

Goalie Training Session 1

This is a basic skating drill but goalies at all levels will benefit from this by..No crease required you can use this anywhere you have room on the ice. Shorten if needed by only doing the patterns you feel are needed. (BF= butterfly)

Cone Skating Patterns

All patterns over and back

- Pattern 1: shuffle to cone
- Pattern 2: shuffle to cone + BF
- Pattern 3: shuffle to middle + BF, the shuffle to far cone
- Pattern 4: t-push to cone

Notes

Emphasis:

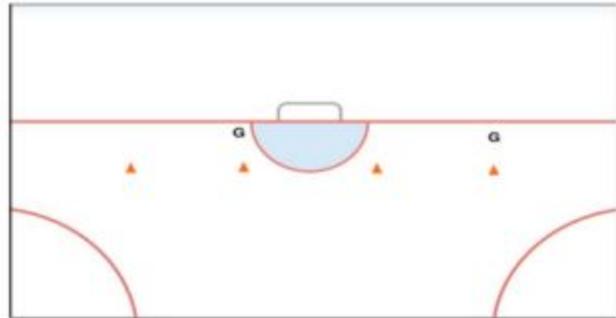
- athletic stance at all times
- shuffles should be short, crisp, and balanced
- push n pull with all shuffles

If doing BF's:

- knees should hit the ice simultaneously
- arms should not drop upon hitting the ice
- hands out front and active

If doing t-pushes:

- proper load and gather
- stop on lead leg



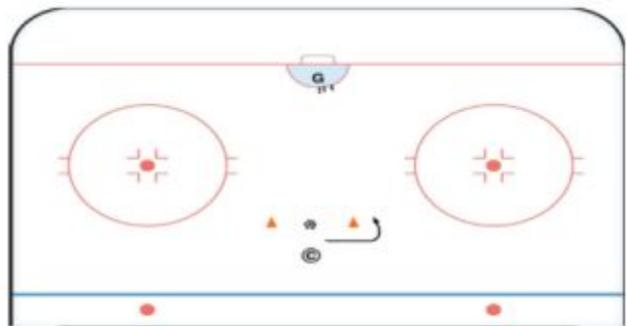
Simple shooting drill, gets goalies used to moving to the proper angle. Remember, the angle

Narrow Lateral - ADV

- "G" Starts on "C" at the top of the crease.
- "C" will move around the cone and release a MID TO HIGH SHOT.
- "G" will use short shuffles to maintain squareness to shooter.
- Follow rebounds
- Alternate sides

Notes

- Short, crisp shuffles are essential
- Goalie should not change stance or let feet drift when shot is being taken.
- Encourage great visual attachment



that matters is the PUCK, not the shooter. If the goalie is off the angle stop, point out the correct angle, and start over.

Goalie Training Session 2

Edge work is essential and all goalies should work to improve this skill. When pivoting reinforce head first, then hands, then hips, the move. PGD calls this head/hands/hips/go, the goalies will know this term. Look for goalies to load the back leg edge for strong pushes.

Line Skating

Variations:

- 1) Shuffle shuffle pivot
- 2) T-Push => pivot
- 3) Pivot => BFS

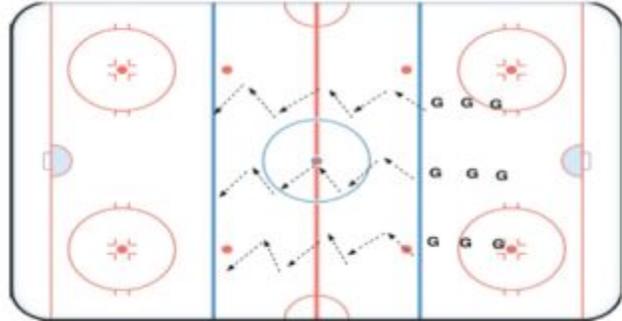
C-cuts:

- 1) One leg forward/backward
- 2) Alternate leg forward/backward

Exaggerated C-cuts:

- 1) One leg forward/backward
- 2) Alternate leg forward/backward

Inside Edges/Outside Edges



For younger goalies, or to work on shuffles and shorter movements, the coach can move closer. The coach can also move on each rep to get the goalie moving to the puck not to where they know the coach is. Watch for head/hands/hips/go and loading the push leg/

Wide Lateral

G starts on BL opposite C.

On "Go," G will rotate and t-push to C.

Once G gets feet set, C will shoot.

Variations:

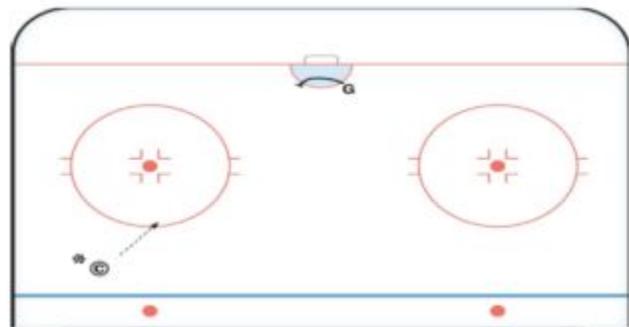
* Start younger goalies on Neutral Zone/Center dot angle

PHASE 2: Shift to BSR-Up

On "Go," G will shift towards the middle. As soon as the shift is complete, G will rotate, and recover up to their feet to the far BL angle on C.

Once G sets feet, C will shoot.

G must recover to all rebounds when present.



Goalie Training Session 3

With movement watch for head/hands/hip/go. When goalies recover (aka get back to their feet) the push leg gets up first. That means if the goalie is moving to her/his left the right leg gets up first. Younger goalies can stick to phase 1. BSR is back side recover, that's getting one skate planted firmly and sliding without recovering fully.

PSM - V Drill

G starts on post.

On "Go," G rotates and t-pushes to top the of crease and stops.

On second "Go," G rotates and t-pushes to far post.

Repeat from other side.

Phase 2 - Add a BSR-Up at the top of the crease.

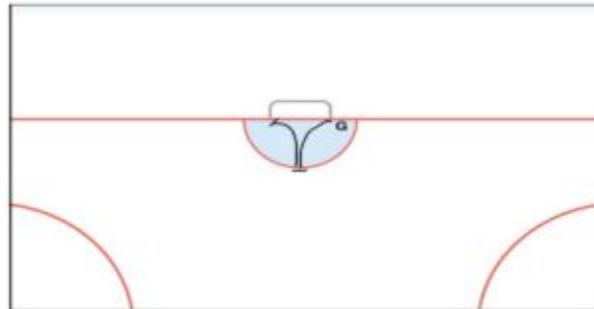
Phase 3 - Shifting -

On "Go," G rotates and t-pushes to top of crease and stops.

On second "Go," G will shift to the left.

On third "Go," G will rotate and recover up to their feet on the far post.

** If the G starts on the left post, they shift to the left at the top of the crease. If the G starts on the right post, they shift to the right at the top of the crease.



The focus is on stick saves, older goalies should start in a good stance and drop to make the save. Younger goalies can start in a butterfly. Watch to see the goalie tracking the puck all the way and turning her/his head to track the puck. Goalie should have stick out front and use a circular or arc motion to direct the puck, not poke or stab at it. This is especially common with younger goalies.

Active Stick Development

Goalie will be at the top of their crease or at a mid-depth in crease.

Coach will shoot puck on the ice to the "G's" glove side, causing the "G" to move into their butterfly and execute a stick save.

Allow the "G" to reset after each shot.

"C" will shoot 8-10 pucks before switching Goalies.

Then shoot 8-10 pucks to the "G's" blocker side.

