

G Conditioning and Goalie Technique

Key Points:

Skate all directions and pivots.

Description:

1. D get a puck from the red line, skate in and shoot, Backwards thru middle lane, get a puck from other side at the red line, skate in and shoot.
2. Lateral figure 8's, facing the coach and exchange passes.
3. Player behind net go from side to side and pass out or walk out for a shot. Goalie read movement.

<http://hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091306599>

