

The Wockey Goalie Drills Book

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Introduction

- This drill book is free for you to use and share. In return, **please submit your ideas for inclusion in the drill book.**
- This drill book is created under a *Creative Commons* license. You pay copy, distribute, display and perform the work; and you may make derivative works. You must attribute the work: “The Wockey Goalie Drill Book. wockey.stikipad.com”
- There are a lot of good goalie books and goalie camps out there. Some are listed on the Wockey Wiki. Many of these drills are based on favorites from those experiences.
- “Beware the Wockey, my son!”

Fast Thoughts

- A goalie is 40% (or more) of your team. You cannot win without a good goalie. Practices should reflect this. Assign one assistant coach as a goalie coach; or rotate the assignment. But work with the goalies – don't use them as target dummies.
- Beginner goalies need to practice (a) correct saves (b) position and (c) recovery. To do this effectively, they **MUST** practice in a crease. A little to far right, left, forward or back, and they have a bad gap or they are off center. To be good, a goalie must know where the goalie is. Practice (draw it on the ice) with a crease!!
- Work for muscle memory. You don't want goalies who think. You want goalies who react. A move must be perfected in practice to become instinctive in games.
- Each practice plan should in part reinforce core skills (muscle memory) and in part develop further goalie skills
- Make it fun. A goalie is a hard position, practicing the same moves over and over till they are perfect. Repetition can be tedious. Introduce gimmicks for no other reason than... its fun!
- One puck at a time – shooters are not allowed to shoot until acknowledged. The last thing you need is a puck to a goalies unprotected back side, taking your goalie out for several weeks.
- It's true of all kids – it's true of goalies – they will develop better if they do skills when they are not tired. Do your skill training **FIRST**, then do your power skating. Many coaches run power skating first, and then you have sloppy and ineffective skill practice.

Fast Thoughts

- Mini pucks – use mini pucks in order to force the goalies to close their holes.
- White pucks – use in order to force the goalie to track the puck better.
- Combine drills with skating – goalie skates forward, back, drill. Goalie shuffles side-side, drill.
- Move and save – drop to butterfly, save. On back, up, save. On belly, up, save.
- As goalies advance and can achieve the skills in these drills, start combining the drills so that the goalie must do one save and then a different one. In other words, reinforce the skills and develop agility
- Most of the goalie drills I find online involve different formations of skaters firing pucks at a goalie along with a stupid comment like “your goalie will see lots of work.” If you cant identify exactly what move or what skill you are developing in the goalie (other than lots of shots), then the drill is for the shooters – NOT the goalie. You goalie is acting as nothing more than a target dummy.

Goalie Stance

- Before we start talking about stances and how to coach a stance, watch the NHL and decide which is the “correct” goalie stance
 - Watch MLB batters – which is the correct swing?
 - Watch MLB pitchers – which is the correct pitching form?
 - There is no one correct stance (or swing or pitch)
 - **Each goalie has his or her own unique stance that will work best for them.**
 - The goal of the coach is to bring out the best in that goalie – not force that goalie to conform to your notions – THE WORST goalie coach I have ever watched spent the first part of goalie practice telling everyone their stance was wrong and they had to conform to his notion of a goalie stance – he was saying this to travel goalies with GAAs of 1.6 whose team took 2nd place in the league. DON'T DO THIS. It is the fastest way to frustrate a goalie.
- There are generally three goalie stances:
 - Up and down – with the leg pads close together (weakness is the goalie may be too straight up to get a quick kick off of his edges)
 - Wide – with the legs spread apart in a “V” (the weakness of this stance is a large 5 hole – the advantage is a snapping butterfly)
 - Hybrid – sort of in between the two
- What you want to look for in a good stance
 - Stick should be on the ground in front of the goalie – not right at the feet but in front so that the force of a puck hitting the stick goes up the shaft into the arm – and does not simply knock the paddle back into the toes
 - See glove

Gloves & Blockers

- In a goalie stance, the glove should be out to the side, with the wrist pointed out.
 - The glove should not be lazy down resting on the leg pads
 - The wrist should not be pointed up making it hard to move the glove
 - The glove should be slightly forward of the chest – in the vision of the goalie, able to catch a hard puck without getting knocked into the goal
- Old gloves: Keep a ball inside the glove to keep the pocket expanded.
- Use glove oil on the inside on the glove to keep the leather conditioned.
- Use glove weights.

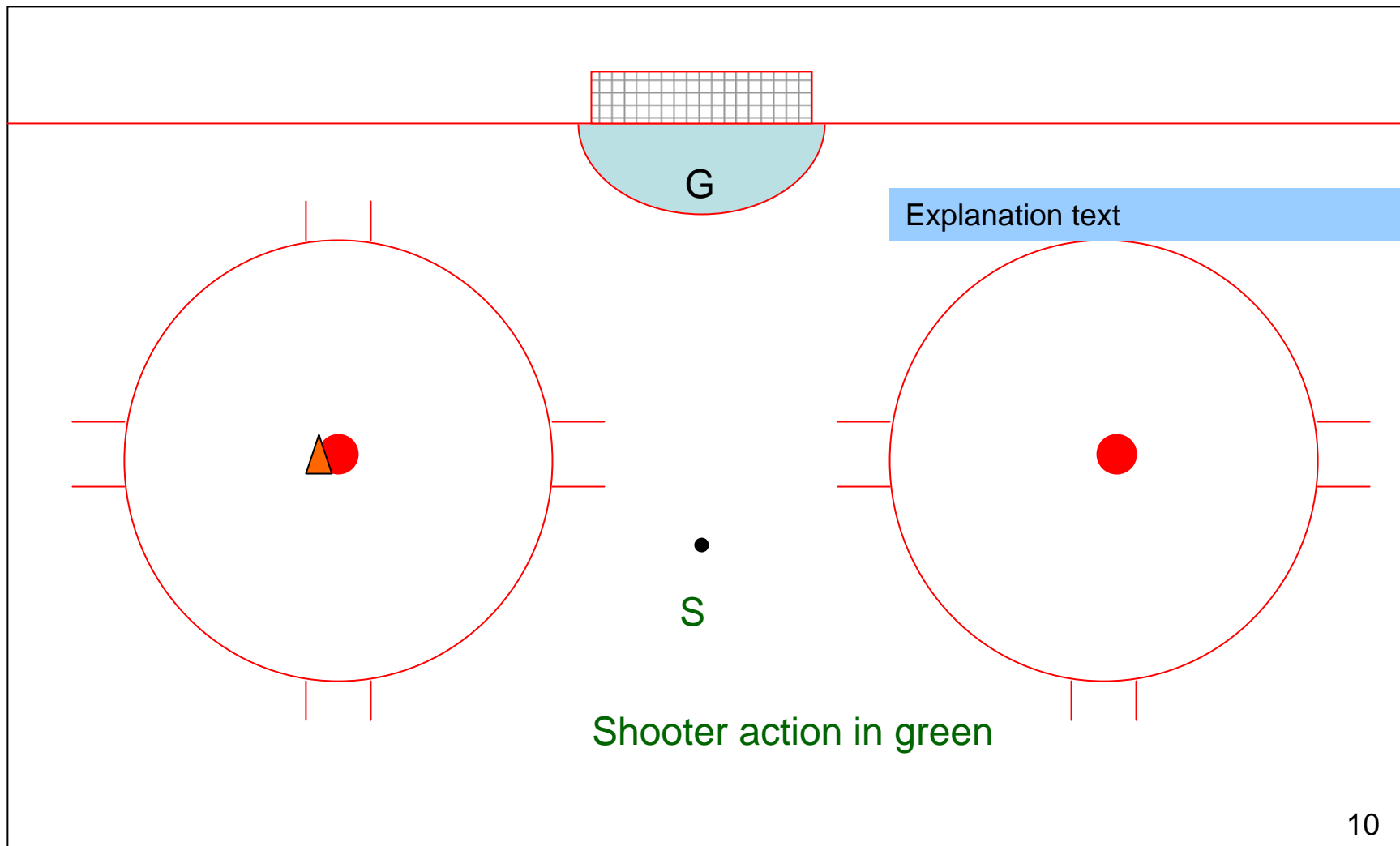
Goalie Schools & Camps

- [Mitch Korn](#) (Goalie coach of the Preds)
 - Summer camps
 - [Goalie Academy](#) (Darren Hersh) Reston, VA
 - Summer camps and training center
 - [Sports International Hockey](#): Goalie Academy
 - Summer camps
 - [Popa Goaltending](#)
 - Summer camps
 - [Goalie Guru Coach Econ](#)
- We are glad to add your school here although we reserve the right to refuse to list groups for any reason.

Understanding the drills

- - - - dashed lines is shooting
- _____ solid lines is skating

TEMPLATE



Goalie Holes

There exist seven distinct positions a goaltender needs to cover:

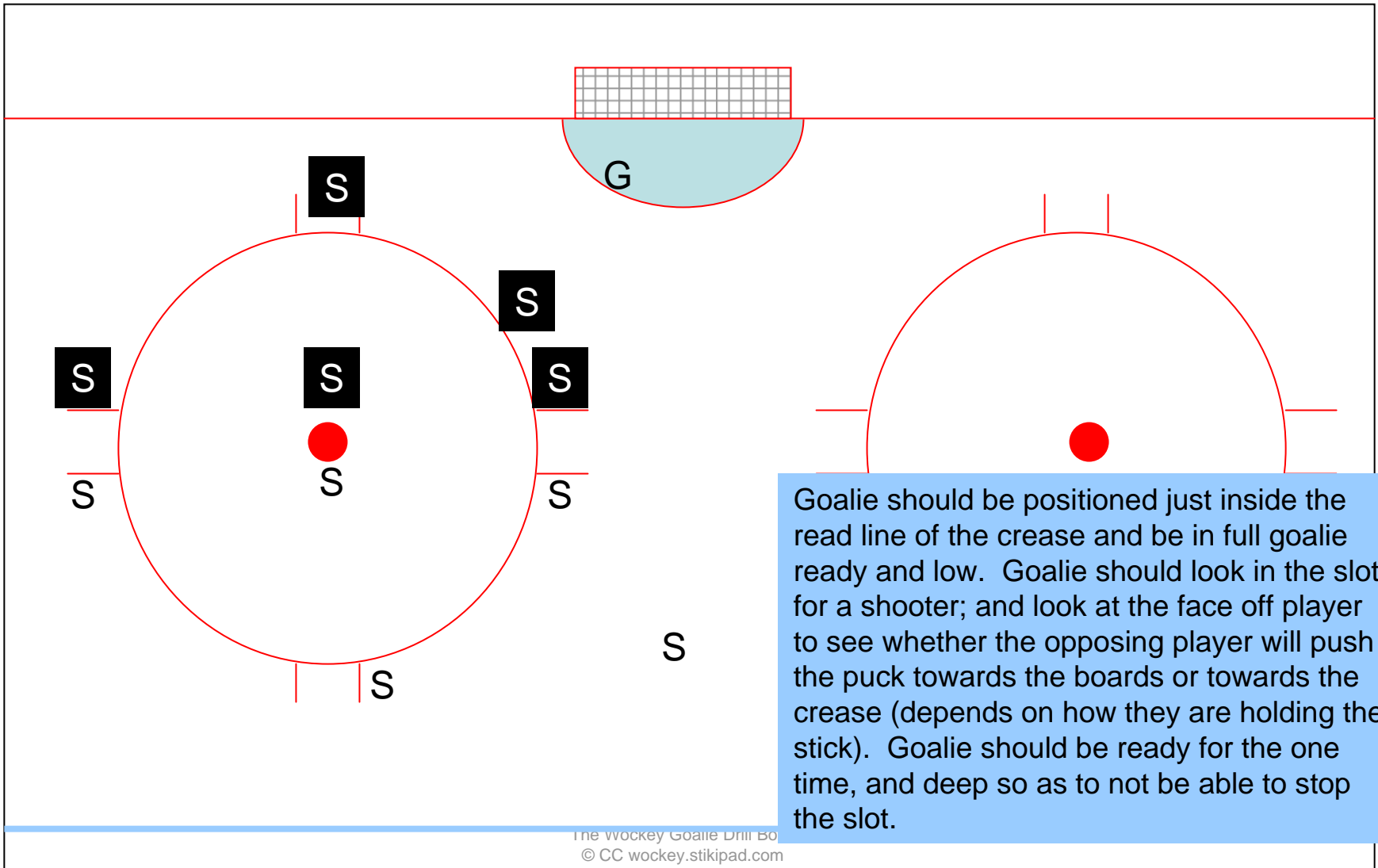
1. At the corner of the net on the ice on the goaltender's stick side
2. At the corner of the net on the ice on the goaltender's glove side
3. On the goaltender's glove side, near the upper crossbar.
4. On the goaltender's stick side, near the upper crossbar
5. Between the goaltender's legs.
6. Between the goaltender's torso and stick side.
7. Between the goaltender's torso and glove side.

- From Wikipedia.



Skills

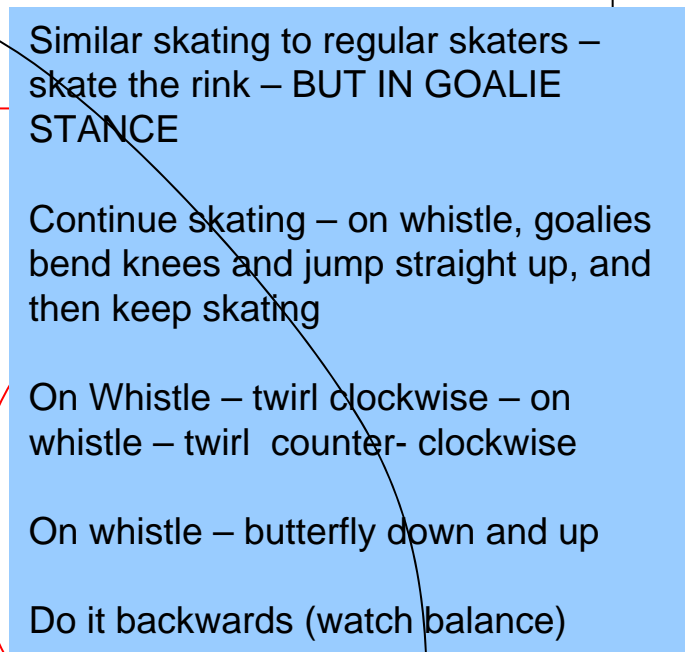
Face Offs



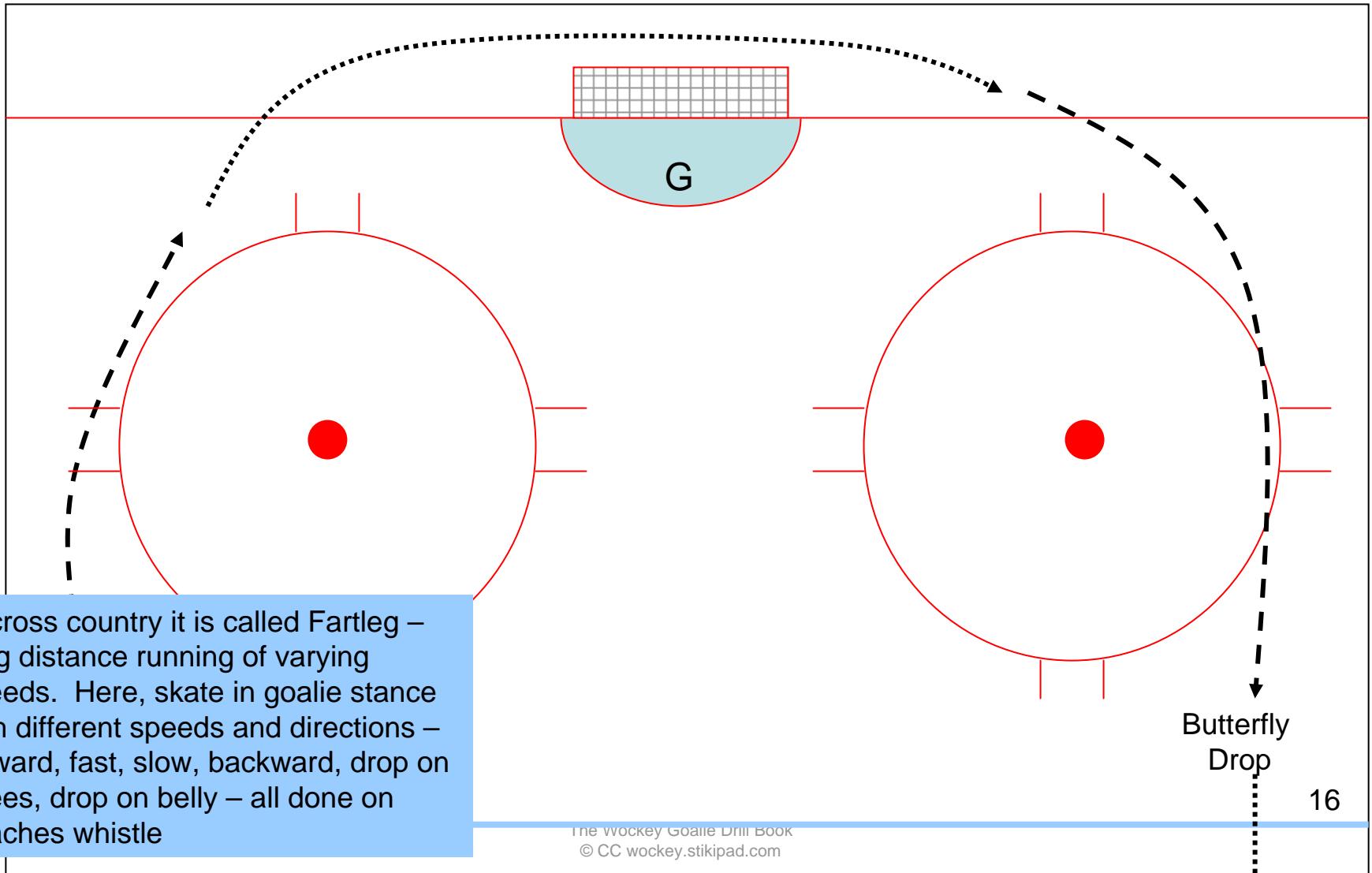
Skating

Goalie should be the best skater on the ice. Don't let goalies slake during skating drills just because they are wearing futons. Get them to skate. Roller blade off ice. Skate out during spring league just for the skating. Go to power skating. Goalies need powerful legs with bursting energy.

- ①
- ②
- ③
- ④
- ⑤

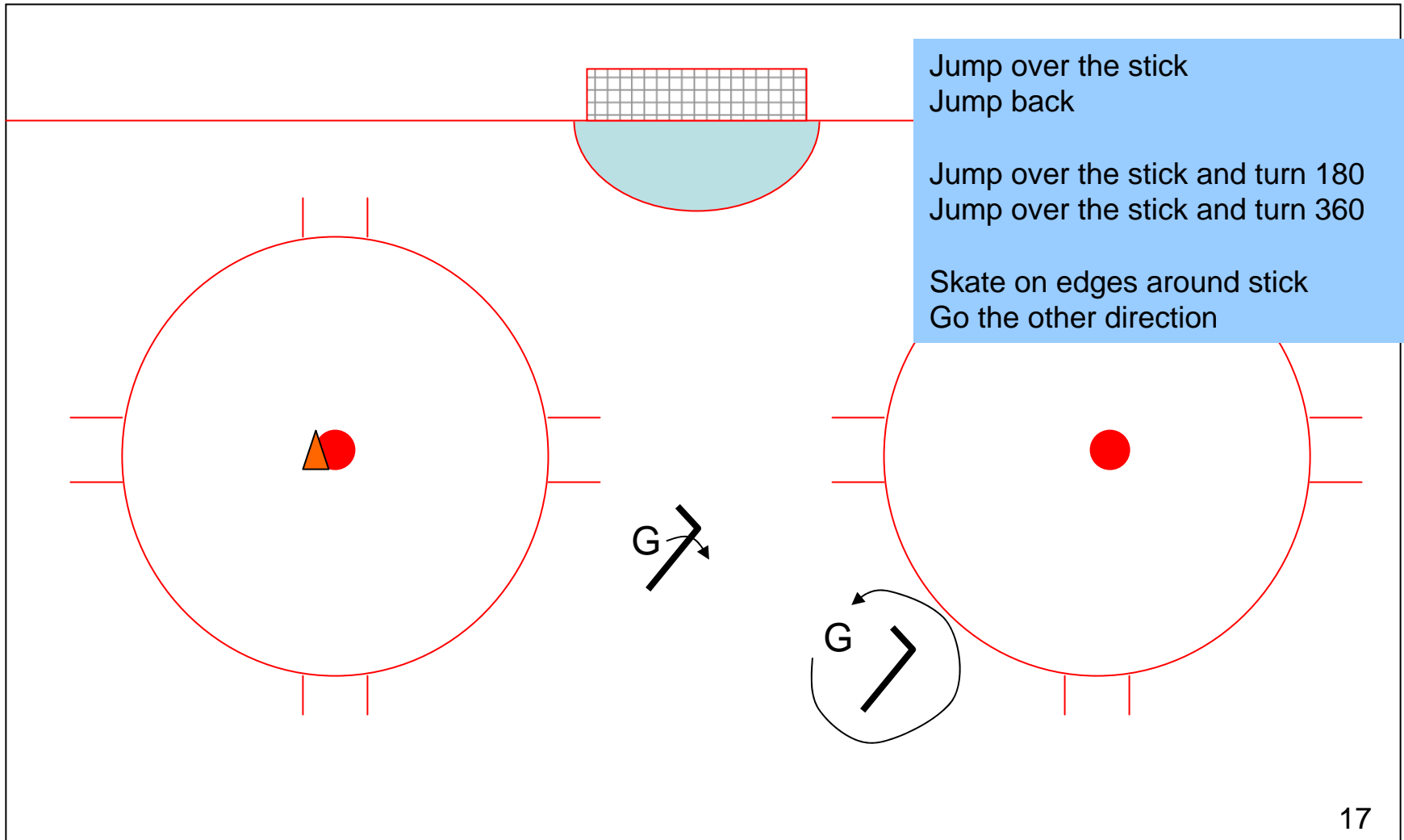


Fartleg (sp)

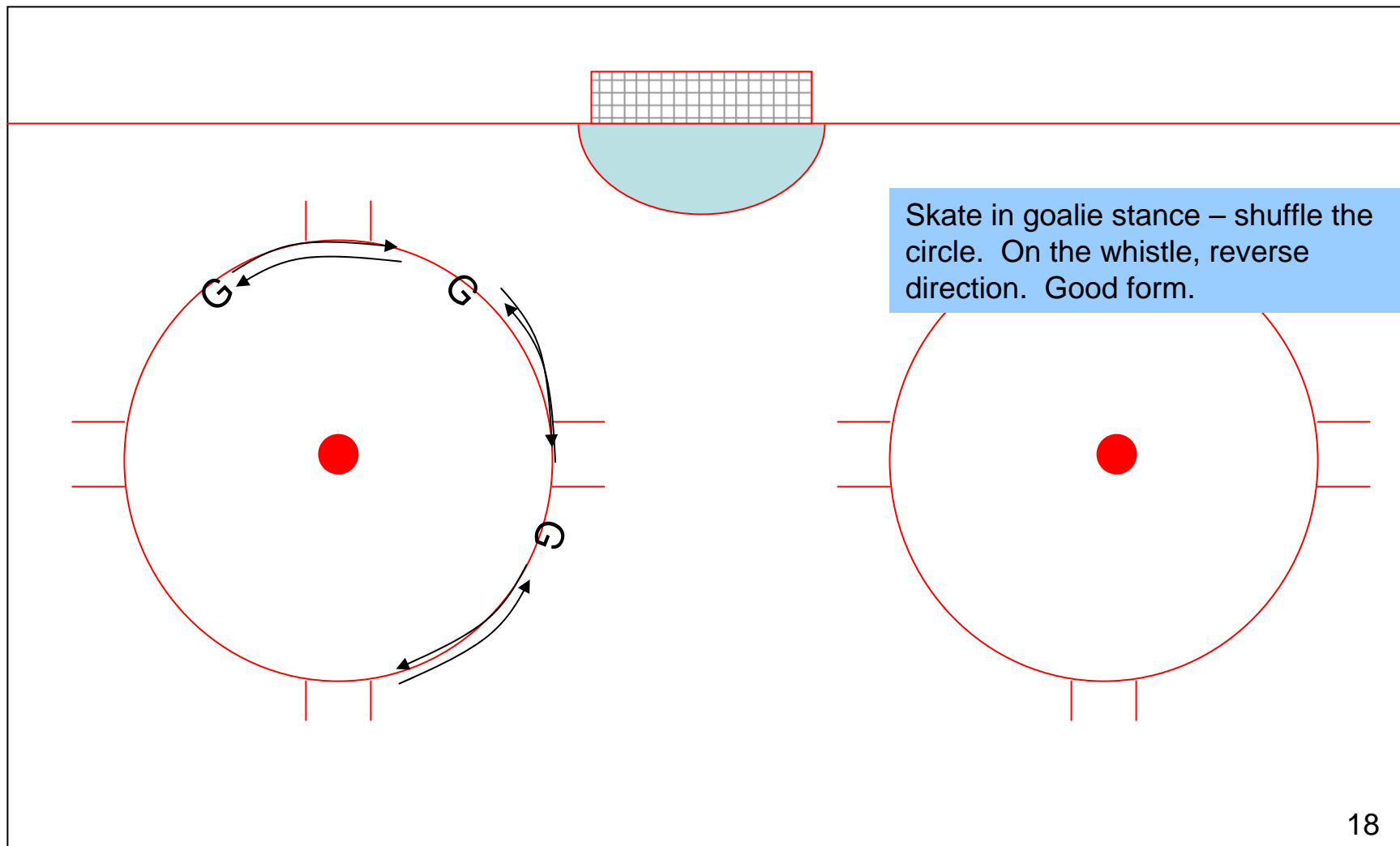


In cross country it is called Fartleg – long distance running of varying speeds. Here, skate in goalie stance with different speeds and directions – forward, fast, slow, backward, drop on knees, drop on belly – all done on coaches whistle

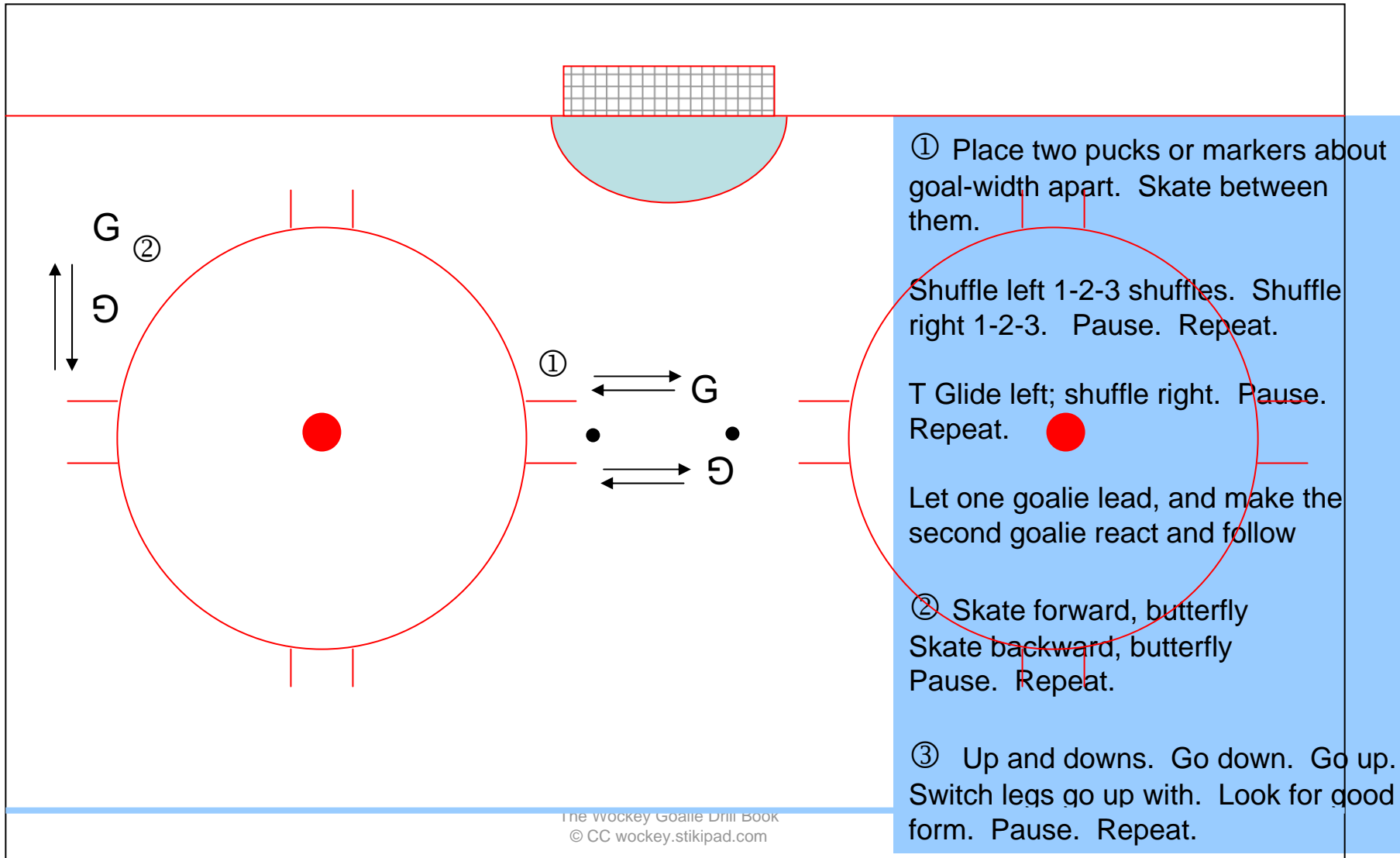
Jump the Stick



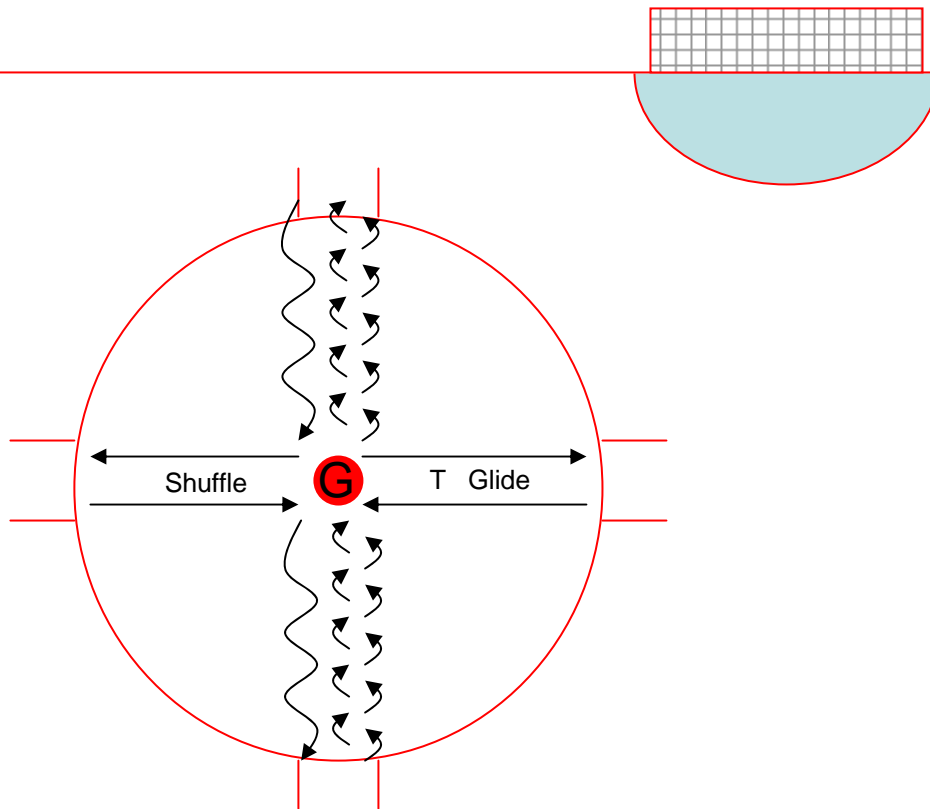
Skate the Circle



Double Goalie Skating



Cross



A good warm up skating drill. The cross. Hockey circles are good to use but not necessary.

- * Goalie skates to goalies left and back with a T glide.

- * Goalie skates back with c cuts and forward

- * Goalie skates right with shuffle

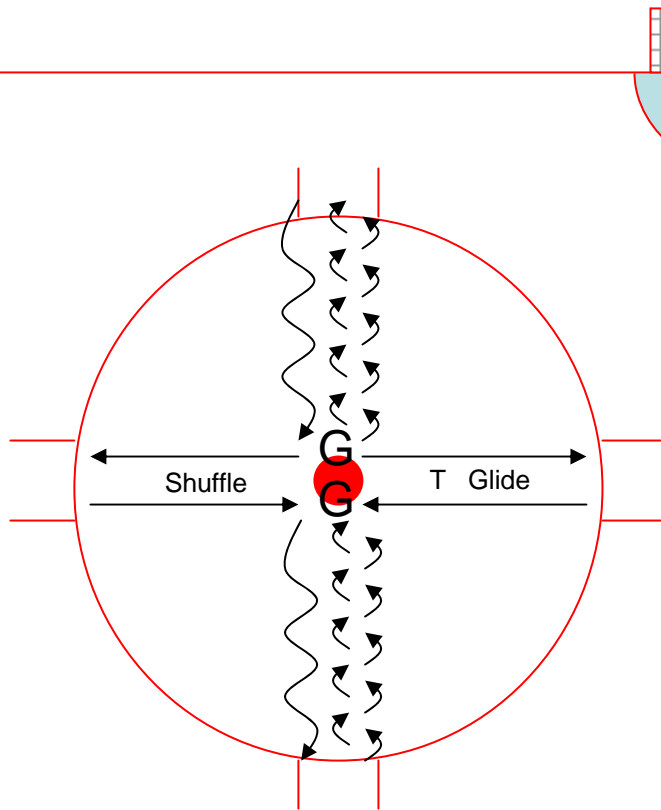
- * Goalie skates forward and back with C cuts

Variations:

- > Butterflies in center of drill

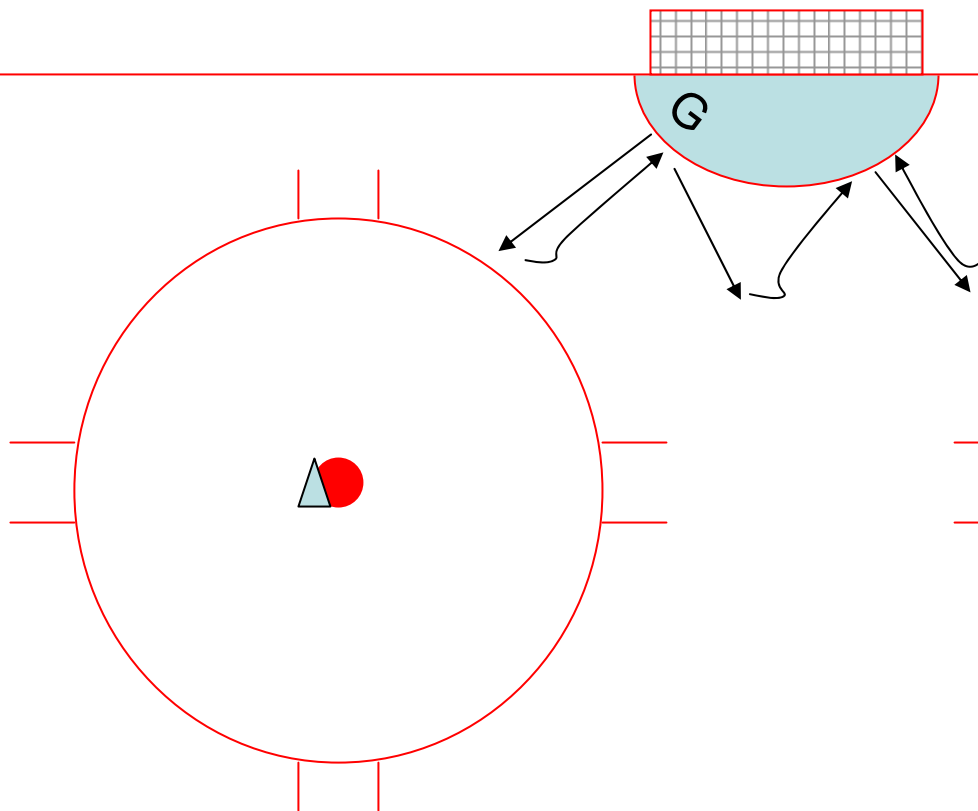
- > Two goalies together facing each other. One leads, other must react and follow lead. And switch leads.

Mirror Drill



Similar to cross drill. This drill involves two goalies. One leads, one follows. The first goalie shuffles, t glides, goes forward, goes back, butterflies – the second goalie must react and follow. Becomes a game of the lead goalie trying to fake out the following goalie.

W Drill



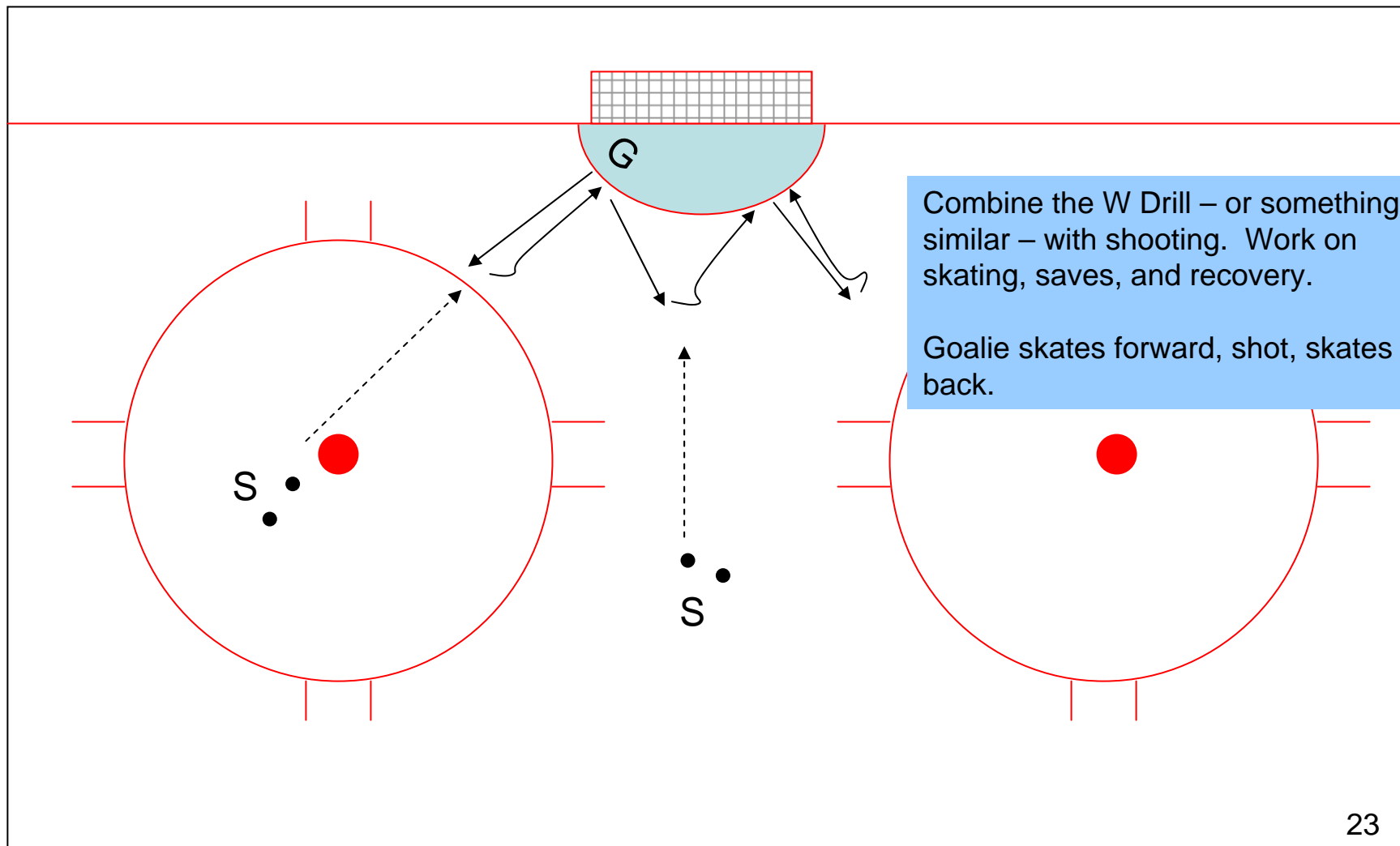
Like the skating cross, this can be done in an X, a W, or a Z.

In the W drill, the goalie is practicing forward and backward skating motion, and also crease awareness so that the goalie knows where the goalie is without looking down or skating back into the cross bar.

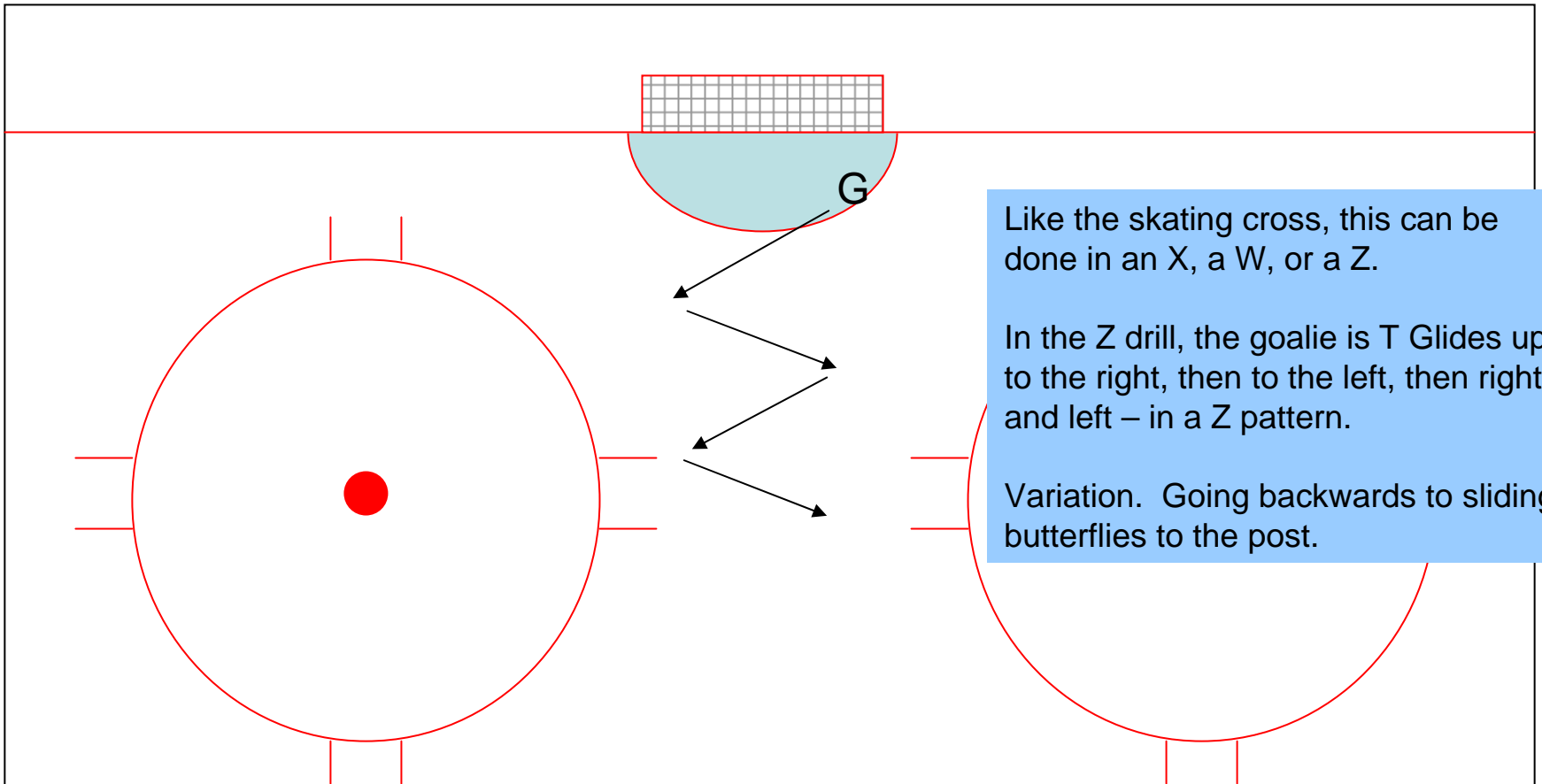
Skating should be solid small motions in the legs with the upper body upright, square to the puck, and NOT making the motion of the legs.

Going backwards, goalie can try to make one small power C cut, and then glide back to the crease, keeping full body square to the puck.

W Drill - Shooting

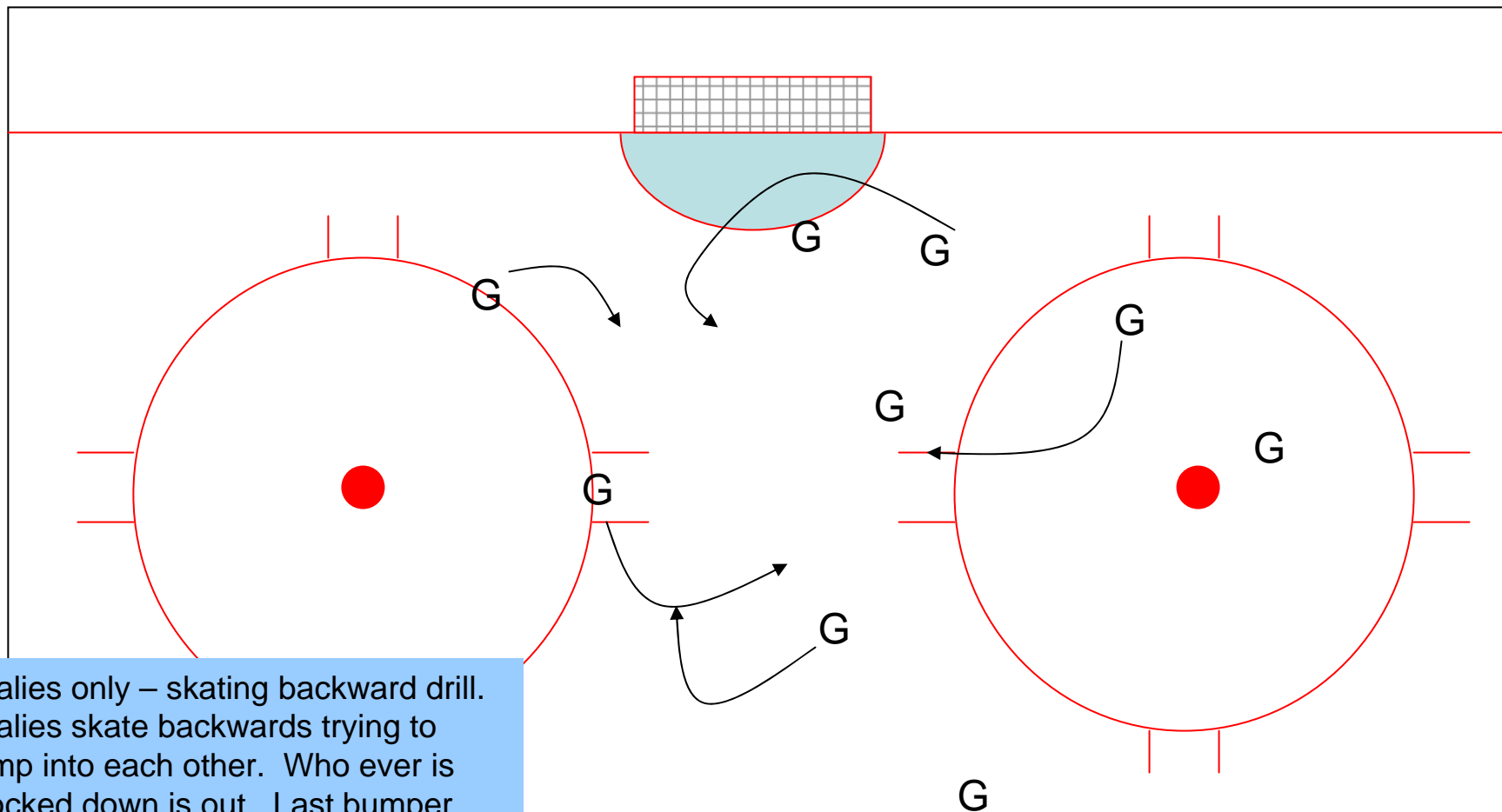


Z Drill



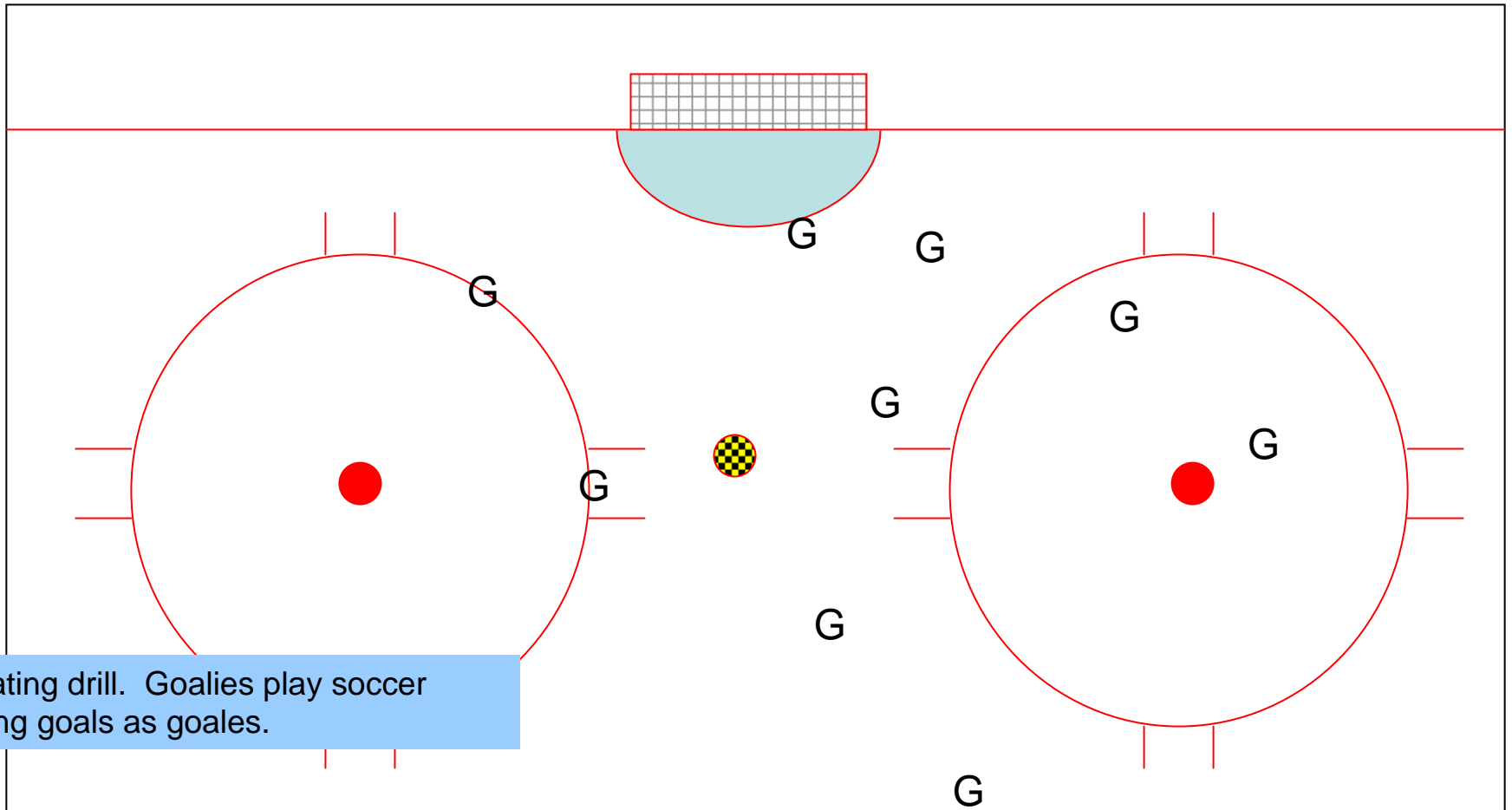
Bumper Butts

Skating Backwards

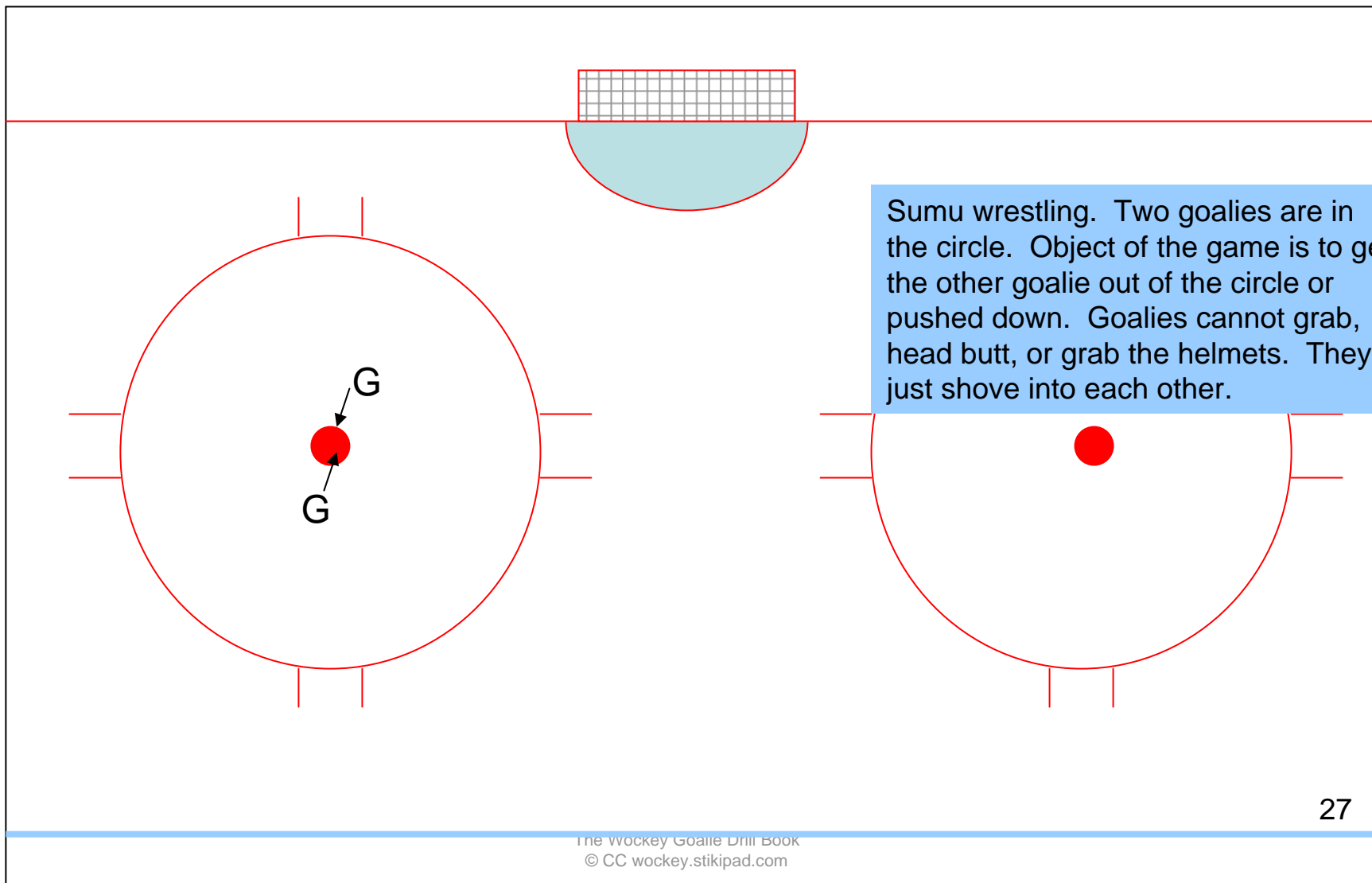


Goalies only – skating backward drill. Goalies skate backwards trying to bump into each other. Who ever is knocked down is out. Last bumper goalie left is the winner. (be sure to get goal out of the way – goalies should stay in select zone)

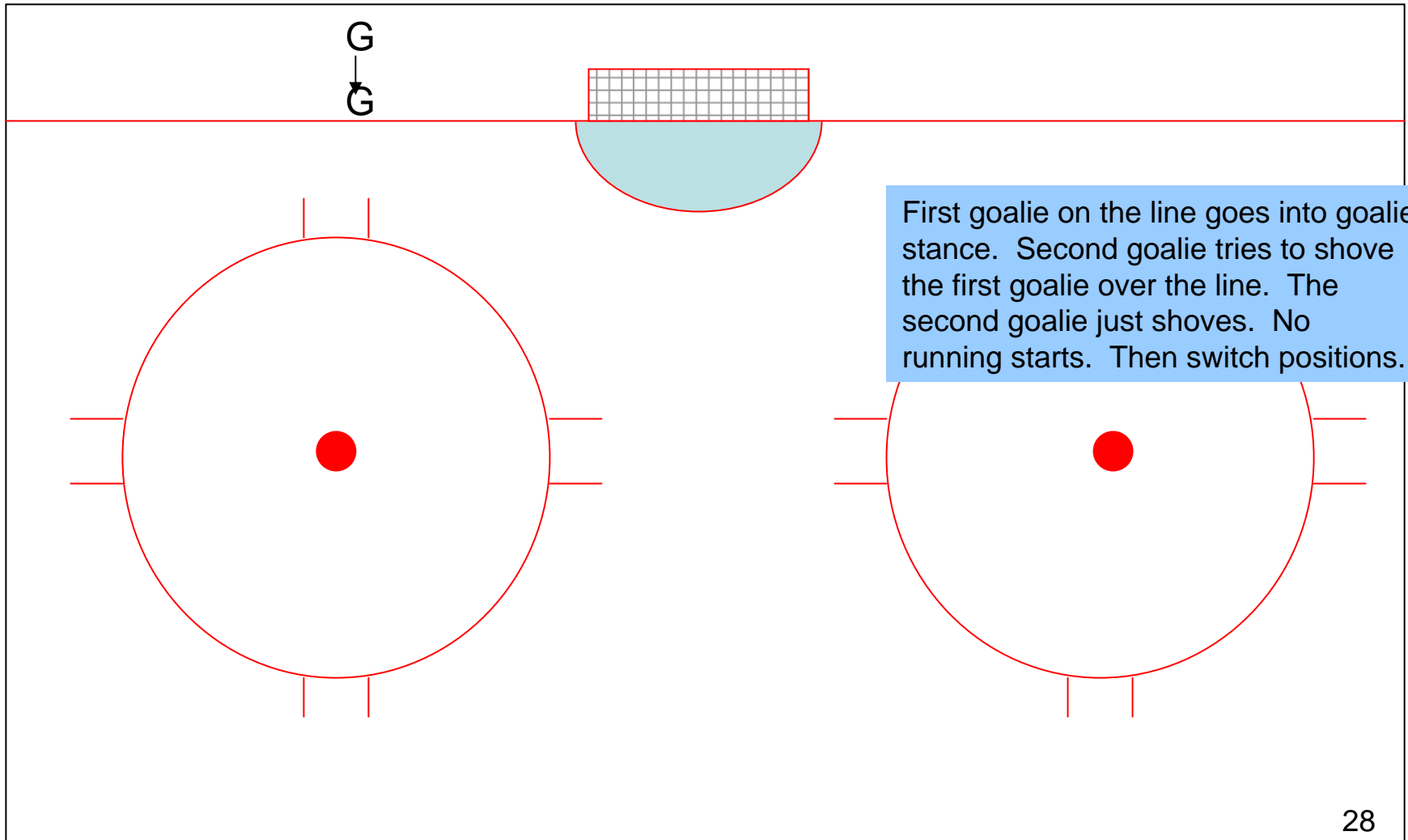
Goalie Soccer Skating



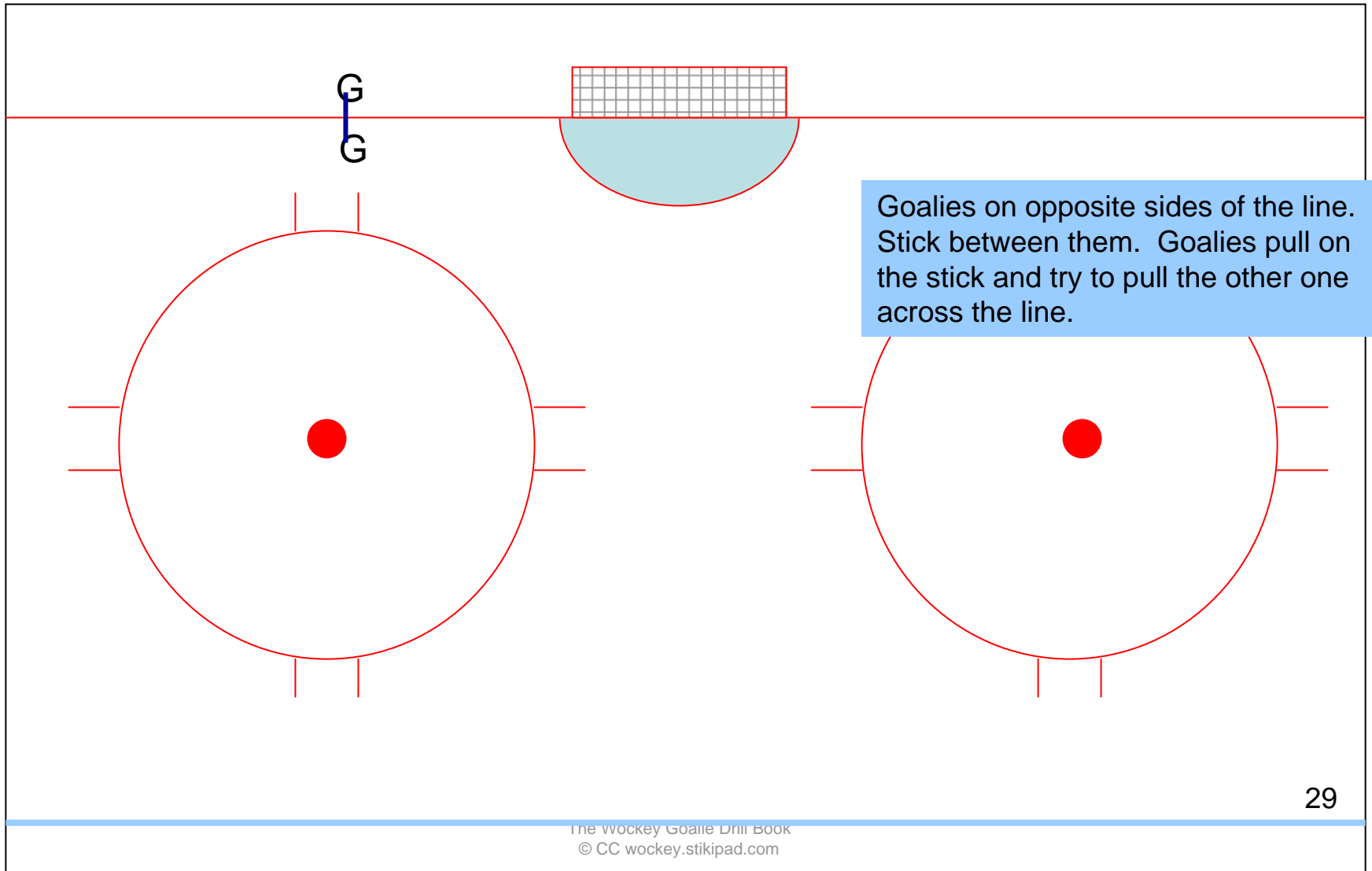
Summu Wrestling



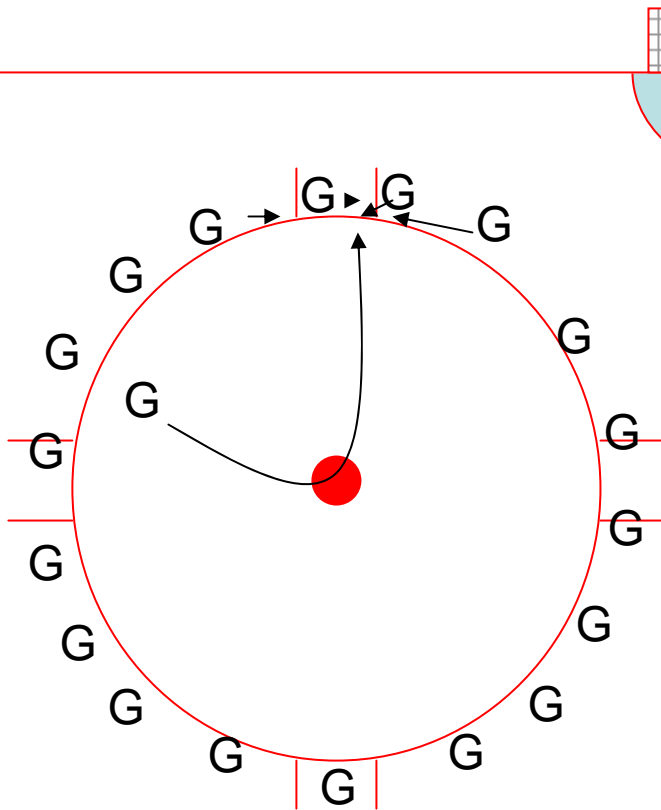
Over the Cliff



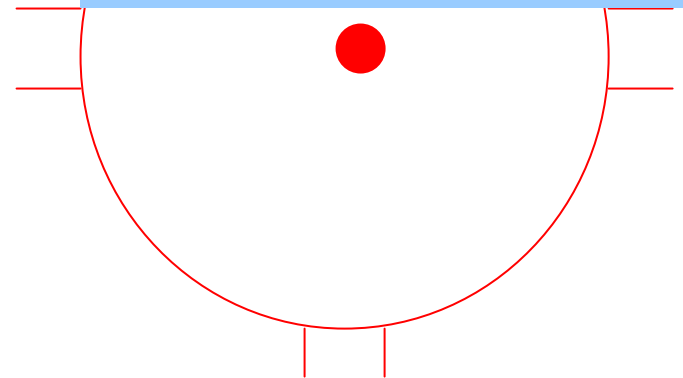
Tug of War



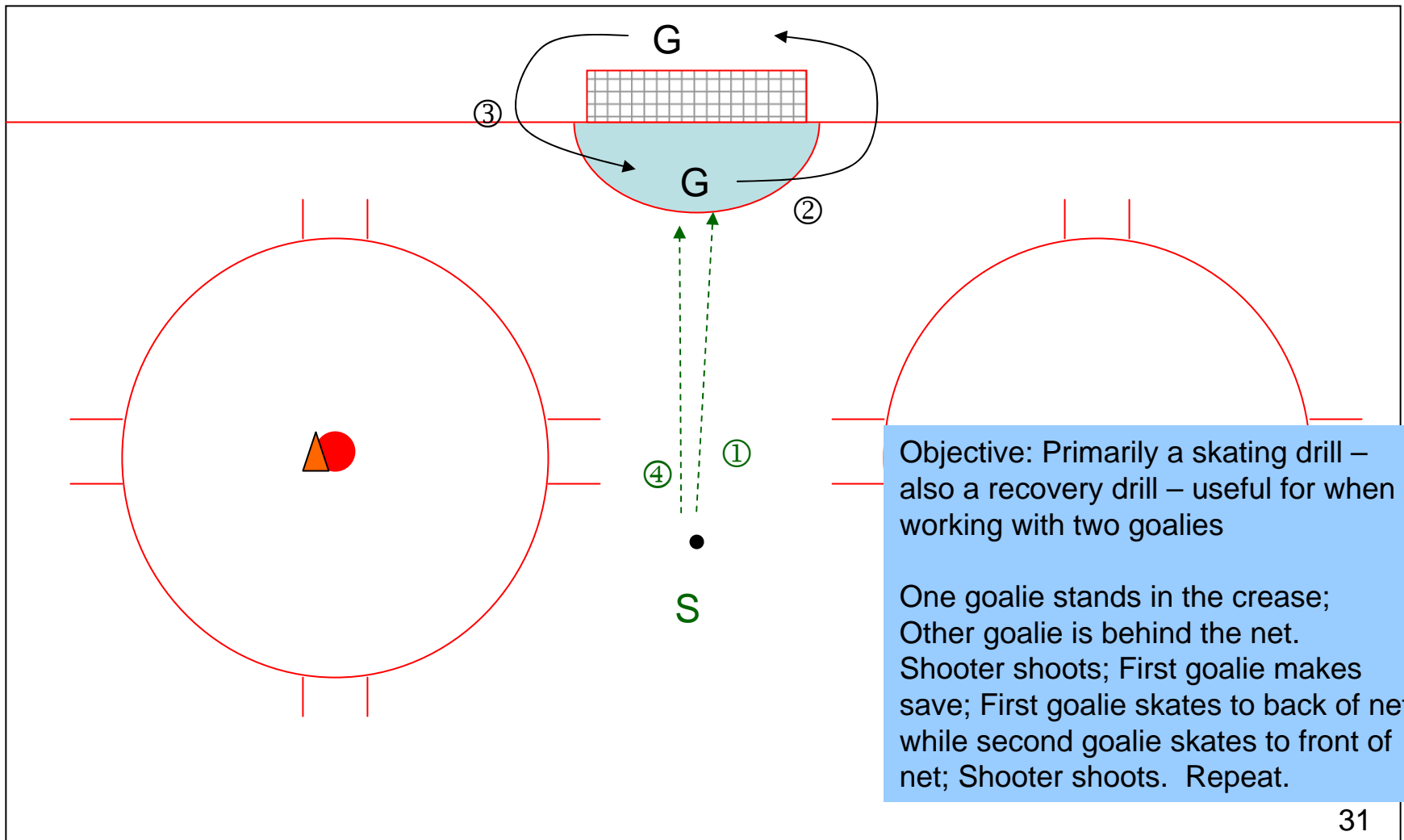
Break out of Circle



Goalie in the middle of the circle tries to break out of the circle. Goalies on the line try to keep him from leaving. Goalie who is it goes into the red dot and comes back out trying to bust through the line.

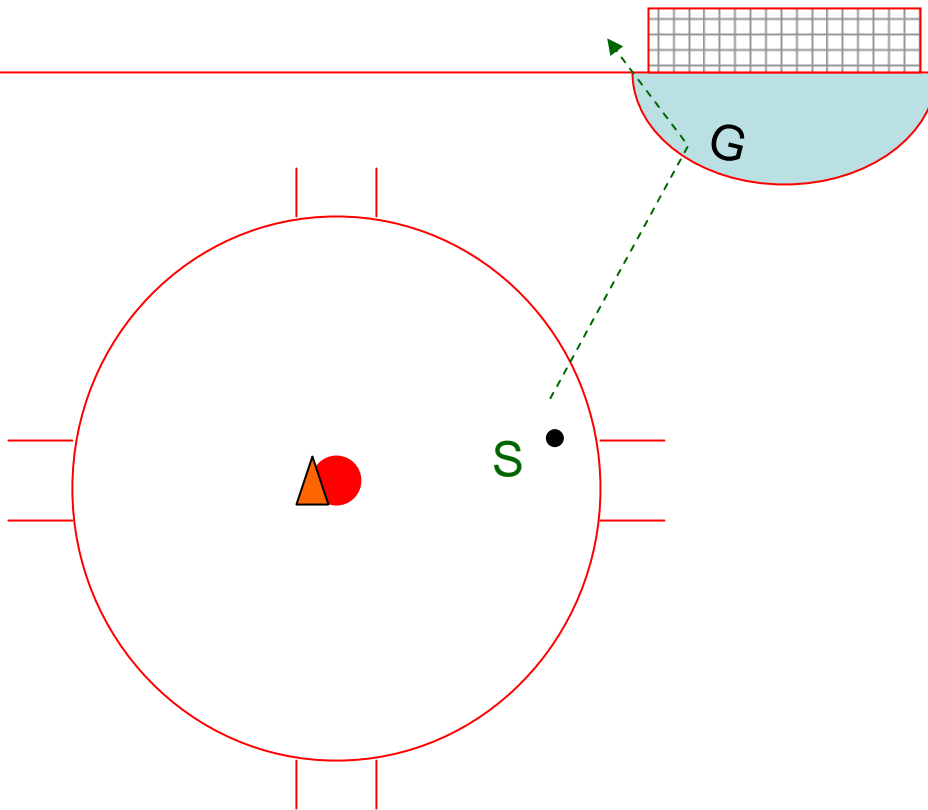


Merry Go Round (2 Goalie Drill)



Butterflies & Deflections

Isolation

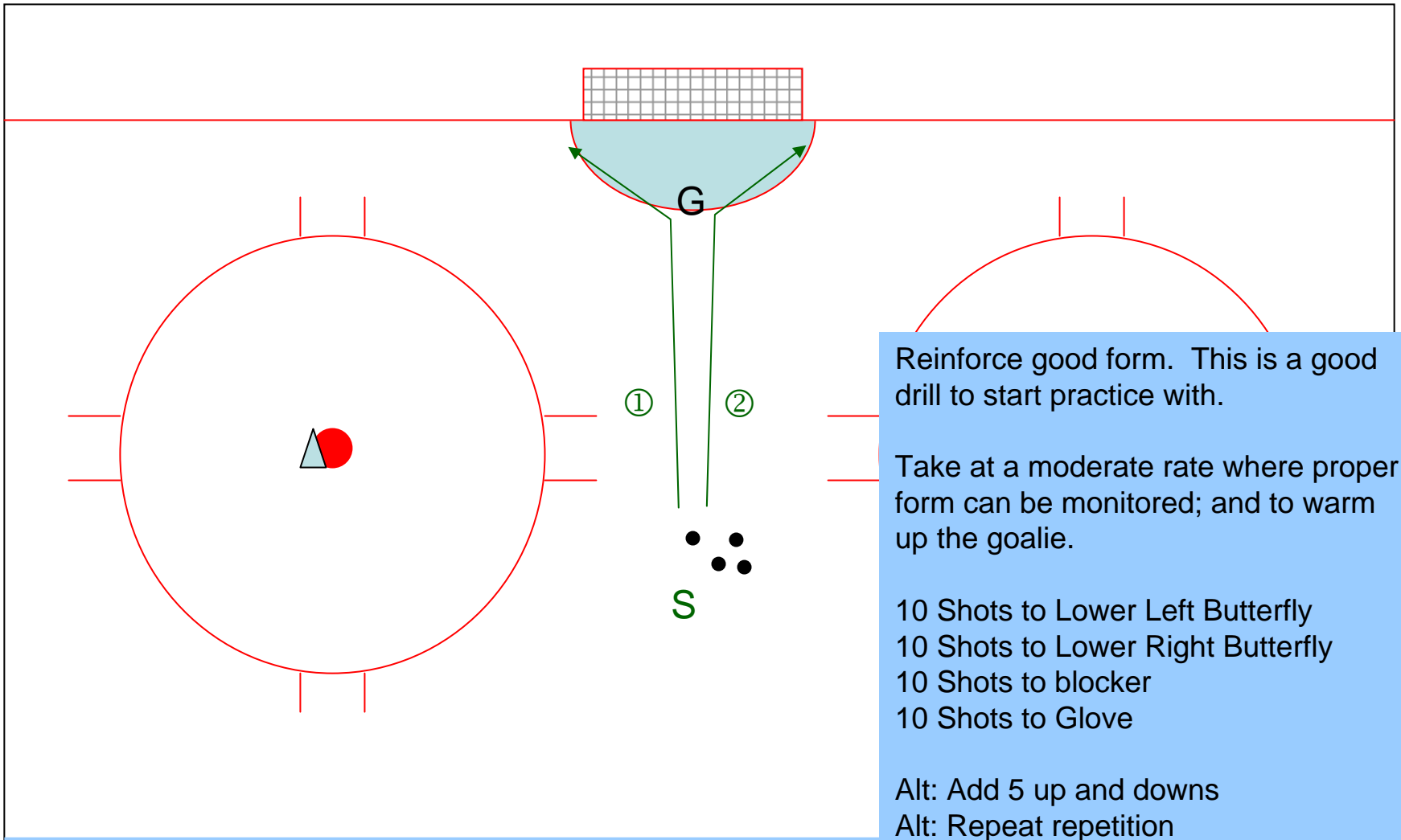


This is for young goalies who need to develop their saves – it can also be for older goalies who need refreshers.

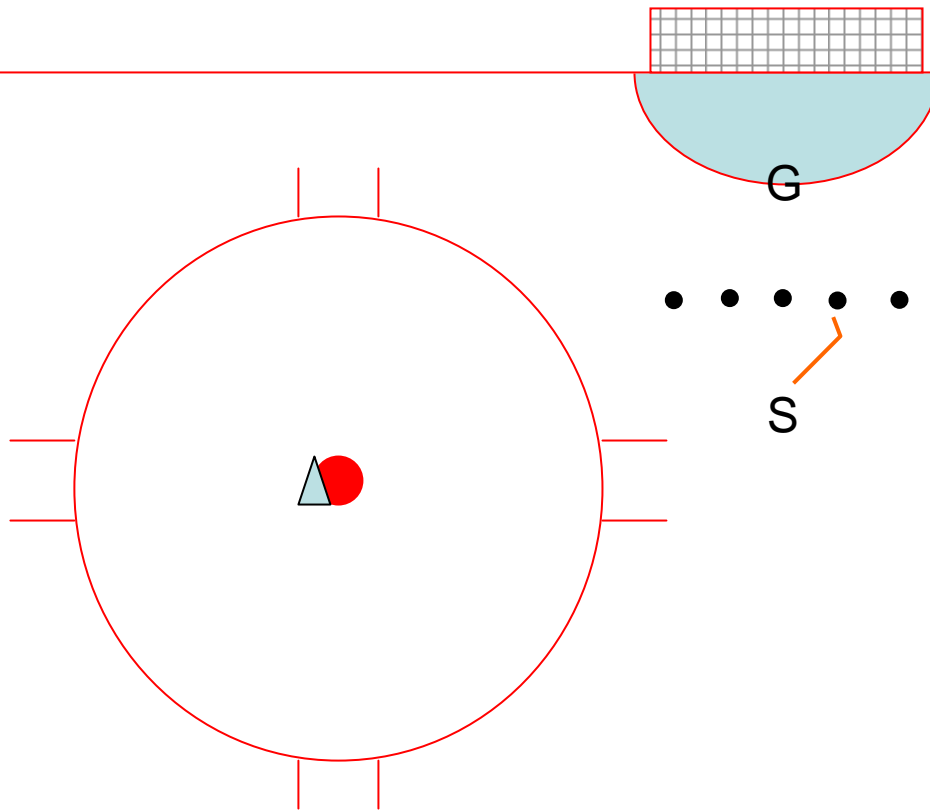
Goalie starts in the butterfly – shooter picks one particular shot – coach decides whether it is a deflection or a cover up. Shooter and goalie work only on that one particular element.

Can isolate other aspects such as going down to the butterfly itself.

Tens



5 Pucks : Butterfly Form

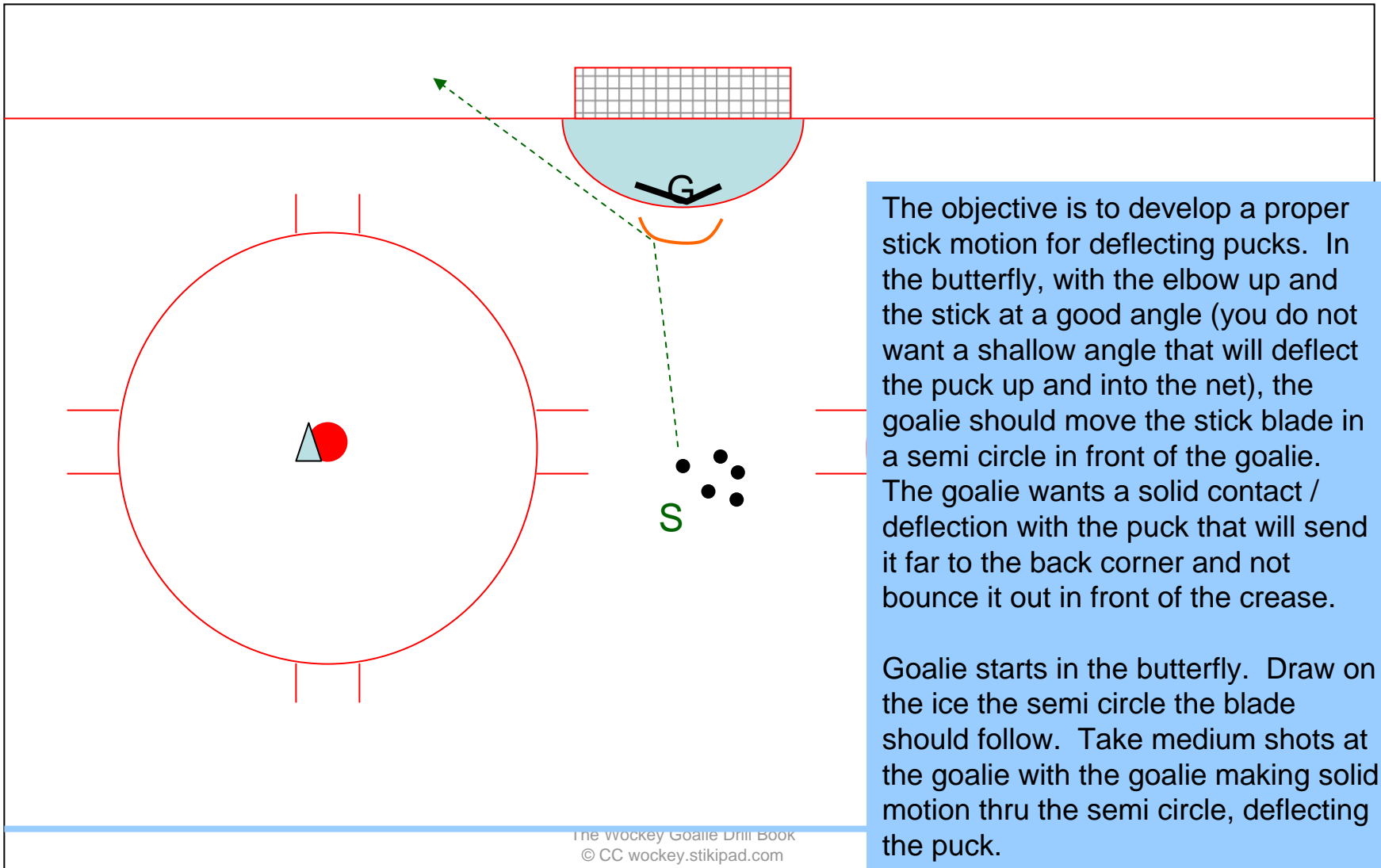


This is a simple beginner drill to work on proper butterfly form. Place five pucks on the ice between the goalie and the coach. Each puck represents a different save. The center puck is full butterfly. The middle-right puck is a $\frac{1}{2}$ butterfly right. The far right puck is an extended butterfly right. And so on for the left.

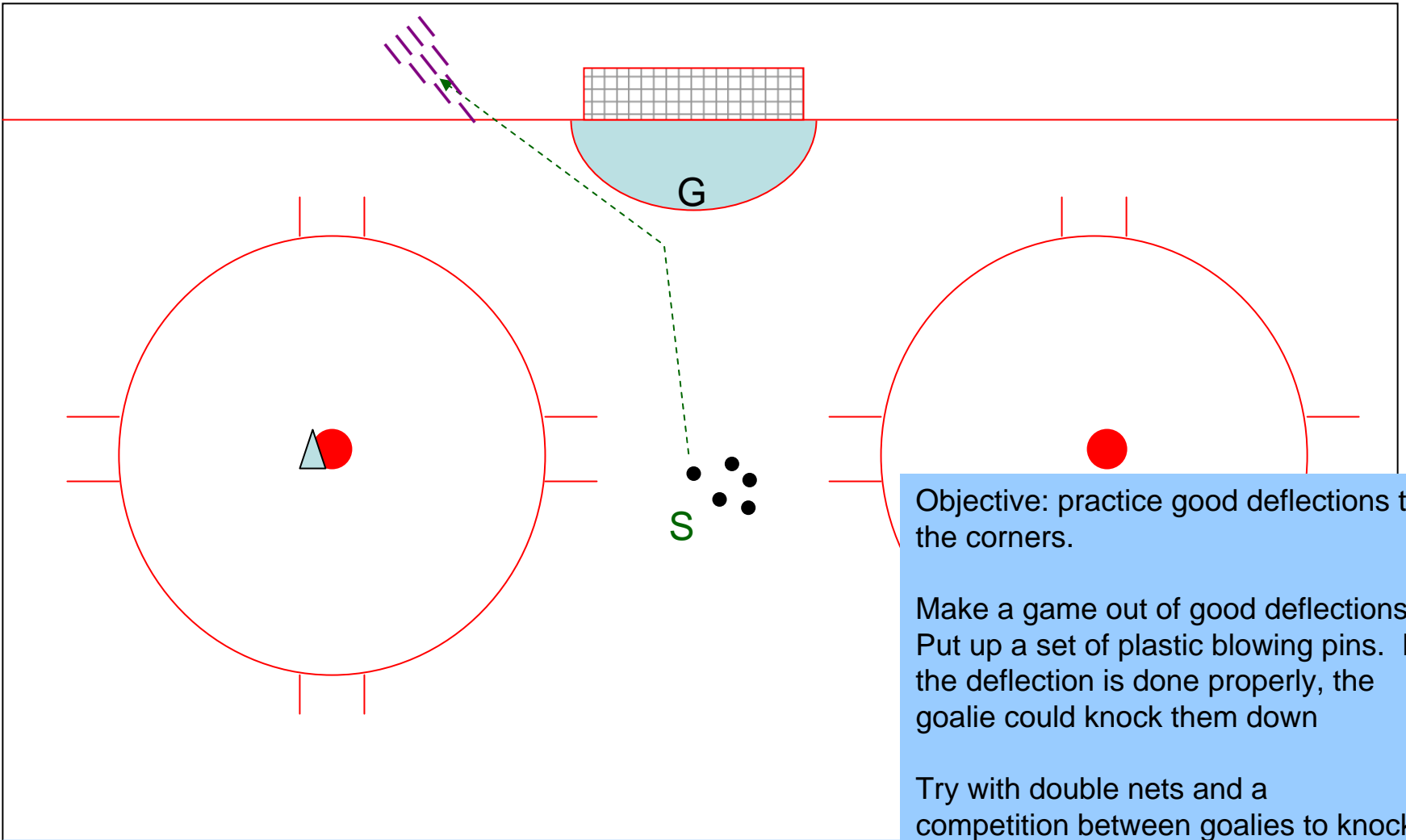
Coach simply glides his stick forward and points at one of the pucks – the goalie makes the appropriate butterfly.

This slower paced drill helps the coach work with the goalie and discuss specific gaps, angle of the stick, position of the glove

Basic Deflection Form



Goalie Bowling

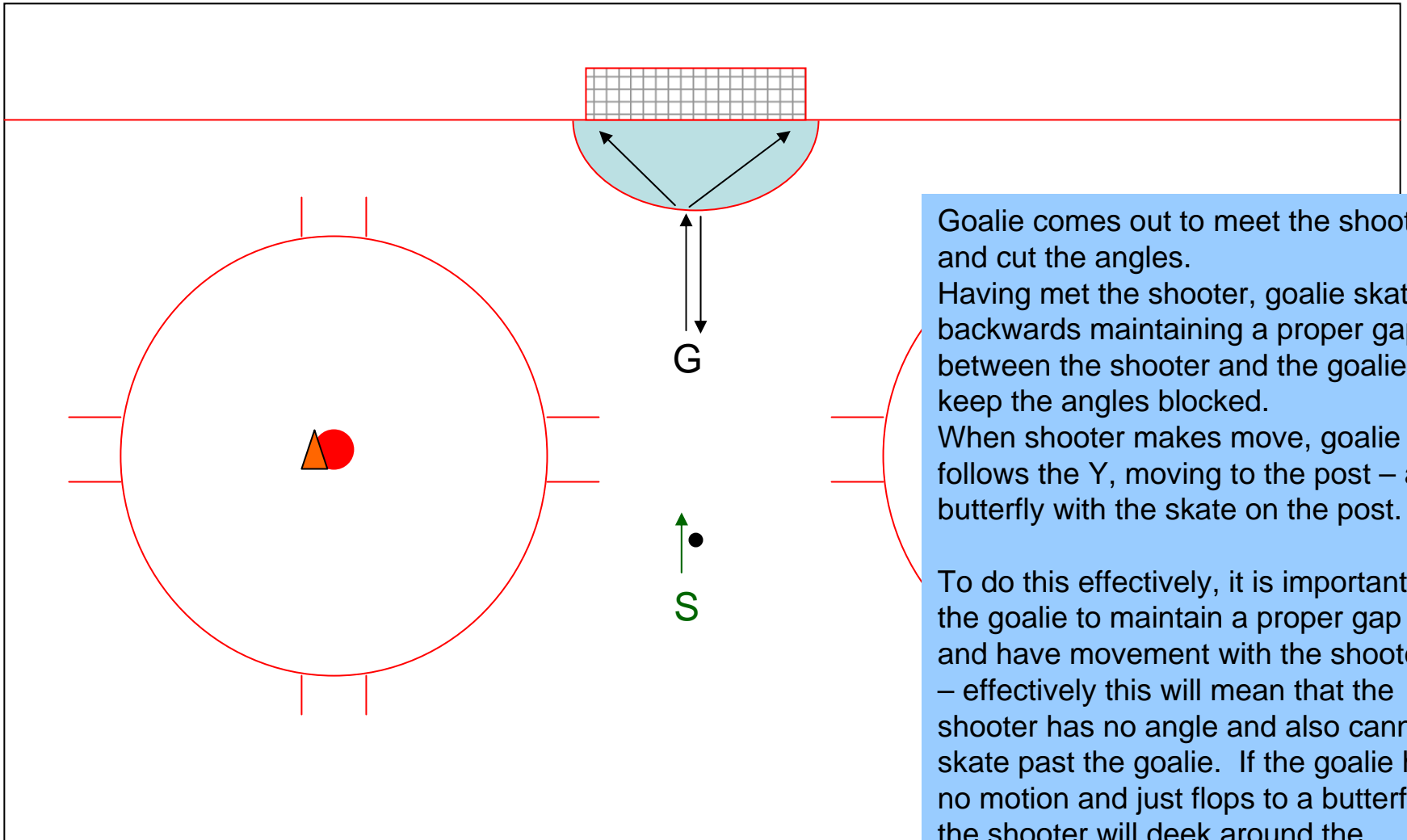


Objective: practice good deflections to the corners.

Make a game out of good deflections. Put up a set of plastic blowing pins. If the deflection is done properly, the goalie could knock them down

Try with double nets and a competition between goalies to knock down pins

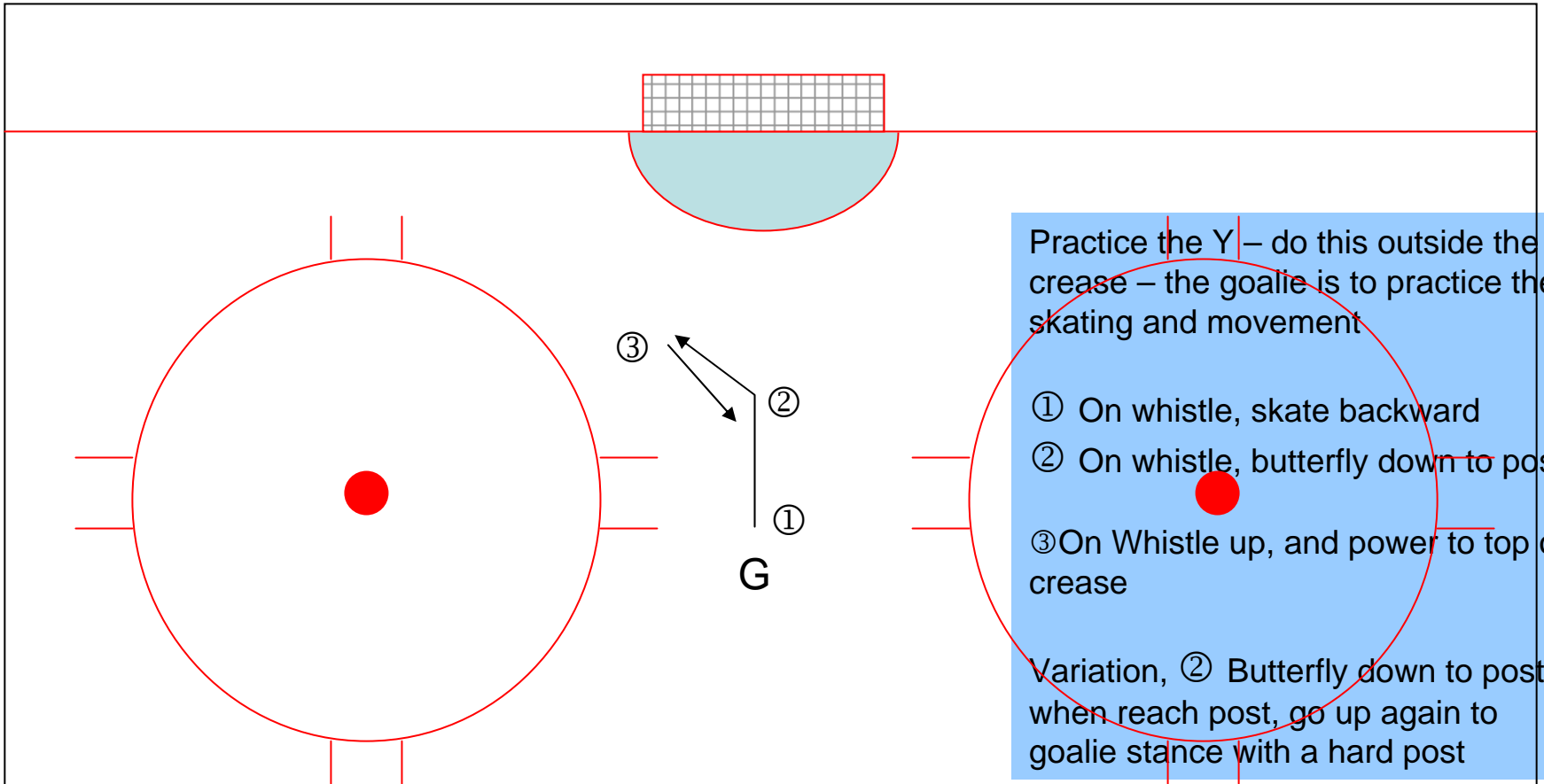
Y



Goalie comes out to meet the shooter and cut the angles.
Having met the shooter, goalie skates backwards maintaining a proper gap between the shooter and the goalie to keep the angles blocked.
When shooter makes move, goalie follows the Y, moving to the post – a butterfly with the skate on the post.

To do this effectively, it is important for the goalie to maintain a proper gap and have movement with the shooter – effectively this will mean that the shooter has no angle and also cannot skate past the goalie. If the goalie has no motion and just flops to a butterfly, the shooter will deek around the goalie and hit the corner

Y



Drills

②

①

③

① Shuffle left. The Push and butterfly right.

② Shuffle side – butterfly – shuffle side – butterfly – shuffle side....

③ In butterfly shuffle left, shuffle right (can do this as a two goalie drill)

Similar drill. In butterfly, lift left leg up and kick, pushing butterfly to right with slight rotation. Go the other way.

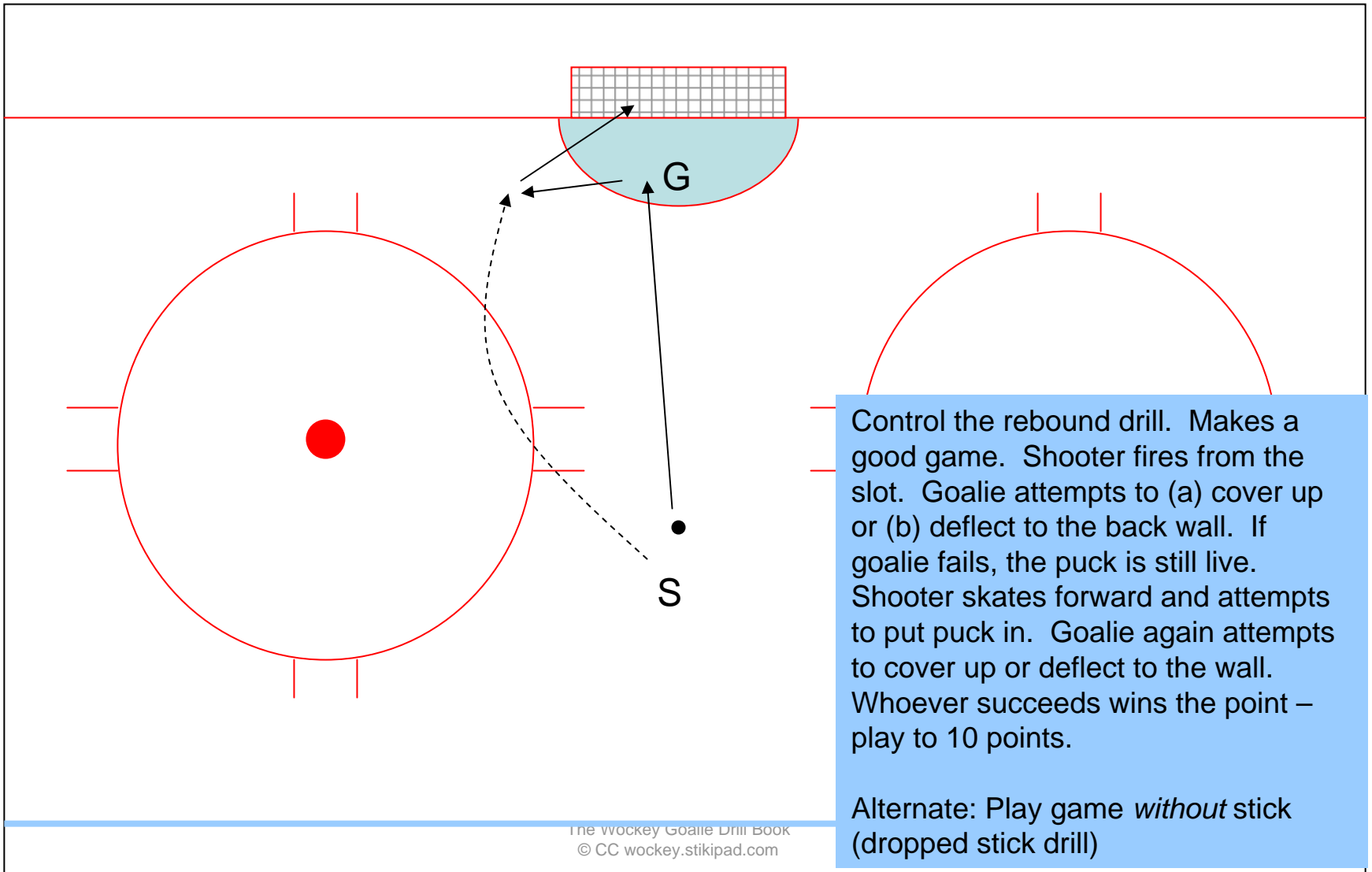
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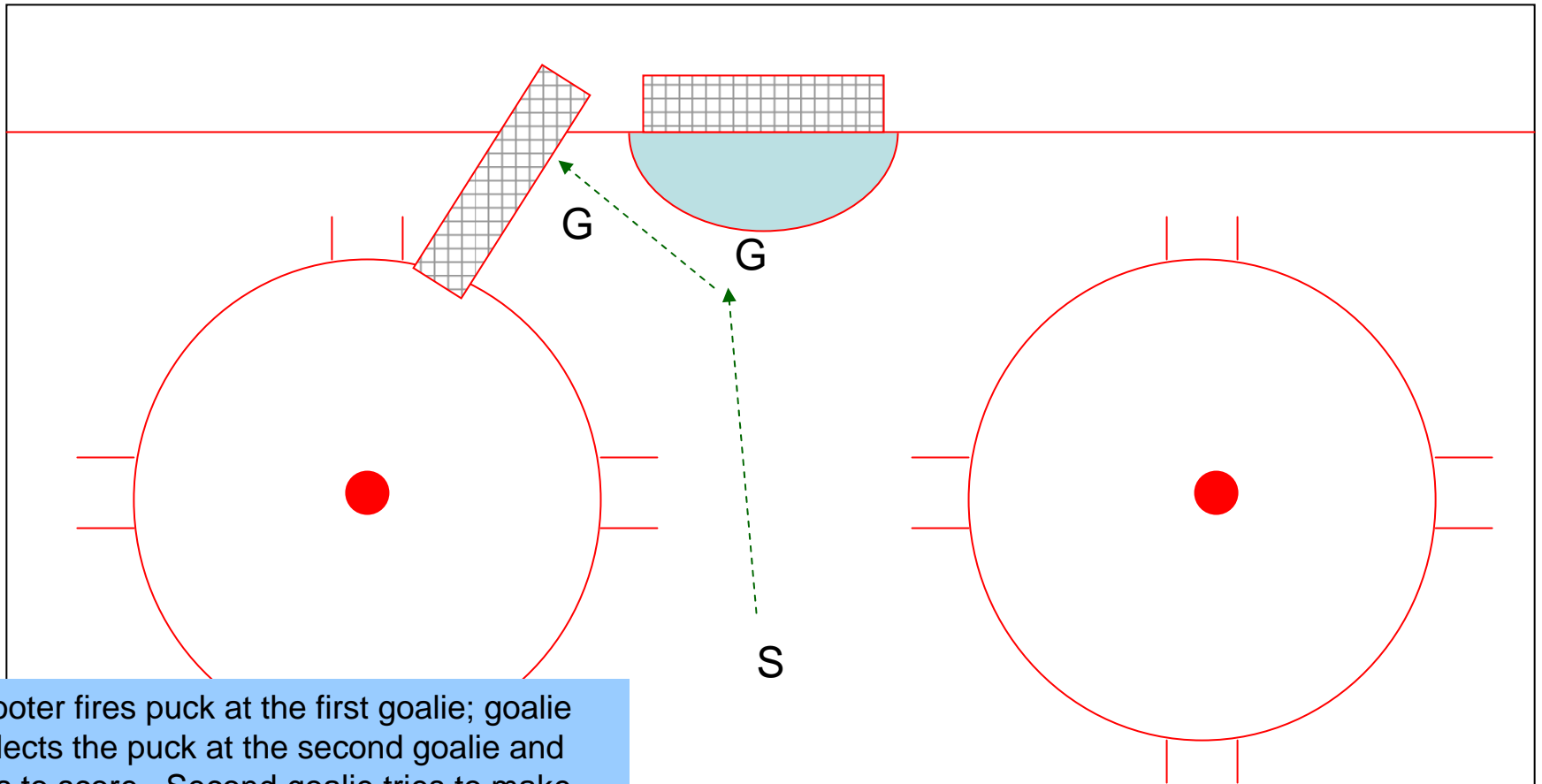
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Game to 10



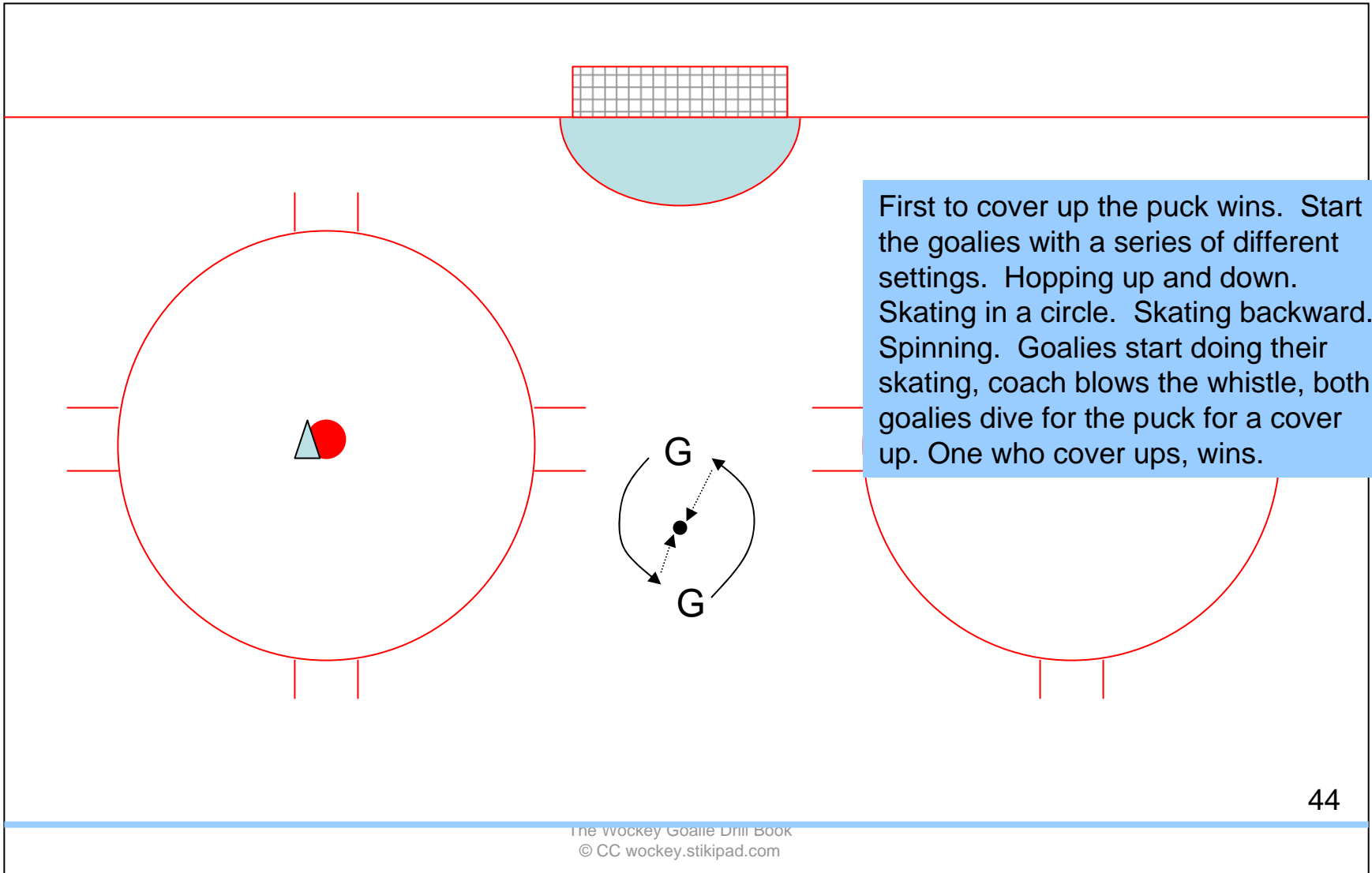
Deflection Game



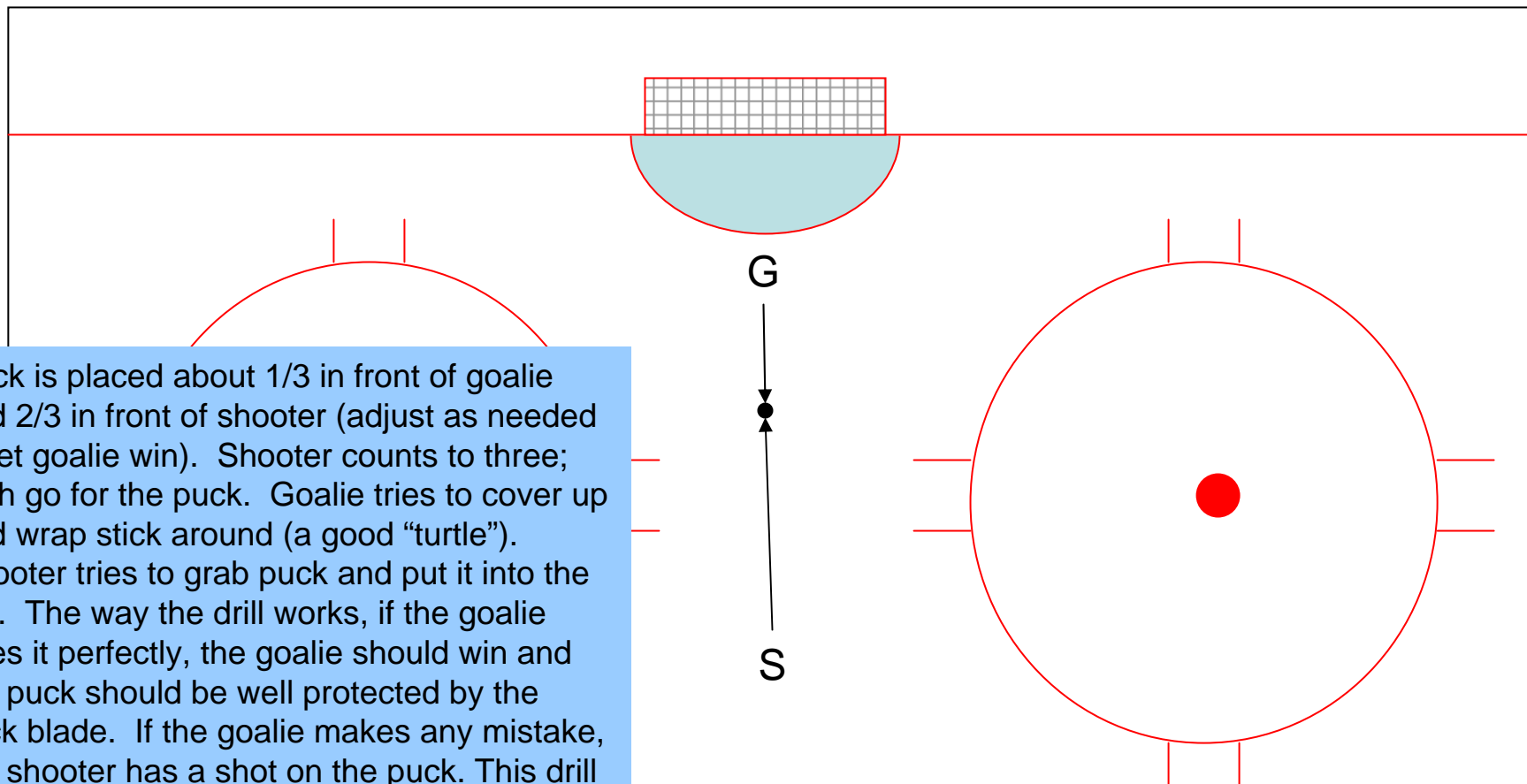
Shooter fires puck at the first goalie; goalie deflects the puck at the second goalie and tries to score. Second goalie tries to make the save.

Cover Ups

Cover Up Game



Cover Up Drill



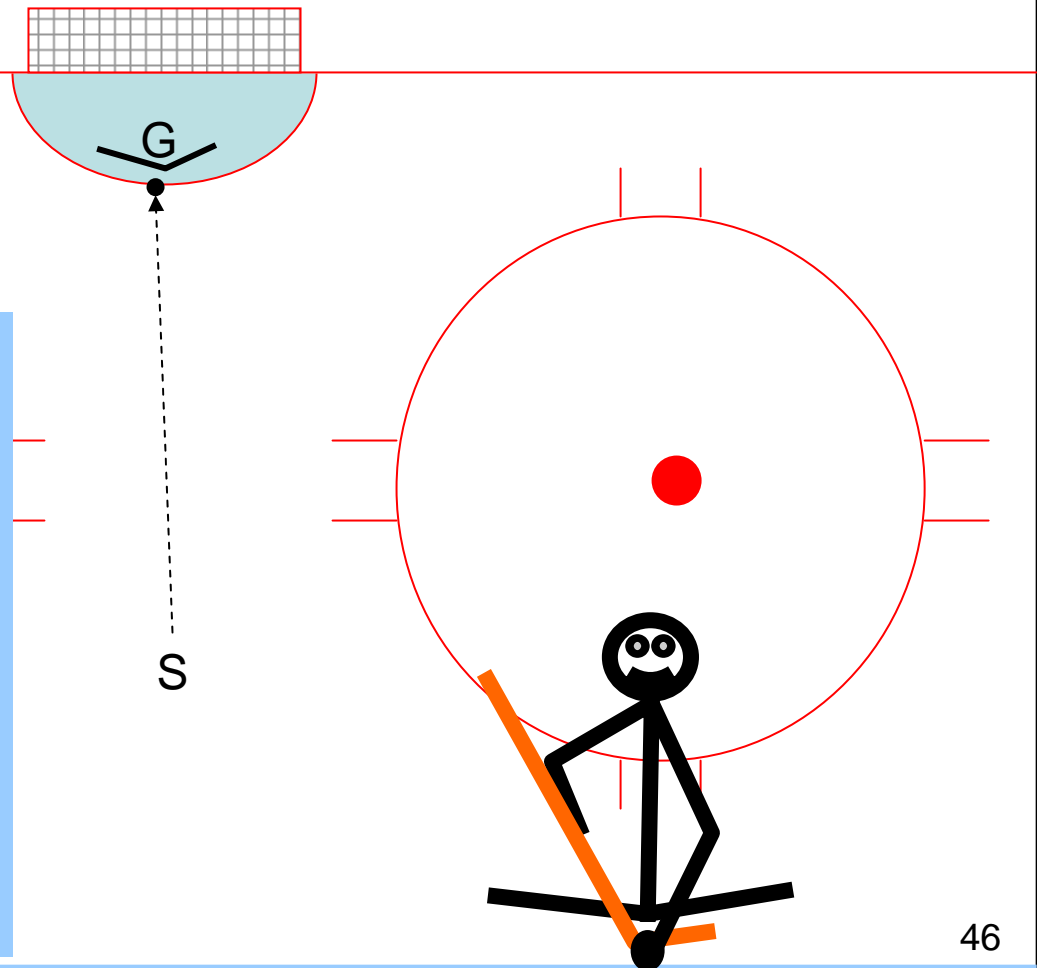
Puck is placed about 1/3 in front of goalie and 2/3 in front of shooter (adjust as needed to let goalie win). Shooter counts to three; both go for the puck. Goalie tries to cover up and wrap stick around (a good “turtle”). Shooter tries to grab puck and put it into the net. The way the drill works, if the goalie does it perfectly, the goalie should win and the puck should be well protected by the stick blade. If the goalie makes any mistake, the shooter has a shot on the puck. This drill can be done anywhere on the ice.

Skills: Practice solid cover ups, pushing puck into ice with trapper, and guarding puck with blocker and stick.

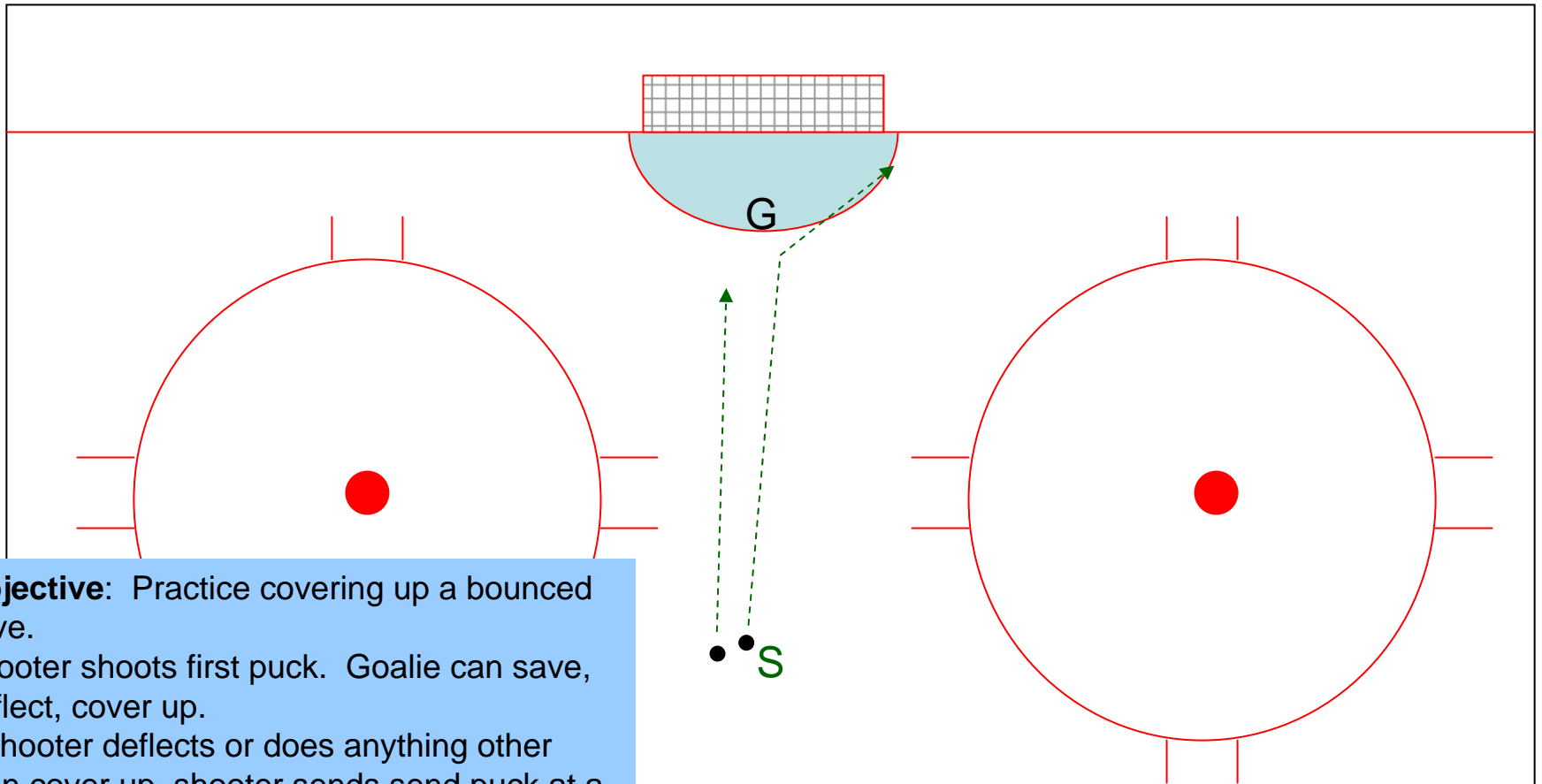
Cover Up Drill 2

A simply drill to practice good form. Objective is for the goalie to cover up the puck – butterfly position – instead of deflecting it into the corner. The goalie wants to have as much equipment on the puck as possible. In the butterfly, the goalie gets a good stick (elbow up so the stick has a good angle and will not deflect the puck up) on the puck and receives it softly. Goalie then covers the puck with the glove, pushing the puck down into the ice – freezing the puck.

Shooter takes ten shots on goalie – ten repetitions for good form.

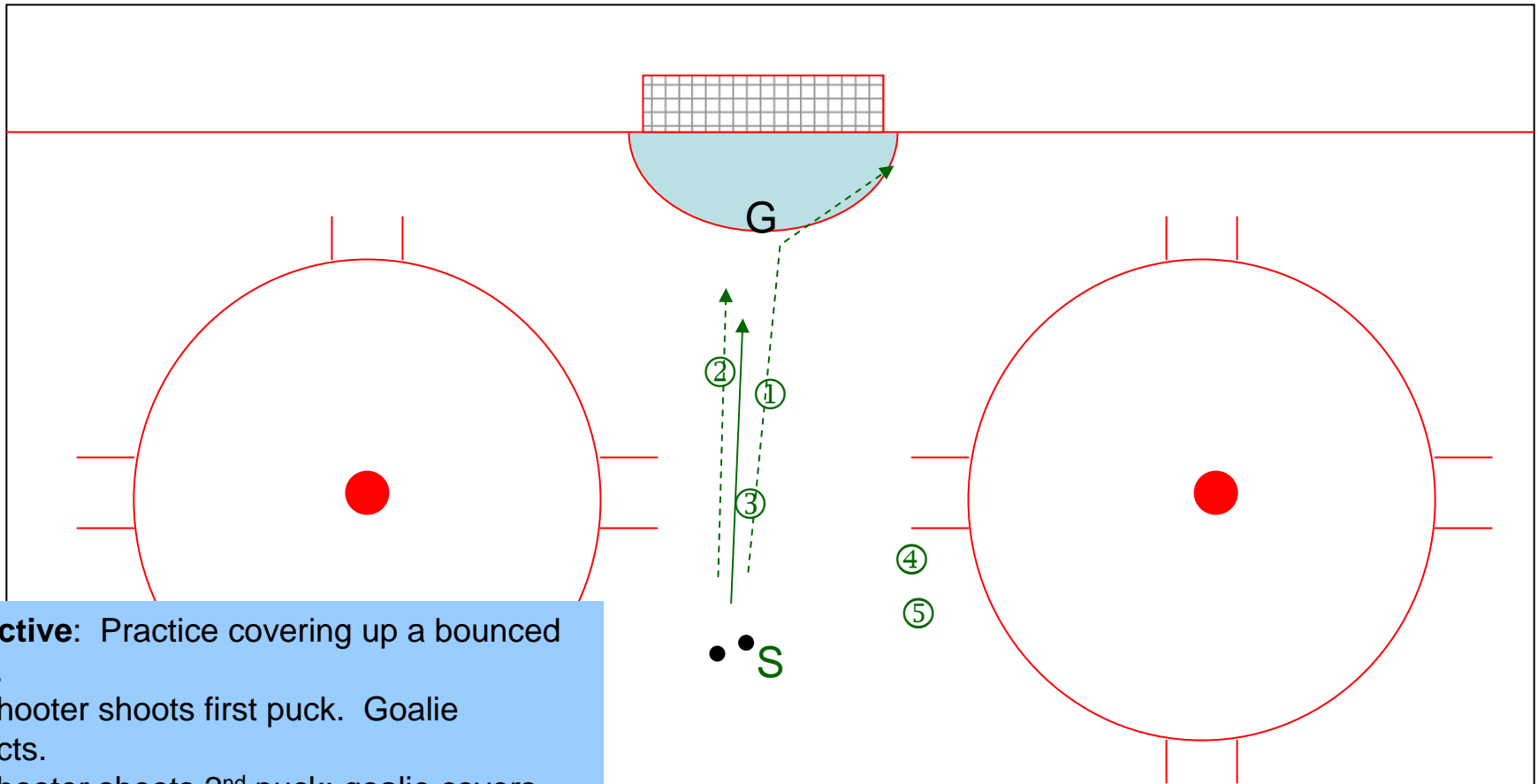


Cover Up Drill – Double Shot



Objective: Practice covering up a bounced save. Shooter shoots first puck. Goalie can save, deflect, cover up. If shooter deflects or does anything other than cover up, shooter sends puck at a moderate speed – goalie covers up second shot.

Cover Up Drill – Double Shot 2

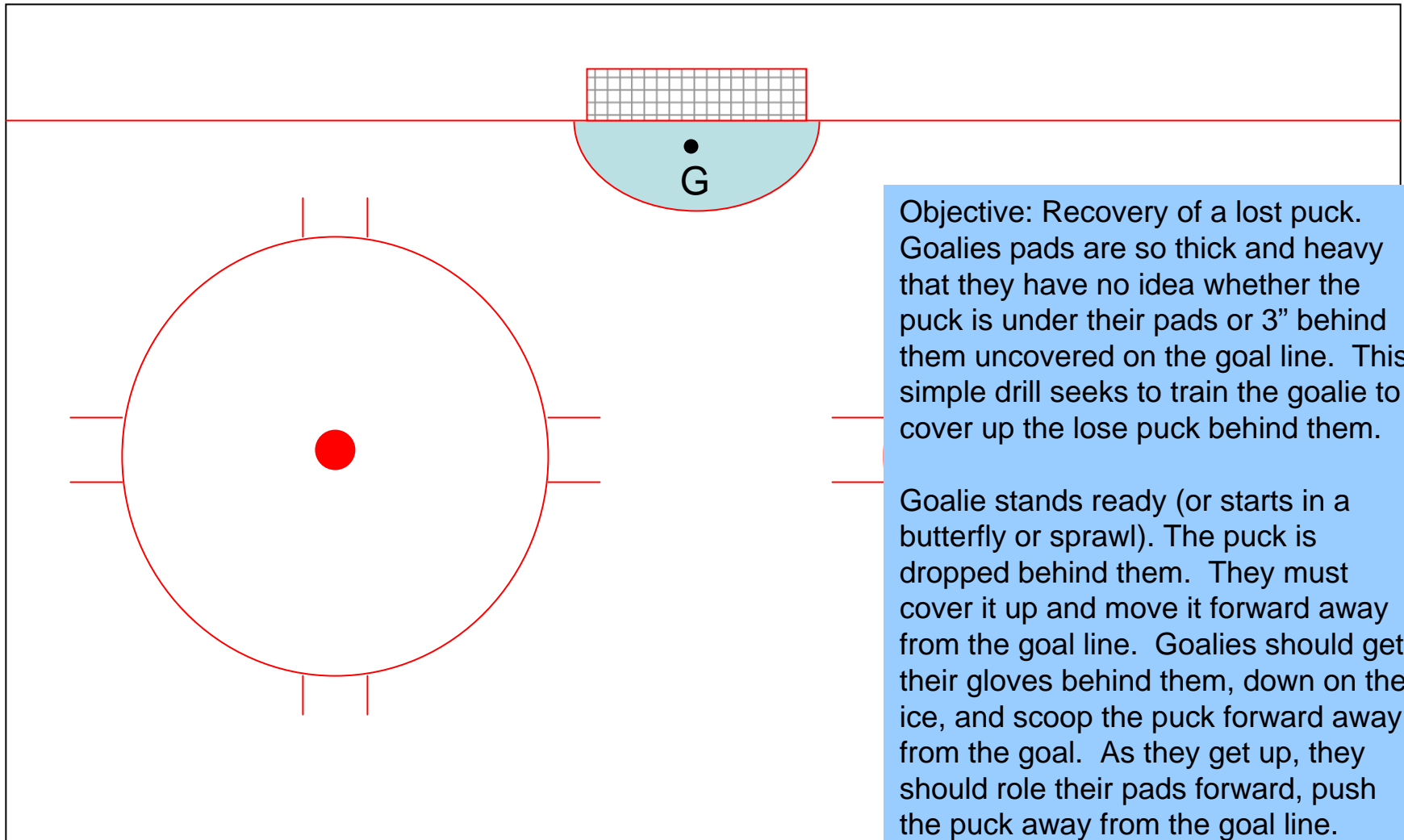


Objective: Practice covering up a bounced save.

(1) Shooter shoots first puck. Goalie deflects.

(2) Shooter shoots 2nd puck; goalie covers up; (3) shooter charges the net and scoops up any garbage if the goalie bobbles the cover up. Shooter gives goalie light tap to simulate agitation in front of net.

It Aint A Goal if the Ref don't See it

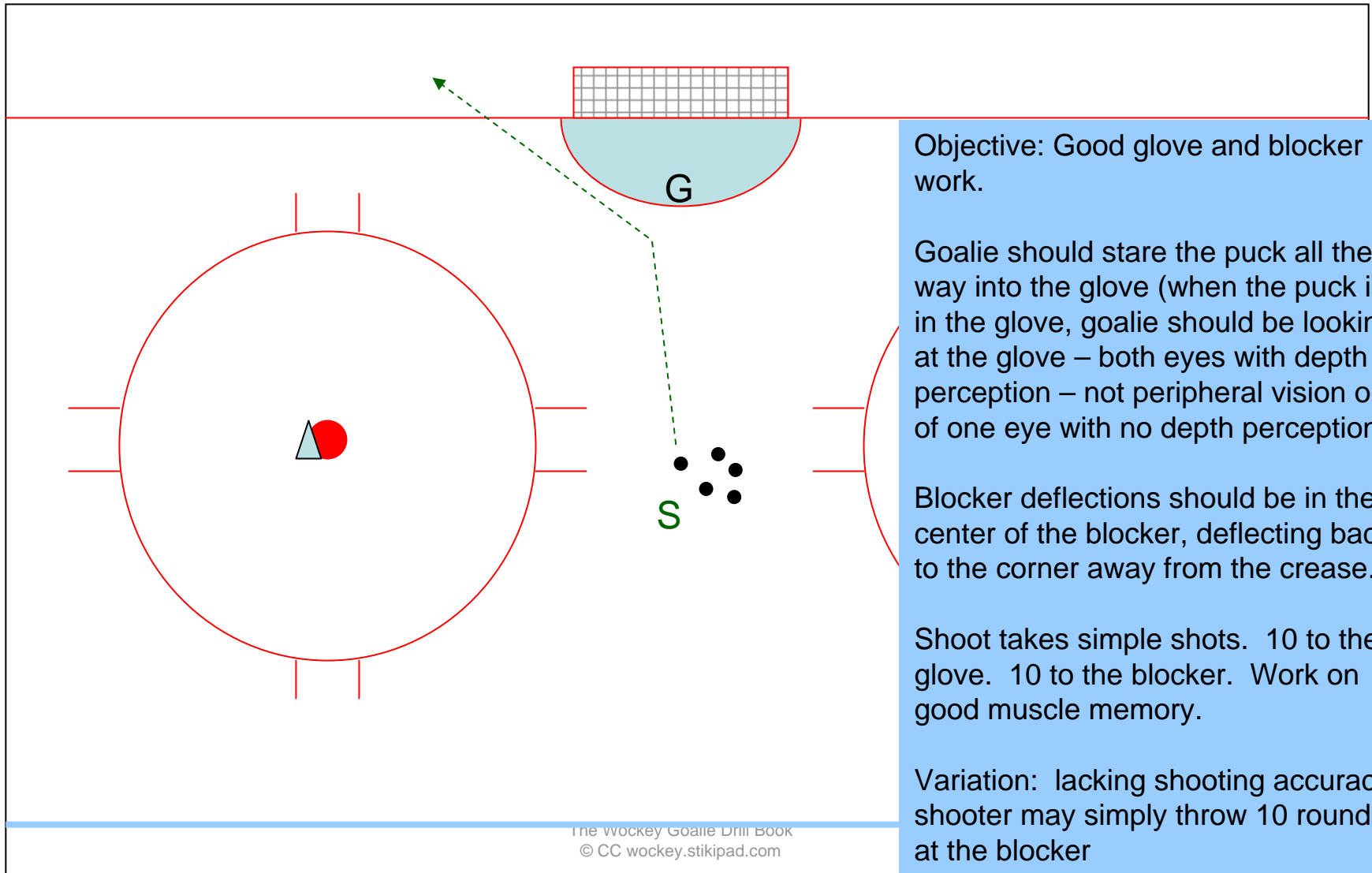


Objective: Recovery of a lost puck. Goalies pads are so thick and heavy that they have no idea whether the puck is under their pads or 3" behind them uncovered on the goal line. This simple drill seeks to train the goalie to cover up the lose puck behind them.

Goalie stands ready (or starts in a butterfly or sprawl). The puck is dropped behind them. They must cover it up and move it forward away from the goal line. Goalies should get their gloves behind them, down on the ice, and scoop the puck forward away from the goal. As they get up, they should role their pads forward, push the puck away from the goal line.

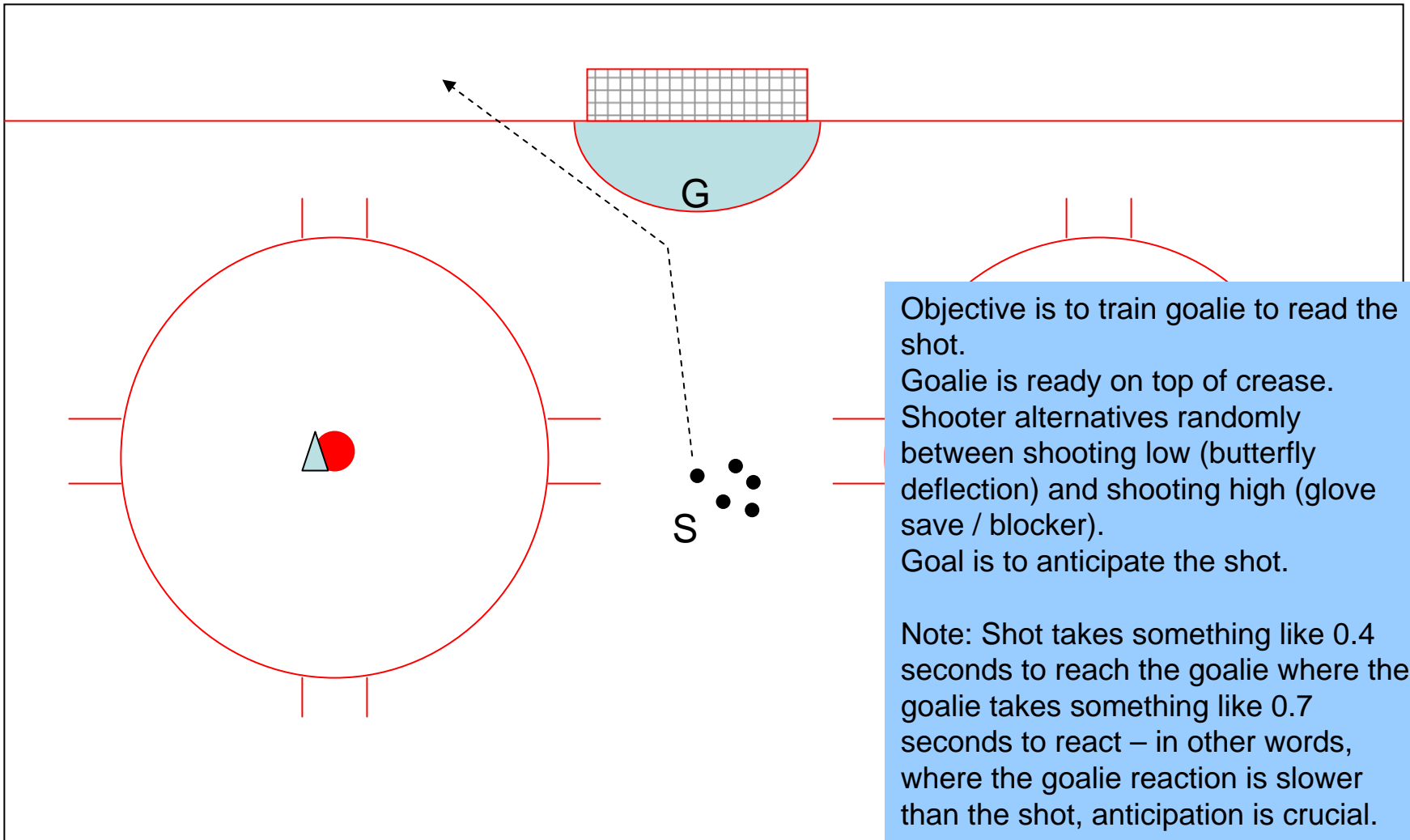
Glove & Blocker

Glove & Blocker

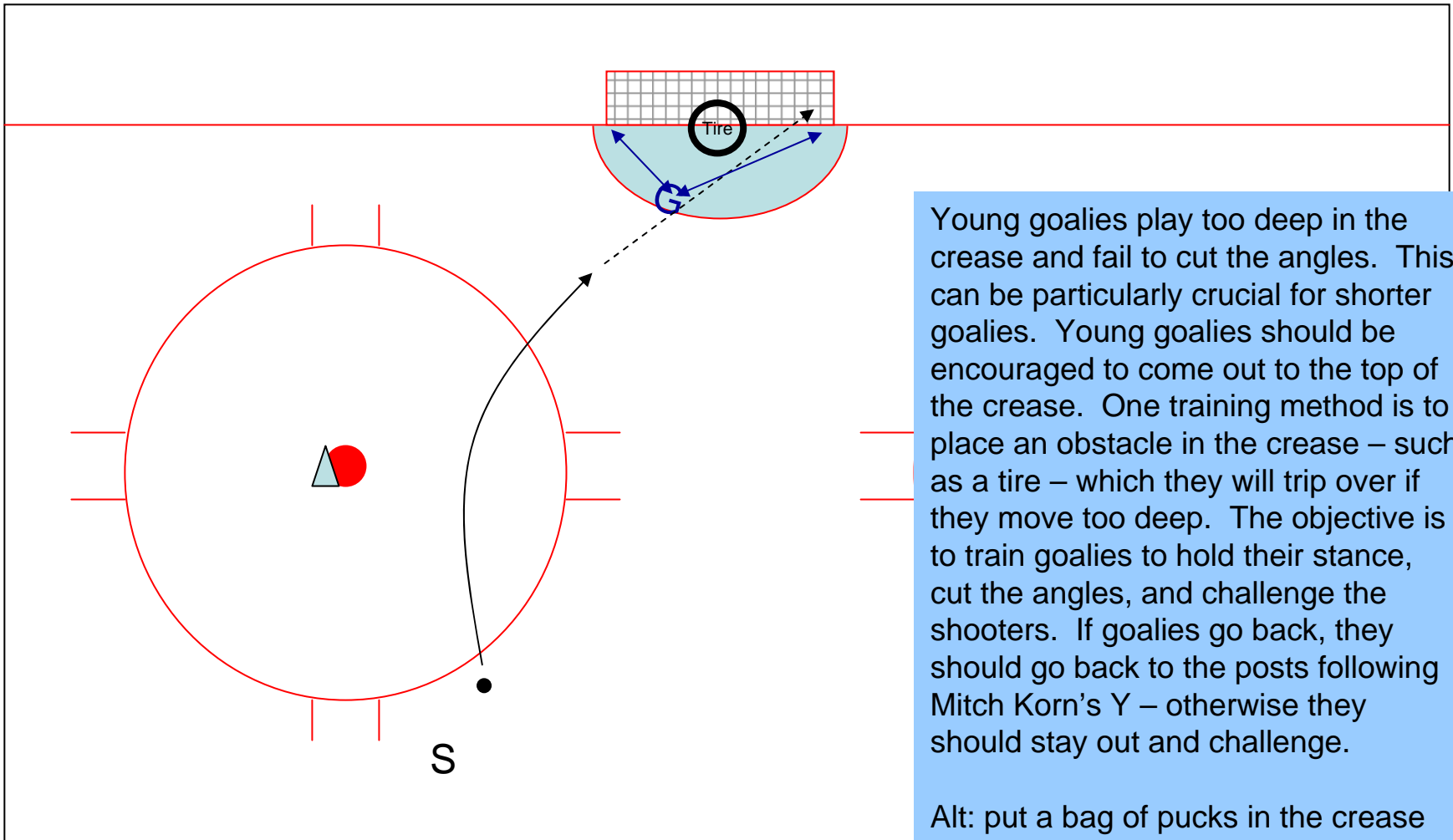


Adjustments

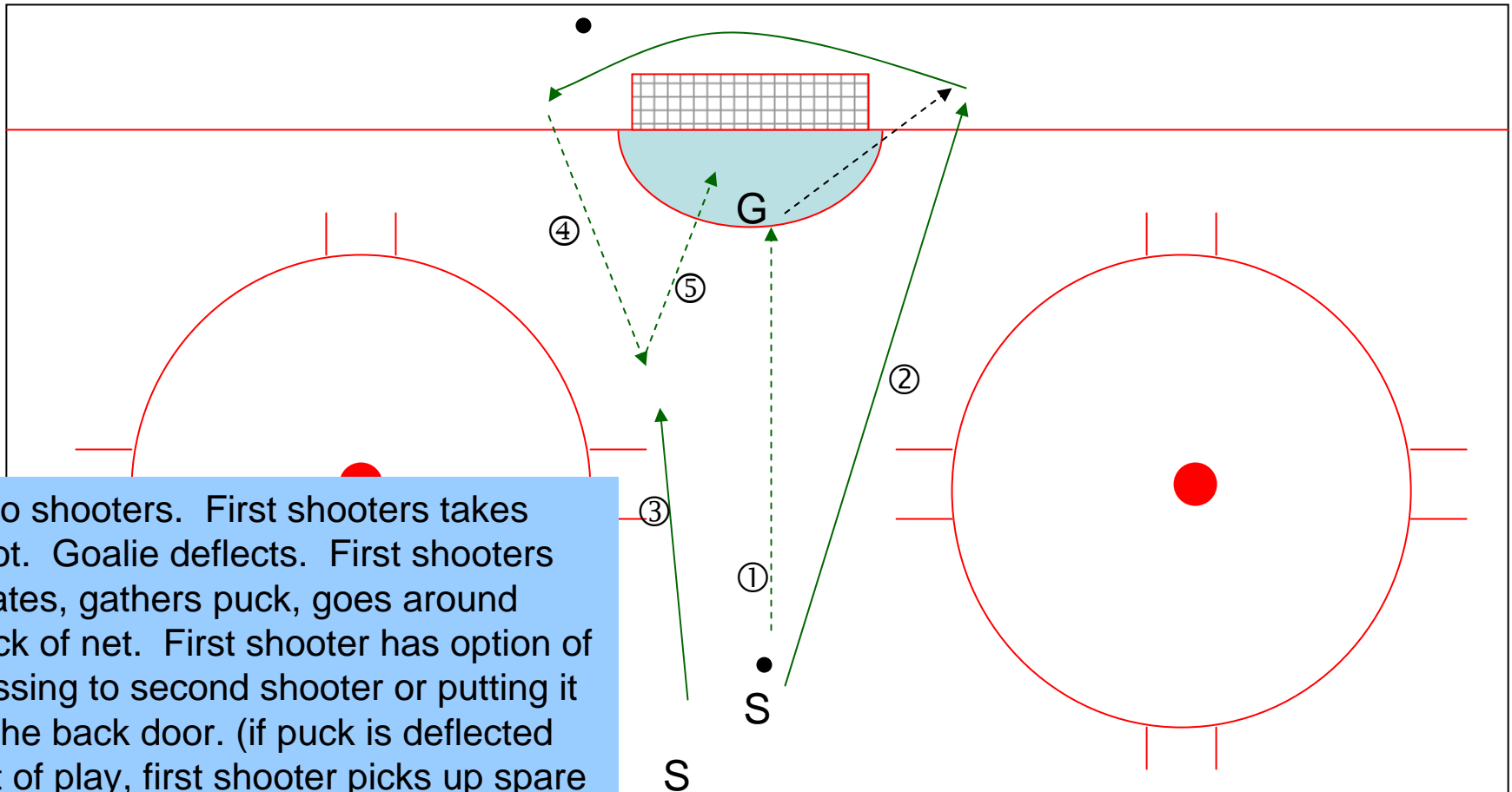
Up & Down



Too Deep in the Crease



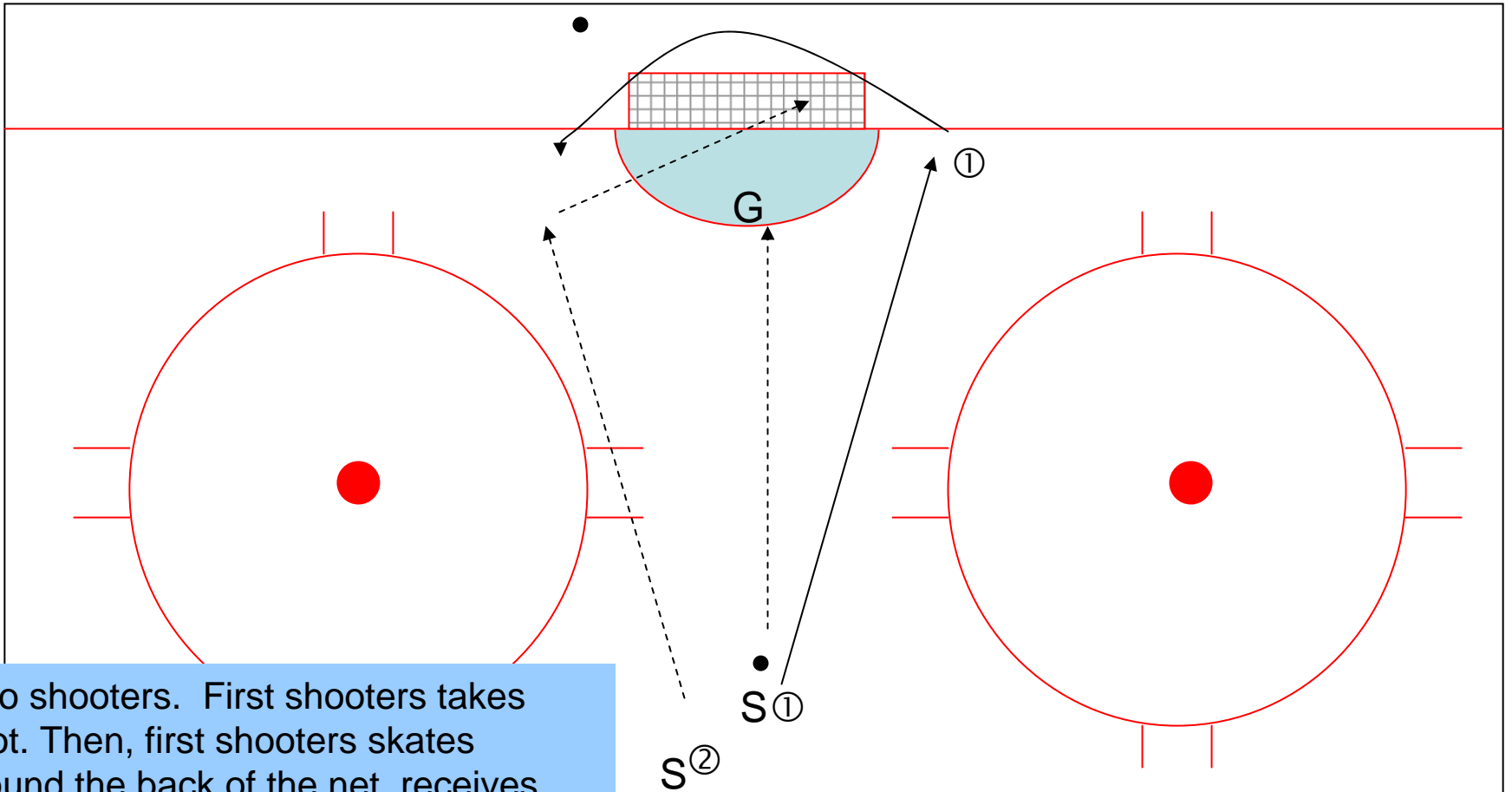
Behind the Net



Two shooters. First shooter takes shot. Goalie deflects. First shooter skates, gathers puck, goes around back of net. First shooter has option of passing to second shooter or putting it in the back door. (if puck is deflected out of play, first shooter picks up spare puck behind net)

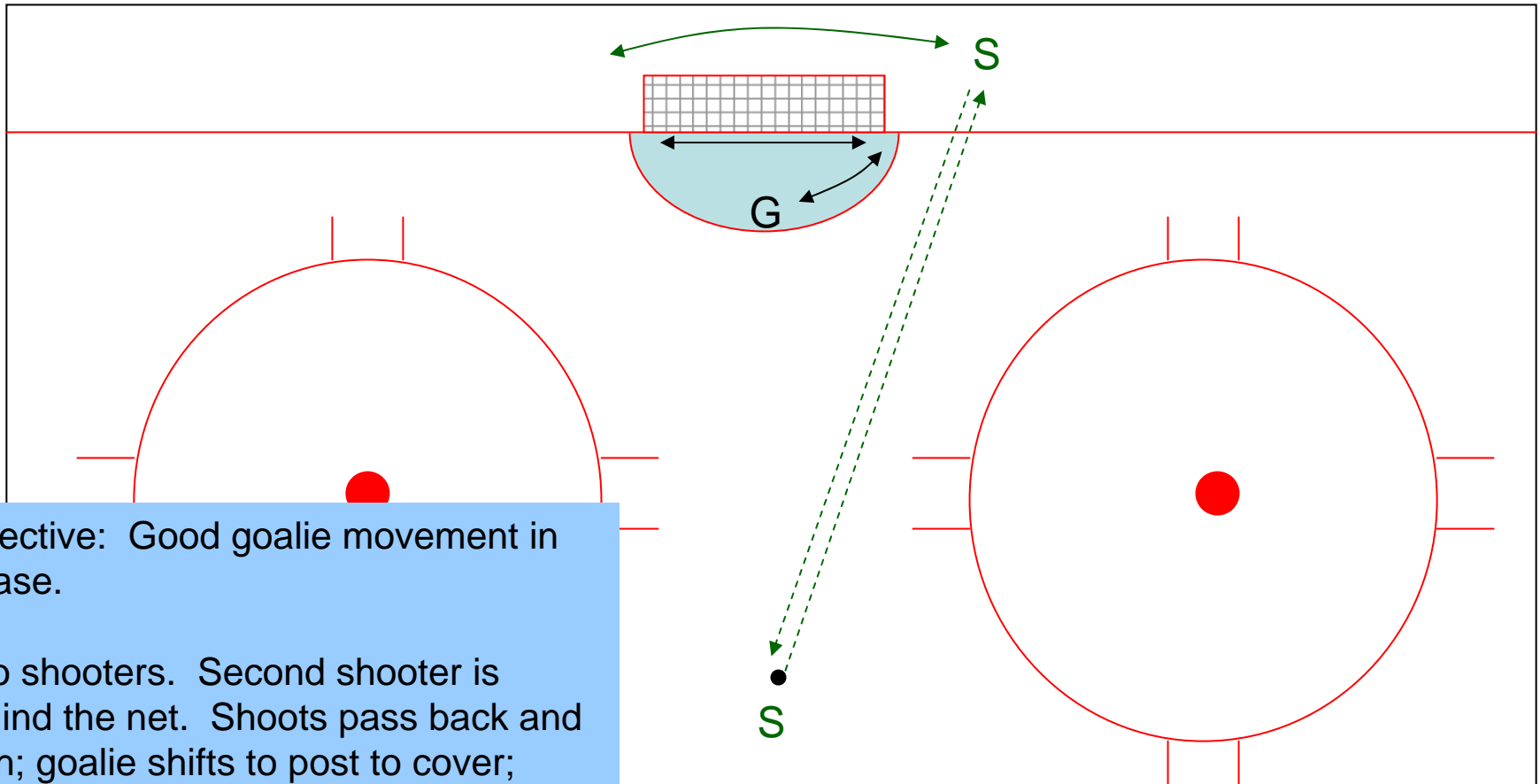
Skills: Adjustment and tracking puck behind net.

Behind the Net - 2



Two shooters. First shooter takes shot. Then, first shooter skates around the back of the net, receives pass from 2nd shooter, and shoots.
Skills: Adjustment and tracking player behind net.

Behind the Net - 3

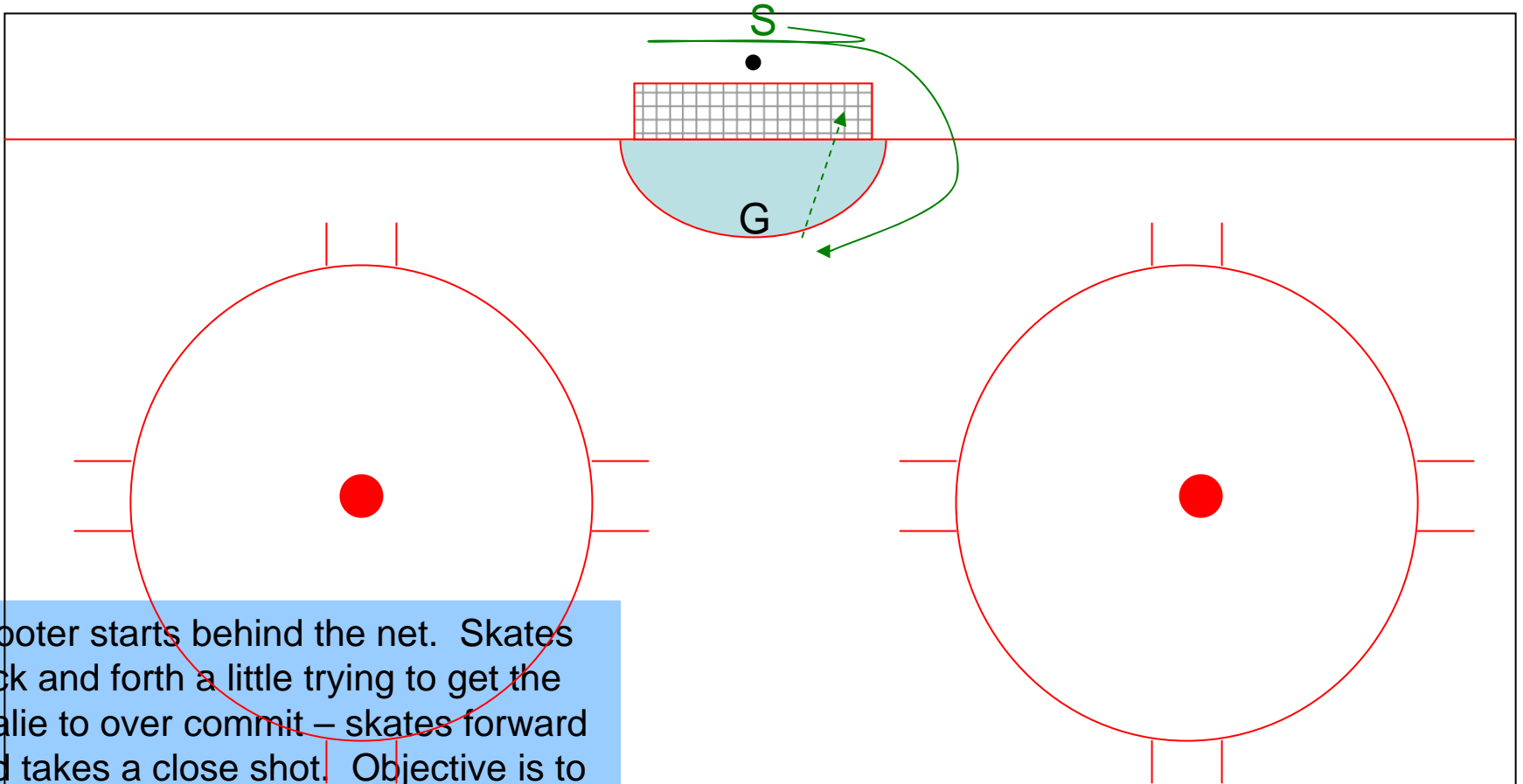


Objective: Good goalie movement in crease.

Two shooters. Second shooter is behind the net. Shoots pass back and forth; goalie shifts to post to cover; shooters shoot at will.

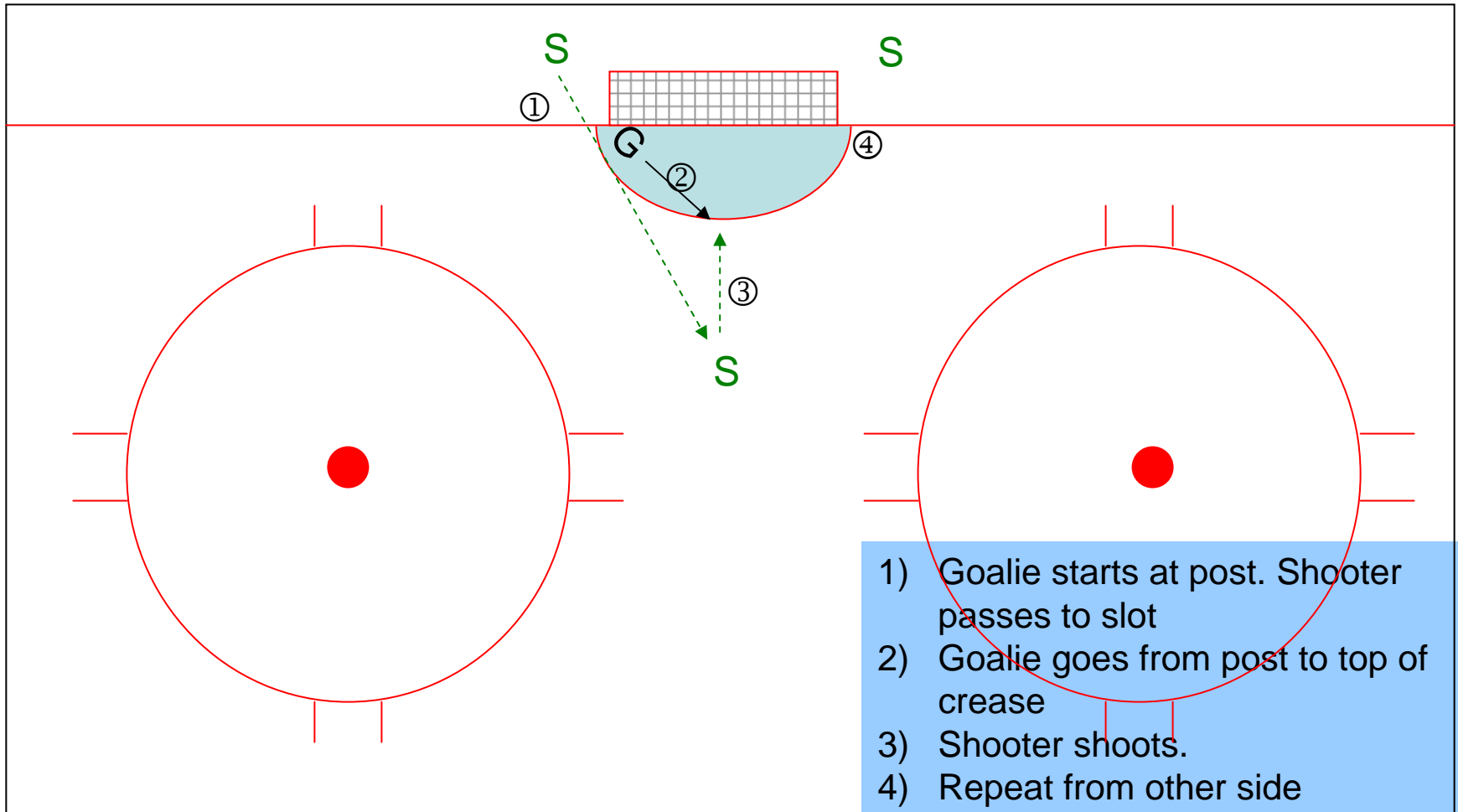
Goalie should make good TGlides between posts.

Behind the Net - 3

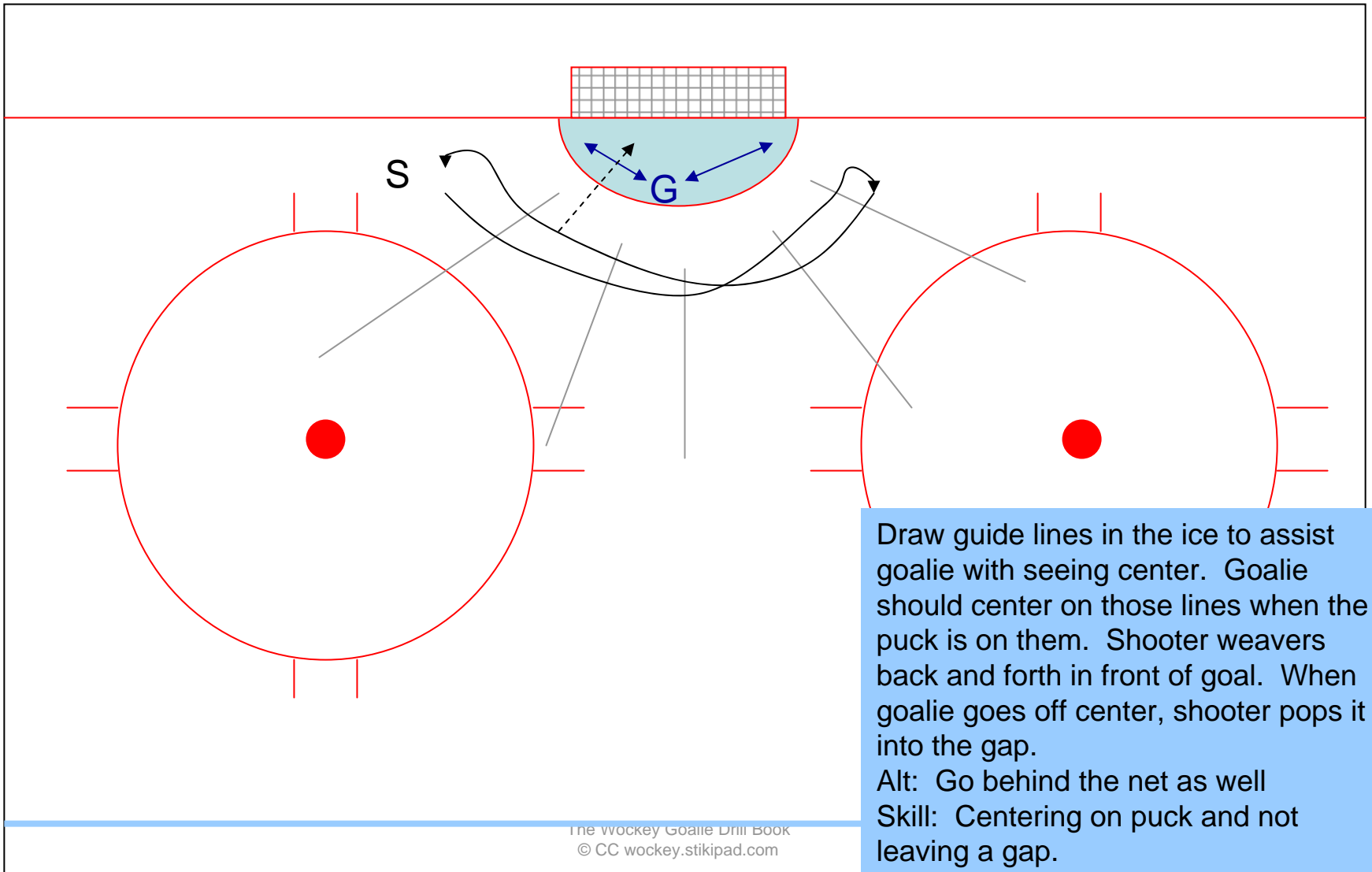


Shooter starts behind the net. Skates back and forth a little trying to get the goalie to over commit – skates forward and takes a close shot. Objective is to get the goalie to work the posts and be able to see what is behind him without turning around.

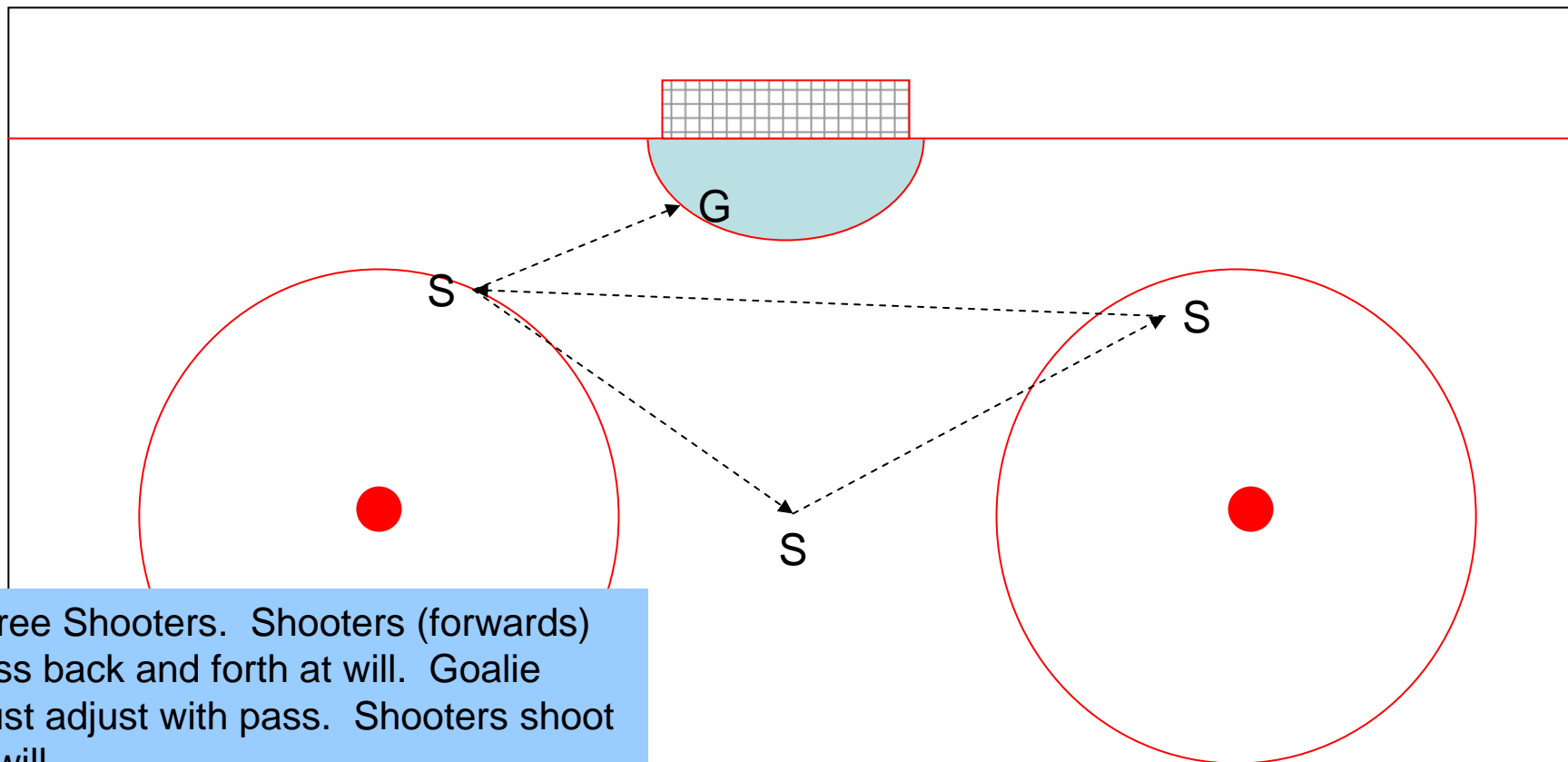
Post to Top



Centering / Position Drill



Adjust to Pass

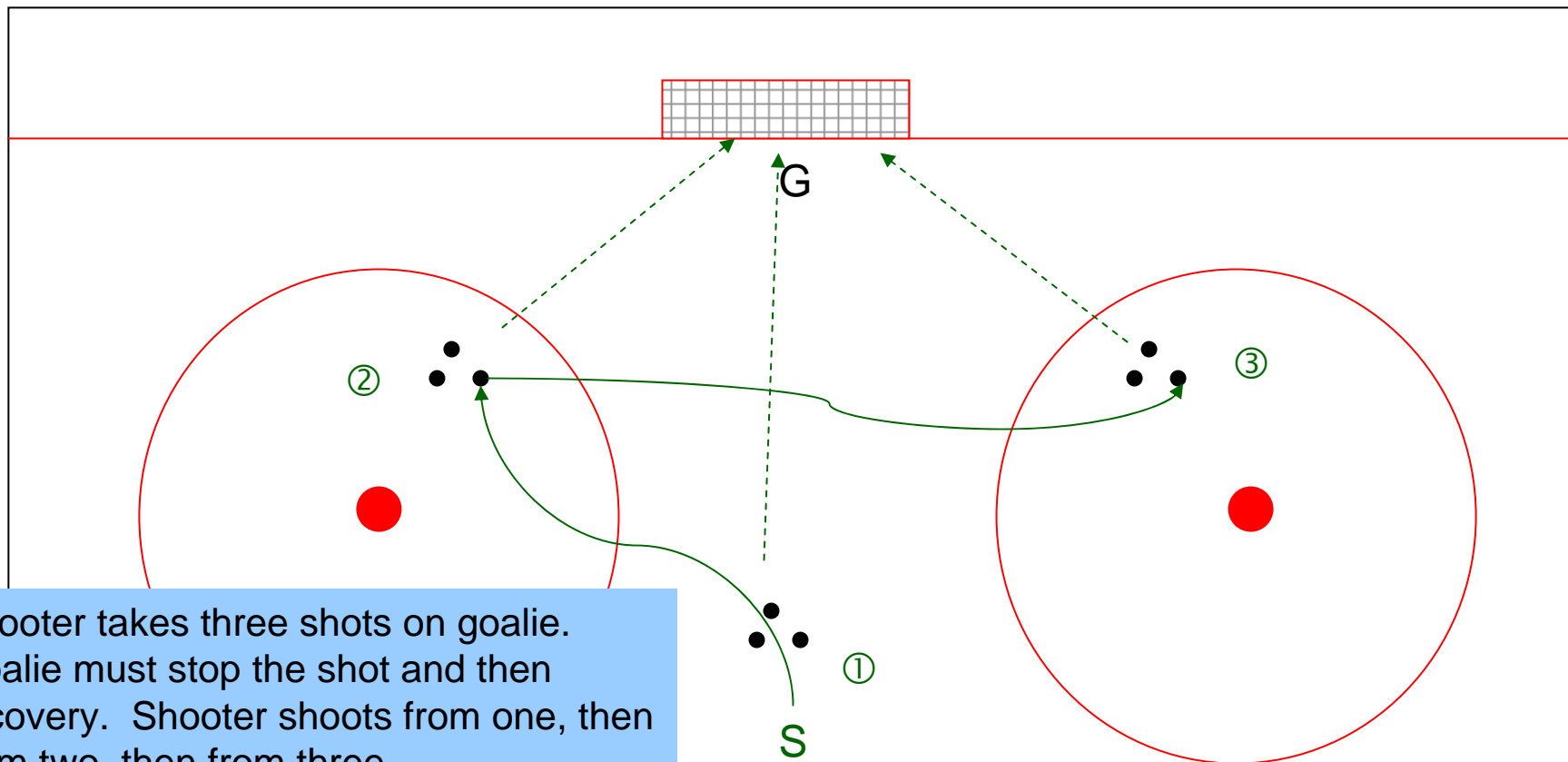


Three Shooters. Shooters (forwards) pass back and forth at will. Goalie must adjust with pass. Shooters shoot at will.

Skills: Adjustment and center on the shooter.

Option: Same drill with defensemen on point and slap shots.

Save Recovery Save

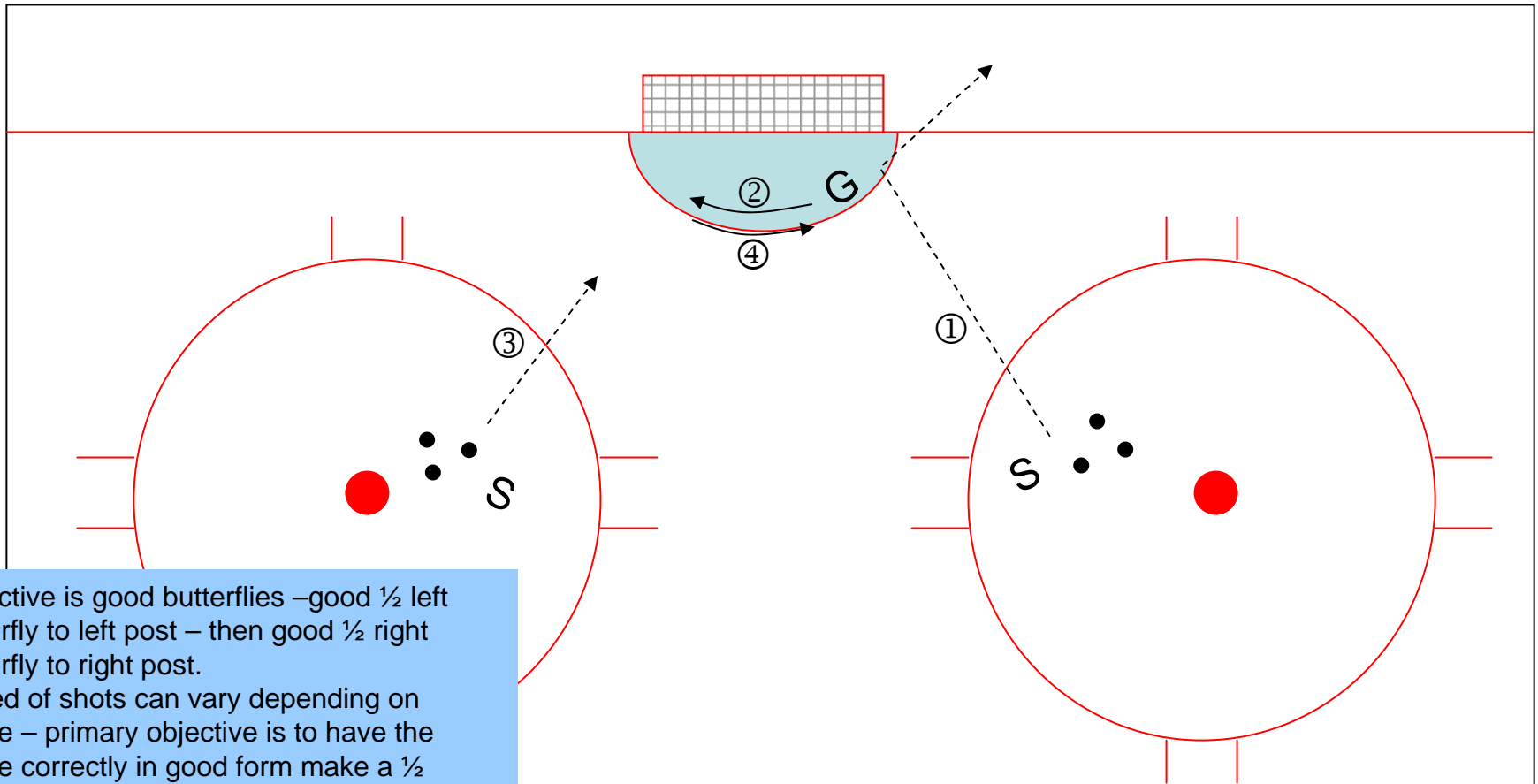


Shooter takes three shots on goalie. Goalie must stop the shot and then recovery. Shooter shoots from one, then from two, then from three.

Skills: Goalie must adjust rapidly and house stay centered.

Variation: Add different puck stations in order to work on different shots.

Butterfly Left - Right

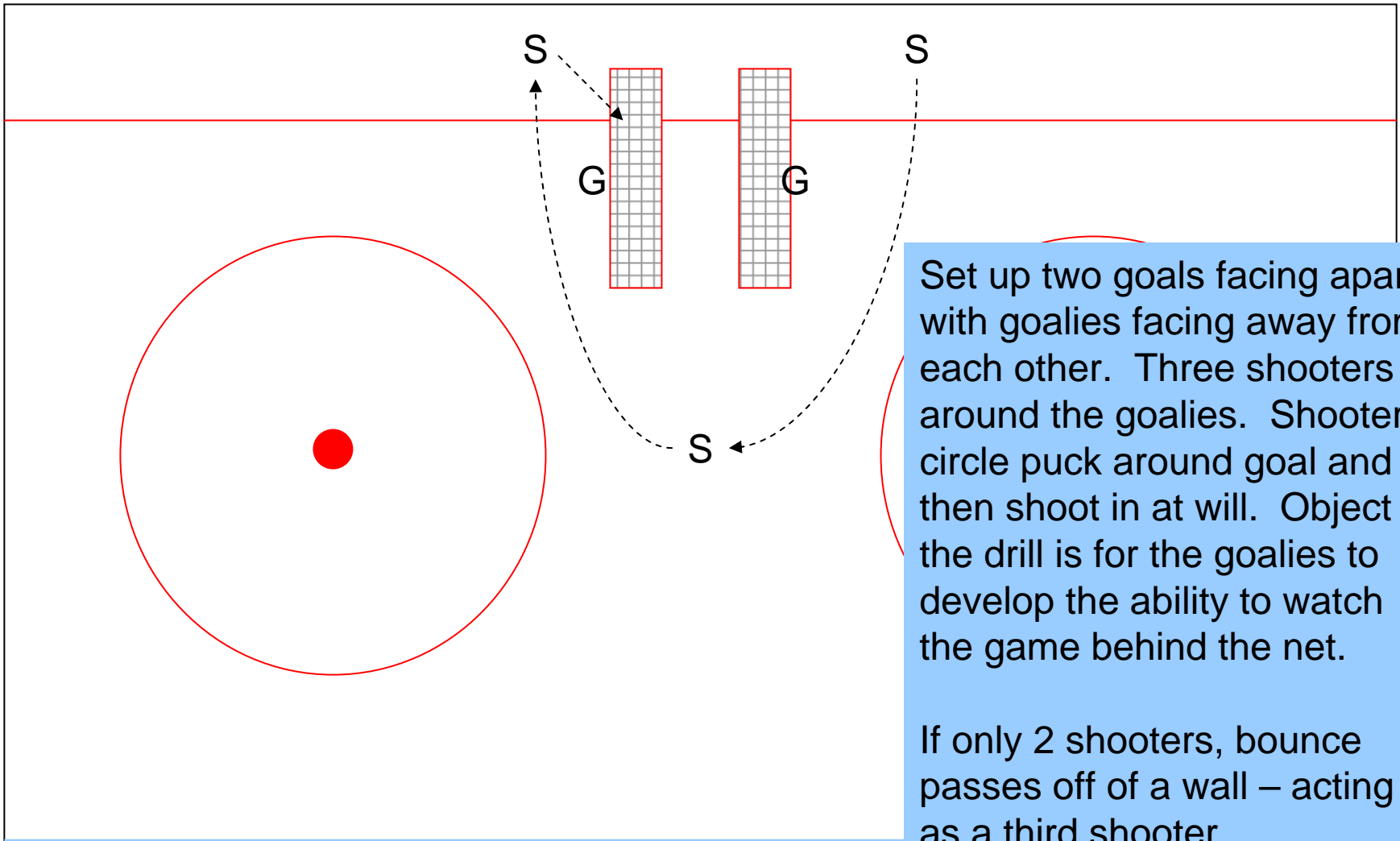


Objective is good butterflies –good ½ left butterfly to left post – then good ½ right butterfly to right post.

Speed of shots can vary depending on goalie – primary objective is to have the goalie correctly in good form make a ½ butterfly save.

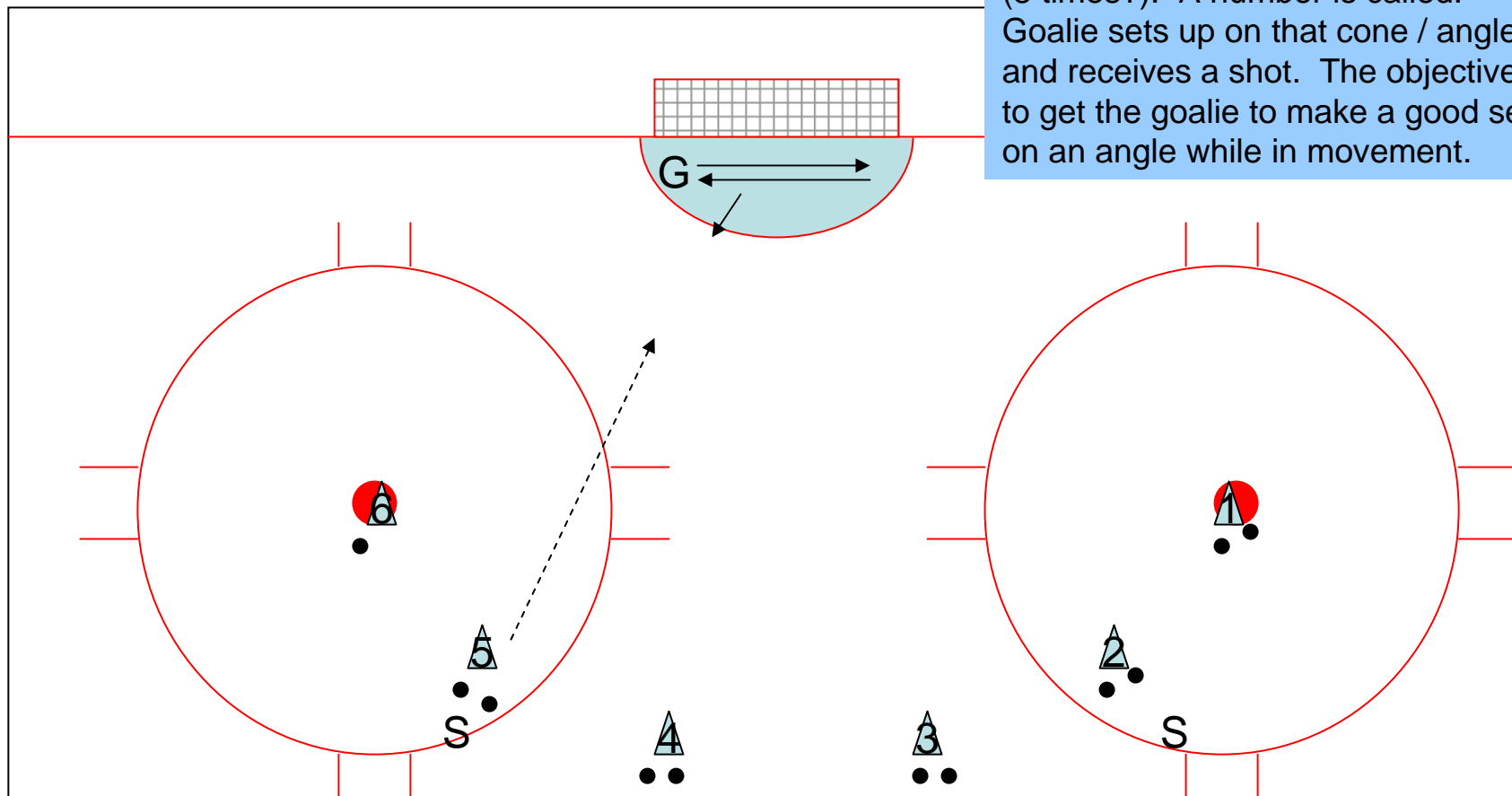
First shooter shoots at left (goalie perspective) corner, goalie makes ½ butterfly save, then 2nd shoot shoots at right corner, goalie makes ½ BF save – repeat.

Behind the Net

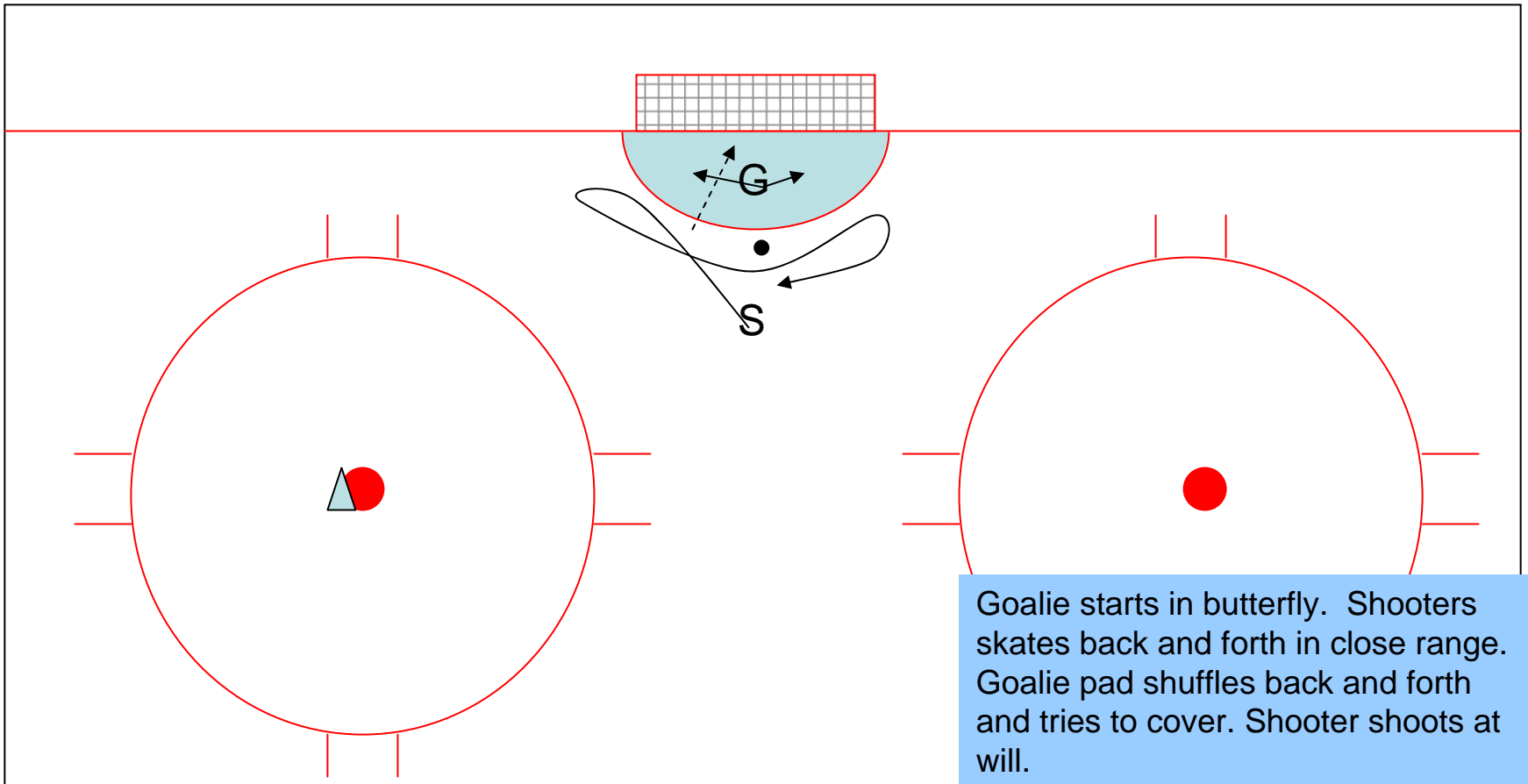


Shuffle - Angles

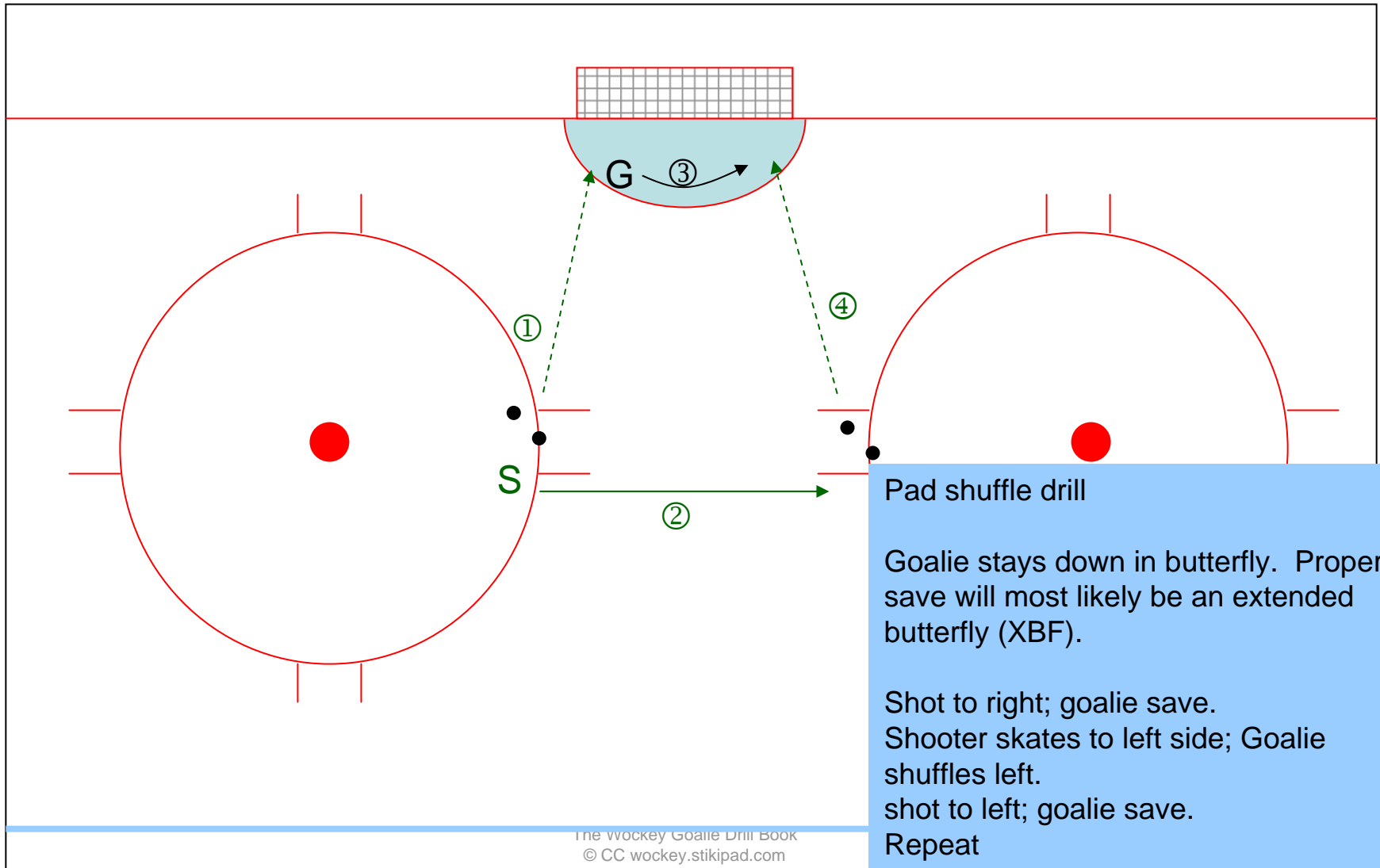
Goalie Shuffles back and forth N times (3 times?). A number is called. Goalie sets up on that cone / angle and receives a shot. The objective is to get the goalie to make a good set on an angle while in movement.



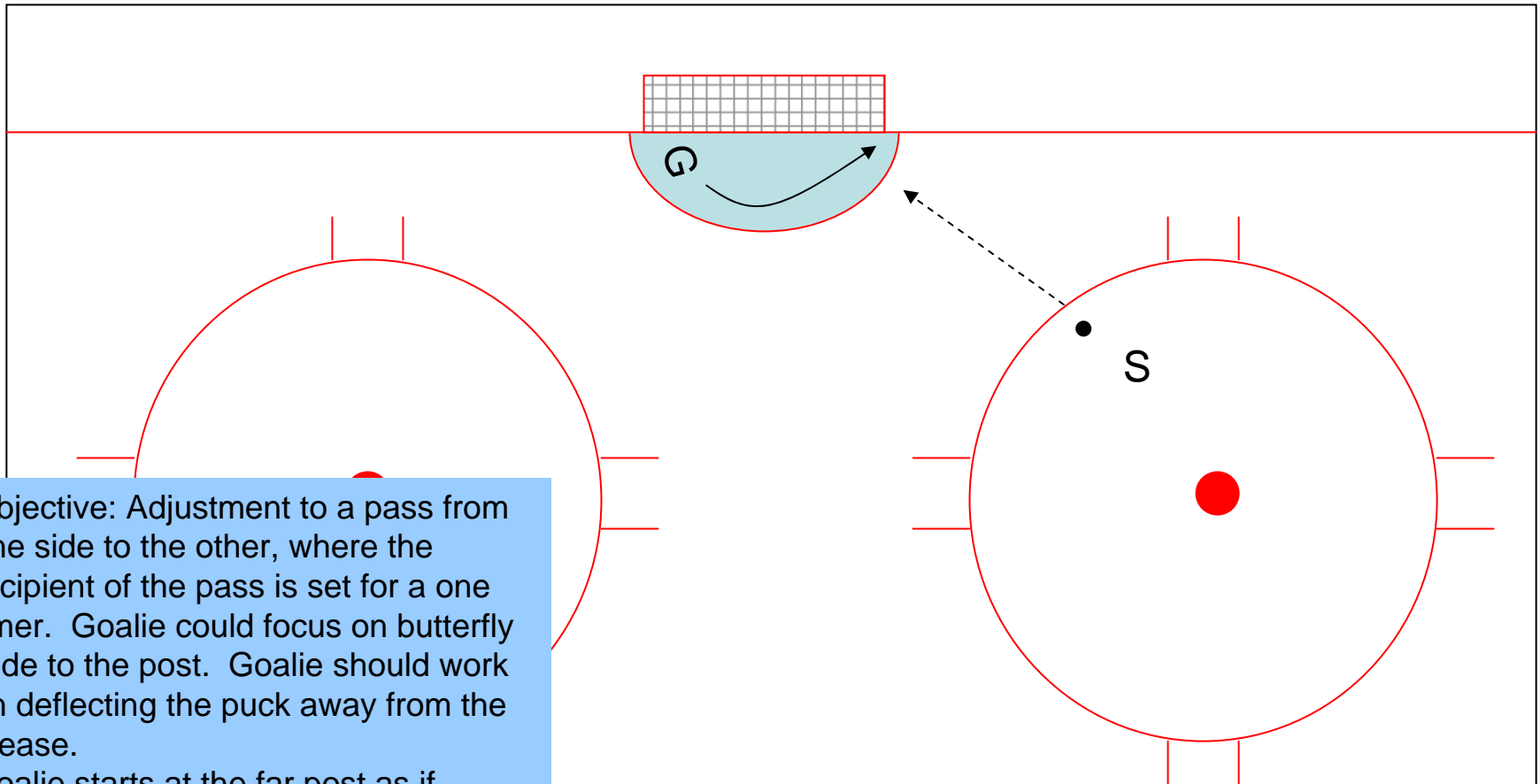
Pad Shuffles



Pad Slide – Left Right



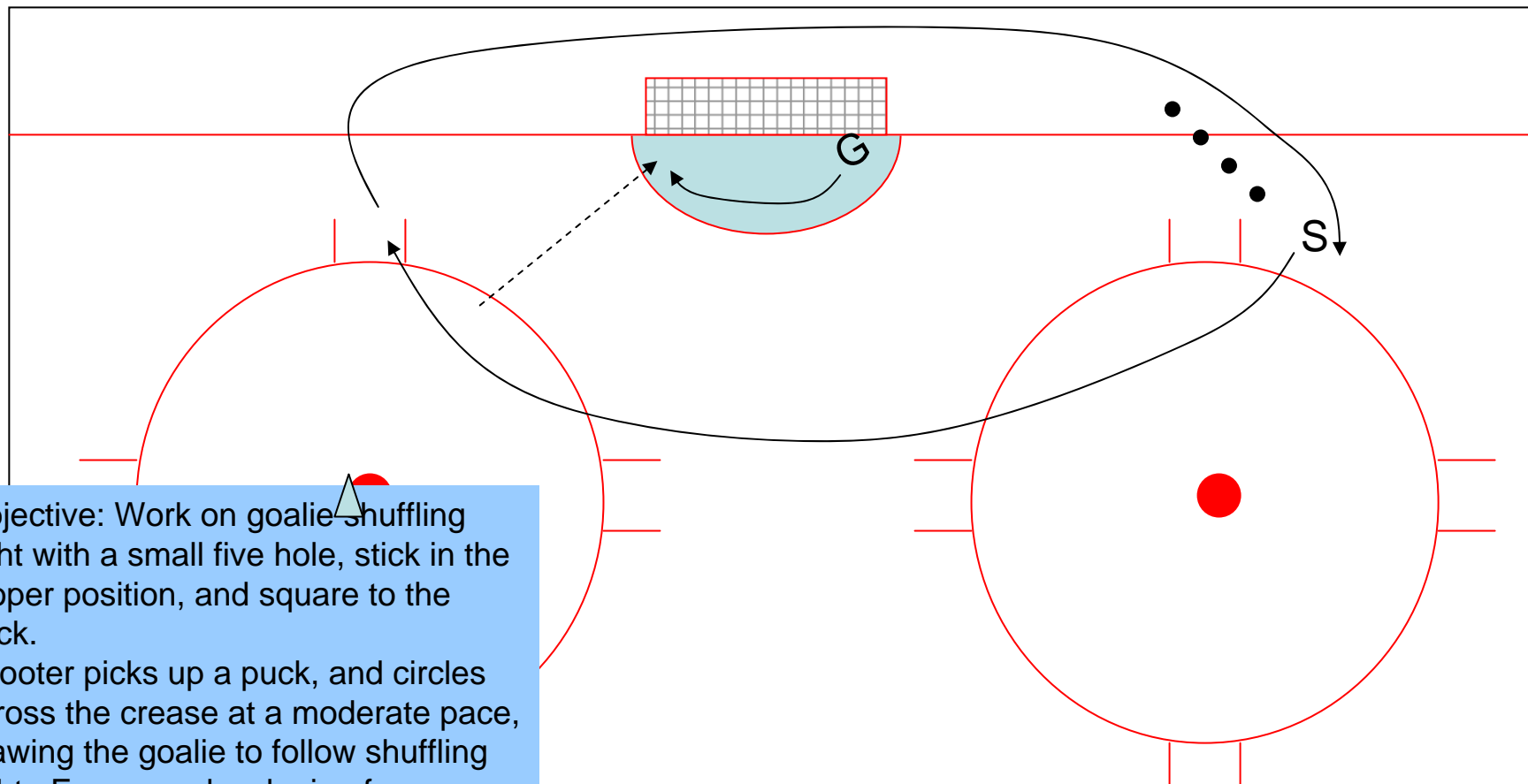
Adjust on “shot”



Objective: Adjustment to a pass from one side to the other, where the recipient of the pass is set for a one timer. Goalie could focus on butterfly slide to the post. Goalie should work on deflecting the puck away from the crease.

Goalie starts at the far post as if covering the pass. Shooter calls “shot,” goalie adjusts to the shooter, shooter makes a quick shot.

Shuffle Right



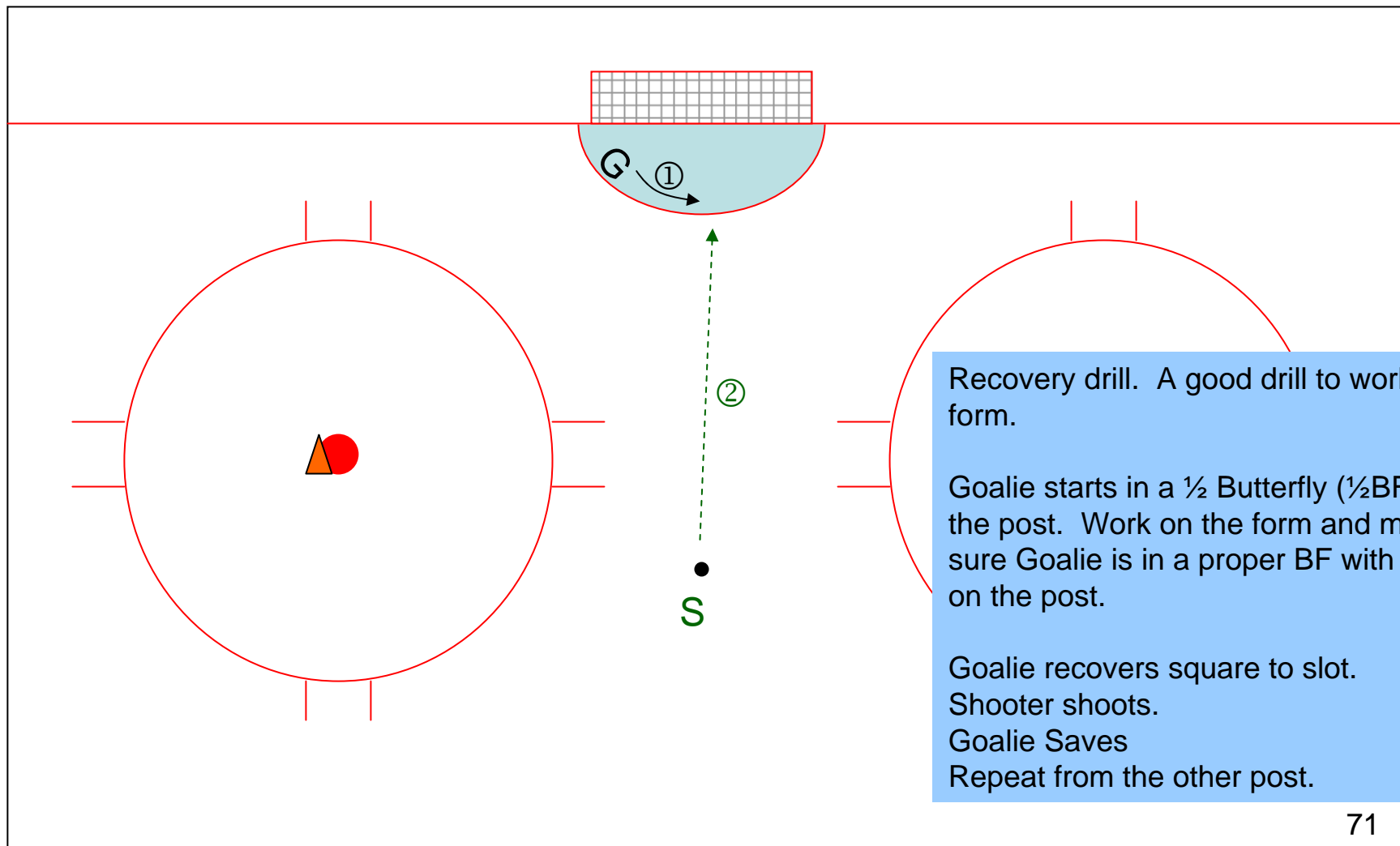
Objective: Work on goalie shuffling right with a small five hole, stick in the proper position, and square to the puck.

Shooter picks up a puck, and circles across the crease at a moderate pace, drawing the goalie to follow shuffling right. Focus on developing form.

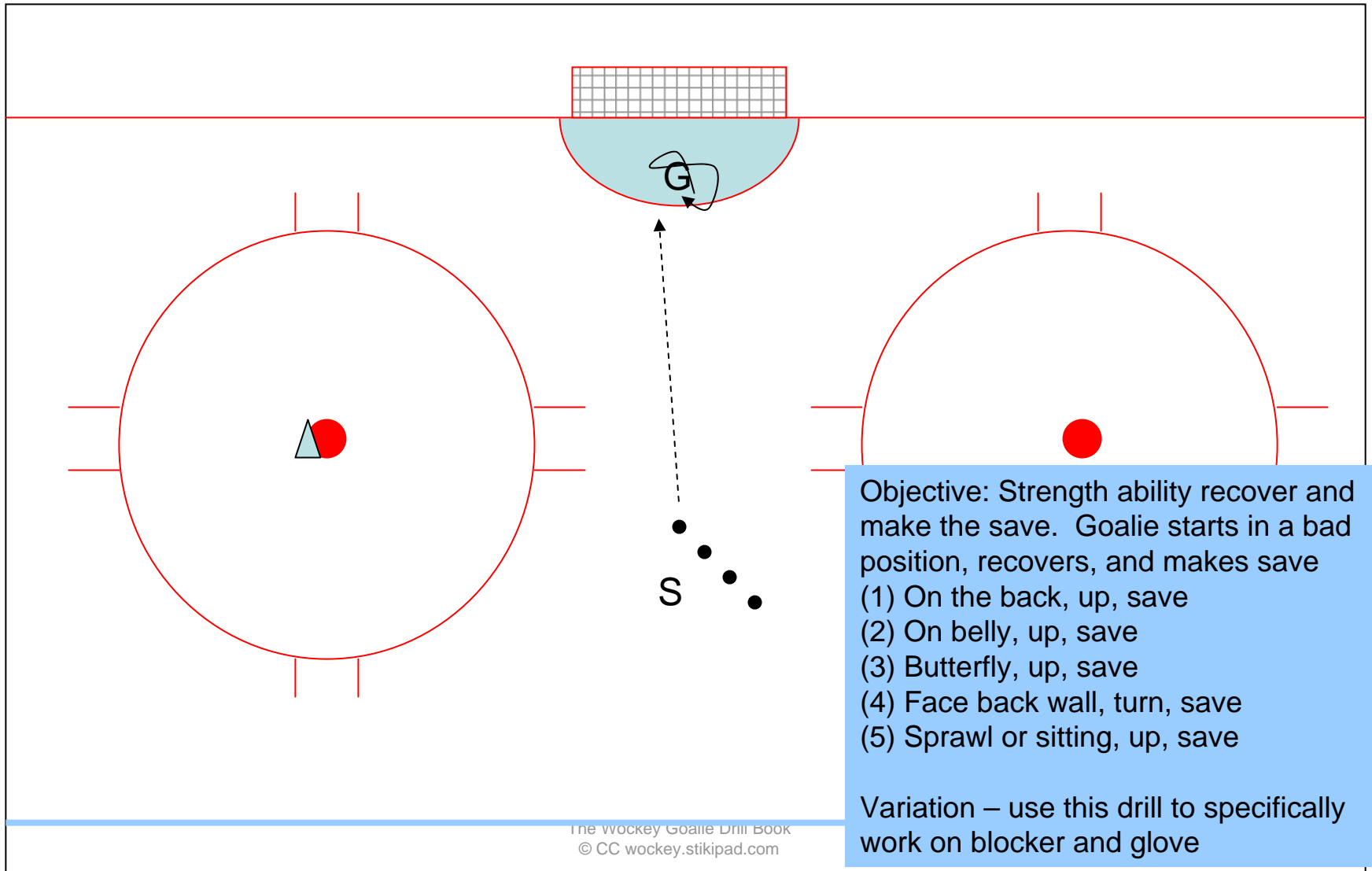
When goalie opens the 5 hole, shoot – or shoot when all the way across crease. Circle around, pick up another puck and do it again.

Recovery

Post to Up

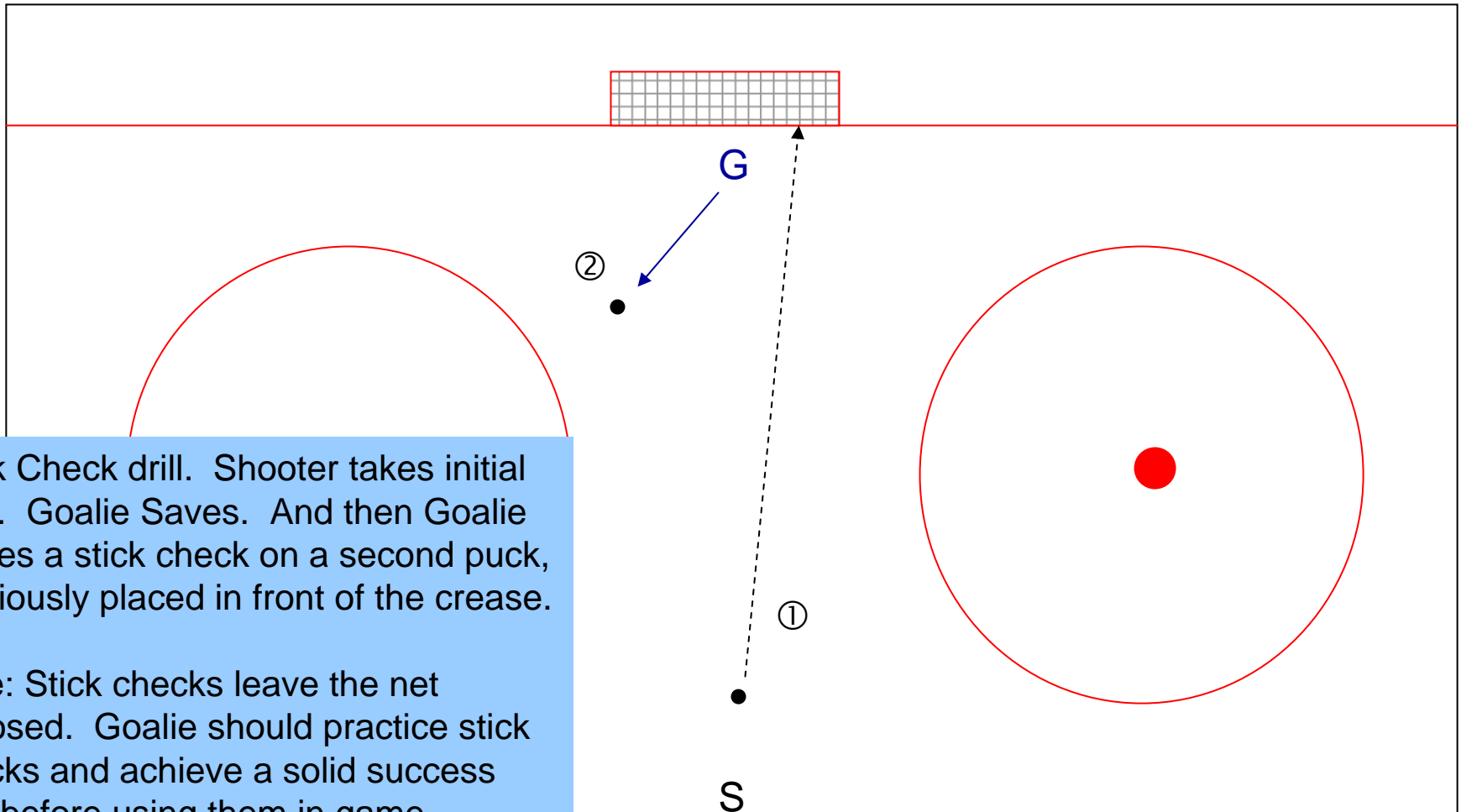


Recover Drill



Stick Work

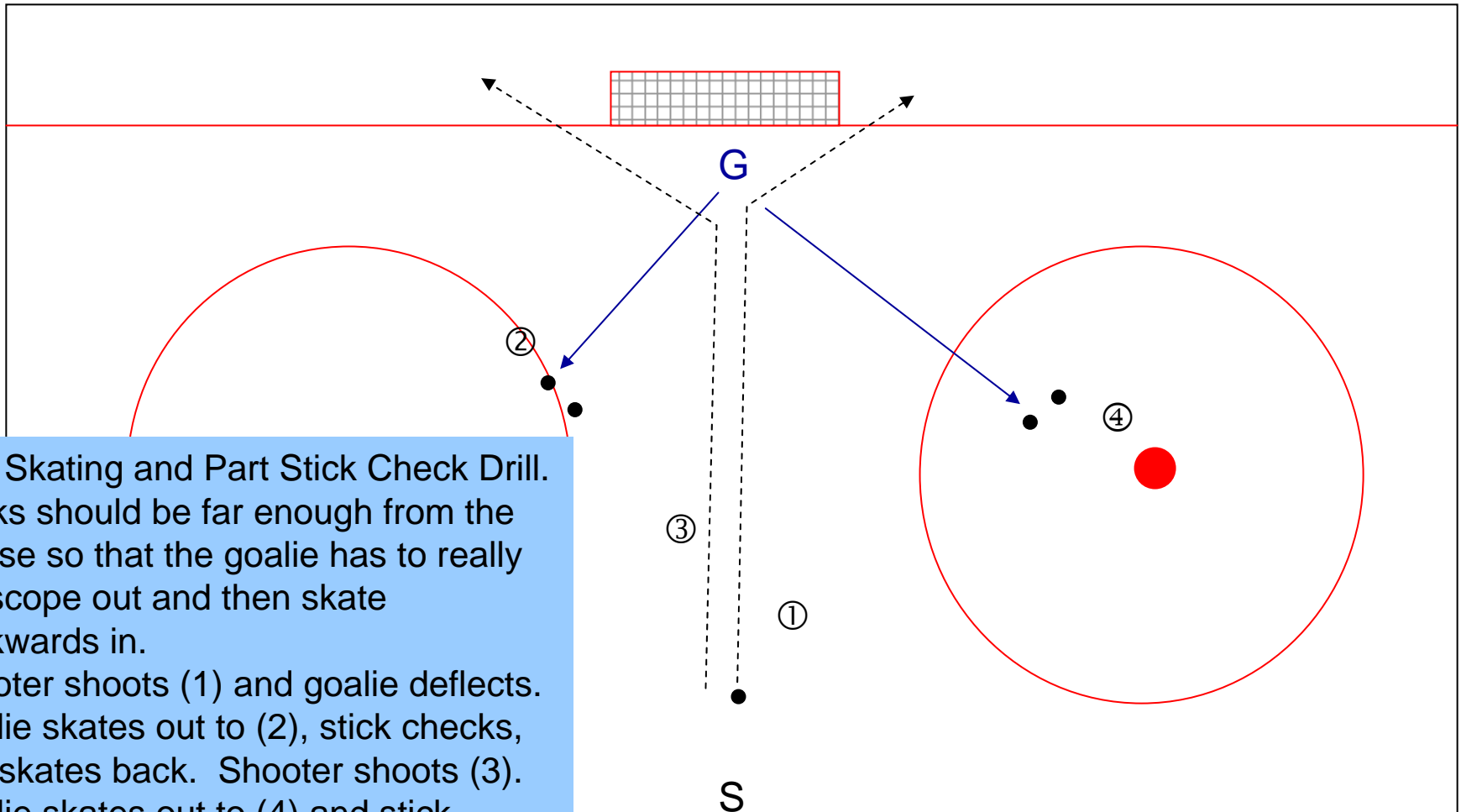
Stick Check



Stick Check drill. Shooter takes initial shot. Goalie Saves. And then Goalie makes a stick check on a second puck, previously placed in front of the crease.

Note: Stick checks leave the net exposed. Goalie should practice stick checks and achieve a solid success rate before using them in game situations. This is an aggressive tool which must be pulled off successfully.

Stick Check 2.0



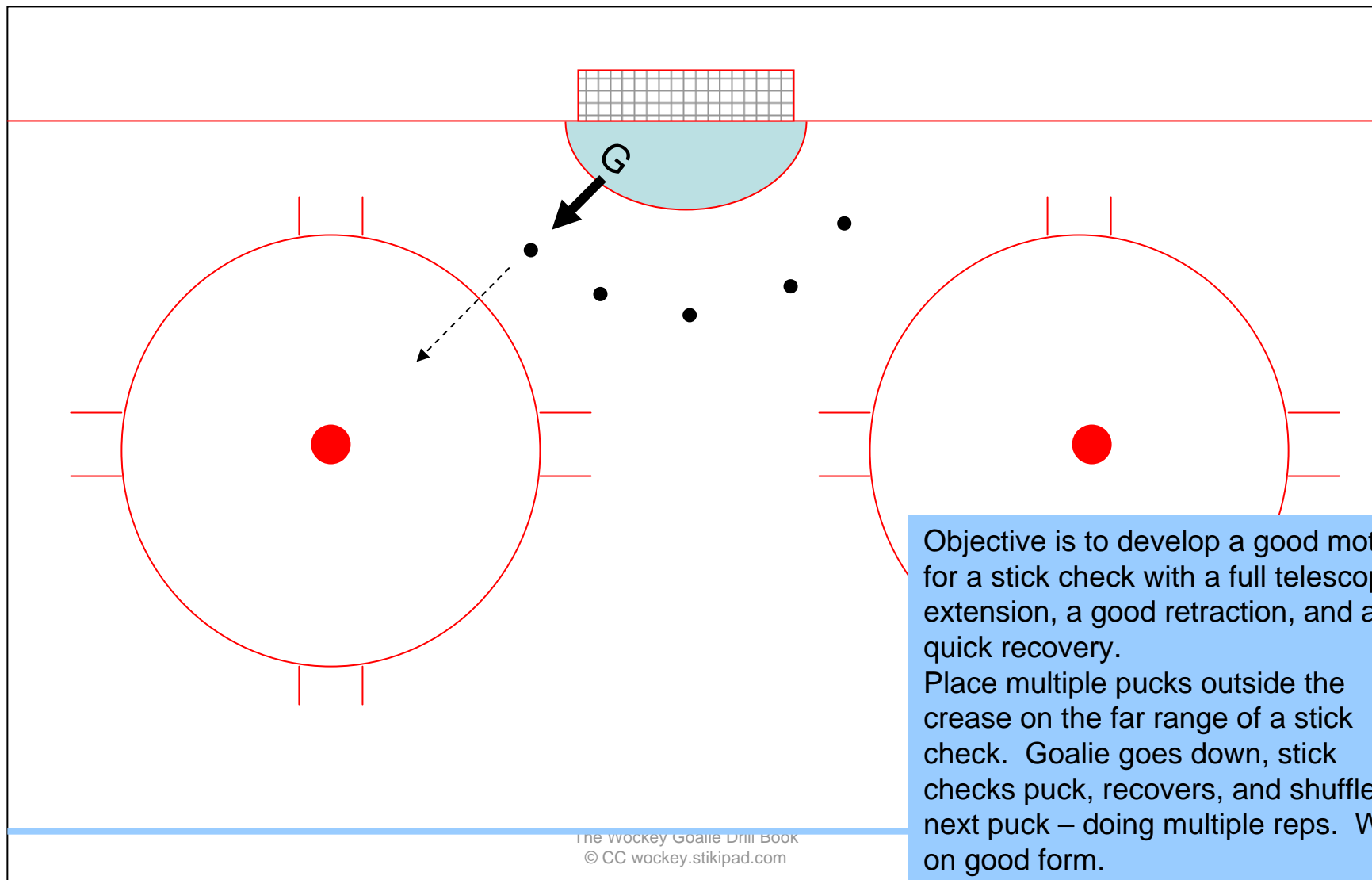
Part Skating and Part Stick Check Drill.

Pucks should be far enough from the crease so that the goalie has to really telescope out and then skate backwards in.

Shooter shoots (1) and goalie deflects. Goalie skates out to (2), stick checks, and skates back. Shooter shoots (3). Goalie skates out to (4) and stick checks. Repeat.

This can be a demanding skating drill.

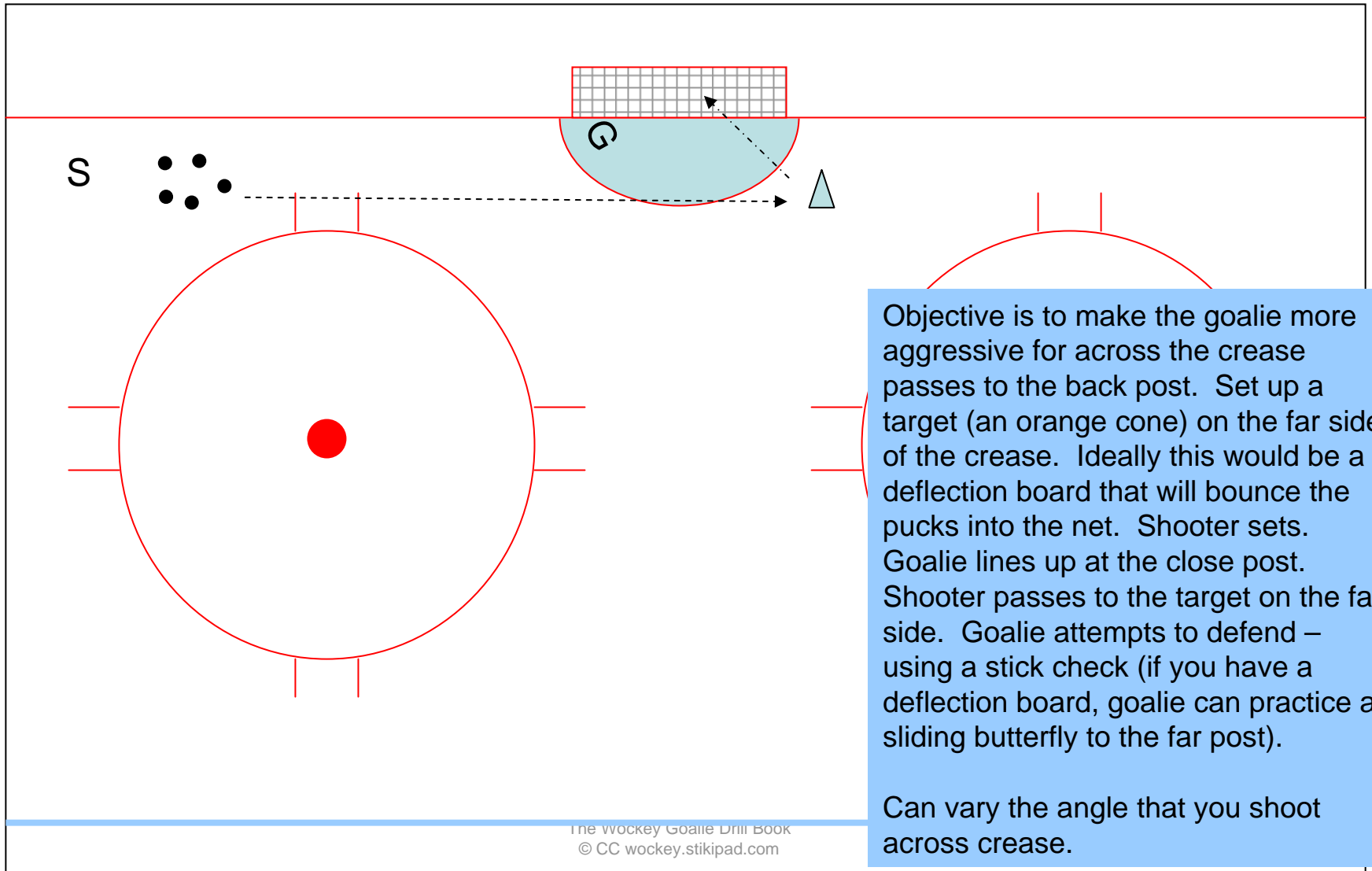
Stick Check 2



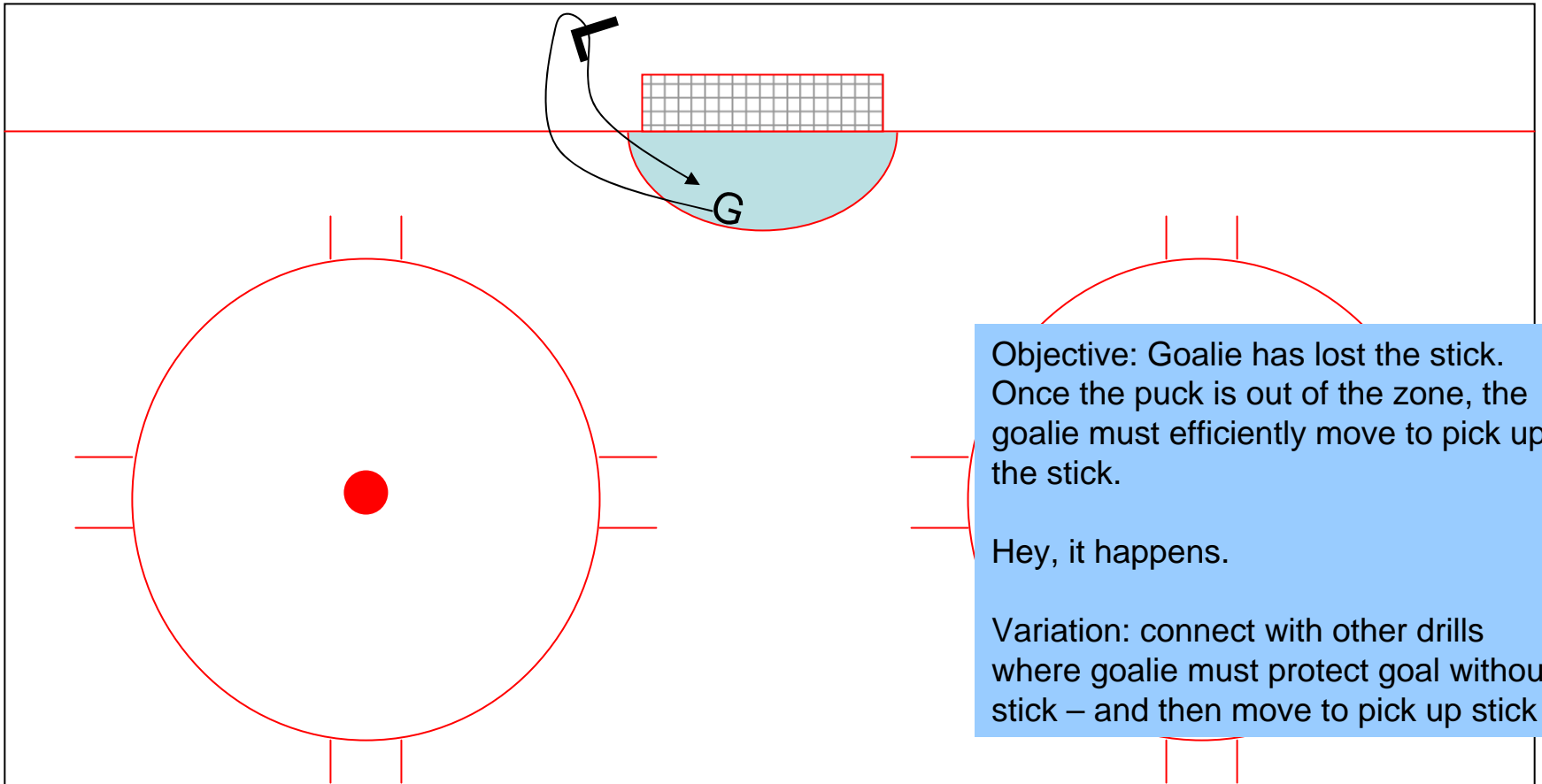
Objective is to develop a good motion for a stick check with a full telescoping extension, a good retraction, and a quick recovery.

Place multiple pucks outside the crease on the far range of a stick check. Goalie goes down, stick checks puck, recovers, and shuffles to next puck – doing multiple reps. Work on good form.

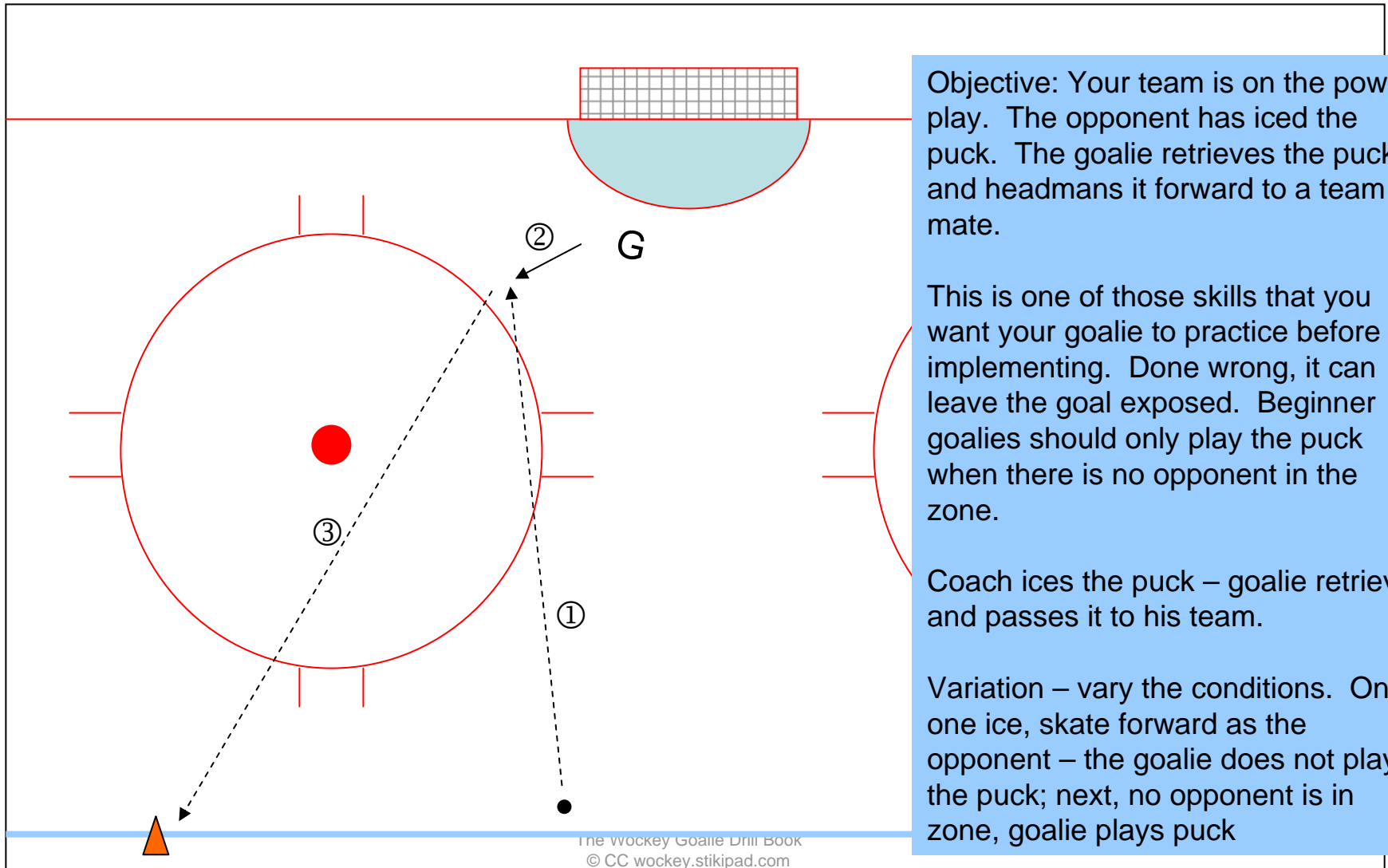
Across the Crease Pass



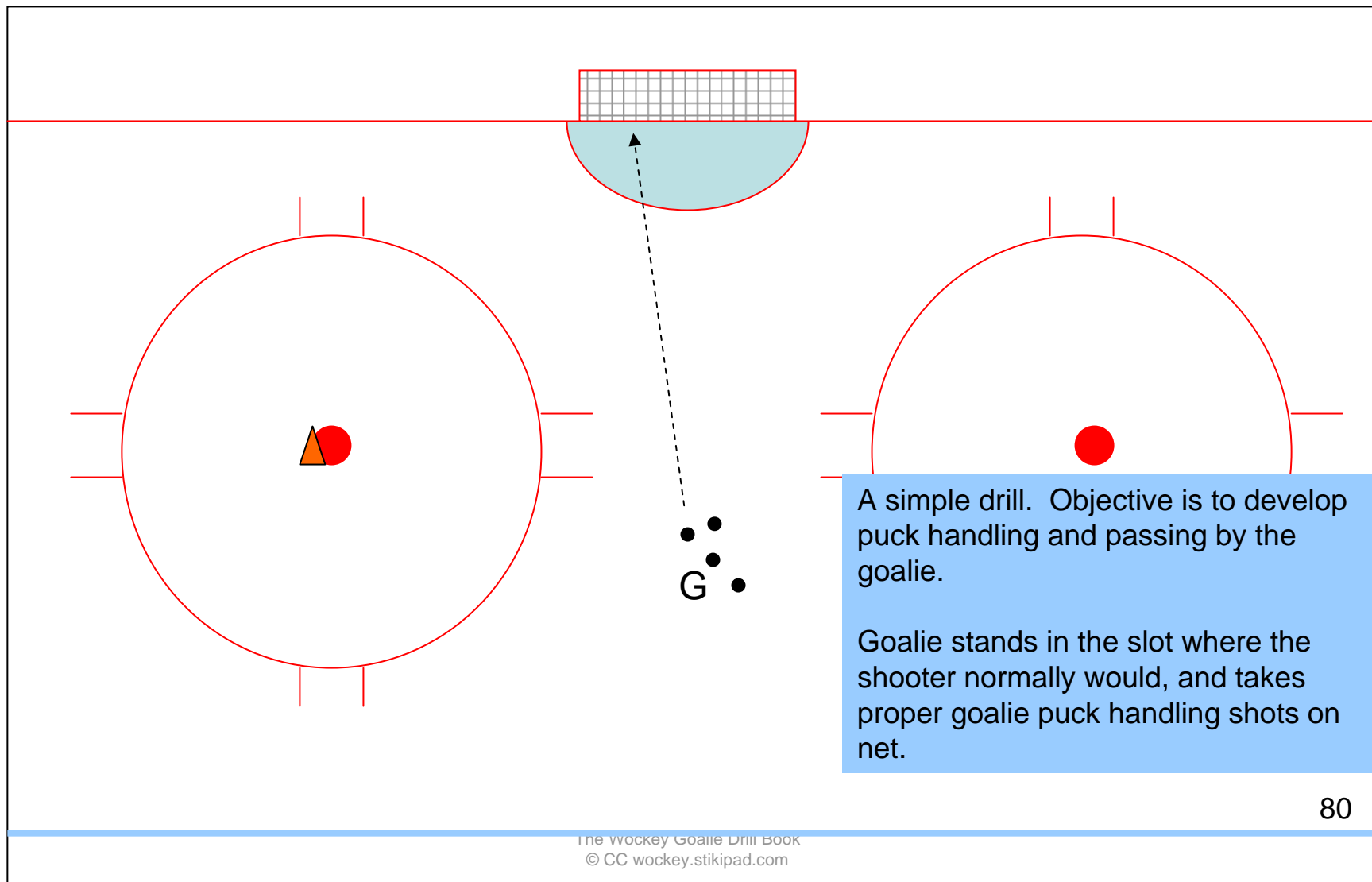
Loose Stick Drill



Power Play Pass

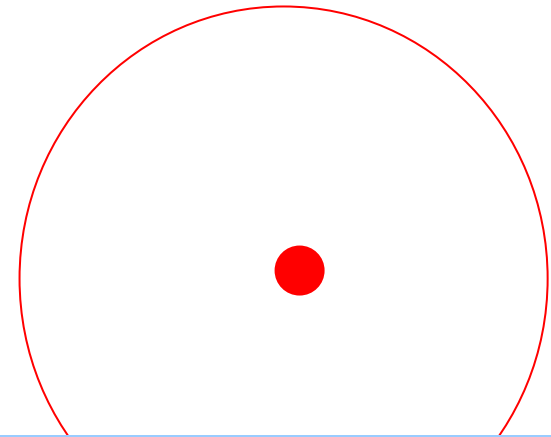
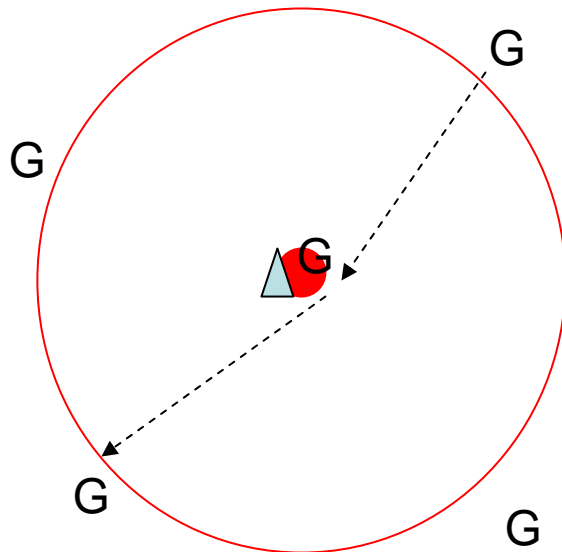


Puck Handling



Fun

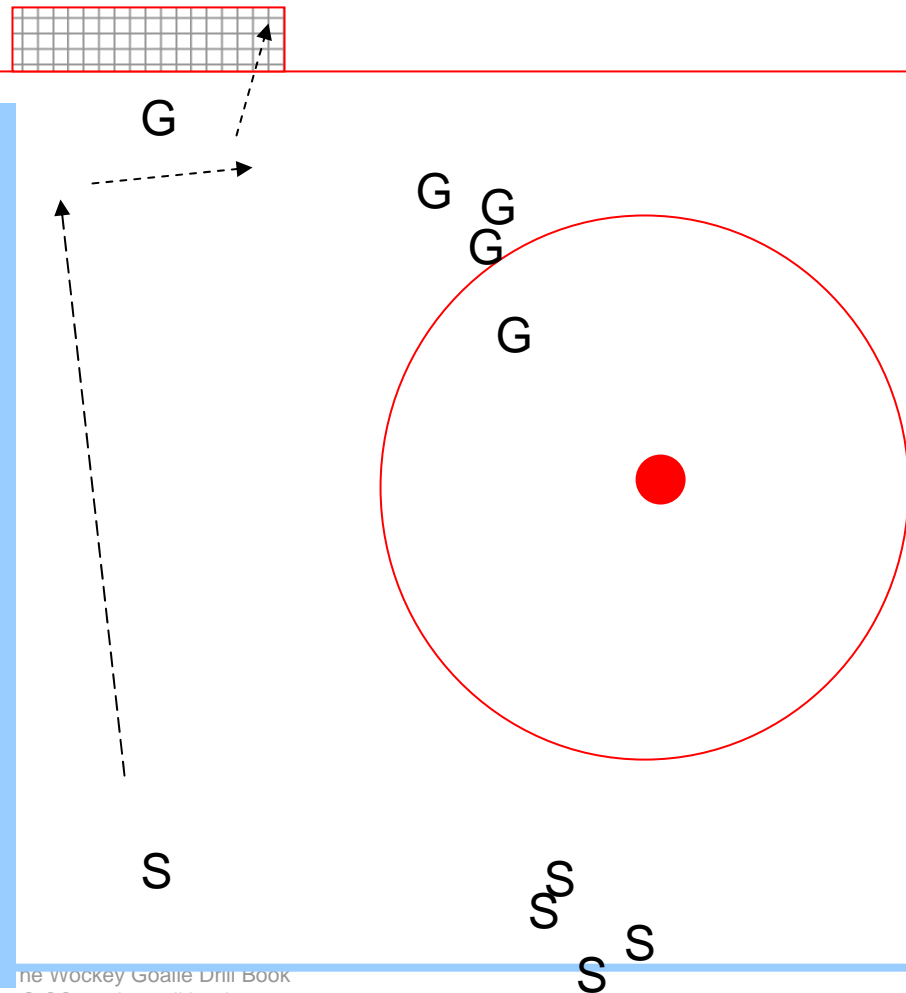
King of the Bottle



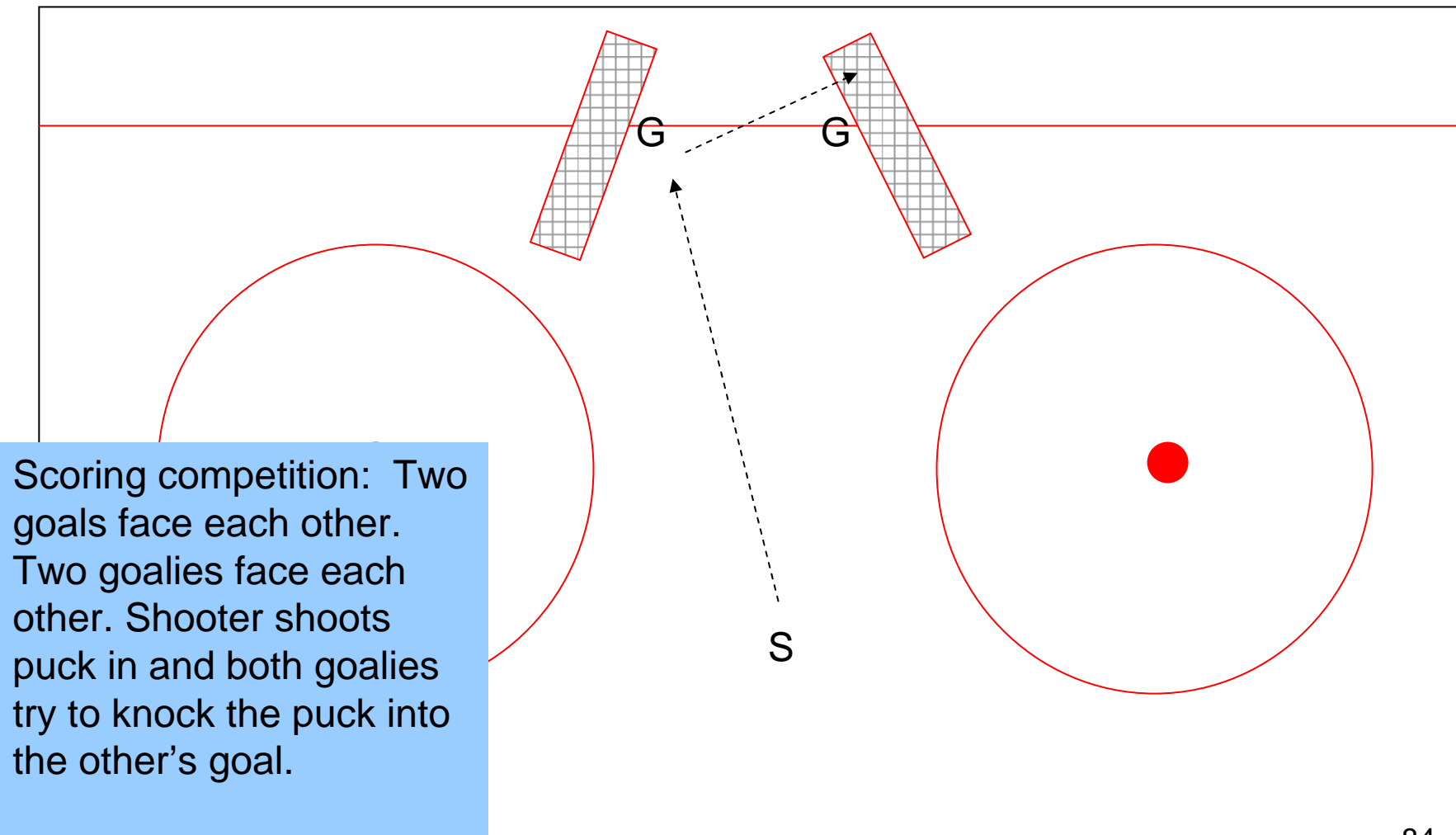
Place bottle on red dot. Goalies on edge of circle attempt to knock over the bottle. Goalie in the middle attempts to protect the bottle – like a goal – and keep it from getting knocked over.

Shoot Out Game

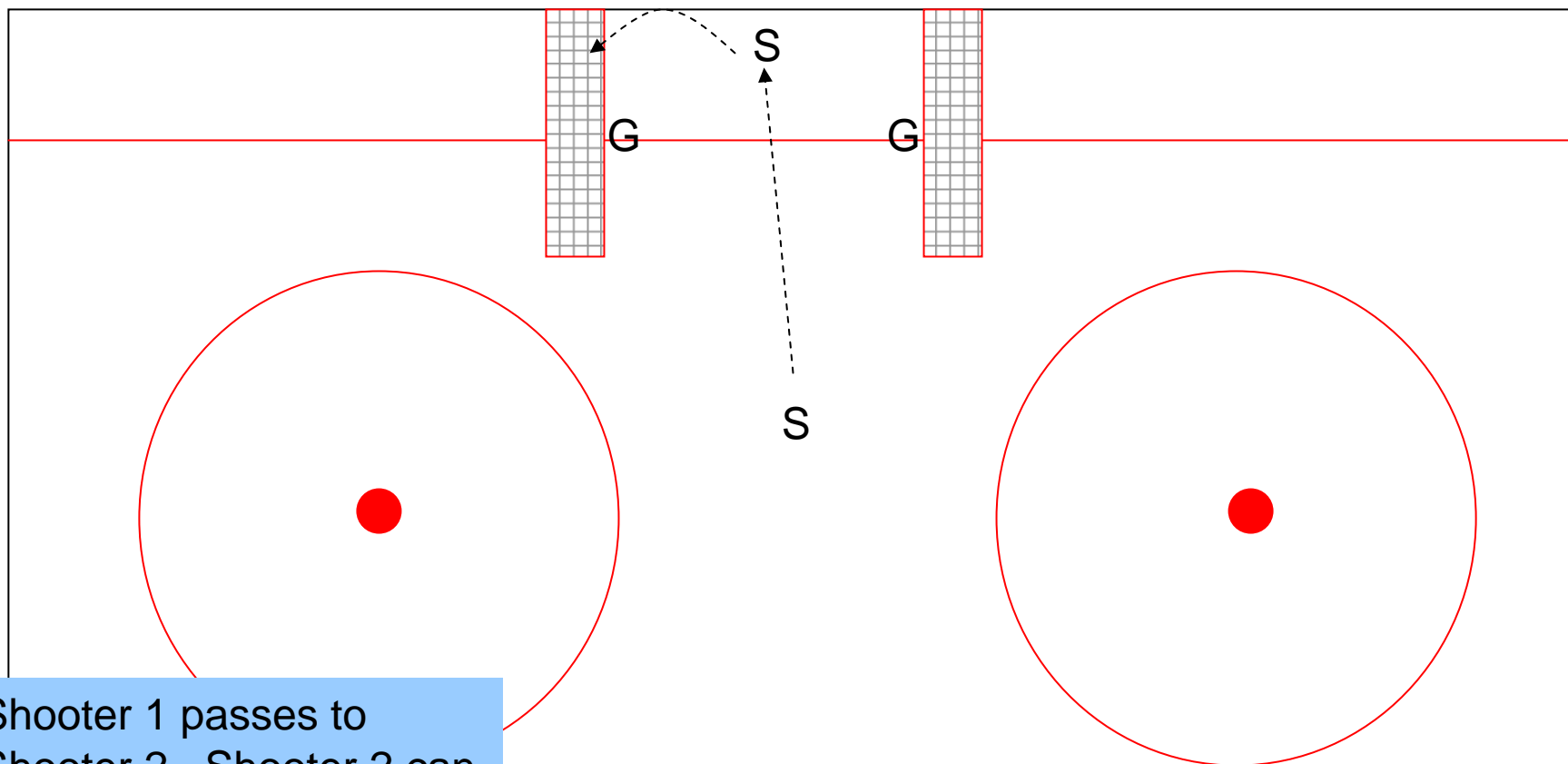
For shooters and goalies. Each Goalie and shooter takes a turn. If the shooter makes the goal, the shooter goes to the back of the line for another turn. If the shooter misses, the shooter is out. If the goalie stops the puck, the goalie goes to the back of the line for another turn. If the goalie misses, the goalie is out. Last shooter remaining wins among shooters. Last goalie remaining wins among goalies. Side (goalies v shooters) with the most players remaining wins.



Scoring Competition

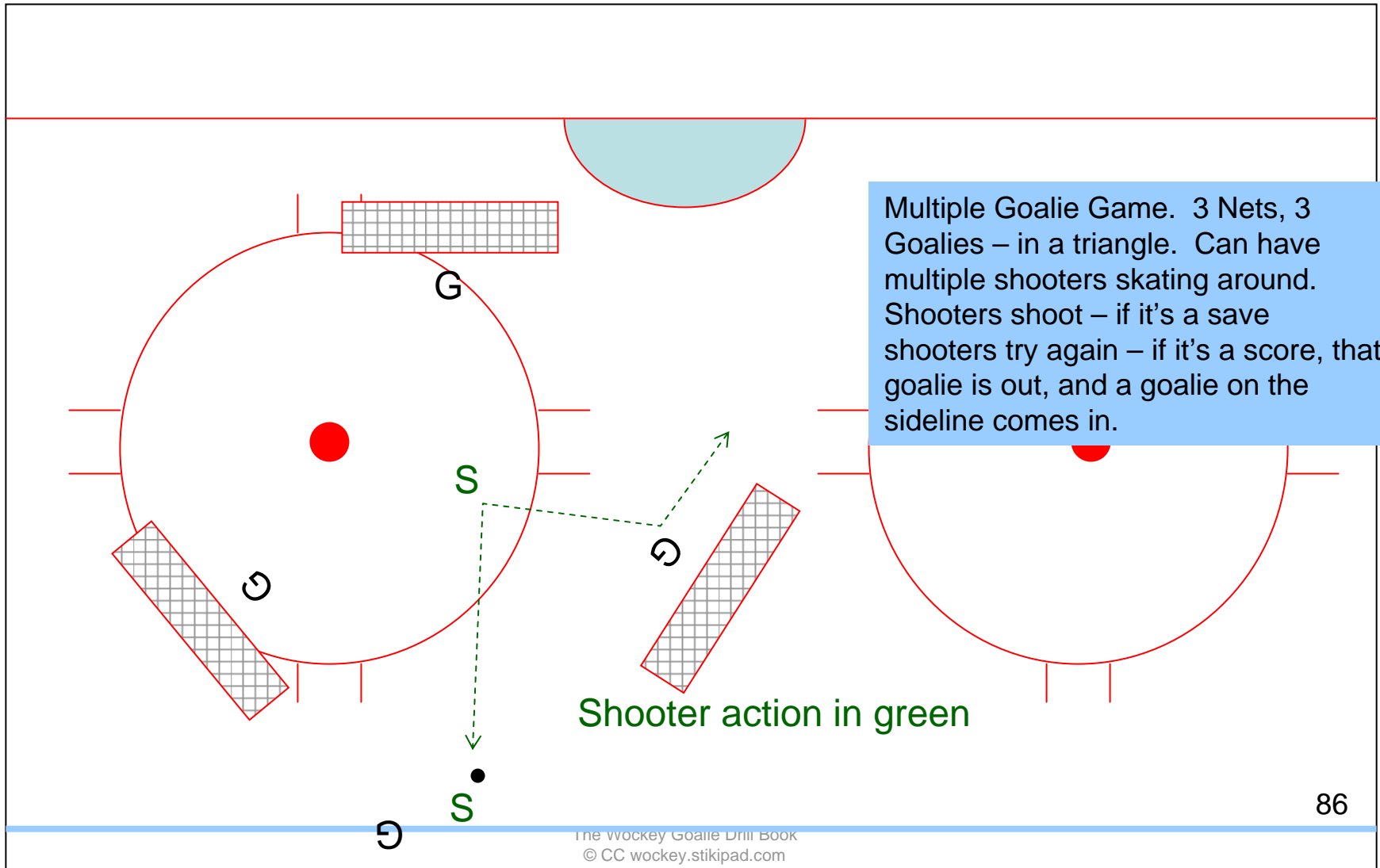


Double Goal



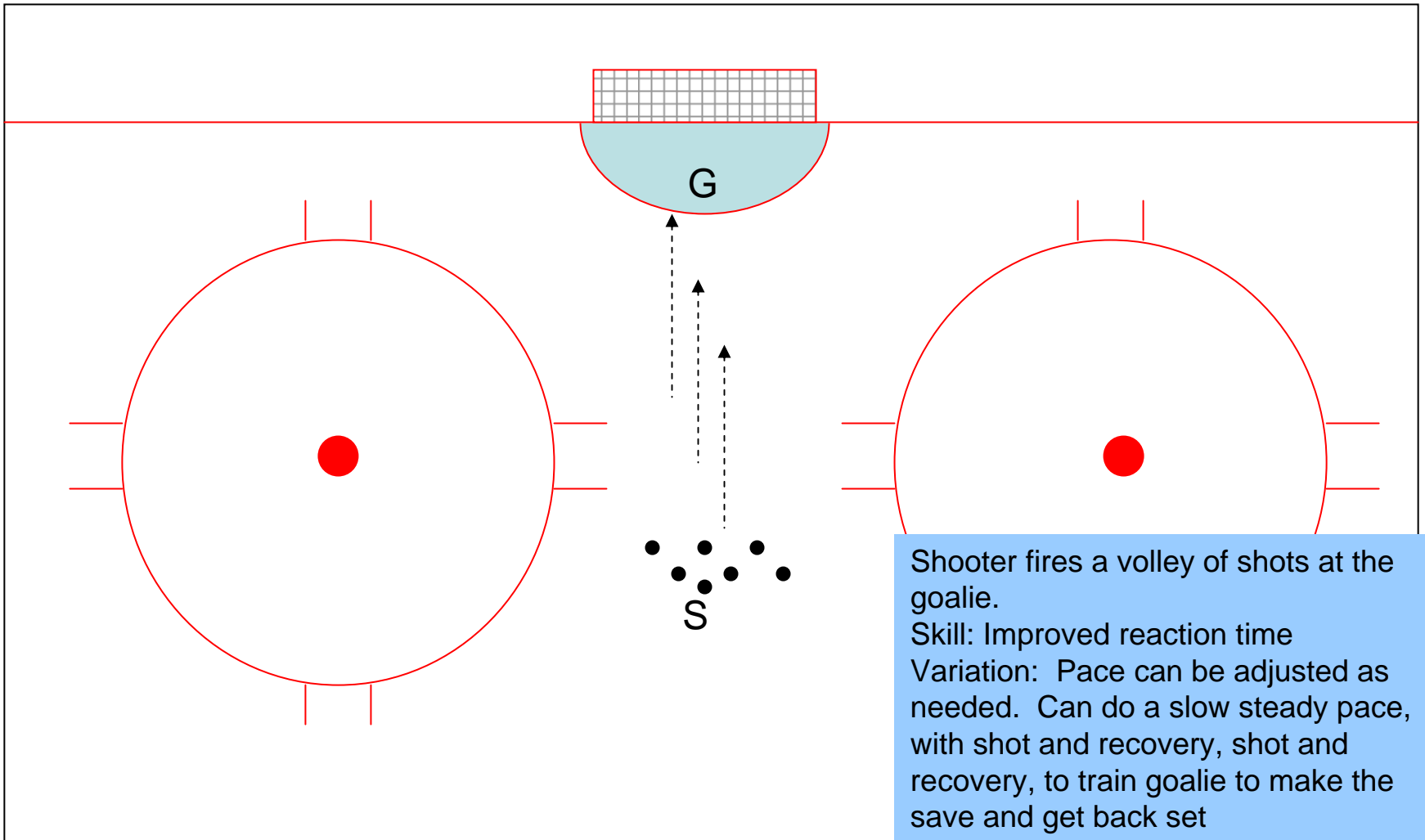
Shooter 1 passes to Shooter 2. Shooter 2 can shoot on either goalie, and can deflect puck against wall.

Triangle Hockey

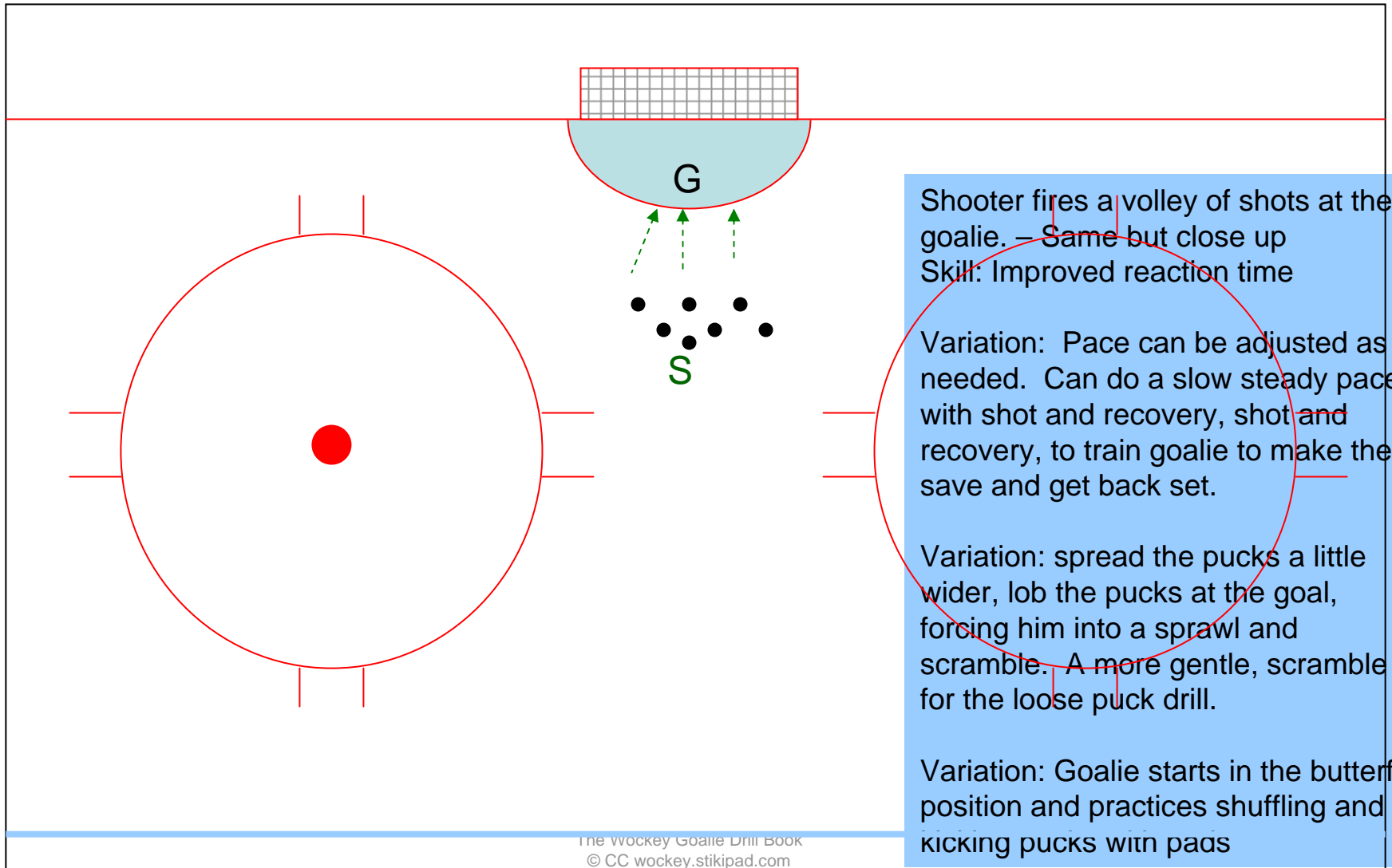


Reaction Time

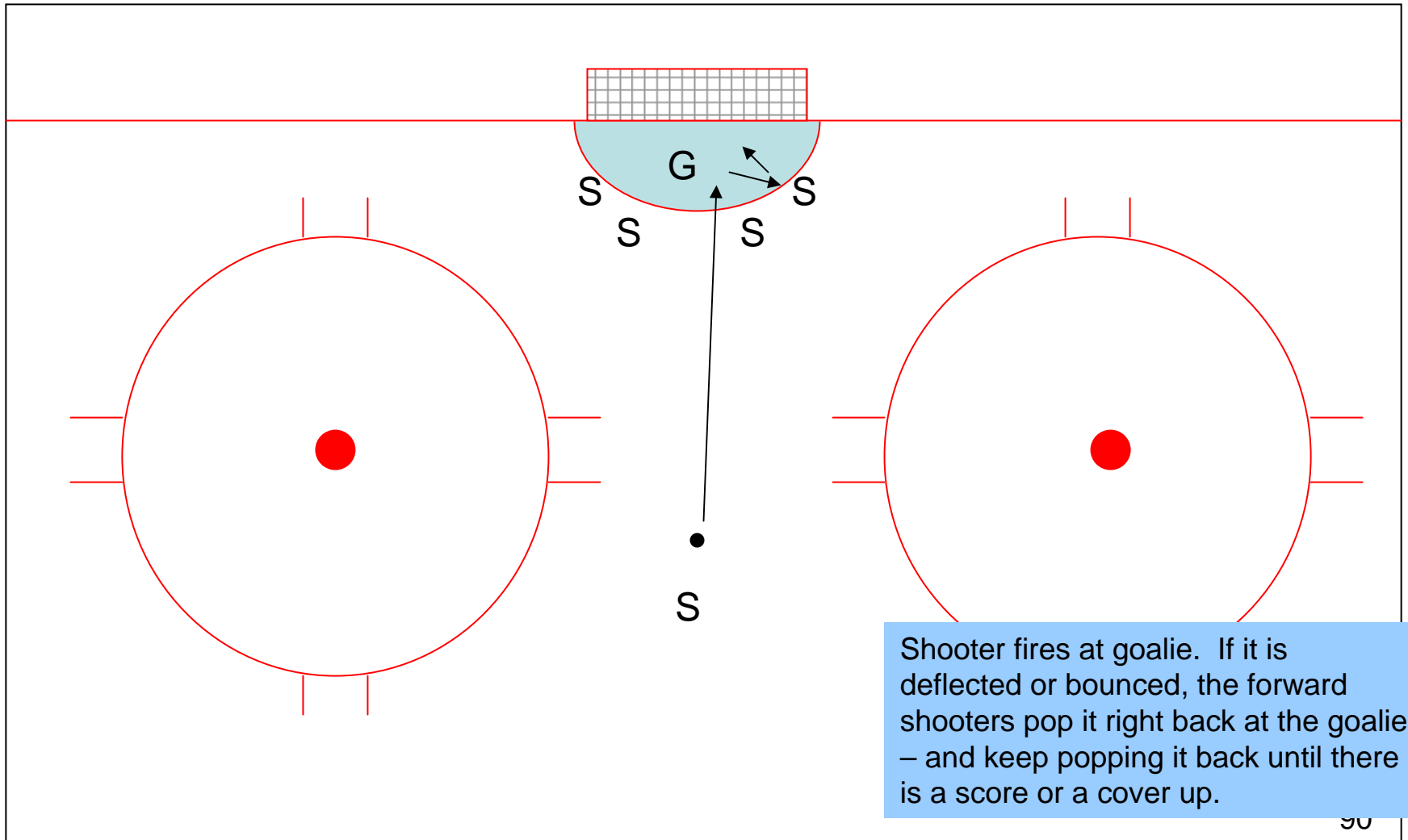
Rapid Fire



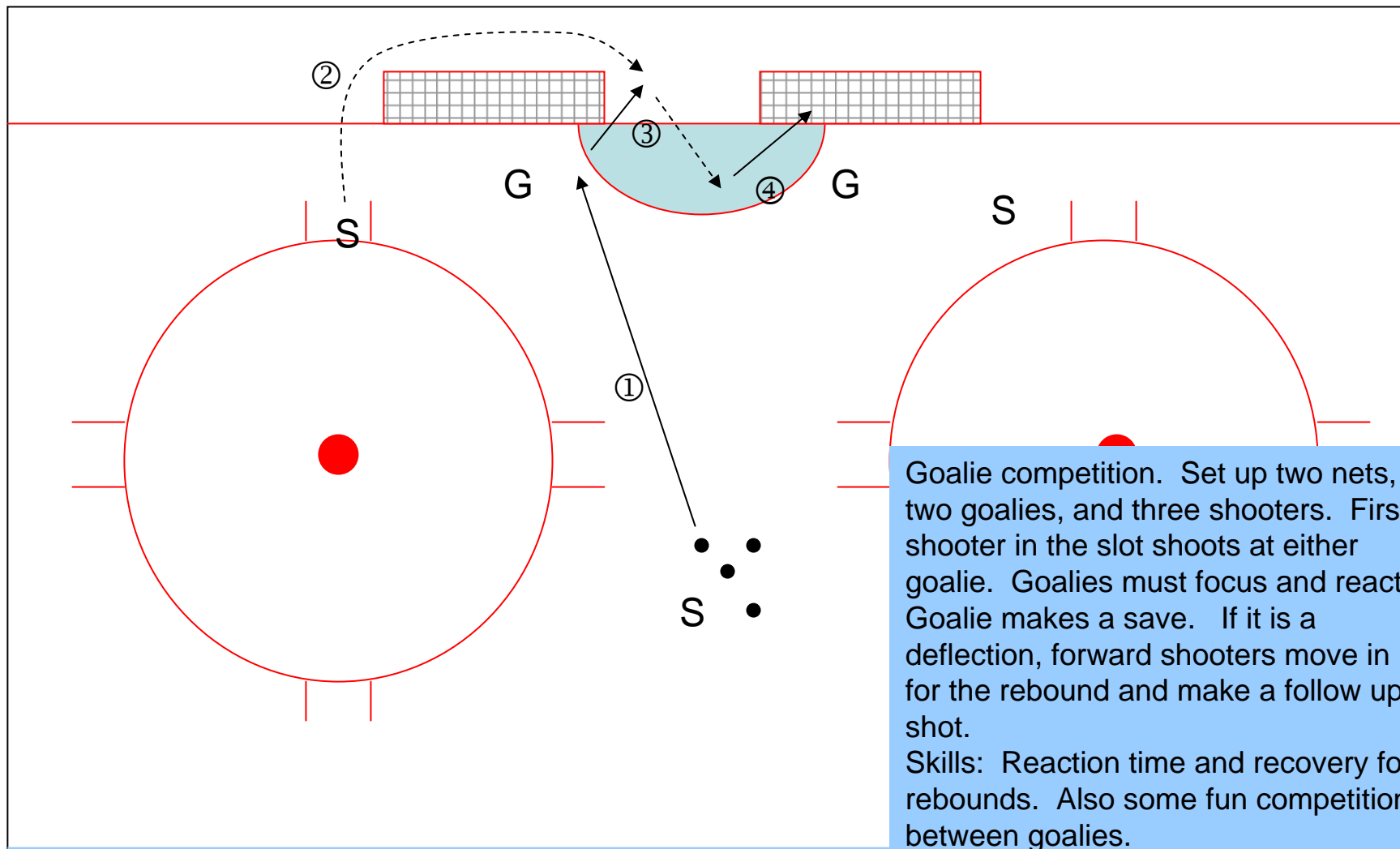
Rapid Fire 2



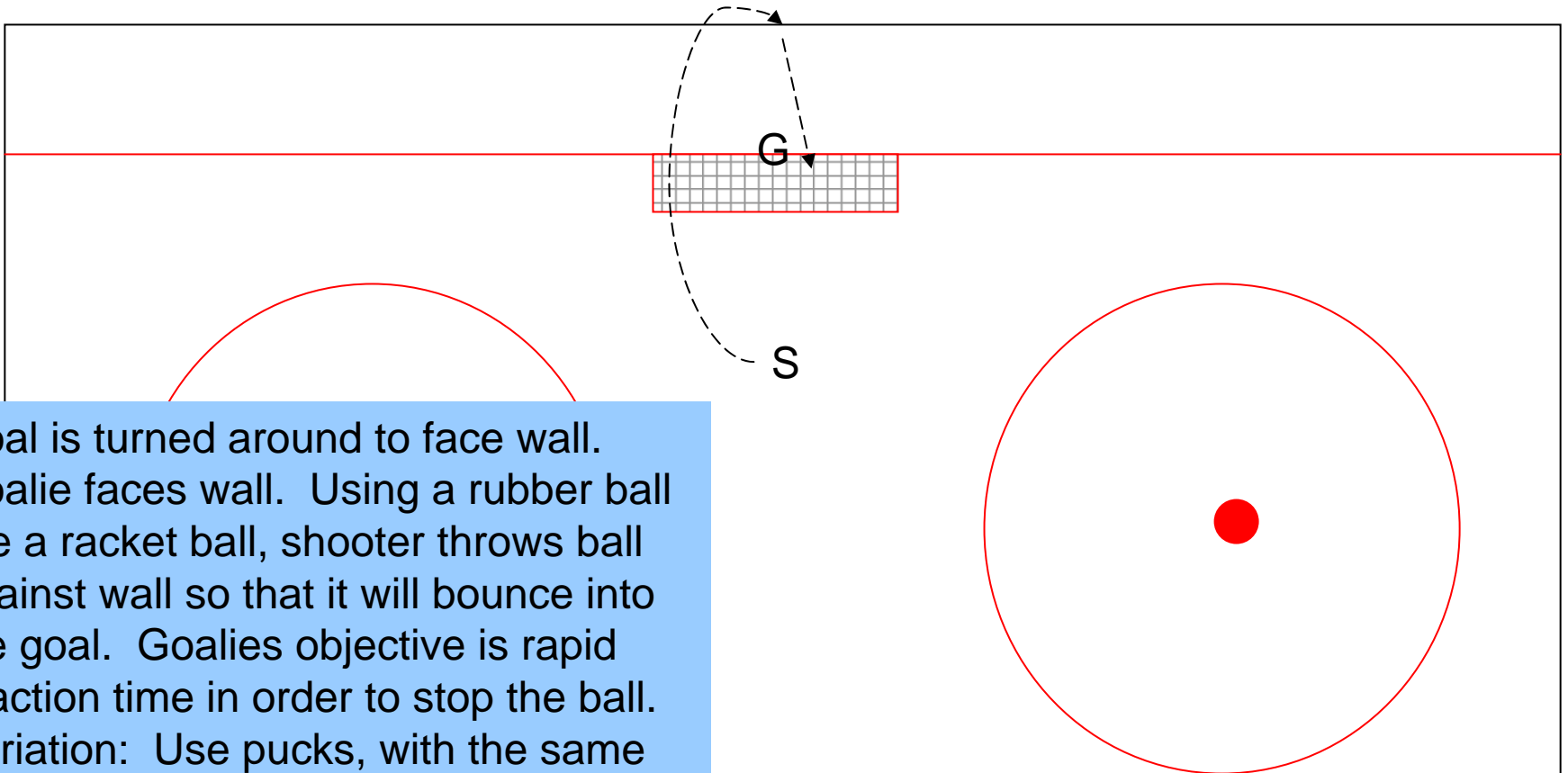
No Rebounds



Double Goalie React and Cover Up

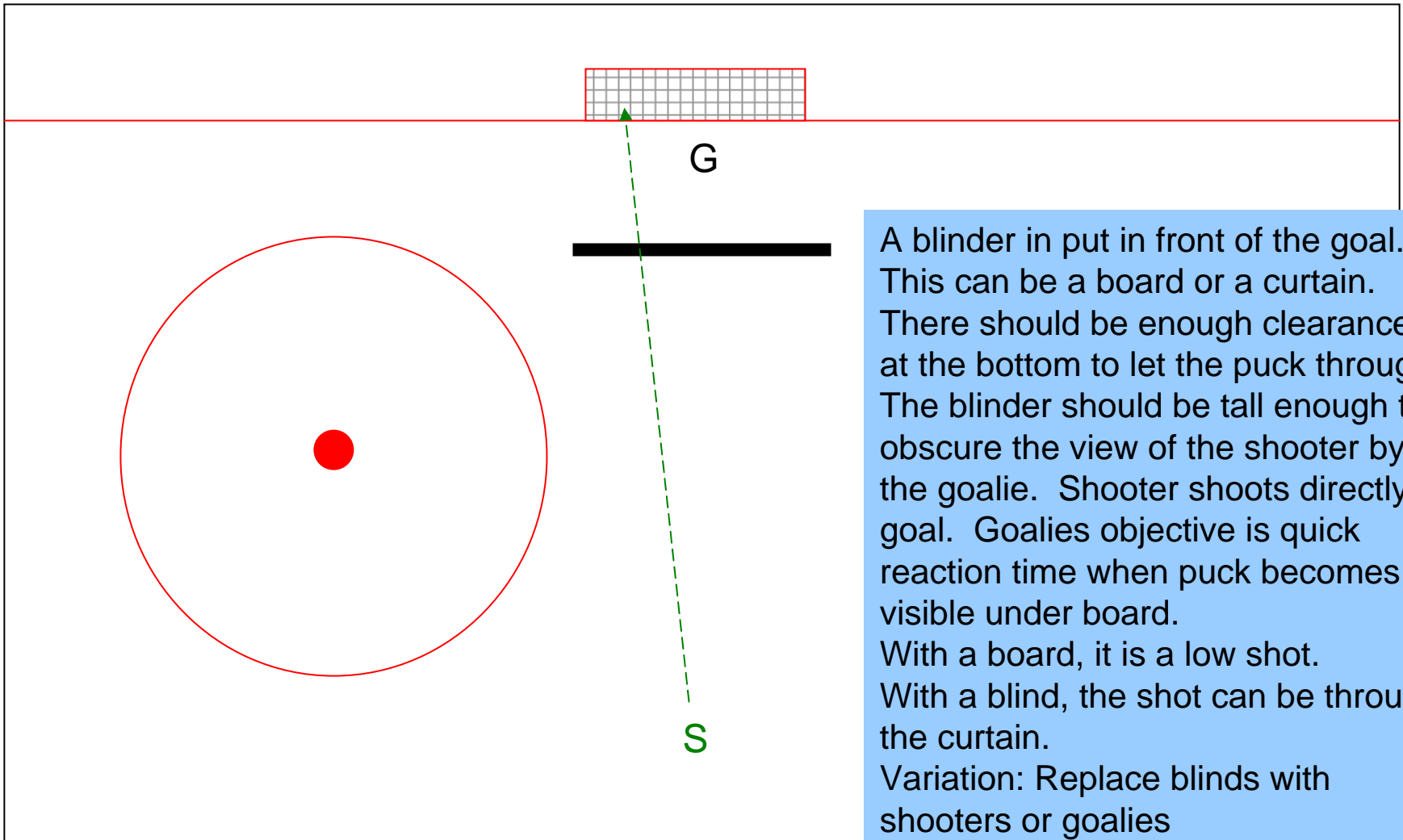


Bounce Back



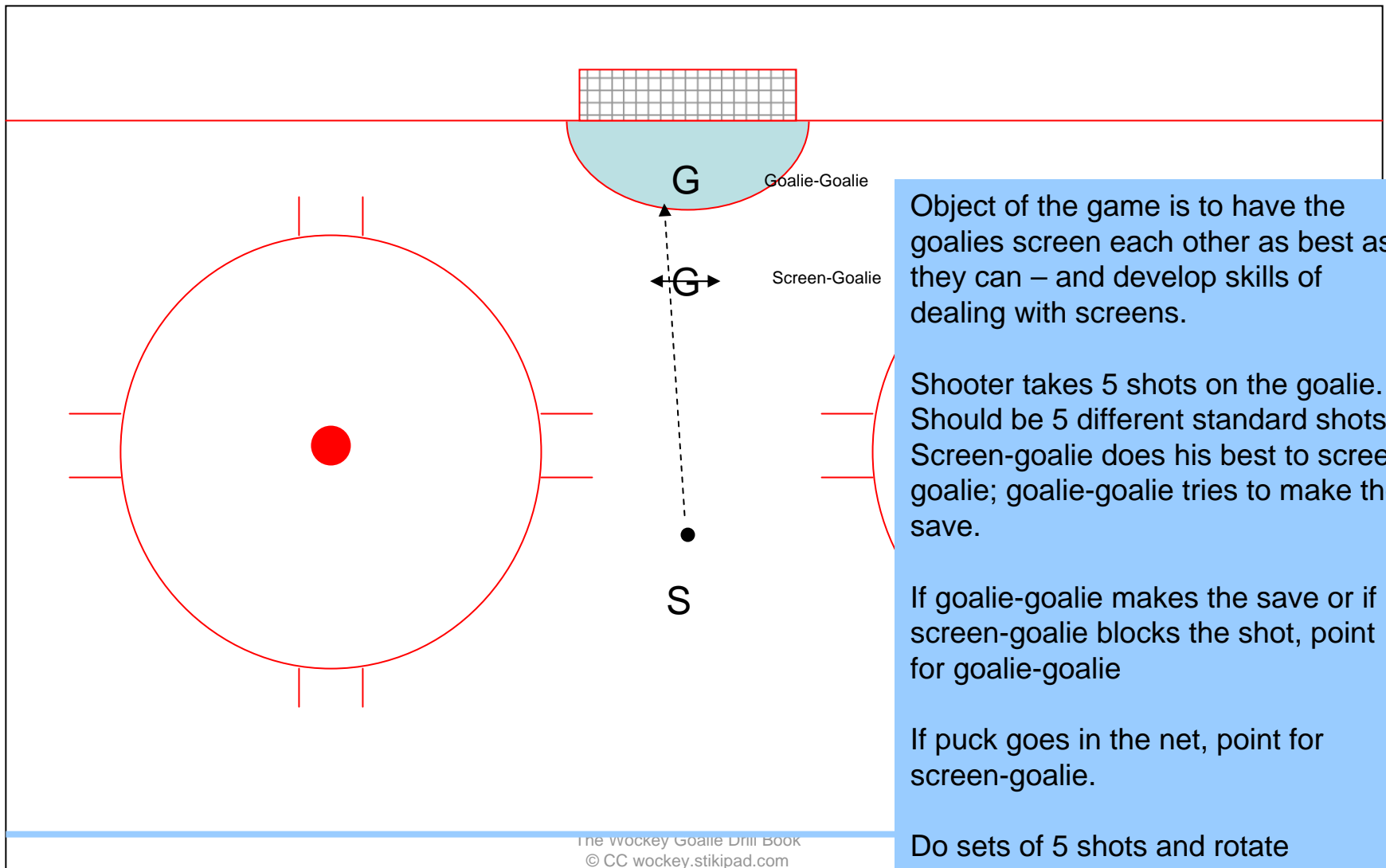
Goal is turned around to face wall. Goalie faces wall. Using a rubber ball like a racket ball, shooter throws ball against wall so that it will bounce into the goal. Goalies objective is rapid reaction time in order to stop the ball. Variation: Use pucks, with the same set up, shooting the pucks against the wall and into the net.

Screen

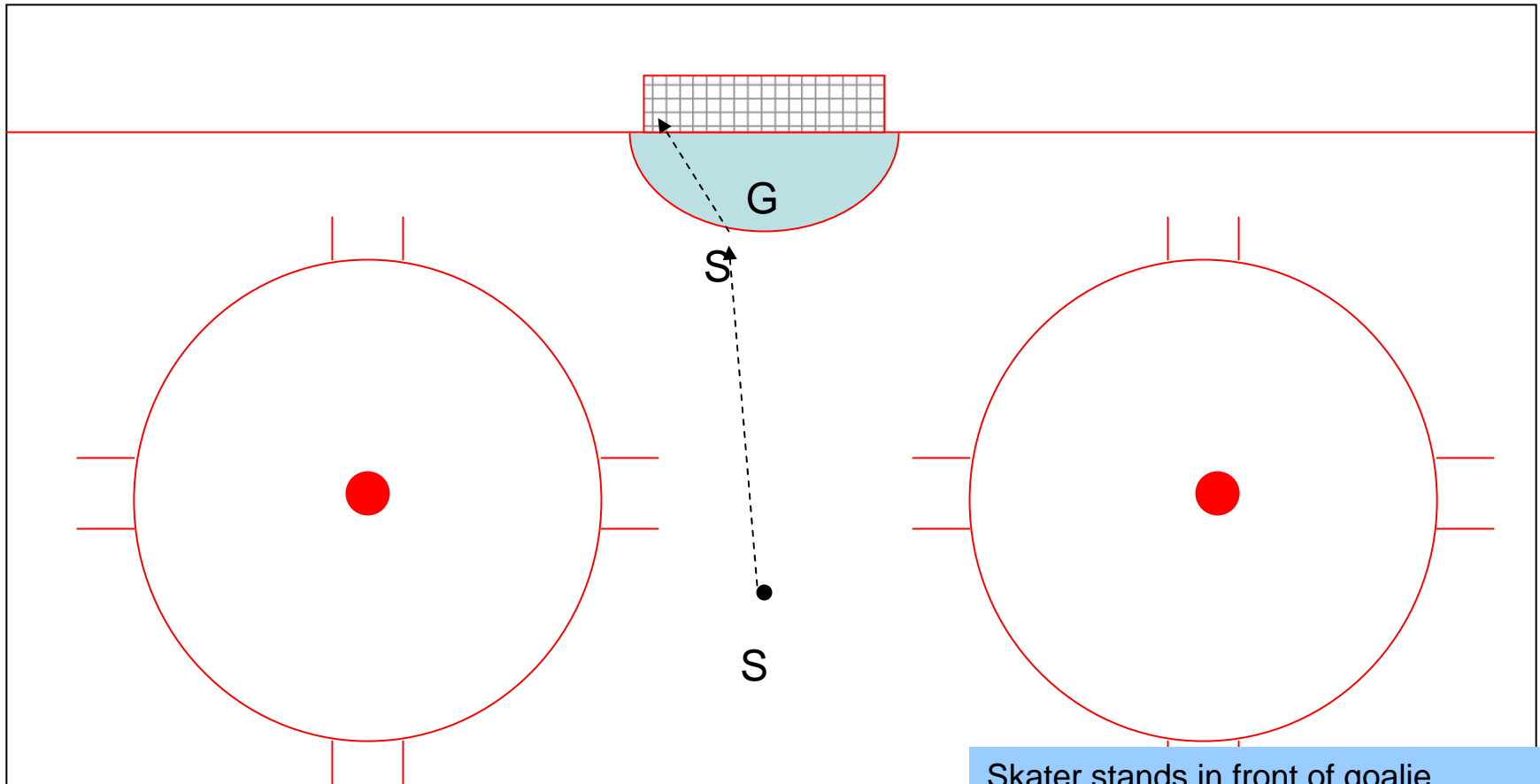


A blinder is put in front of the goal. This can be a board or a curtain. There should be enough clearance at the bottom to let the puck through. The blinder should be tall enough to obscure the view of the shooter by the goalie. Shooter shoots directly at goal. Goalie's objective is quick reaction time when puck becomes visible under board. With a board, it is a low shot. With a blind, the shot can be through the curtain. Variation: Replace blinds with shooters or goalies

Screen Game – Two Goalies

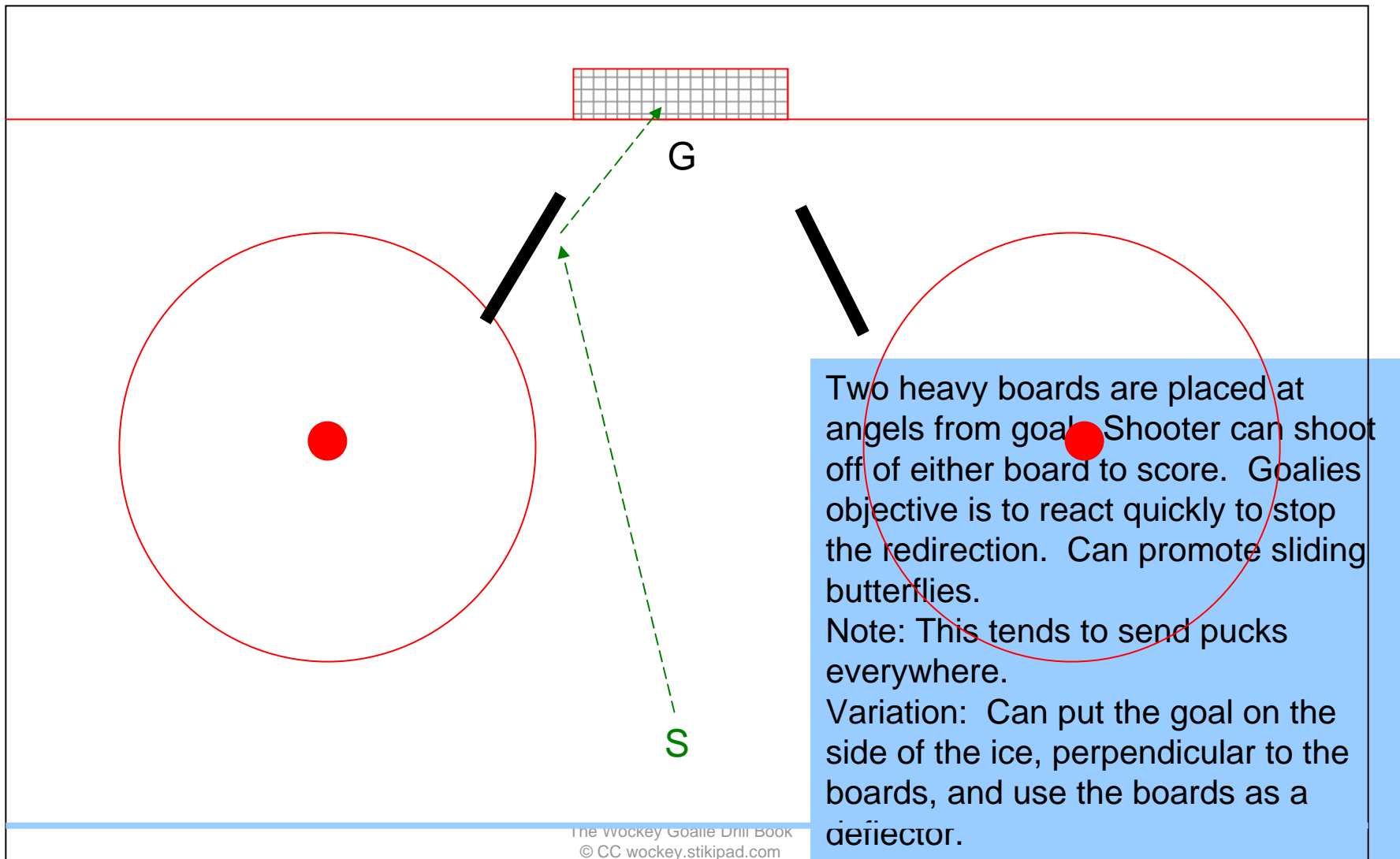


Redirection

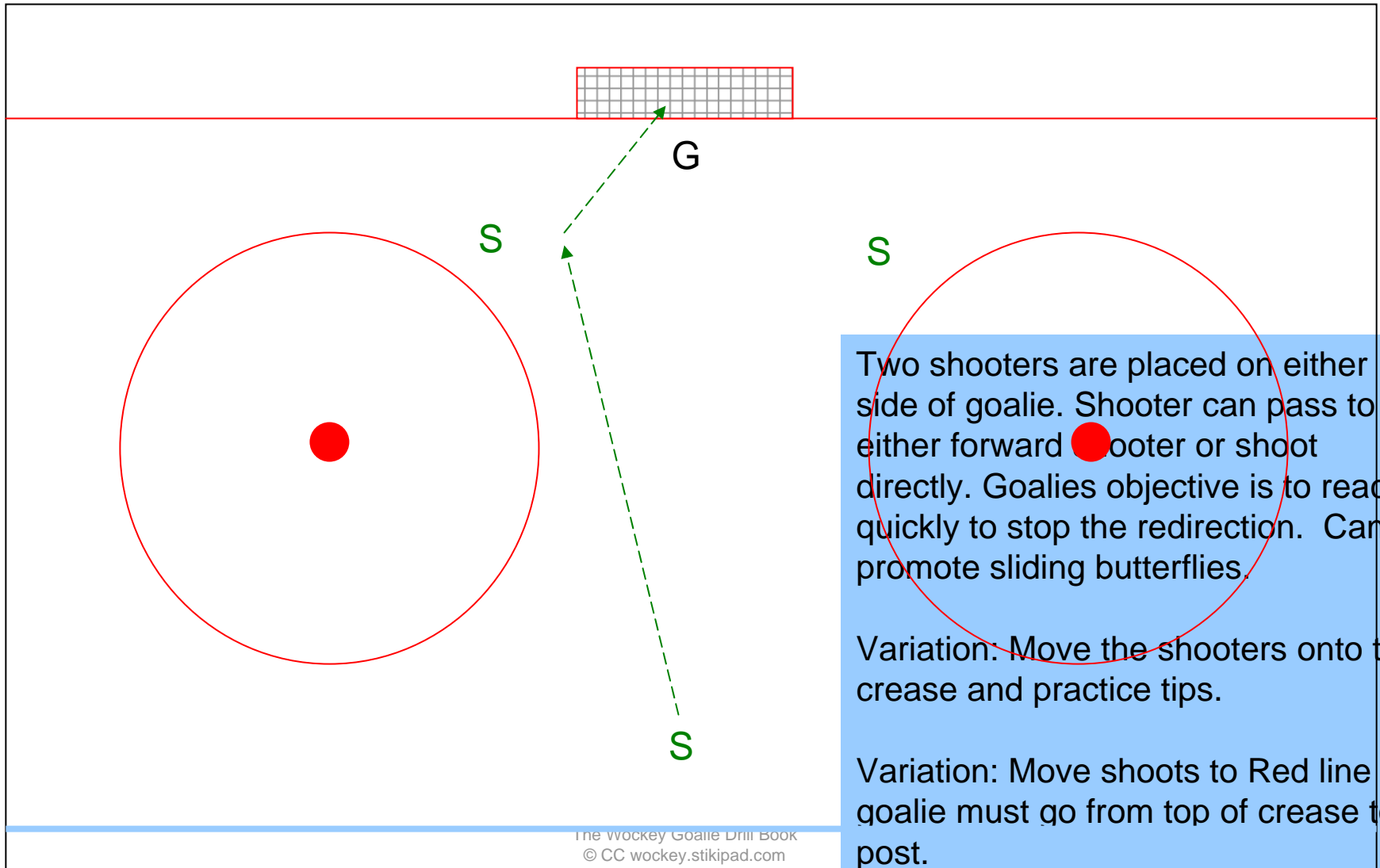


Skater stands in front of goalie blinding goalie. First skater fires. Second goalie redirects the puck.

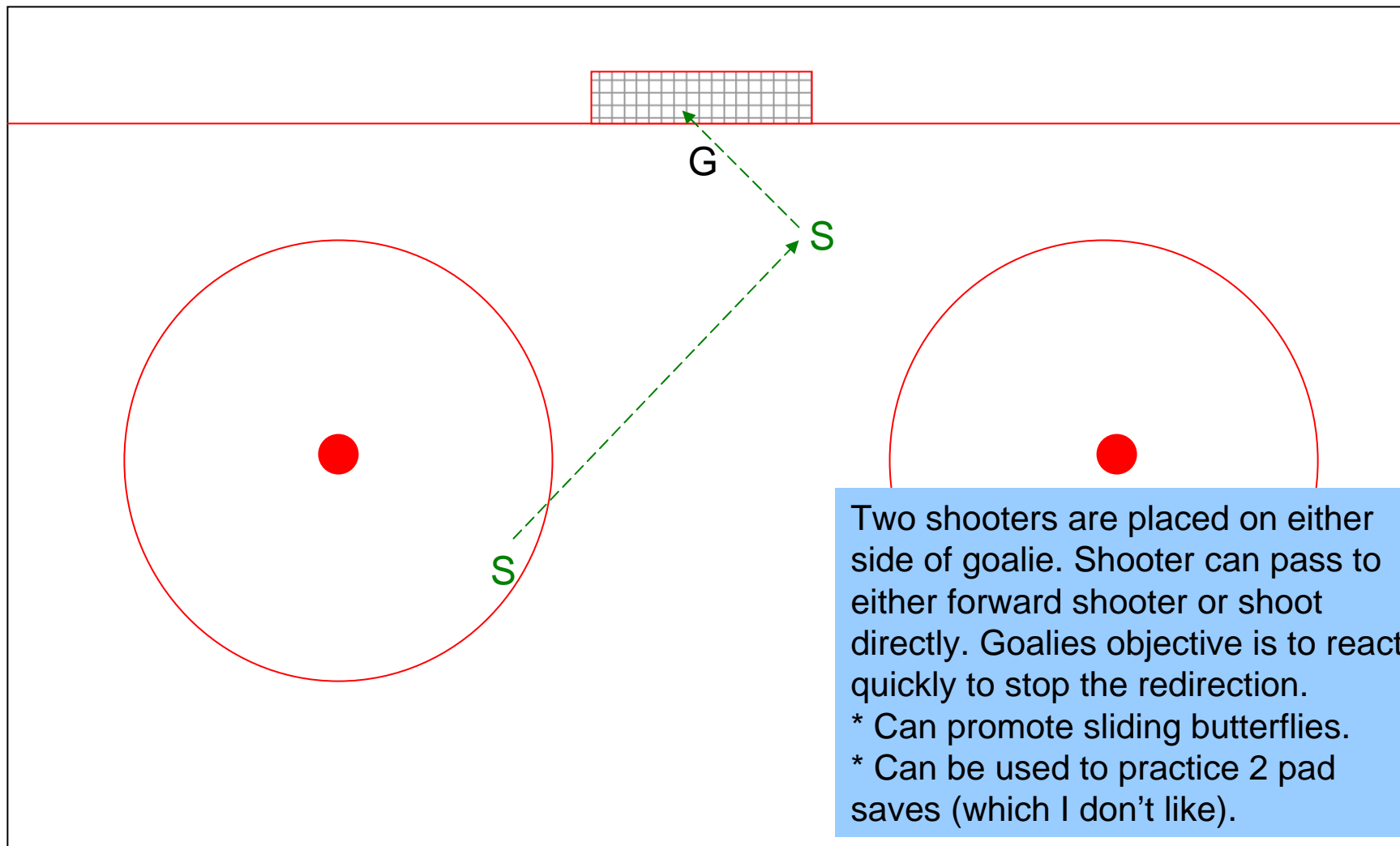
Redirection



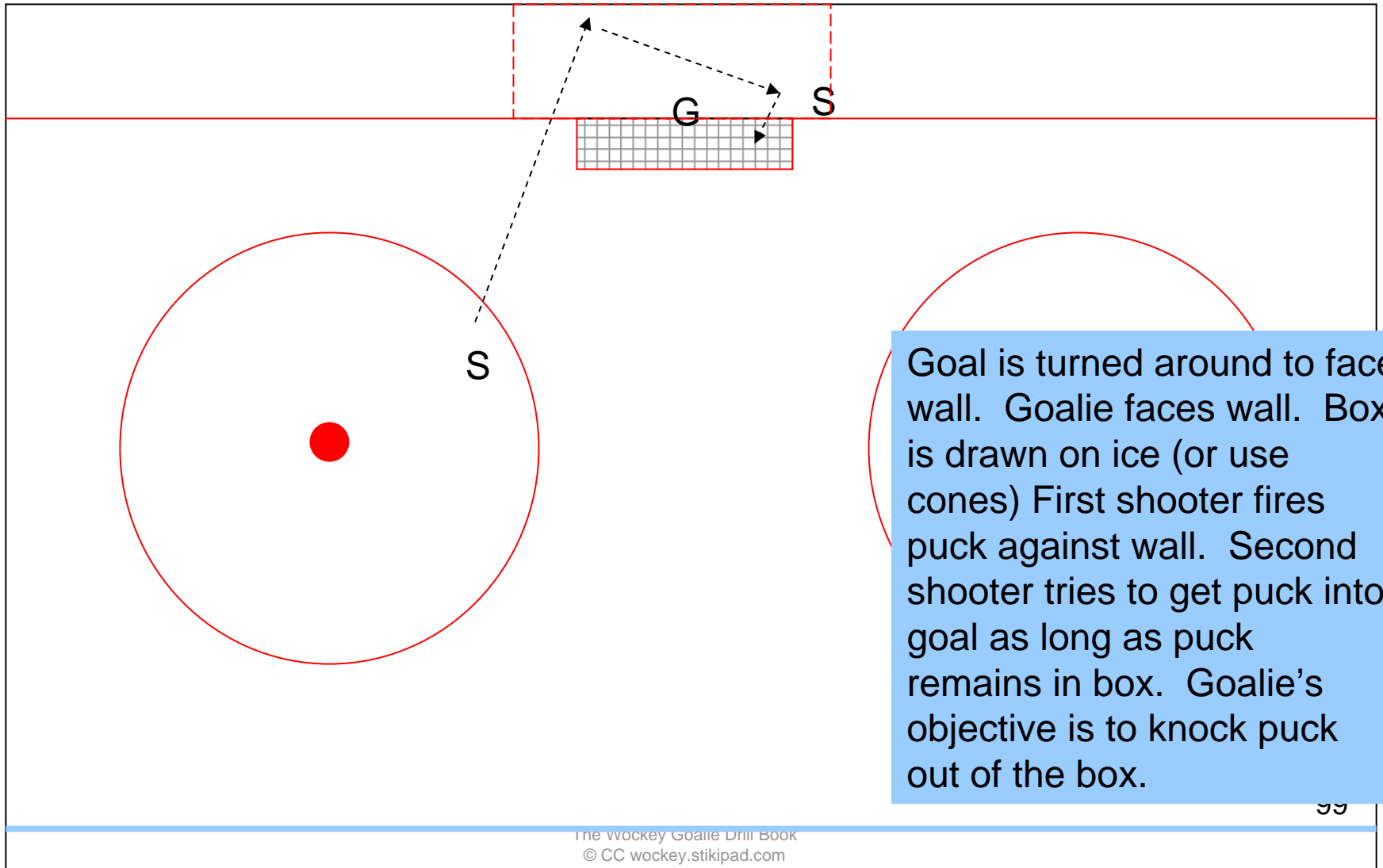
Redirection w Shooters / Tips



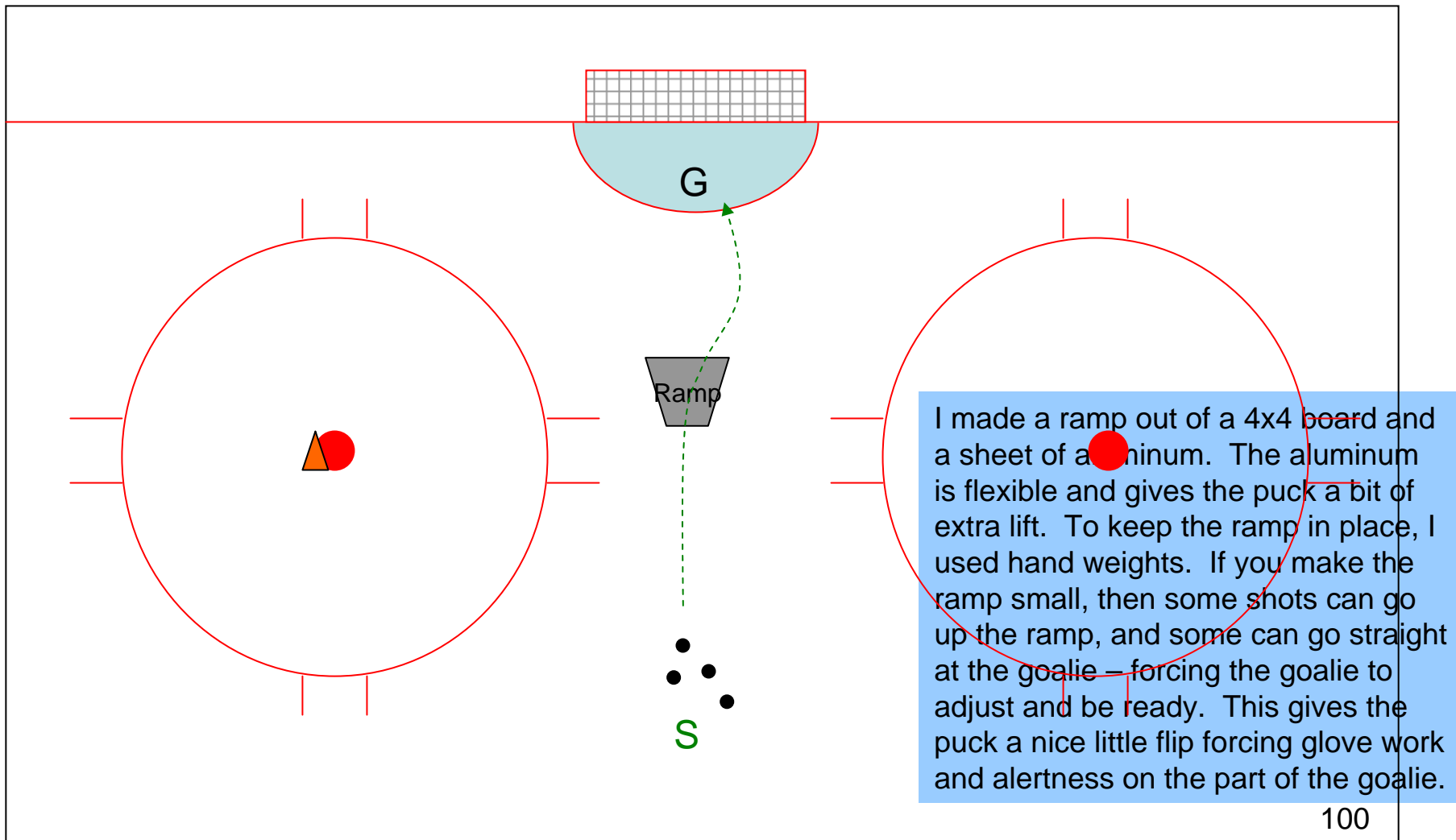
Redirection w Shooters (2)



Back Wall Game

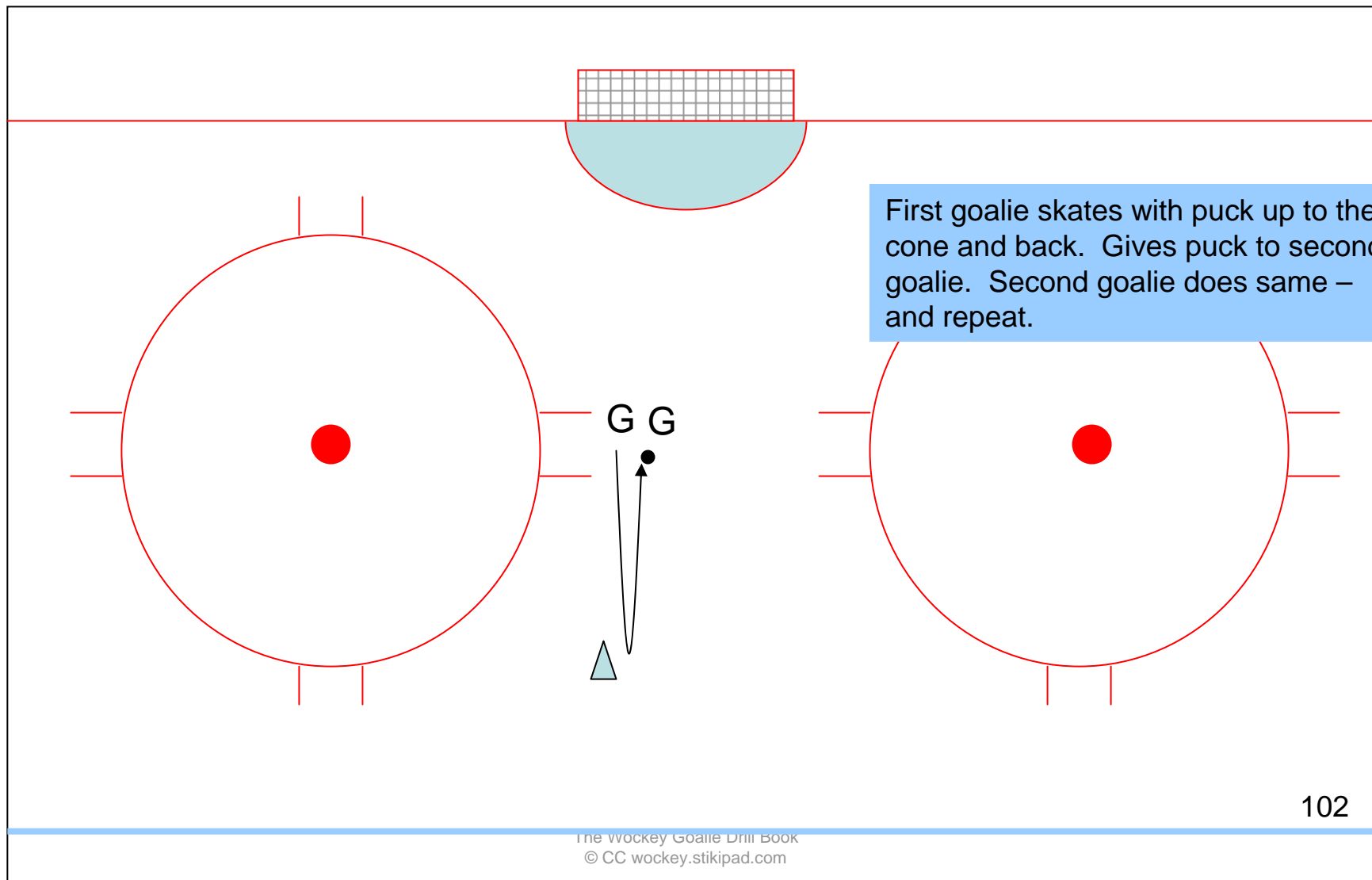


Ramp

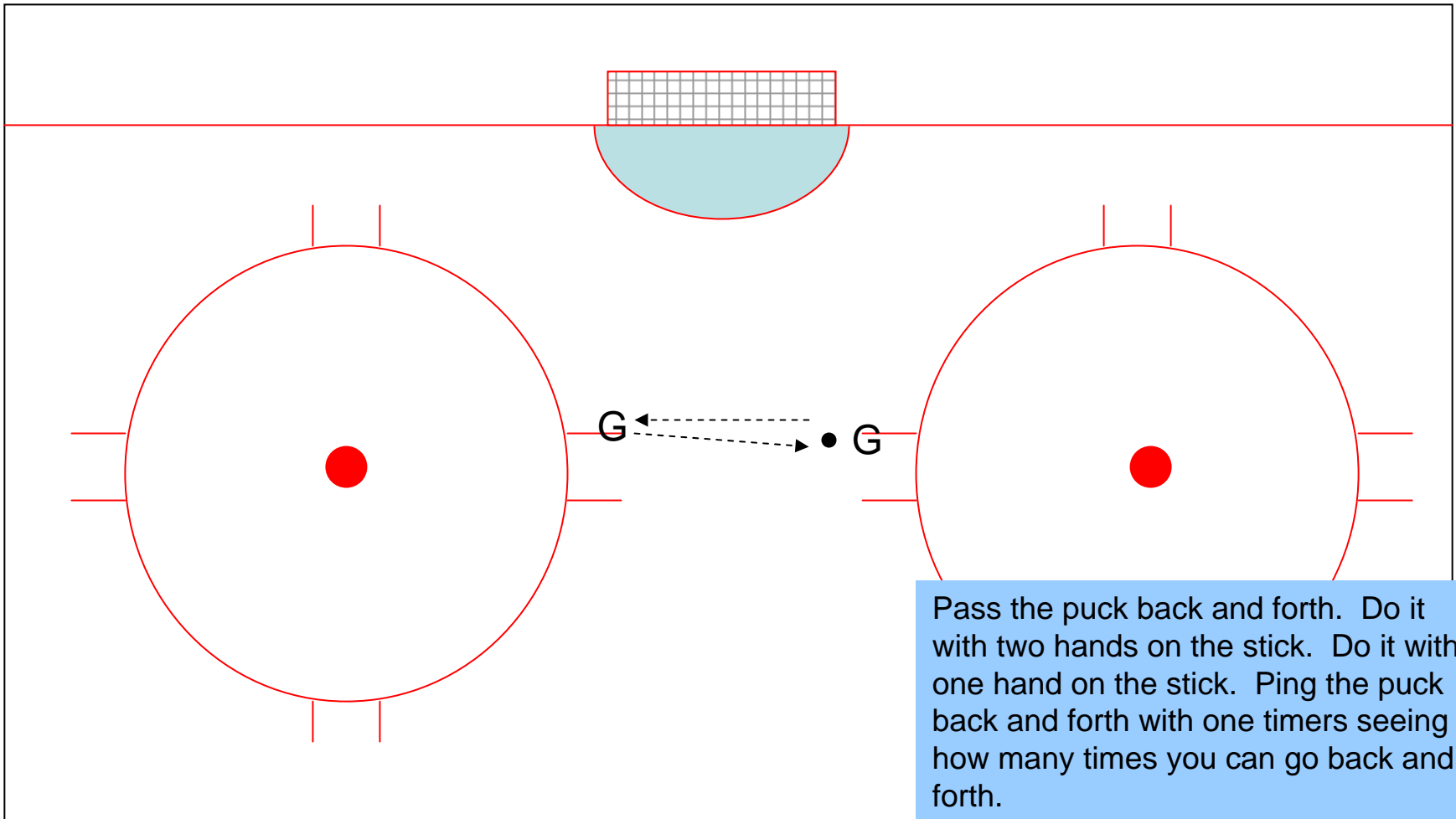


Puck Handling

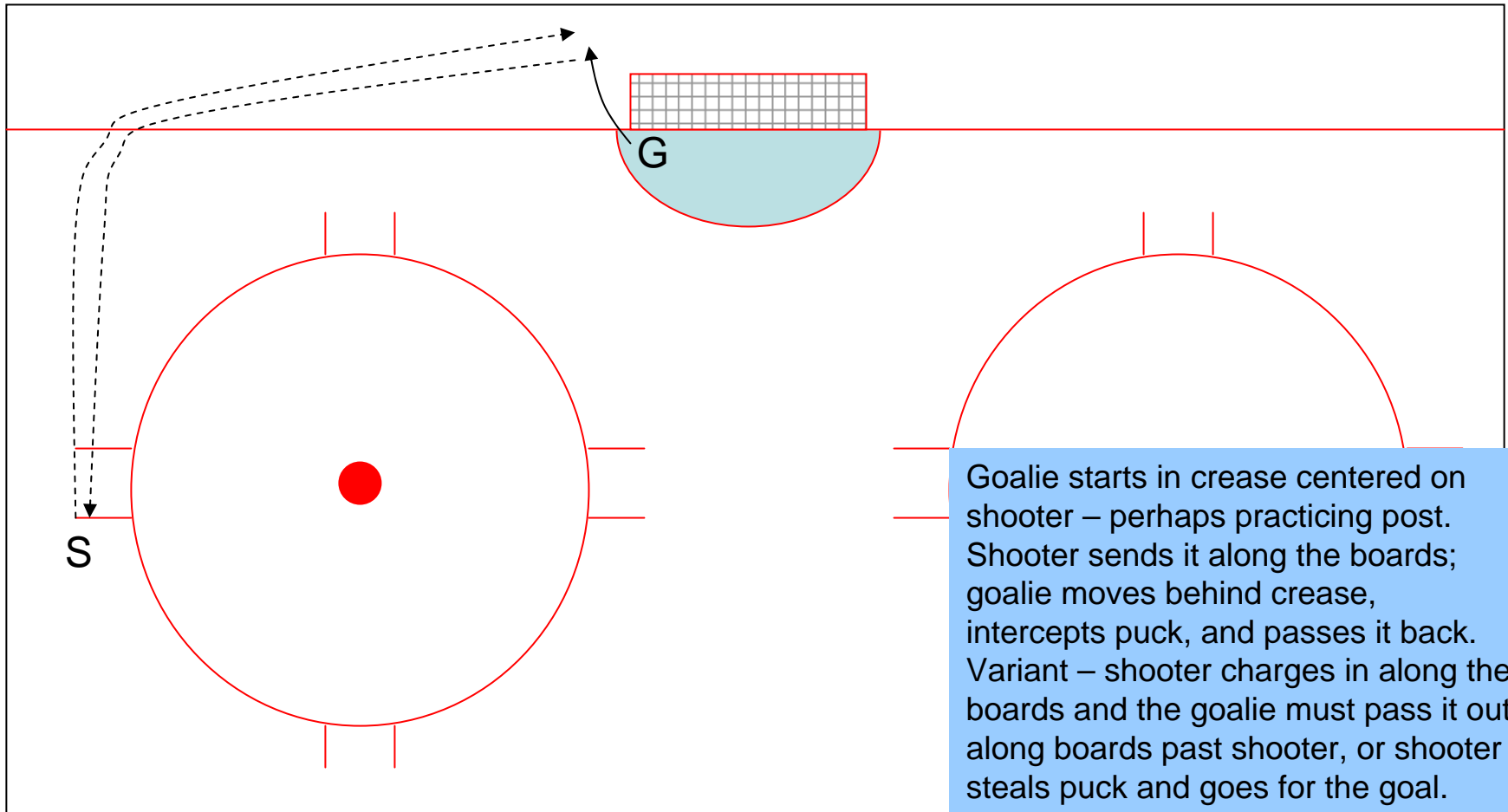
Back and forth



Passing



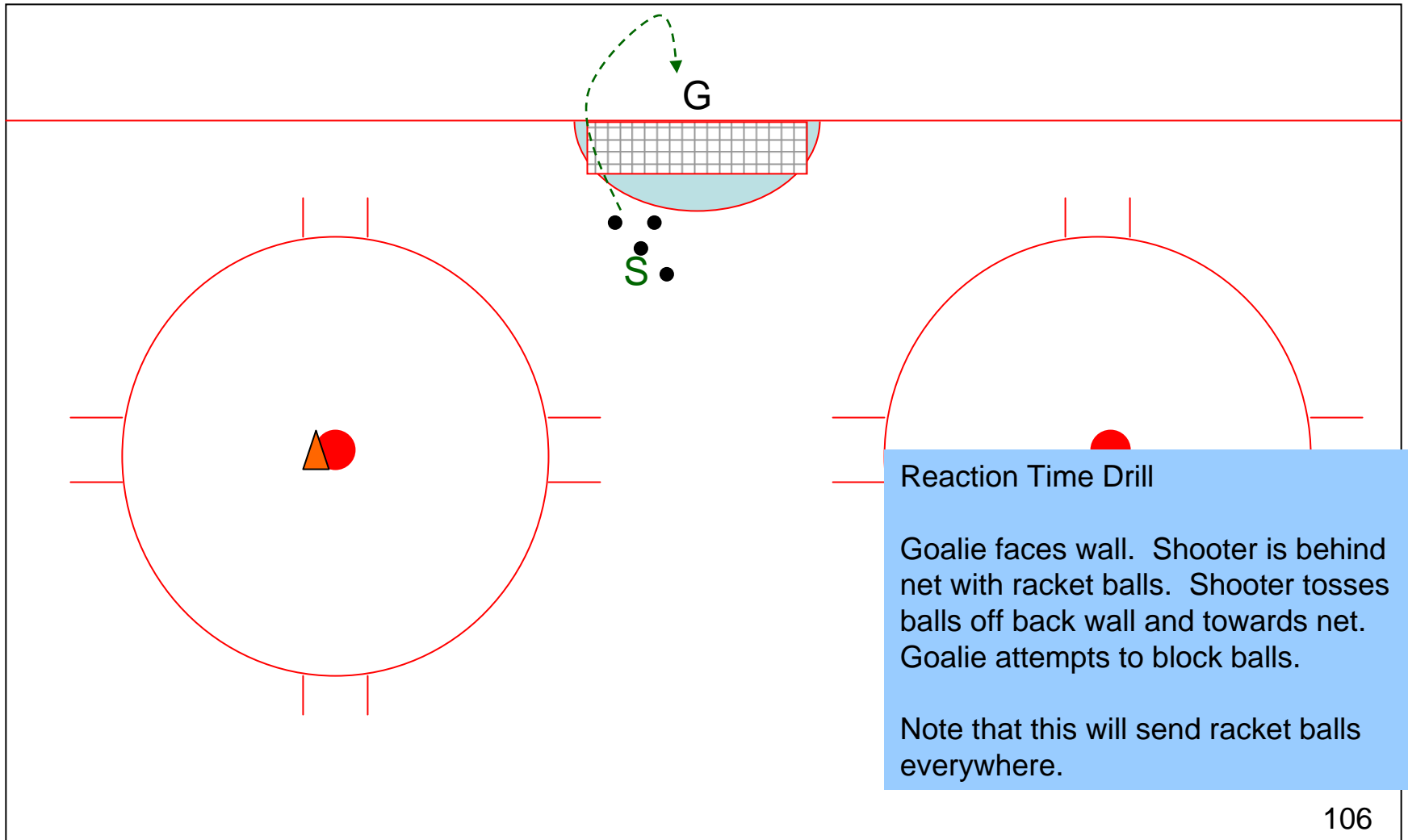
Behind the Net



Off Ice Drills

Racket Balls Against Wall

On Ice or Off Ice



Practice Plan

Practice Plan for DATE

Paste Drill
Here

Objectives & Comments

108

Paste Drill
Here

Objectives & Comments

Paste Drill
Here

Objectives & Comments

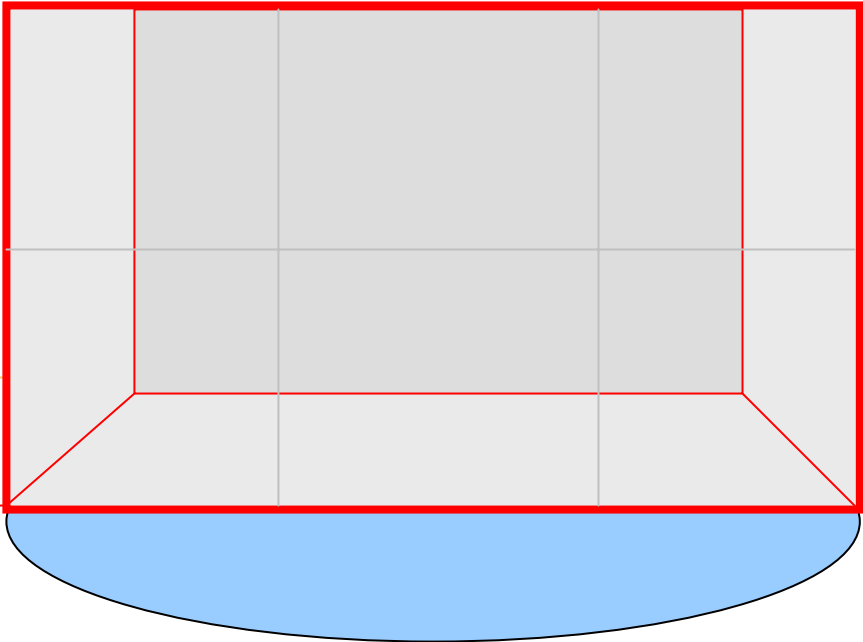
Game Tracking

- Use the following slide for tracking the goalie.
- Draw the path of the shots.
- In the table on the right
 - Mark what save was made (for example BF = butterfly, SP = sprawl, SU = standup)
 - Mark what equipment was used (ST = stick, PD = leg pad)
 - Mark result (D = deflection, CU = cover up, B = bounce)
 - Note BA for Breakaway on side
 - If it is a goal, circle the shot number, draw the shot with an “O” at the end
 - Use different color pens for the different periods
 - Write notes on the side
- This should help you observe trends.
 - What save does the goalie favor when tired
 - Does the goalie avoid a save
 - Does the goalie favor a save
 - Is Glove Side High a weakness?
 - Does your defense tend to force a particular shot – such as stick side corner

Goalie:
Opponent:
Date:

M	Opp

S	G?	sv	Equ	Def?
1				
2				
3				
4				
5				
6				
7				
8				
9				
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31				
32				
33		1		
34				
35				



X = Stop (x) = Globe Stop -> = Deflection O = Score