goalie recovers to post. Black coach will make pass to Red and shot. Goalie will again recover to post and same thing- black passes to red for a shot. Goalie will recover to post and now Black coach will take a puck and loop around the red coach and shoot. Once goalie makes this save Both Black and Red coaches will screen the goaltender and face a shot from Blue coach.

So in total there are three shots from the red coach, one from the black coach, and one from blue.

Bite on Fake and Recover

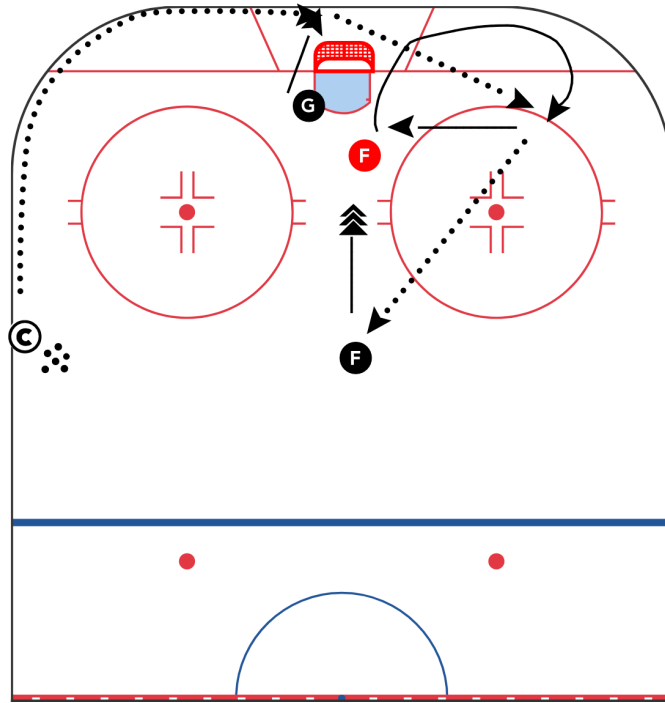


Description

<https://www.instagram.com/p/B5e-iQQHUcw/> <<https://www.instagram.com/p/B5e-iQQHUcw/>>

The coach will drive into the zone and when he approaches the cone he will pump fake and then try to drive around the other cone and the goalie and shoot. Goalie will go down on the pump fake and we're working on staying controlled and staying squared. Goalie is to recover and stay squared by either sliding or knee walking. Work on both techniques.

Catch Puck/Move it/Weak Side Threat

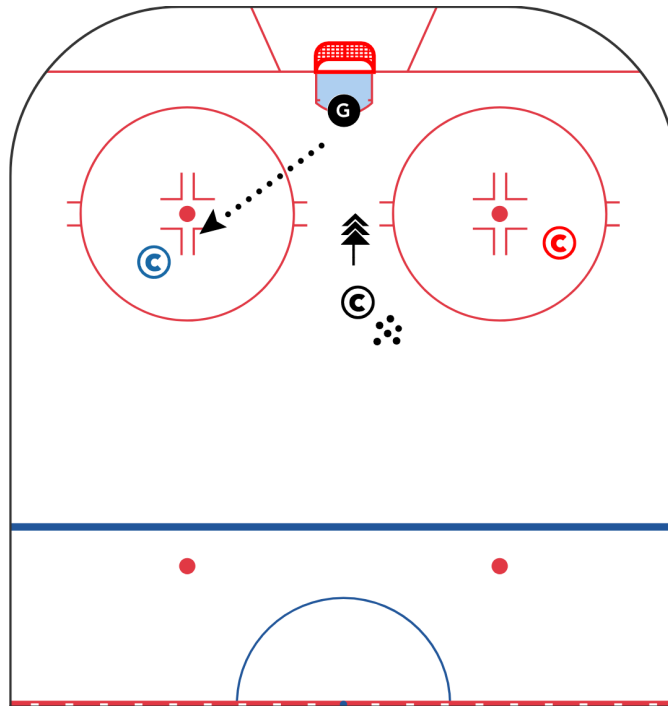


Description

<https://www.instagram.com/p/ChKnC6DFWjj/> <<https://www.instagram.com/p/ChKnC6DFWjj/>>

Play starts with coach rimming a puck down the wall. Goalie will catch puck behind the net. Meanwhile **F** is looping low on weak side making himself available for goalie to pass. Goalie will pass puck and get back in net. **F** passes puck to **F** then drives net for tip/screen or rebound.

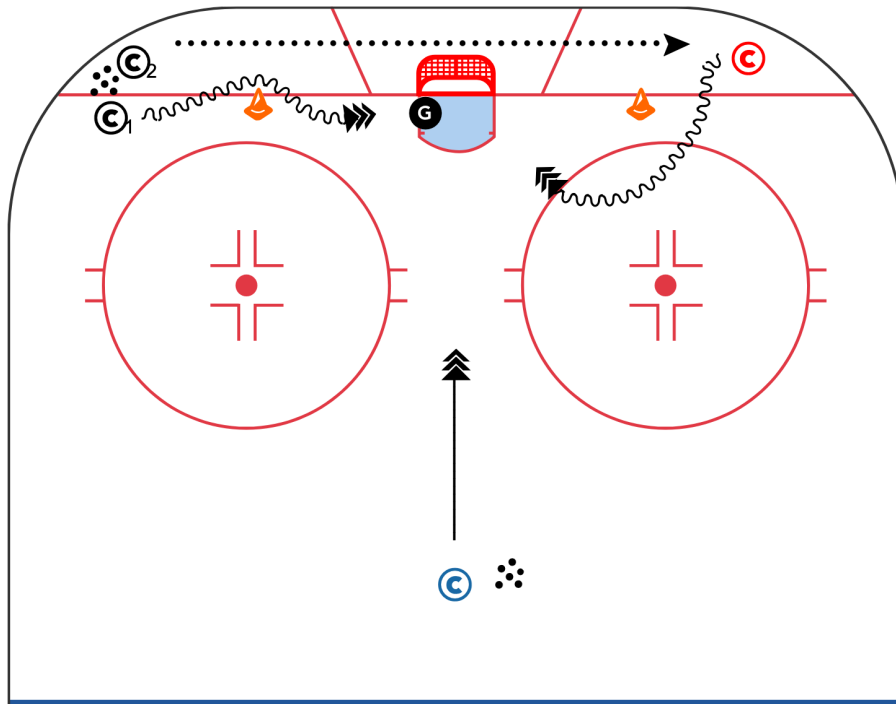
Catch, Pass, Play



Description

The **black** coach starts with puck. He will shoot and goalie will catch the puck on his feet. Goalie will set the puck down and pass to **blue** coach. **Blue** coach has the option to attack or pass to **red** coach and he will shoot.

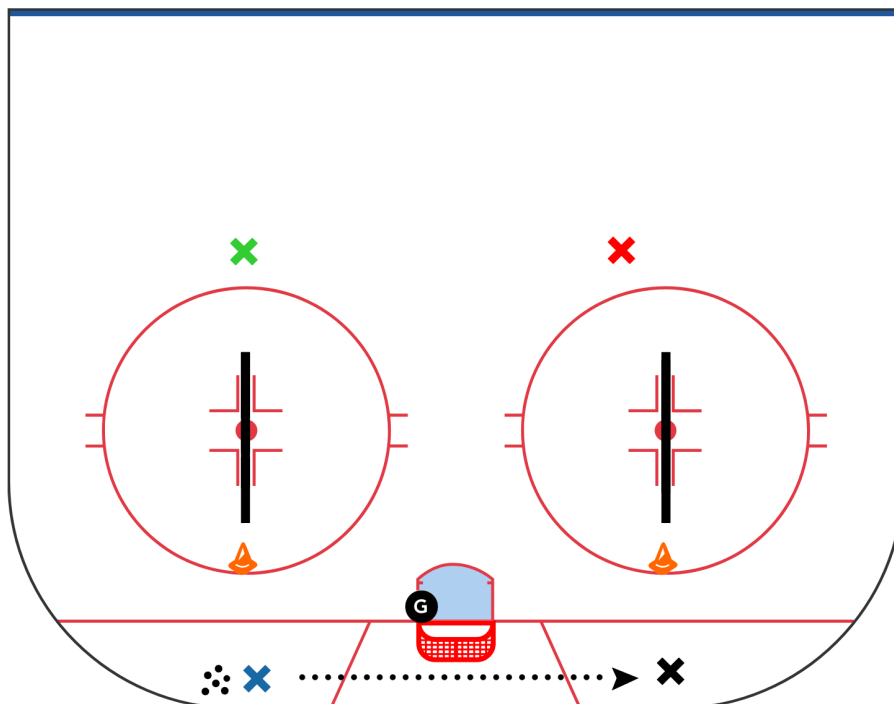
Jams and Screens



Description

Drill starts with goalie on post. © 1 Starts with puck and drives net for Jam play. Then © 2 passes to © and he will then drive for a jam, wrap, walk to middle, etc. After goalie makes that save both © 1 and © screen goalie for a shot from © .

Low to High



Description

Drill starts with puck in the corner with the **Blue** player. He will start the drill by passing to the **Black** player. From here there are many scenarios and the goalie needs to read and react.

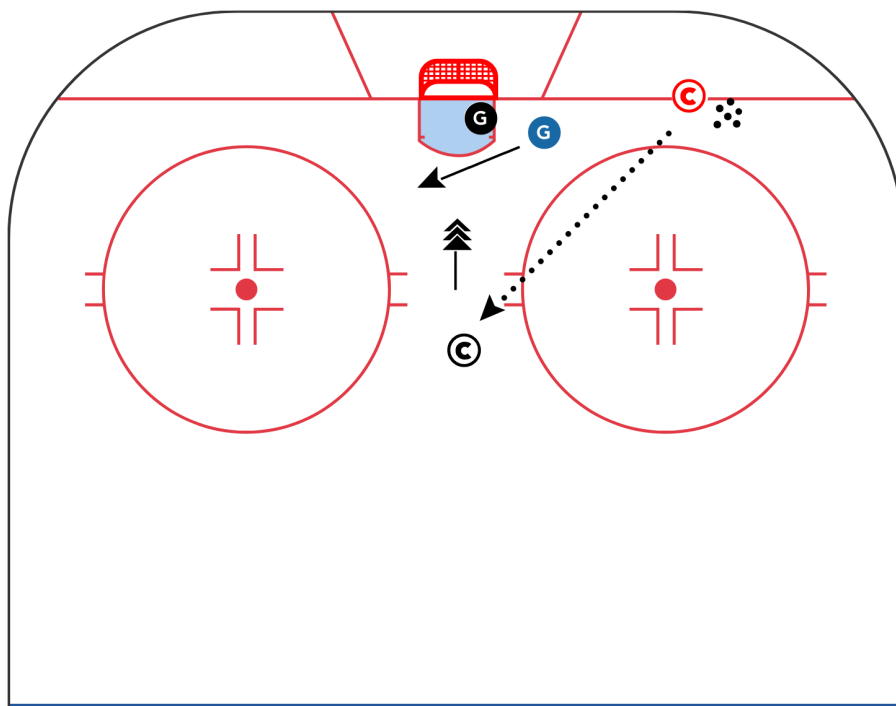
Black player options: Once he receives the pass from **Blue** he can take the puck and drive to net for jam play. He can drive and walk around the goalie. He can wrap around the net. He can wrap around net and pass to **Green** or **Red**. He could catch the pass and immediately pass back to **Blue**.

Blue

options: If the **Black** player passes back to **Blue** he has all of the same options that the **Black** player does. Jams, net drives, wraps, pass out to **Red** or **Green**, etc.

Green and **Red** options: When player receives pass from **Black** there are options. Player can one time the puck. Can pass to the other and one time. Player can catch pass and shoot. Player can catch pass take a stride forward and shoot in stride. Player can drive around the obstacles and drive toward net for a jam, wrap, walk, pass etc.

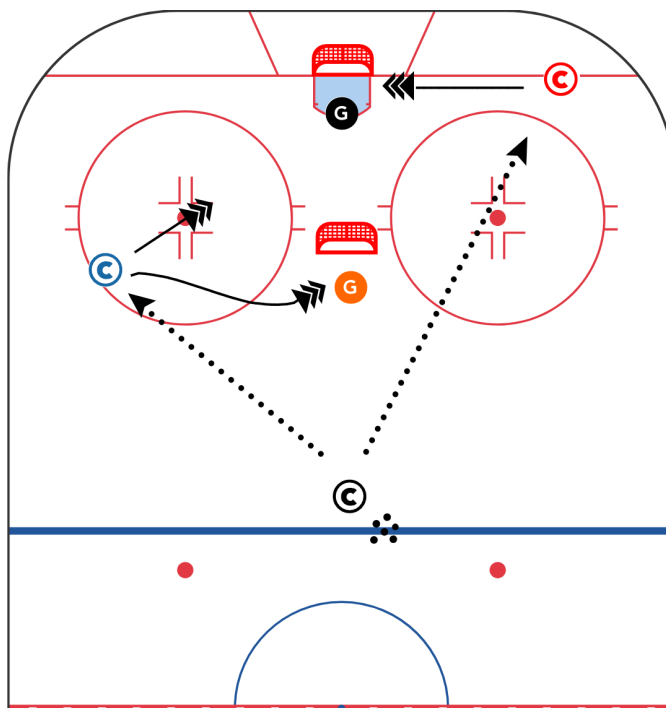
Moving Screen



Description

Black goalie starts on post. **Red** coach will make a pass up top to **black** coach and he will shoot. The **blue** goalie is skating through as a moving screen. **Black** goalie needs to fight through it.

Net propped Screen play

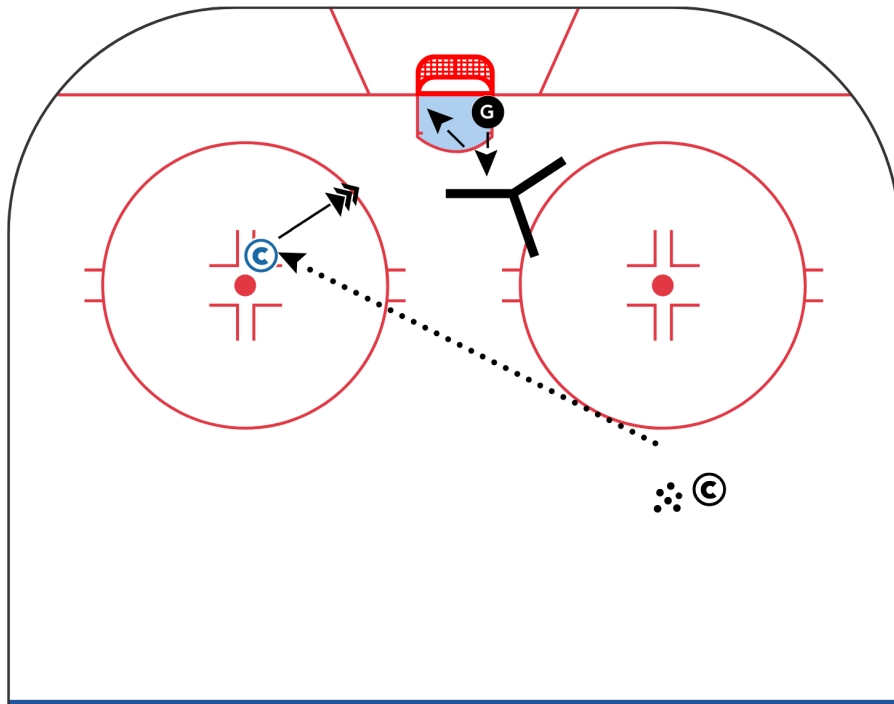


Description

<https://www.instagram.com/p/BI53iKLICap/> <<https://www.instagram.com/p/BI53iKLICap/>>

The net in middle of unique. It has a pile of 3 pucks propping it up so there is gap between the bottom of the net and the ice. So the **Black** coach has options. He can pass to the **Blue** or **Red** coaches and they have the freedom to do whatever they want. Multiple situations can be created. Jam plays, 2v0's, etc. The **Black** coaches other option is to shoot the puck on the ice through the **Orange** goalie, meaning **Orange** will not make the save, rather he will let the puck slide other the net and **Black** goalie is making that save through the screen of the **Orange** goalie. See video above. Play all rebounds.

One Timers

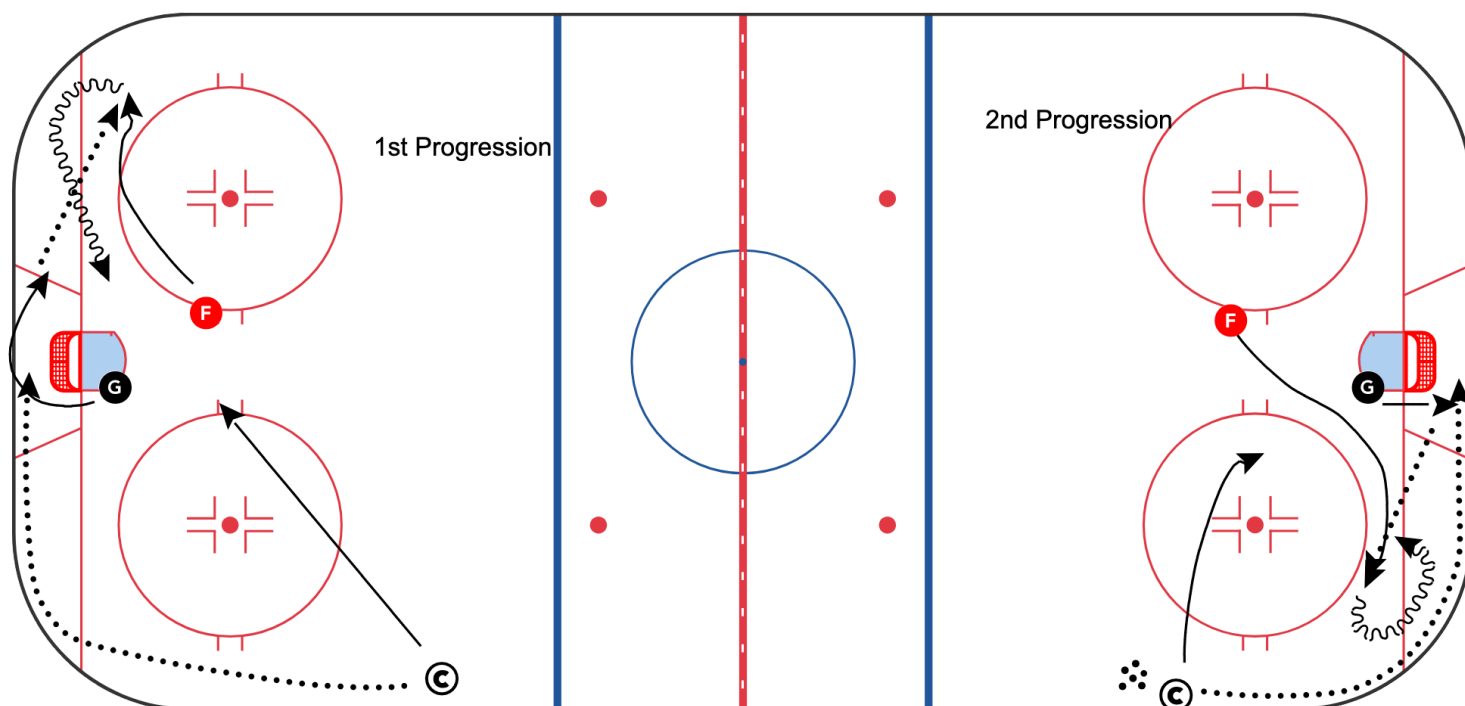


Description

<https://www.instagram.com/p/B1PRWxuAEPB/> <<https://www.instagram.com/p/B1PRWxuAEPB/>>

Goalie will start on post. He will drive out lined up with puck. **Black** coach will pass to **blue** coach for a one-timer. Use tripod or net as a screen.

Puck Playing/ 2v0 Low



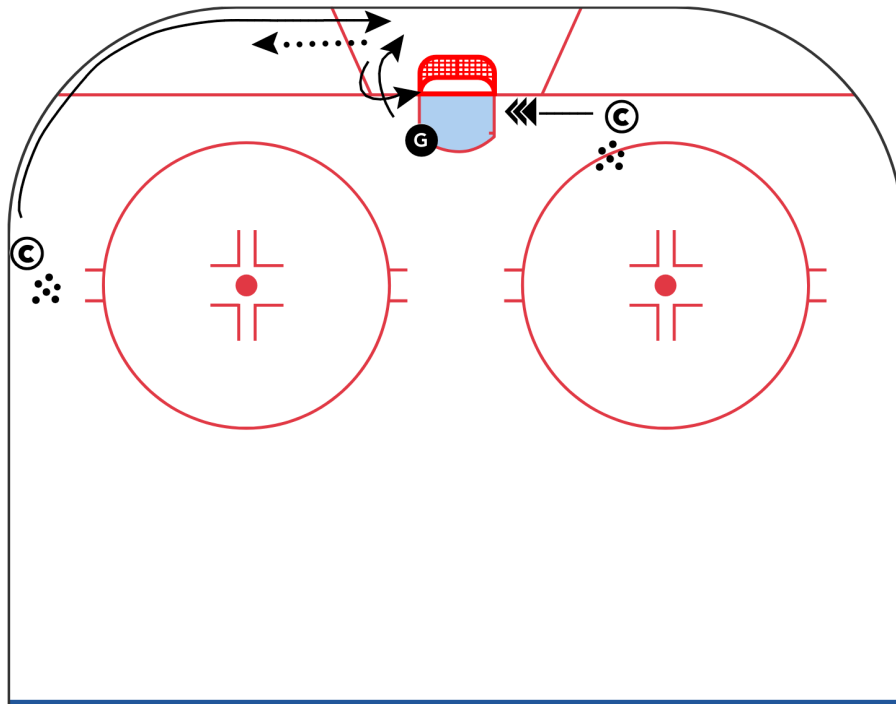
Description

https://www.instagram.com/p/ChVz6WluY0N/?img_index=1 <https://www.instagram.com/p/ChVz6WluY0N/?img_index=1>

1st Progression: Coach will rim a puck down the wall, goalie will go retrieve it and pass to **F**. Now the **F** will drive goal line and he can jam or move it to coach who is sneaking in back door.

2nd Progression: This is same as first drill but now the coach is rimming from the other side and goalie is playing puck to **F** on strong side instead of weak side. Coach drives not from strong side instead of weak.

Puck Playing Transition to RVH

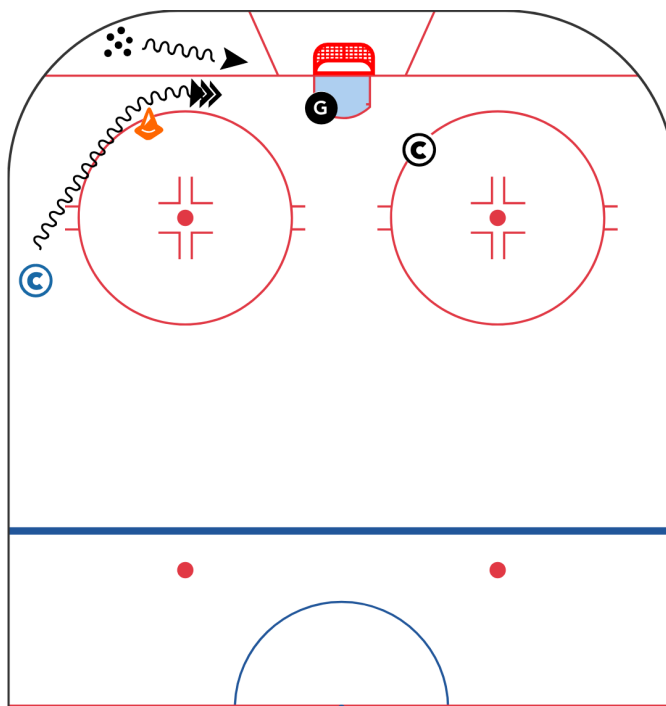


Description

<https://www.instagram.com/p/B3XKnUqCvsC/> <<https://www.instagram.com/p/B3XKnUqCvsC/>>

Goalie starts on feet lined up with coach on the half wall. Coach will rim a puck, and goalie will go retrieve it and rim back up the same wall. Goalie will quickly get back to net and transition/rotate back into RVH. Goalie will slide post to post and get a shot from the second coach. Second progression: Coach can wrap.

Quick Entry/ Dean Angle

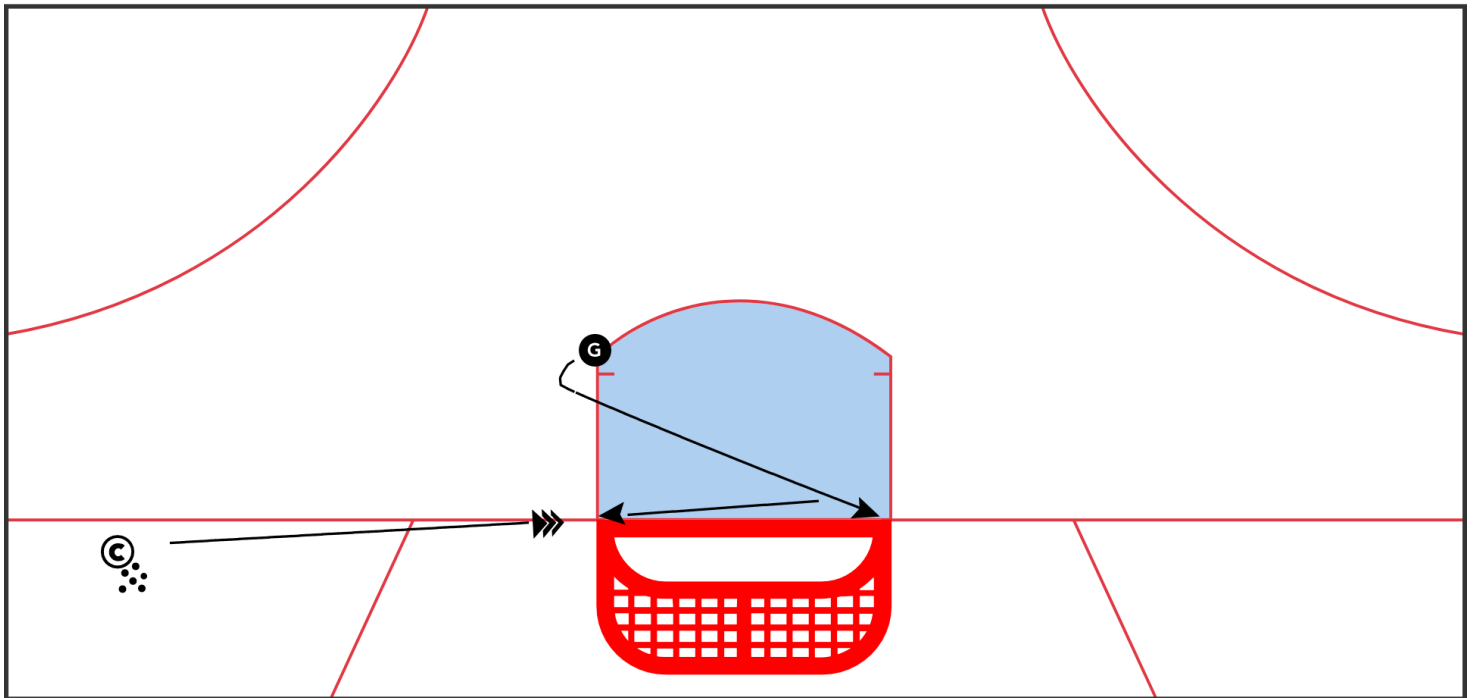


Description

<https://www.instagram.com/p/Che2iTnjJ8N/> <<https://www.instagram.com/p/Che2iTnjJ8N/>>

Play starts with © driving low around the cone for a dead angle shot. He will then grab a puck out of the corner and drive net for either a jam or pass to © in slot area.

Reverse Rotations Then to RVH



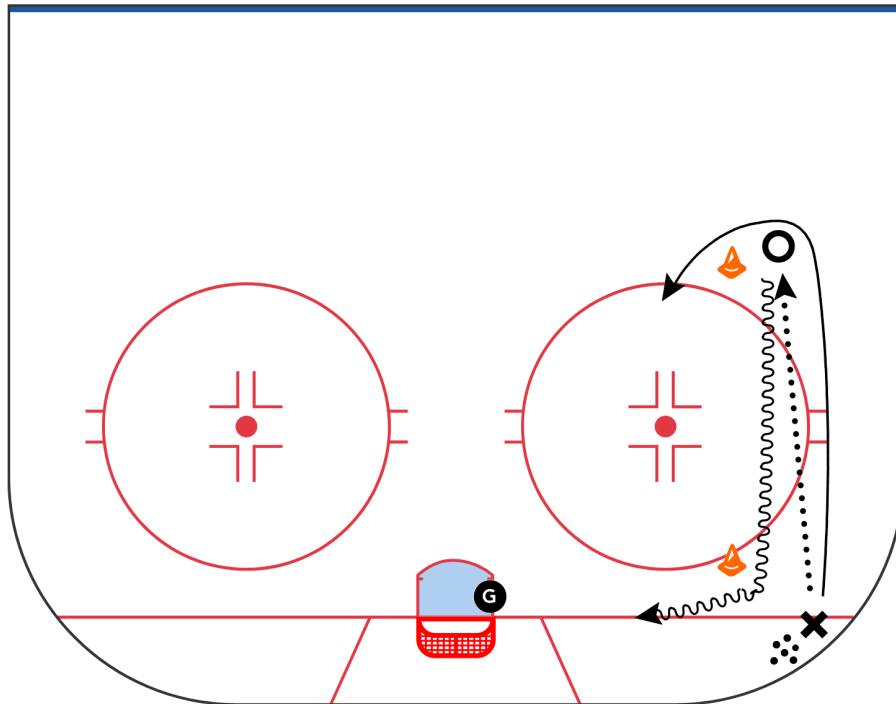
Description

<https://www.instagram.com/p/B5P-rF7HeKj/> <<https://www.instagram.com/p/B5P-rF7HeKj/>>

First Progression: Goalie starts lined up with dot. He will butterfly and reverse rotate to his short side and push up to feet to far post. He then will slide post to post and make save along goal line.

Second Progression: Same drill but now the goalie will reverse rotate and slide into RVH on far post instead of getting there on feet.

The Springs Scissor high/low



Description

Drill starts with pucks in the corner and goalie starting on his post. Player X will make pass to player O. Those two will then skate toward one another and scissor. There are multiple scenarios that can happen off of this play, the two shooters have the freedom to do what they wish.

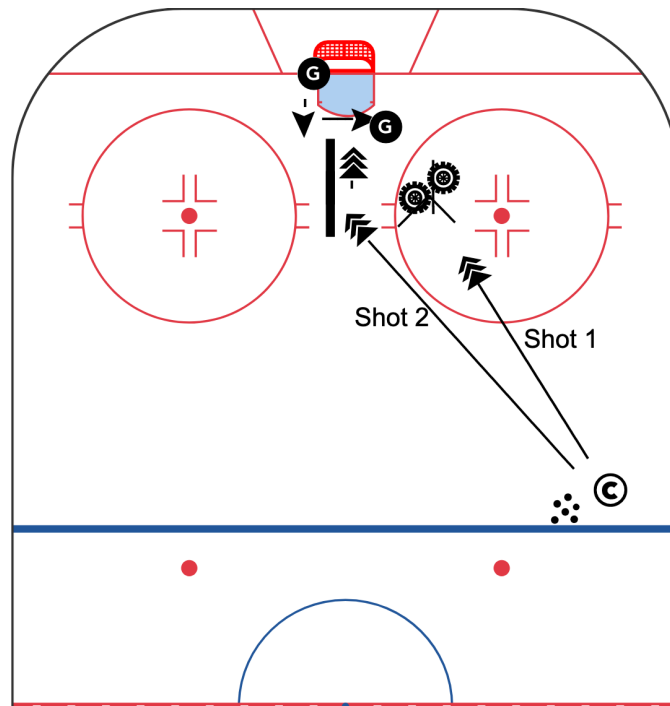
Option 1. Player X can make a drop pass to O, once that occurs O can shoot as soon as he turns the cone. He could drive the net for a jam play. He could wrap around net. He could drive around the net and pass out in front to player X. He could drive net and walk to the middle and try to go around the goalie. He could turn the cone and pass low to high to Player X as he turns his cone.

Option 2. Player X can keep the puck as they scissor. Once he turns his cone he could shoot from distance. He could shoot through a player O screen. He could shoot for a tip from player O.

Play all rebounds.

Goalie starts on his post and he needs to follow the play. Important to have head checks and read and react to the play.

Screen and Tip

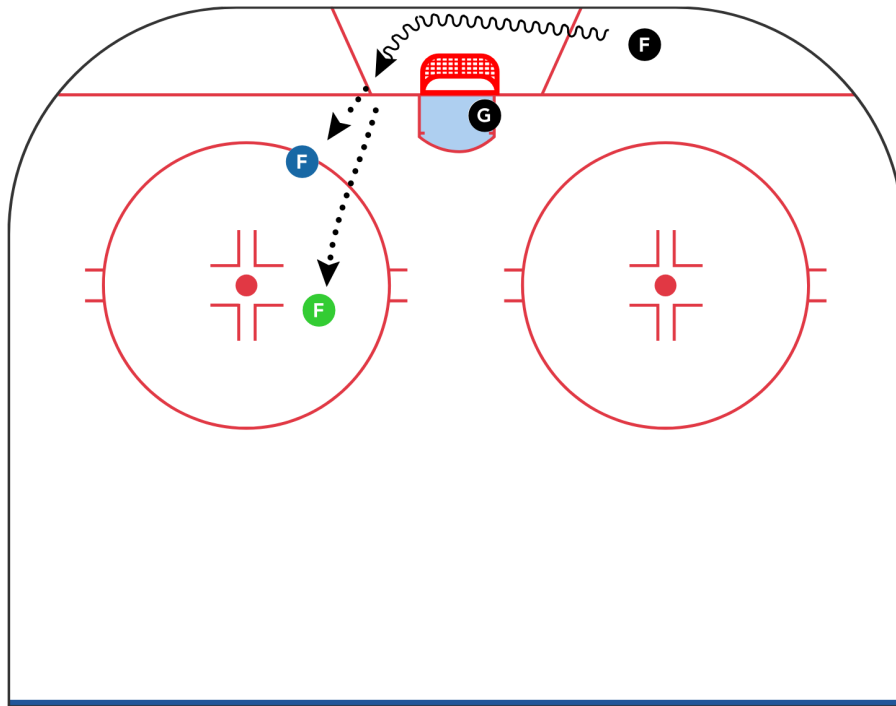


Description

<https://www.instagram.com/p/Bn7hEgej92R/> <<https://www.instagram.com/p/Bn7hEgej92R/>>

Goalie starts on post and drives out to corner and then t-pushes squared up to coach. Coach will shoot through a screen, goalie makes save and follows rebound and then pushes to other post. He will then push back out to puck and coach will shoot off the rebounder and goalie will have to slide and make save. See video above.

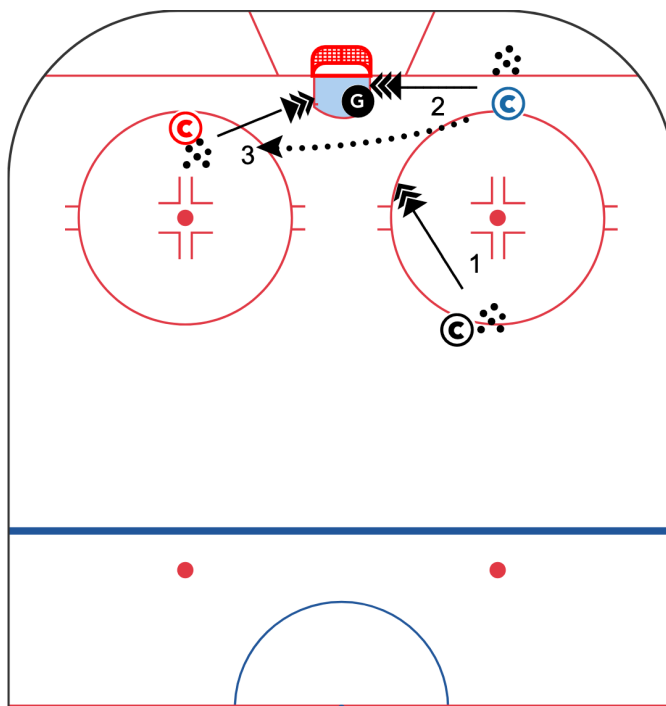
Stacked Shooters



Description

Play starts with the **Black** player. **Blue** and **Green** are stacked on the short side. **Black** will skate around net and can pass to either **blue** or **green**. They will shoot when given pass. Play out rebounds.

Stick/ RVH/ Back door Threat

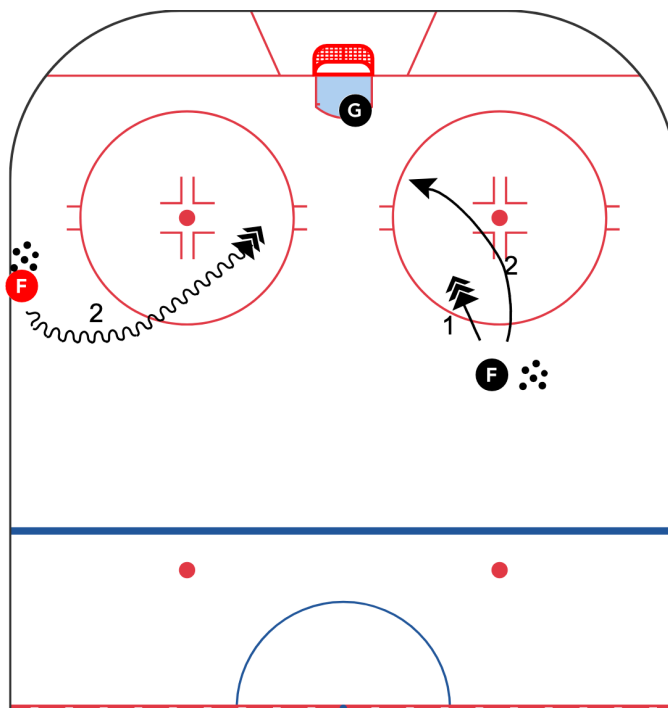


Description

<https://www.instagram.com/p/BnrKCxrjq77/> <<https://www.instagram.com/p/BnrKCxrjq77/>>

Drill starts with Goalie square to **Black** Coach. Coach will shoot puck on ice and goalie will make stick save to near side. Then, he will slide to near RVH and make save along goal line from **Blue** coach. From there **Blue** will pass to **Red** and shoot- goalie will need to slide out of RVH and make save.

Stick Save/ Quick 2v0 Off Wall

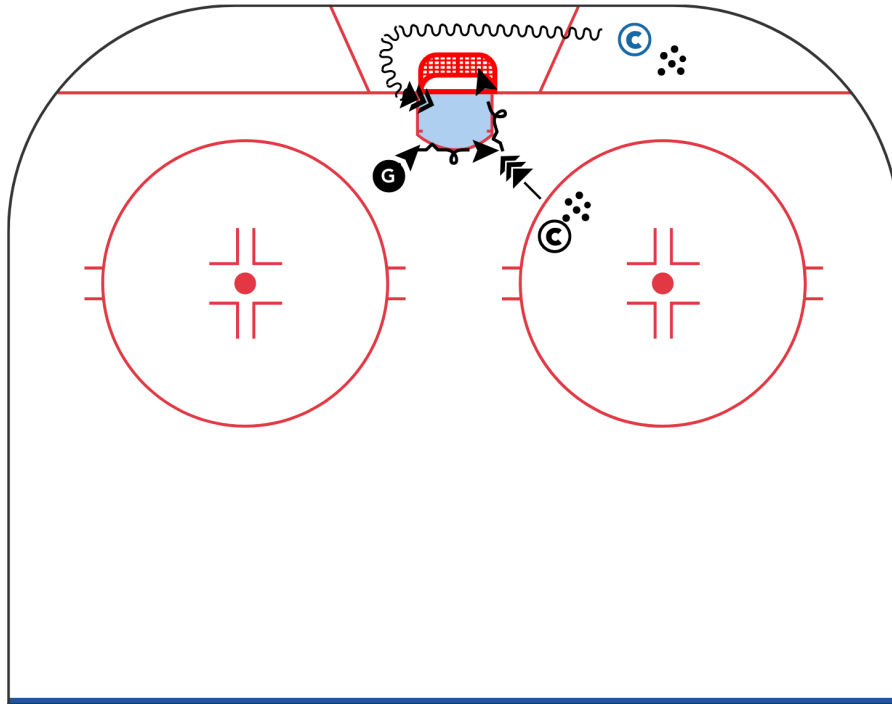


Description

https://www.instagram.com/p/ChSo9UIOICp/?img_index=2 <https://www.instagram.com/p/ChSo9UIOICp/?img_index=2>

Play starts with **F** shooting low for goalie to make stick save to far side. Goalie will recover to post and then push out squared to **F**. **F** will work off wall and drive in 2v0. Can pass to **F** or shoot off pad.

Stick Save Transition to Leg Activation

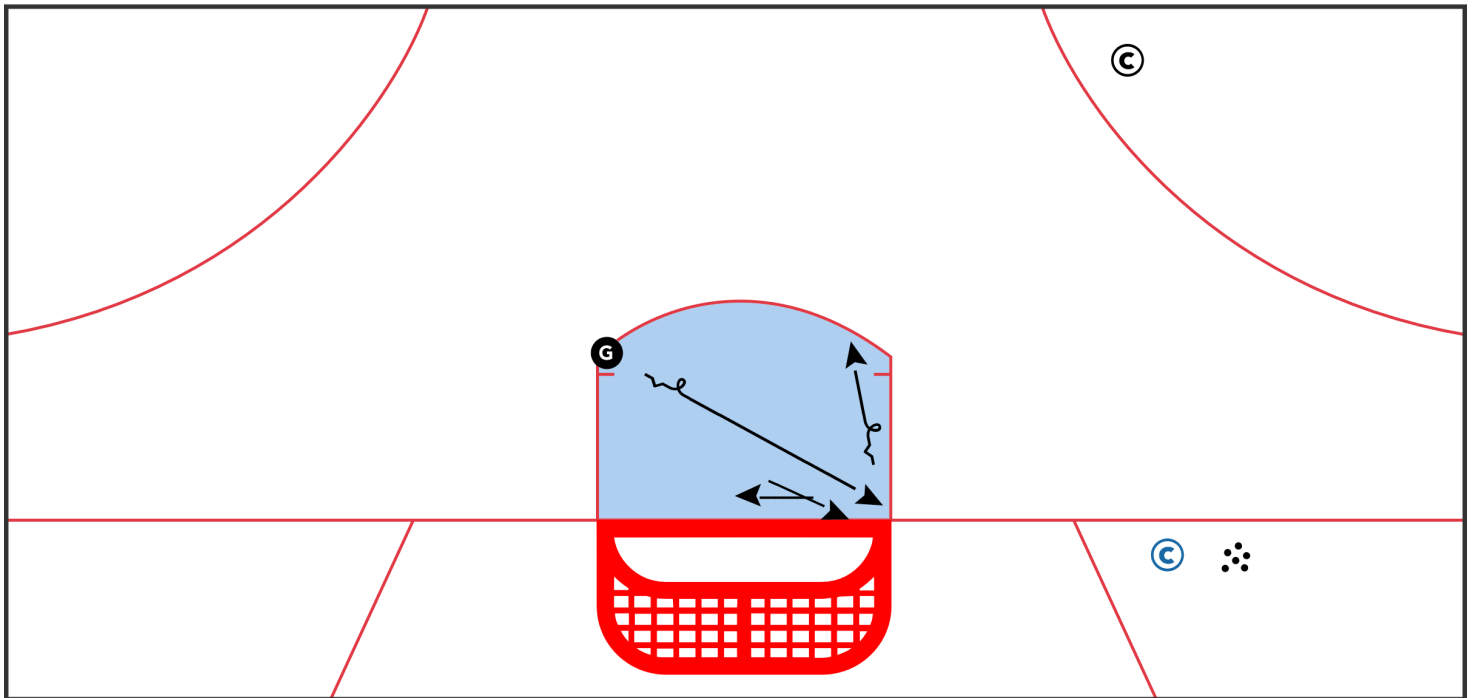


Description

<https://www.instagram.com/p/B3zeeg1HSwl/> <<https://www.instagram.com/p/B3zeeg1HSwl/>>

Goalie will start by wiggling backward and he will slide across crease and make a stick save while moving from **Black** coach. Because he makes that save while moving the goalie will activate his trail leg to catch edge and push himself into RVH on near post. From here the **Blue** coach will drive for Jam or Wrap behind net.

Transition drill

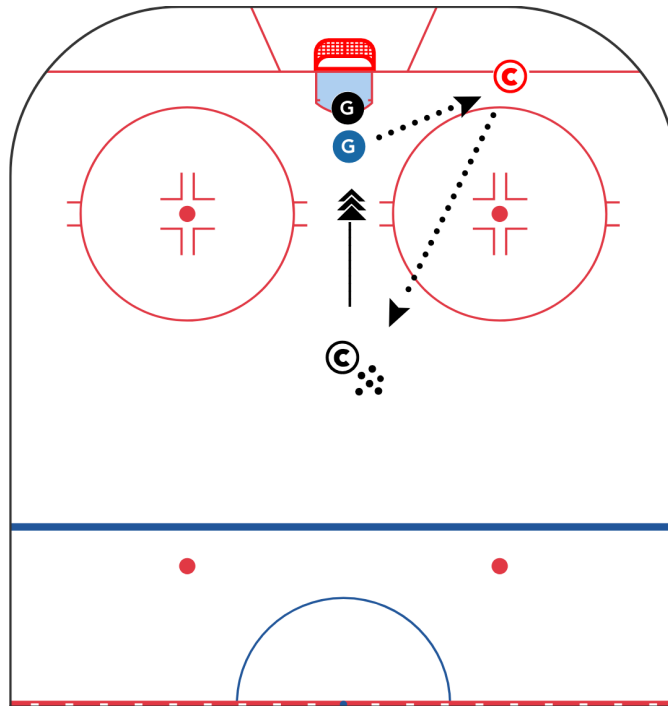


Description

<https://www.instagram.com/p/B1kU-9vgzVJ/>

Goalie starts in butterfly at point of crease. He slides to far post into RVH. He will then nudge to middle and nudge back into RVH. Then, Blue coach will pass to Black coach and goalie needs to carve up to feet and make save. From there, he will recover back to his RVH and then the blue coach can either shoot or pass to black who is driving to the short side.

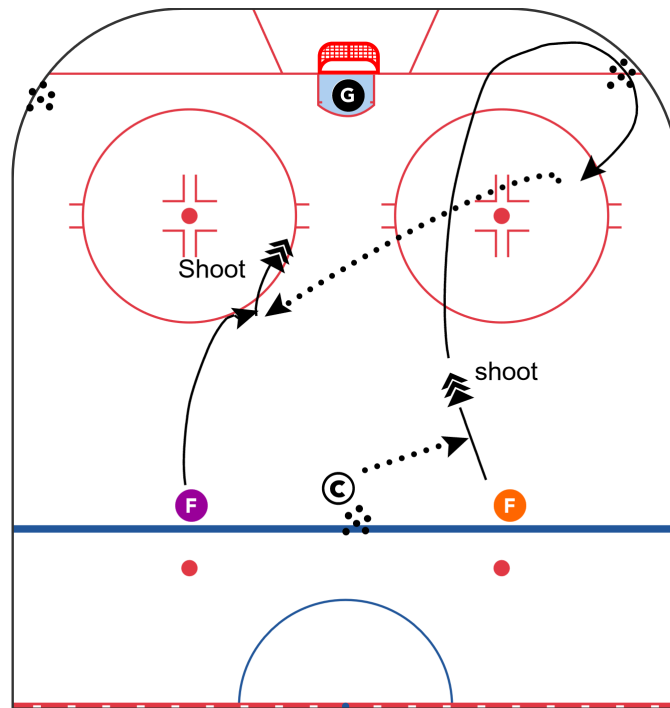
Two Goalie drill.



Description

1st shot: **Black** coach shoots puck and the **blue** goalie will butterfly and catch puck. He will then slide and use backhand to pass to **Red** coach. **Red** coach will then pass to **black** coach he will shoot through screen, **black** goalie needs to make save through **blue** screen.

Zone Entry



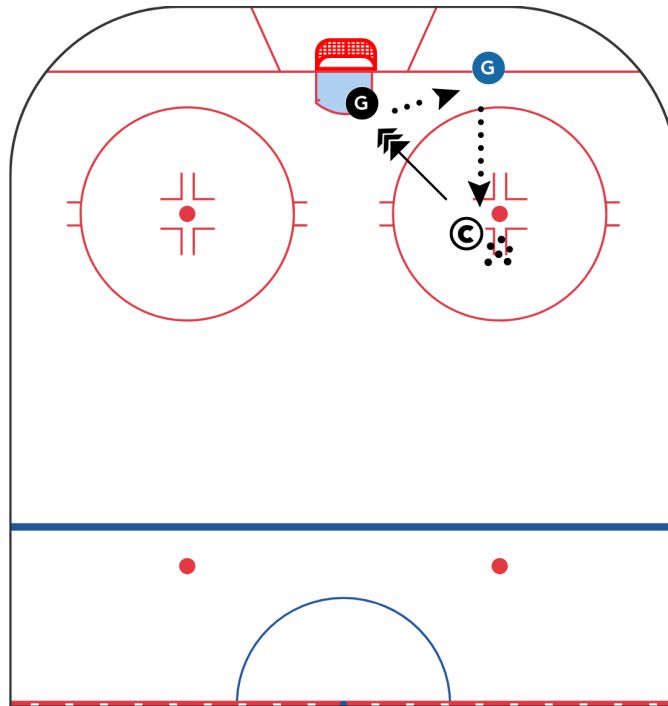
Description

Station 1 - Zone Entry: Goalie will start on goal line. Coach will give one of the forwards a pass and the goalie will need to C-cut to top of crease. Forward will take one or two strides and shoot. Goalie will make save and recover to feet on near post. That forward will retrieve a puck from the corner and will look to make a pass to other forward who will be cutting through the middle/back door, high zone, etc.

Puck Play



Catch, Quick Out Pass

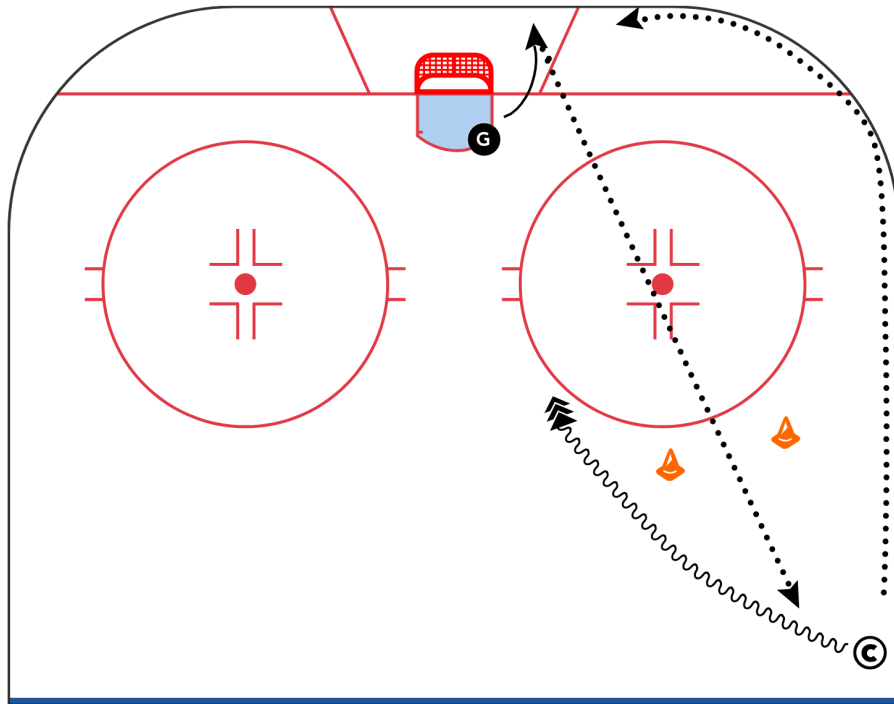


Description

<https://www.instagram.com/p/Bo7NYvGFYXp/> <<https://www.instagram.com/p/Bo7NYvGFYXp/>>

Black goalie is in butterfly the whole time squared up to coach. Coach will shoot glove side and goalie will catch puck and set it down in front of him. He will then use his backhand to pass to his Blue goalie. So the black goalie is sliding and passing puck to his partner at the same time. Video above.

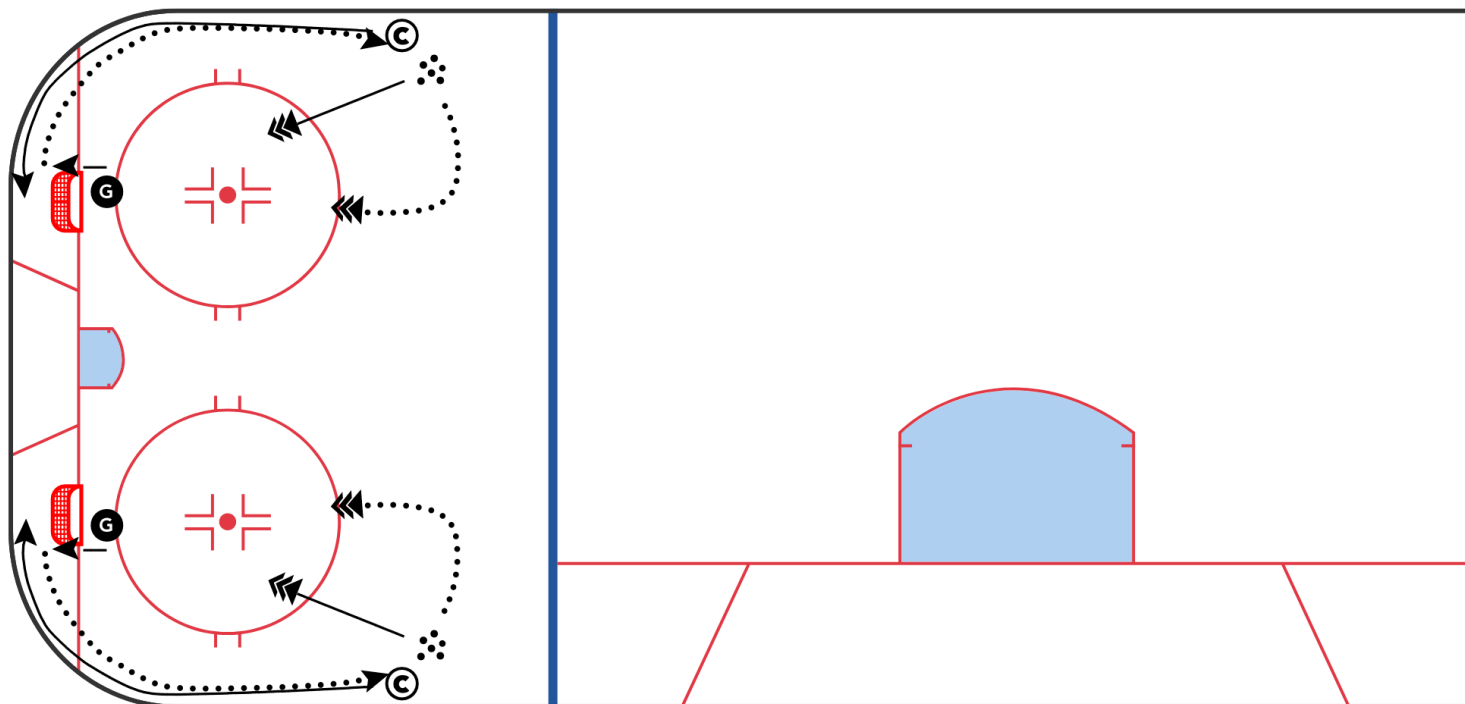
Passing target



Description

Coach will start by rimming a puck down the wall. Goalie will retrieve puck behind net and then he must pass back to coach through the cones. Once get goalie gets back and set in net coach will rush the zone and shoot.

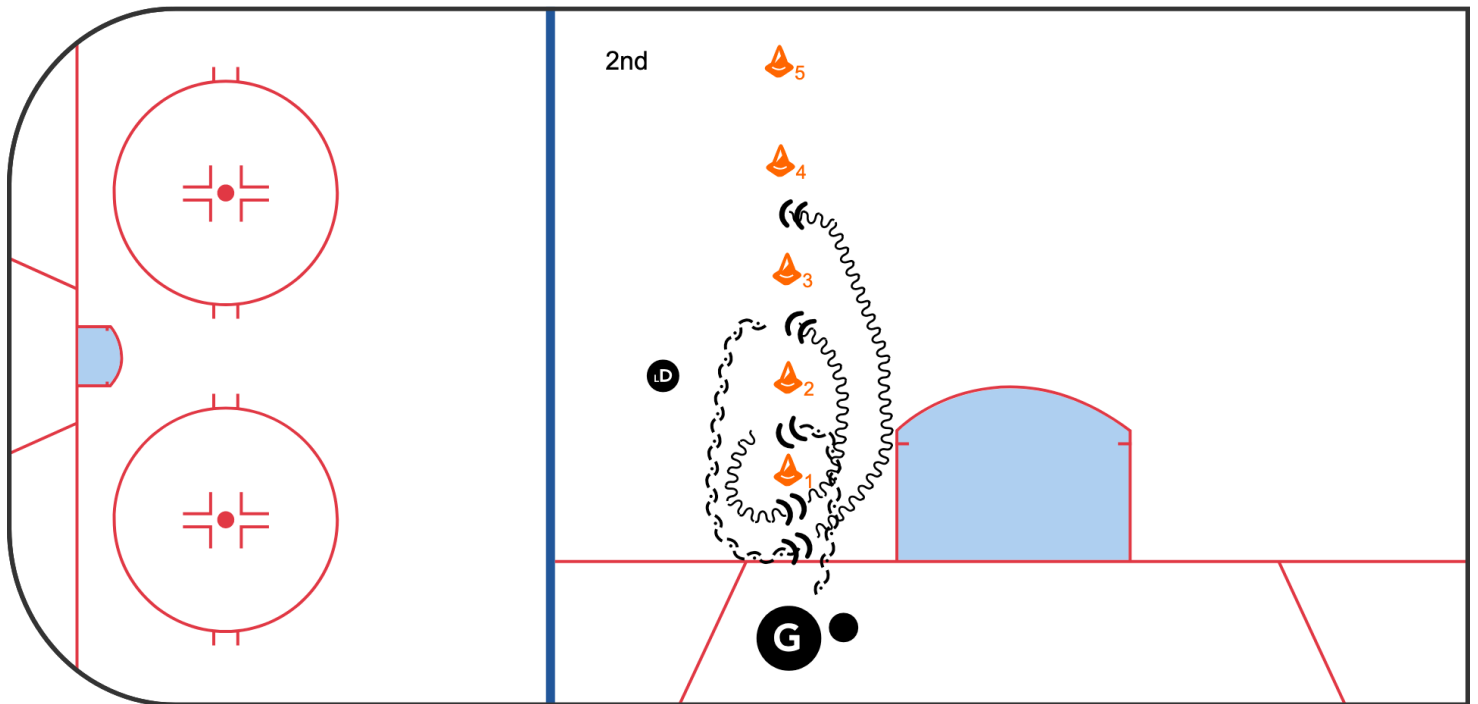
Puck Handling/Rims



Description

Coach will be above the half wall with pucks. Coach will rim the puck and the goalies will skate behind net and retrieve it. Goalie will rim puck back up the wall. Coach will then take a shot. Second, coach will rim puck and goalie will rim it back, this time the coach will take the puck and walk toward the middle of the ice and shoot.

Puck Handling

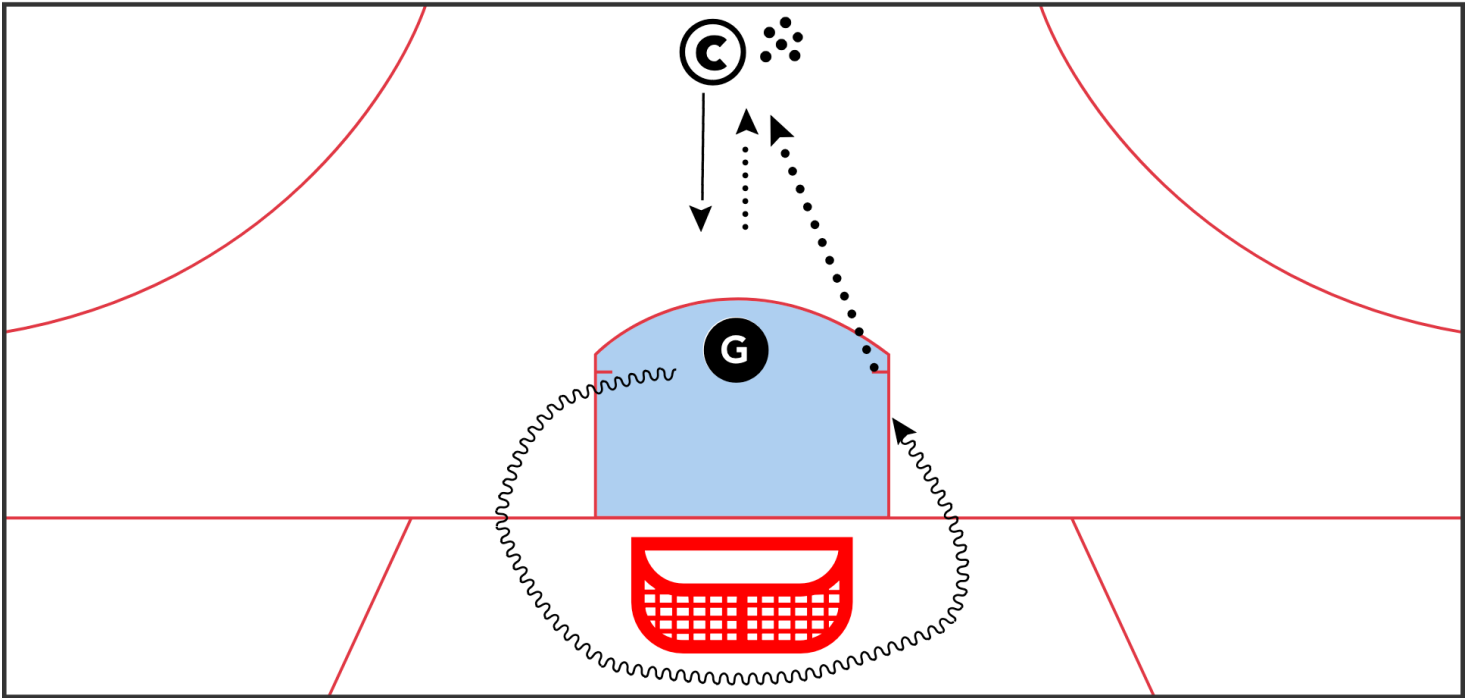


Description

1st Progression: Goalie will handle a puck through the lines of cones. Do up the line and back down the line going backwards.

2nd Progression: Goalie will start with puck at the beginning of the cones. He will skate up and around the first cone, pivot, and skate backwards with his own puck. Then will skate forward around the second cone-pivot and skate backwards back to the first cone. Will then pivot and skate forwards again around the third cone, pivot at top of the cone and skate backwards again all the way back to the first cone. Always pivoting so goalie is facing forward at all times.

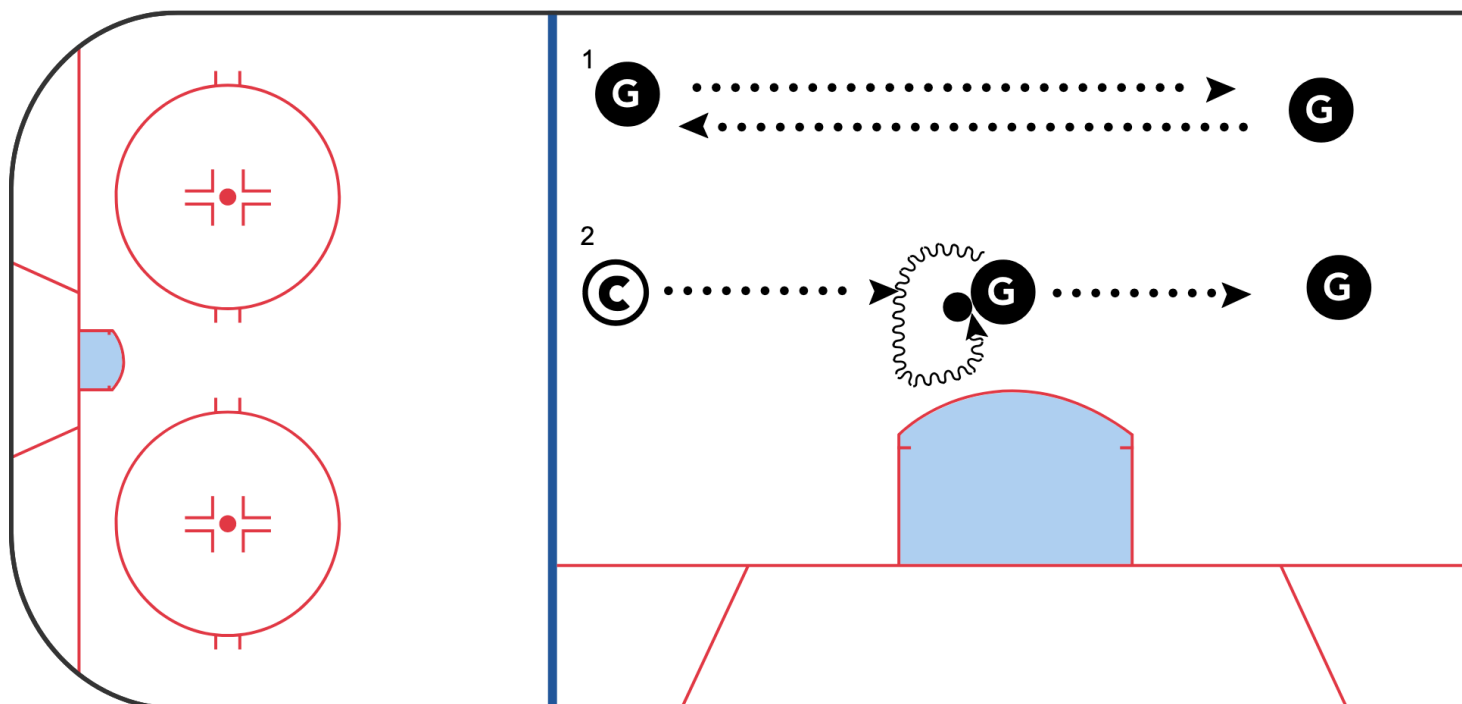
Puck Playing Variation



Description

Coach starts with puck. Goalie on top of crease. Coach shoots glove side. Goalie catches puck and then sets puck down and passes back to coach. Second, coach dumps puck into goalie on the ice and goalie will go down to one knee/paddle down to stop puck. Goalie will then get up and skate puck around the net facing the shooter the whole time and then will pass back to coach. Coach will then play it out and shoot on goalie.

Puck Playing w/ Edges



Description

1st Progression: Two goalies. Coach can do it with goalie if there is only one of them. Have the two goalie pass back and forth forehand to forehand. Then proceed to backhand to backhand. Then have the goalie pass to the partners backhand. Partner will receive pass on backhand, pull it to the forehand side and then pass to the partners backhand.

2nd Progression: Coach will pass to goalie in the middle. Goalie will catch pass and then have to use inside edges to carve around the puck. Don't pull the puck with hands, use edges to move around the puck and then pass to goalie partner.