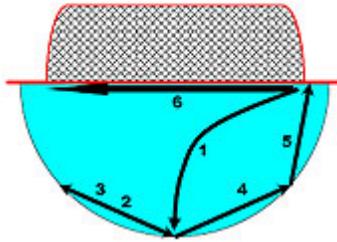


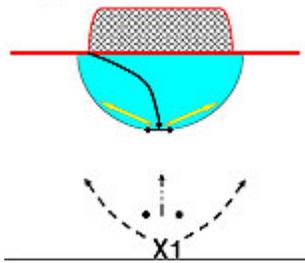
Umbrella PP Movement



Movement Drills - Advanced

- [Master Top of Crease](#)
- [LA Movement & Read 1](#)
- [LA Movement & Read 2](#)
- [LA Movement & Read 3](#)
- [LA Movement & Read 4](#)
- [Umbrella PP Movement](#)

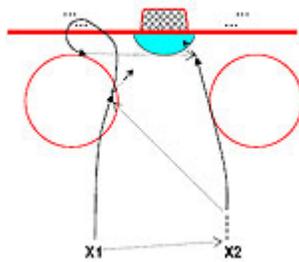
Middle Out 2 Puck Drill



Fundamental Save Drills - Advanced

- [Ayers On Ice Recovery](#)
- [Middle Out 2 Puck](#) | [Video](#)
- [Gloves & Tracking 2](#) | [Video](#)

Berard Back Door



Game Situation Drills - Advanced

- [Triple Option Load](#) | [Video](#)
- [Berard Back Door](#) | [Video](#)
- [Quick Strike 2 vs. 1](#) | [Video](#)
- [Flint Four Shot](#) | [Video](#)



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MASTER TOP OF CREASE

Drill Description:

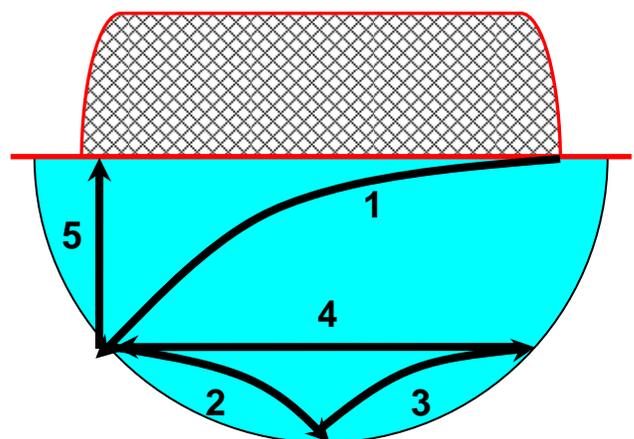
1. The goaltender comes off the post through the middle of the net to the top of the crease corner angle on the opposite side of where he/she started and sets feet.
2. Small T- push to the middle of the top of the crease and set feet.
3. Small T- push to the opposite side corner of the top of the crease and set feet.
4. T-push across to the corner angle of the top of the crease where he/she started from and set feet.
5. T-push or 1 shuffle push back to near side post.

Note: Goaltender should wait 1 second before beginning each movement.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post - Goaltender should shift body through the middle of the net while moving out.
2. T – push – Rotate hips and lead with stick and gloves.
3. T – push – Lift drive leg slightly off the ice after initial push.
4. T- push must be crisp and explosive. Rotate feet and body square to angle once arriving at desired spot.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

LA MOVEMENT & READ 1

Drill Description:

Coach triggers all movement with the word "GO"

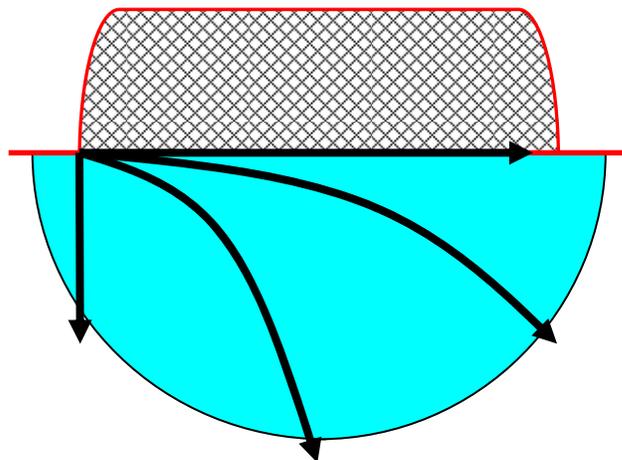
When the goaltenders feet are set they turn their head to read the play.

1. On coaches command goaltender C - cuts out to the near side corner of the top of the crease, sets feet, and turns head to evaluate play.
2. On coaches command goaltender one shuffle pushes back to the starting post.
3. On coaches command goaltender T - pushes or C - cuts out to the middle of the top of the crease, sets feet, and turns head to evaluate play.
4. On coaches command goaltender T - pushes back to the starting post.
5. On coaches command goaltender T – pushes out to the opposite side corner of the top of the crease, sets feet, and turns head to evaluate play.
6. On coaches command goaltender T - pushes back to the starting post.
7. Once arriving at post goaltender 1 shuffle pushes across to opposite post and begins sequence from opposite side.

Repeat the drill for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heels should be on the red, feet should be set, and goaltender should turn head to read puck holders options.
3. Movements should be crisp and explosive.
4. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

LA MOVEMENT & READ 2

Drill Description:

Coach triggers all movement with the word "GO"

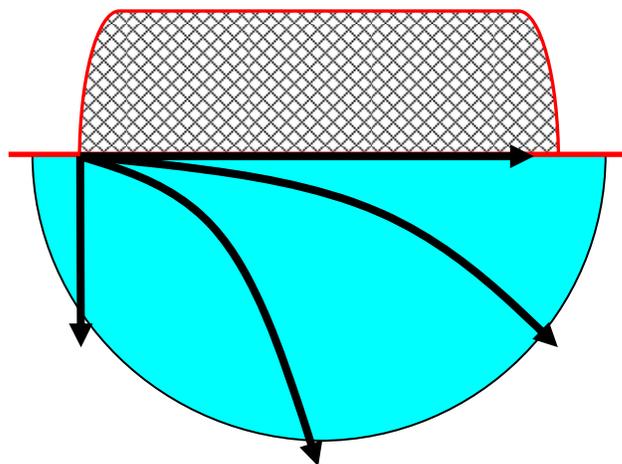
When the goaltenders feet are set they turn their head to read the play.

1. On coaches command goaltender C - cuts out to the near side corner of the top of the crease, sets feet, and turns head to evaluate play.
2. On coaches command goaltender butterfly's, fully recovers, and one shuffle pushes back to the starting post.
3. On coaches command goaltender T - pushes or C - cuts out to the middle of the top of the crease, sets feet, and turns head to evaluate play.
4. On coaches command goaltender butterfly's, fully recovers, and T - pushes back to the starting post.
5. On coaches command goaltender T – pushes out to the opposite side corner of the top of the crease, sets feet, and turns head to evaluate play.
6. On coaches command goaltender butterfly's, fully recovers, and T - pushes back to the starting post.
7. Once arriving at post goaltender 1 shuffle pushes across to opposite post and begins sequence from opposite side.

Repeat the drill for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heels should be on the red, feet should be set, and goaltender should turn head to read puck holders options.
3. *Full Recovery*: When moving to the right, get up with left leg. When moving to the left, get up with right leg. The goaltender needs to recover with the foot of the drive leg in front of the lead leg.
4. Movements should be crisp and explosive.
5. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

LA MOVEMENT & READ 3

Drill Description:

Coach only triggers movements from the to of the crease using the word "GO"

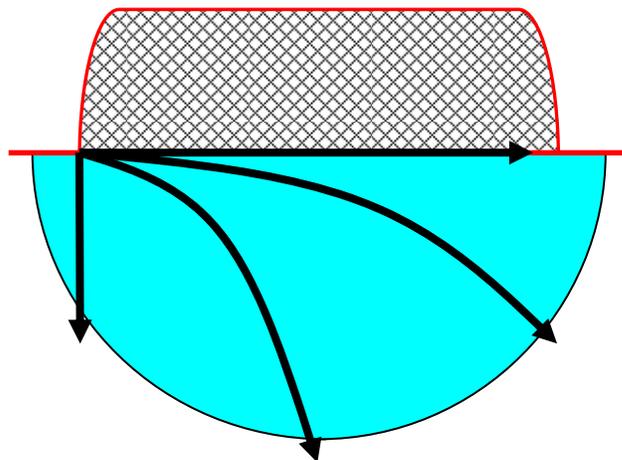
When the goaltenders feet are set they turn their head to read the play.

1. Goaltender C - cuts out to the near side corner of the top of the crease, sets feet, and turns head to evaluate play.
2. On coaches command goaltender one shuffle pushes back to the starting post.
3. Once arriving at post goaltender T - pushes or C - cuts out to the middle of the top of the crease, sets feet, and turns head to evaluate play.
4. On coaches command goaltender T - pushes back to the starting post.
5. Once arriving at the post goaltender T – pushes out to the opposite side corner of the top of the crease, sets feet, and turns head to evaluate play.
6. On coaches command goaltender T - pushes back to the starting post.
7. Once arriving at post goaltender 1 shuffle pushes across to opposite post and begins sequence from opposite side.

Repeat the drill for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heels should be on the red, feet should be set, and goaltender should turn head to read puck holders options.
3. Once arriving at the post the goaltender should quickly explode out to the next angle.
4. Movements should be crisp and explosive.
5. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

LA MOVEMENT & READ 4

Drill Description:

Coach only triggers movements from the to of the crease using the word "GO"

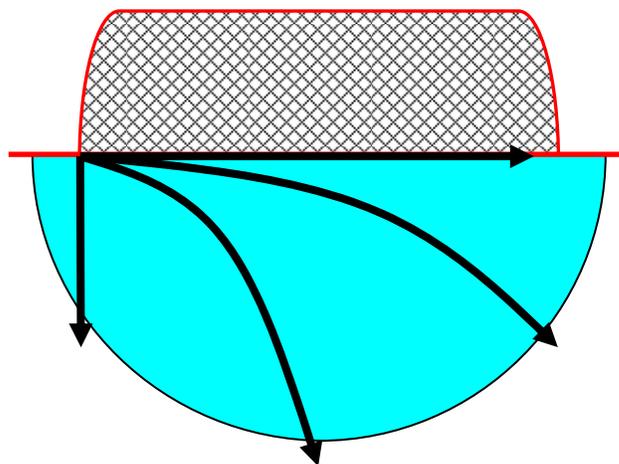
When the goaltenders feet are set they turn their head to read the play.

1. Goaltender C - cuts out to the near side corner of the top of the crease, sets feet, and turns head to evaluate play.
2. On coaches command goaltender half butterfly's toward starting post, fully recovers, and one shuffle pushes back to the starting post.
3. Once arriving at post goaltender T - pushes or C - cuts out to the middle of the top of the crease, sets feet, and turns head to evaluate play.
4. On coaches command goaltender half butterfly's toward starting post, fully recovers, and T - pushes back to the starting post.
5. Once arriving at the post goaltender T – pushes out to the opposite side corner of the top of the crease, sets feet, and turns head to evaluate play.
6. On coaches command goaltender half butterfly's toward starting post, fully recovers, and T - pushes back to the starting post.
7. Once arriving at post goaltender 1 shuffle pushes across to opposite post and begins sequence from opposite side.

Repeat the drill for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heels should be on the red, feet should be set, and goaltender should turn head to read puck holders options.
3. *Full Recovery:* When moving to the right, get up with left leg. When moving to the left, get up with right leg. The goaltender needs to recover with the foot of the drive leg in front of the lead leg.
4. Once arriving at the post the goaltender should quickly explode out to the next angle.
5. Movements should be crisp and explosive.
6. T – push – Slightly lift drive leg off the ice after pushing off.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

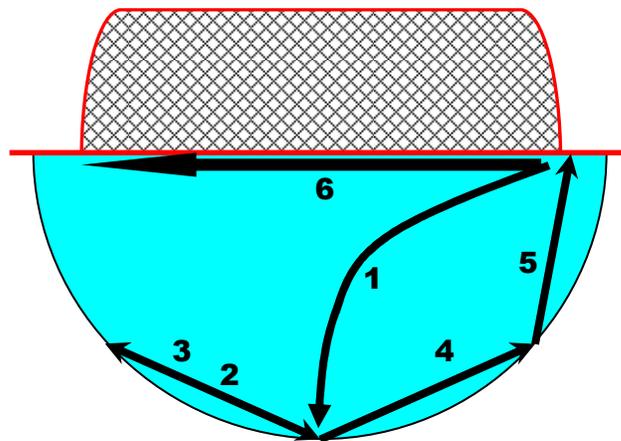
UMBRELLA PP CREASE MOVMENT

Drill Description:

1. T - push or C - cut out through the middle of net to the middle of the top of the crease. Set feet and turn head to evaluate shooter's options.
2. T - push over to the corner of the top of the crease on the opposite side that the goaltender started from. Set feet and turn head to evaluate shooter's options.
3. T - push back to the middle of the top of the crease. Set feet and turn head to evaluate shooter's options.
4. T - push over to corner of the top of the crease on the side that goaltender started from. Set feet and turn head to evaluate shooter's options.
5. T - push or 1 shuffle back to post. Set feet and turn head to evaluate shooter's options.
6. Butterfly slide across goal line to make an in tight backdoor save.
7. Recover to feet and start drill from opposite side.

Key Teaching Points:

1. All movements are quick and explosive.
2. Each movement ends with the goaltender stopping, setting his/her feet, and turning head to evaluate shooter's options. This will help develop good play tracking skills.
3. Butterfly slide is to make a save on an in tight backdoor play across the crease. Goaltender needs to push hard with edge of drive leg, extend leading leg flush on the ice, rotate hips and shoulders, bring drive leg flush on the ice and tight to the leading leg. This will eliminate holes on the ice.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

AYERS ON ICE RECOVERY

Drill Description:

NOTE: Net is placed against boards. The goaltender starts in stance in the middle of the top of the crease. Shooter (S1) begins three feet above the top of the crease in line with the post.

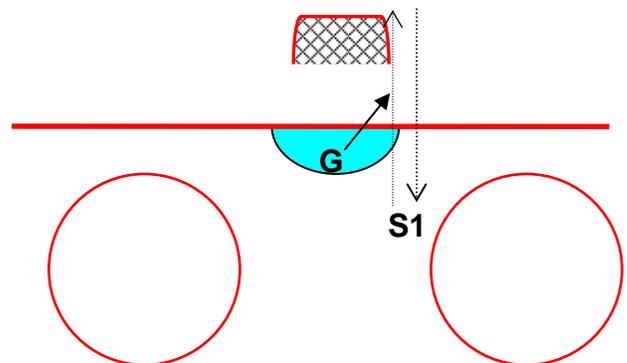
On Coach's Signal:

Goaltender drops into half butterfly towards the side that S1 is standing, at the same time; S1 shoots a puck off the back of the boards. The goaltender makes a quick on ice recovery towards the post, while S1 controls the pass off the wall for a quick shot short side.

Repeat drill 2X on each side for a total of 4 reps.

Key Teaching Points:

1. Goaltender leads with stick and gloves to eliminate shooter's ability to get puck up on the short side.
2. After extending leg to make 1st shot save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates goaltender on angle. While recovering, continue to keep the lead leg extended and flush on the ice in order to fill space. Weight should be placed on the inside edge of the drive leg. After pushing off with the inside edge of the outside leg the goaltender must bring the outside leg flush onto the ice.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MIDDLE OUT TWO PUCK DRILL

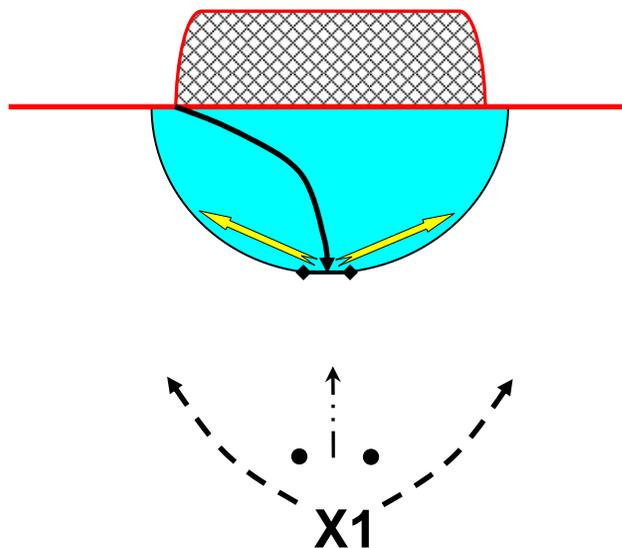
Drill Description:

The goaltender starts on the post and the shooter is three feet above the middle of the top of the crease.

1. The goaltender moves off the post through the middle to the top of the crease and sets feet.
2. Once the goaltender sets his/her feet, X1 shoots to score through the five hole. The goaltender drops into butterfly position to make save.
3. Immediately after the first shot, X1 takes the second puck and attacks to either his/her forehand or backhand side. (*The player cannot change direction once committed.)
Playing the second puck the goaltender stays in the butterfly position and uses on ice recovery to make the save.

Key Teaching Points:

1. The goaltender needs to stay compact throughout all movements.
2. During lateral movement on ice the goaltender must maintain his/her center position with chest lined up with puck.





NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

GLOVE AND TRACKING TWO

Drill Description:

1. Shooters S1 and S2 set up on the face-off dots with pucks.
2. The goaltender begins the drill 'on angle' with S1 at the top of the crease.
3. On command S1 slaps stick on ice and the goaltender moves across the crease executing a butterfly slide to make a save on shot from S2.
4. The goaltender fully recovers and lines up on angle with S2 at the top of the crease.
5. S2 shoots the puck quickly and high forcing the goaltender to make a glove or blocker save.

Repeat the drill 4 times from each side for a total of 8 reps.

Key Teaching Points:

1. The goaltender should slide back towards the post to get 'on angle' quickly.
2. The goaltender's first move should be to turn head, find the puck and then track the puck with the eyes.
3. The goaltender needs to keep the blocker and glove up through the movement to execute the save.

