

G - Goaltending Manual - 2016

Tom Molloy

June 2016

<http://hockeycoachingabcs.com>

Goaltender Self Analysis

GOALIE: _____

OPPONENT _____

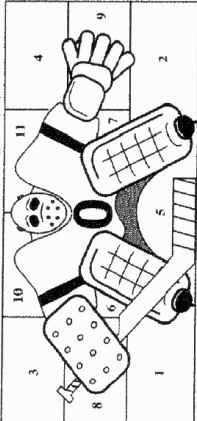
SCORE: us: _____ opp: _____

DATE _____

SAVE _____

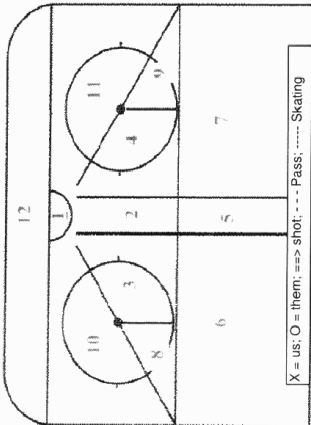
GOAL _____

Mark net location of the save (S) or goal (G):



*also mark initial save (S1) if it was a rebound situation

Draw the flow of the game and where shot(s) was taken from, and where players were

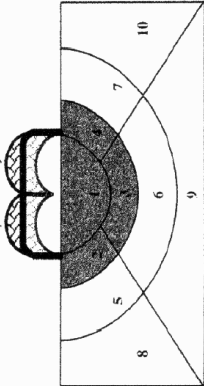


X = us; O = them; ==> shot; --- Pass; Skating

Circle all that apply:

Release:	Shot	FH	BH
	Deke	Slapshot	One-timer
Shooter:	Right	Left	
Type:	Save	Tip	Own team
	Screen	Clear view	No chance
	Rebound	Bad bounce	My bad

Positioning: Mark an "X" where you were; Mark a star if there is a better position you could have been.



*also mark initial save (S1) if applicable

Square to puck when shot? Yes No

Crease Depth? OK Too Deep Too far out

Actual

Position:	Up	Up
	Down BF / Prone	Down BF / Prone
	Halfway	Halfway

Next time

Save:	Butterfly	Butterfly
	Glove	Glove
	Blocker	Blocker
	Stick	Stick
	Stack	Stack
	Chest	Chest
	Leg	Leg

Reaction:	Positional	Positional
	Athletic	Athletic

Movement:	Set	Set
	Moving	Moving
	Diving	Diving

Other comments:

G - 2-0 Walk-out or Pass-out ProW

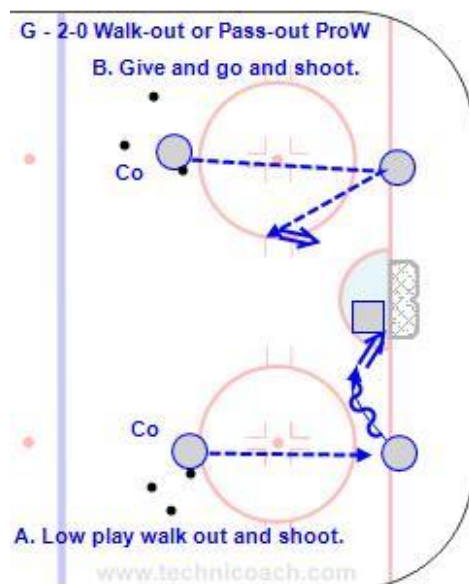
Key Points:

Walk-out or pass out from the goal line. Goalie must be aware of the shooter and the high player. Primary job is to stop the first shot in a balanced position so you can move to react to a rebound or for a one timer.

Description:

1. Start with one player at the top of the circle and one on the goal line.
2. The high player has the puck and passes low then heads to the net.
3. The low player may walk out and shoot or pass.
4. Only one pass is allowed in this drill.
5. Both players crash the net for a rebound.
6. Goalie stay square to the puck in a balanced position at all times.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20131010135337484>



Other goalie drills.

E1 Point Shots Rebound Control

Shoot from the point and have a player in front and at the long side looking for a rebound. Goalie control the puck away from players waiting for the rebound. Track puck always.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20090820172449193>

G - Goalie Training Method - Kazakstan Women

This video clip shows how they train goalies in former east Block Nations.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120817071147683>

G - B6 Four Spot Shooting - Slovakia U20

Key Points:

Shoot while moving and hit the net. Forwards screen and tip after shooting. Goalie must battle to see through the screen and control the rebounds.

Description:

1. F1 skate around the top of the circle and shoot - rebound - screen.
2. F2 skate around the top of the circle and shoot - rebound - screen.
3. D1 skate along the blue line inside the dot and shoot.
4. D2 skate along the blue line inside the dot and shoot.

Repeat with the next group.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121204145929547>



G - Goaltending: Video Demonstrations

Various coaches work with goalies by themselves or with shooters.

G-B6 Walk out and Pass Across - Shot - Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120417101724378>

G 3-0 - Triangle Attack Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120307090122582>

G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022408543521>

Goalie Warm Up and Drills - Todd Laurin talks about why he is doing various drills and demonstrates.

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

Goalie Movement – Positioning and goal crease movement.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091305662>

Goaltender Tracking the Puck – tracking the puck after a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091303387>

Goalie Technique and Playing Shots pt. 1 – Pro goalie practice.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721055054151>

Goalie Movement with Todd Laurin pt.2 - Crease movement.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721055057649>

Goaltending Pt. 3 – Movement from various starting positions.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721091302580>

Goalie Skating – Finnish goalie practices skating.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721055052779>

Goaltending with former Flames coach Dave Marcoux Dave explains goalie movement.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721044051868>

Goalie Movement 2 with Dave Marcoux of the Flames - Dave is on ice with college and a young Mexican goalie.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080721044058136>

Goalie Movement – The entire 17 minute video with Dave Marcoux and five goalies.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20080715090529766>

G - Walk out and Pass Across - Shot - Finnish U20

Key Points:

Goalie be square with the puck carrier out of the corner and push and slide across to be square to the one timer shot on the far side.

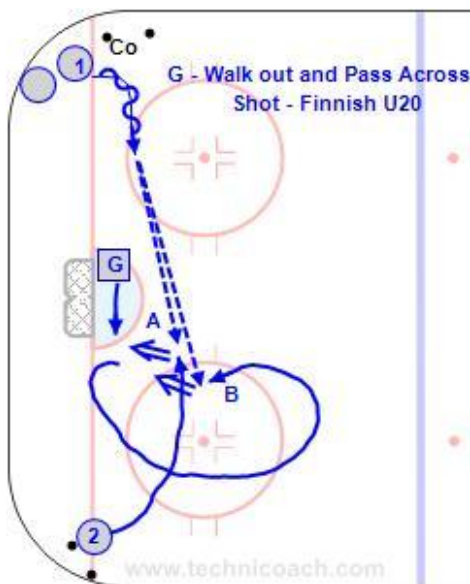
Description:

A. Player one walk out of the corner and pass to player two going to the net from the far corner. Player two take a one time shot.

B. Player two circle back and go to the far post from the top of the circle. Player one get a second puck and skate out of the corner and pass to player two.

*Repeat from both sides.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=98>



G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

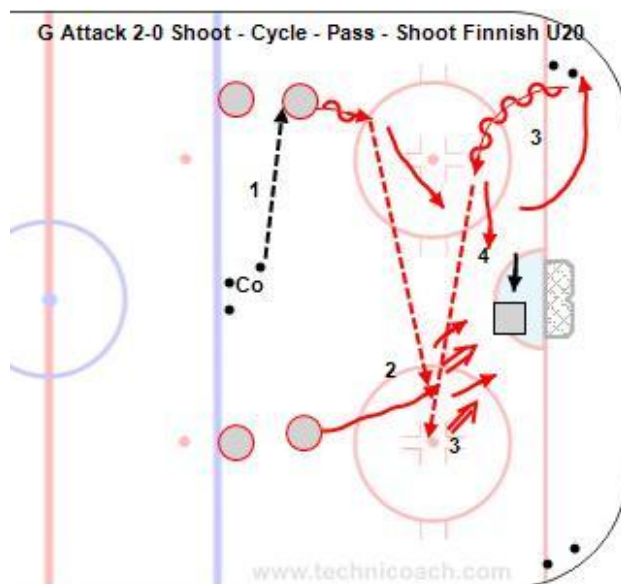
Key Points:

Goalie must track the puck from side to side and use the inside edges to push.

Description:

1. Coach pass to a forward.
2. Two forwards attack 2-0 with a one timer shot and look for a rebound.
3. One forward pick up a puck from either corner and pass to the other forward who shoots a one timer.
4. Both forwards rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=2012022408543521>



G Conditioning and Goalie Technique

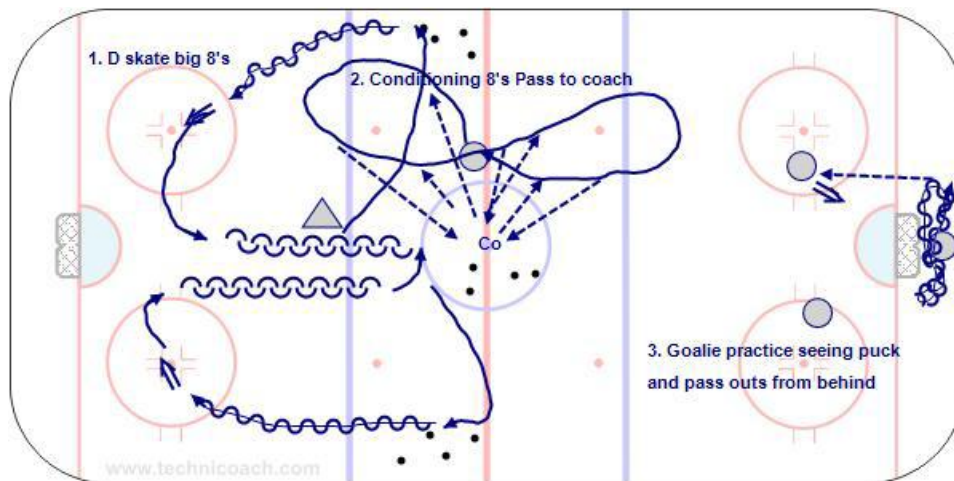
Key Points:

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>



G Post to Post-Out-Track Rebound - Finnish U20

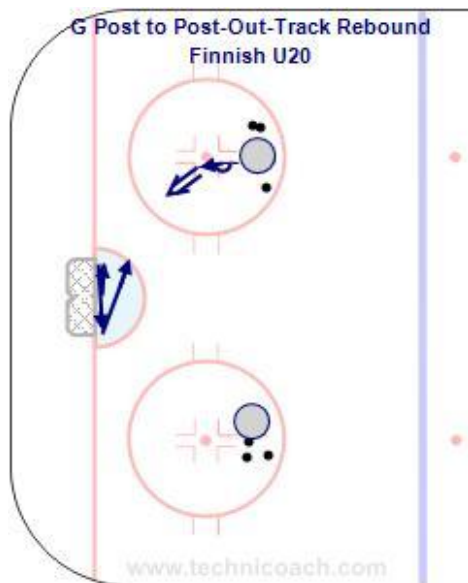
Key Points:

Goalie use the edges to skate laterally and then diagonally to get square to the puck. Line up the puck with middle of the backside to the middle of the back of the net.

Description:

1. Player 1 and 2 each have 3 pucks above the face off dots.
2. Goalie skate from near to far post and then diagonally out and square to the puck.
3. Take shots from alternate sides starting when the goalie is moving out.
4. After making the stop the goalie track the rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20121126151158597>



G Side to Side x 6 Shots - Finnish U20

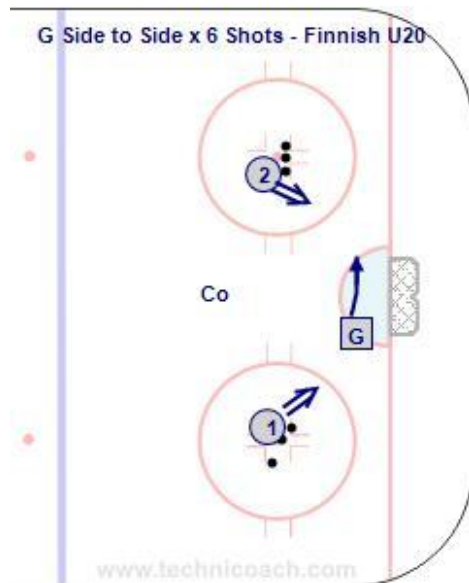
Key Points:

Goalie uses the inside edge to push across the goal crease and get square to the next shooter.

Description:

1. Each shooter has 3 pucks at the face off dot.
2. Player 1 shoot.
3. Goalie make the save and then pivot and push off the inside edge to get across the crease and square to Player 2.
4. Player 2 shoot.
5. Repeat 3 times on each side.

http://www.hockeycoachingabcs.com/mediagallery/admin.php?mode=mediaedit&s=1&album_id=40&mid=20121126151159462



G-B2 - 5 Spot Shooting

Key Points:

Goalie practice moving from side to side. Shooters must give the goalie time to set up for the next shot for this drill to be effective.

Description:

Alternate Shooting

A. Alternate shooting from one side to the other.

B. 1 dot, 2 dot, 3 point, 4 point, 5 breakaway

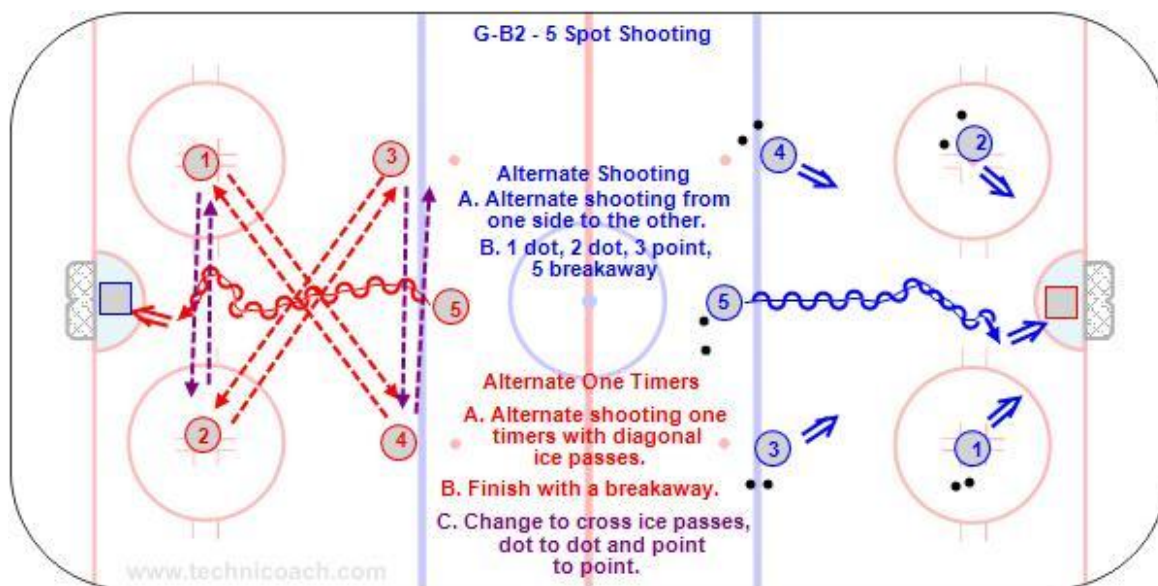
Alternate One Timers

A. Alternate shooting one timers. with diagonal ice passes.

B. Finish with a breakaway.

C. Change to cross ice passes, dot to dot and point to point.

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G-B2-Pass-One Time Shot

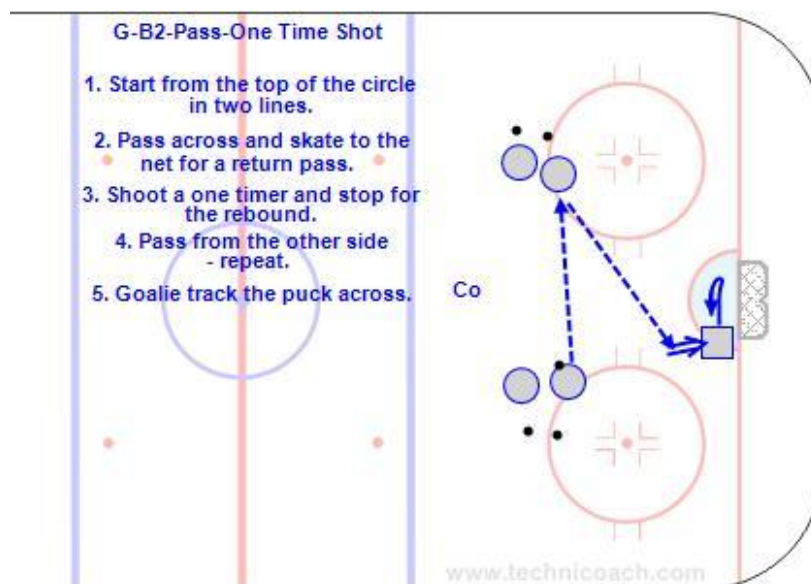
Key Points:

Give and go with the stick as a target and ready to shoot. Turn the body into the shot as much as possible. The goalie must track the puck. Drill is good for goalie movement and scoring practice.

Description:

1. Start from the top of the circle in two lines.
2. Pass across and skate to the net for a return pass.
3. Shoot a one timer and stop for the rebound.
4. Pass from the other side - repeat.
5. Goalie track the puck across.

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G-B600 Goalie Pass and 1-0 U22

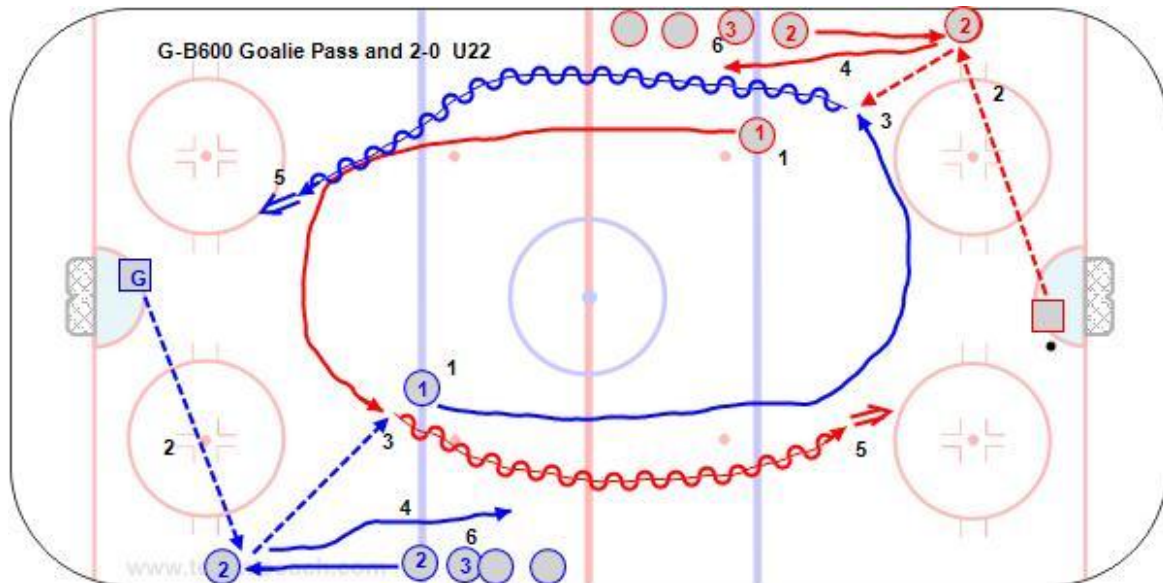
Key Points:

Hit the net so the goalie can make the save and then make a breakout pass. Give good targets on the wall and time with the other side so goalies have time to pass between shots.

Description:

1. Red 1 and Blue 1 leave toward far end.
2. Goalie at each end pass to 2 on boards.
3. Blue 2 pass to Red 1 and Red 2 pass to Blue 1.
4. Blue and Red 2's skate to the other end for a breakout pass.
5. Blue and Red 1's shoot on net from top of circles.
6. Red 3 pass to Blue 2 and Blue 3 pass to Red 2.
7. Continue rotation and then switch side after a few minutes.

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G 3-0 - Triangle Attack Finnish U20

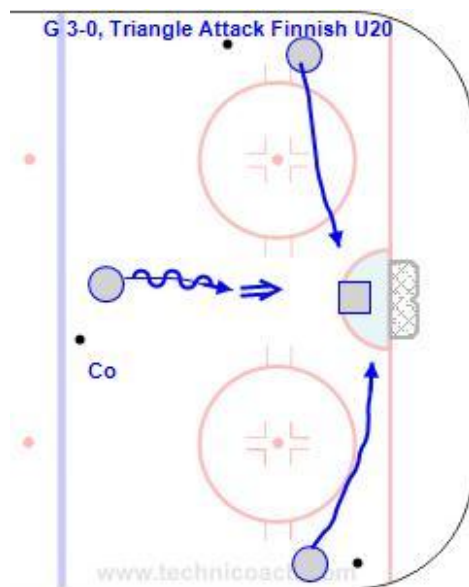
Key Points:

Goalie must stay square to the puck and make the save and then battle to stop the rebound.

Description:

1. One player on each side and one at the mid point.
2. Players take turns skating in and shooting while the other two skaters come in for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120307090122582>



G - Goaltending Video Clips

[G - Crease Skating - Pro](#)

[G - Covering Short Side Post and Passes from Behind - Pro](#)

[G - Shot Off Pass - Pass Loose Puck -Shot - Pro](#)

[DT200 Nets Back to Back - One Goalie With Jokers - U15](#)

[G-Crease Skating - Goalie Camp](#)

[G - Goalie Skating and Warm-up – Pro](#)

[G - Puck Behind Net - Detroit](#)

[G - Net Skating](#)

Goaltending



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International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





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INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



















Coach: Enio Sacilotto

Team: Bracknell Bees

Country: Great Britain

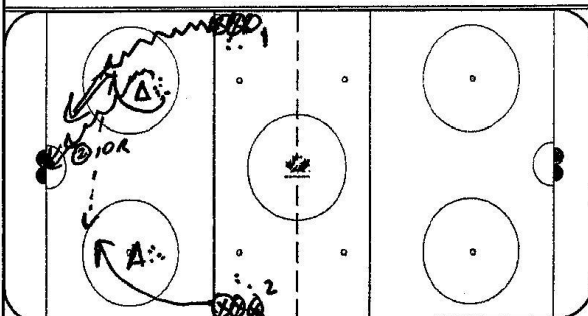
DRILL THEME: GOALTENDING

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure
				OFFENSIVE
				DEFENSIVE

OFFENSIVE

DEFENSIVE

DRILL NAME:



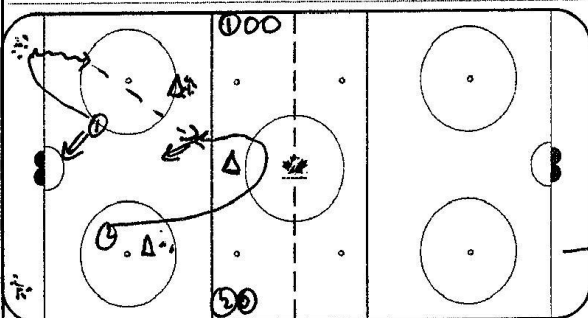
KEY TEACHING POINTS:

GOALIES: - Angle shots
- lateral movement
- recovery for 2nd shot

SKATERS: - outside shots
- going to net
- lateral pass.
- 2nd effort (2nd puck)

DRILL DESCRIPTION:

① skates in with puck + has the option to shoot or pass to ②
The player who does not shoot, gets a second puck for a
2nd shot. Example: ① passes to ②, ② shoots, ①
gets a second puck for shot or deke.



ADDITIONAL TEACHING POINTS:

① - recovery from ①'s 2nd shot.
- hugging the post + tracking
puck (watching ① pick-up puck
from corner.
- exploding out to puck/covers
①'s 2nd shot
- skating technique / rebound control
② - pass-out from corner ①
- ② timing & quick release
- rebounds.

PROGRESSION / OPTIONS:

- after ① takes 2nd shot (② times his skating) he takes puck
out of corner + passes to ② (who timed his skating) for
his 2nd shot!



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Coach: DONALD GRAY

Team: RICHMOND HILL STARS M10M "AAA"

Country: CANADA

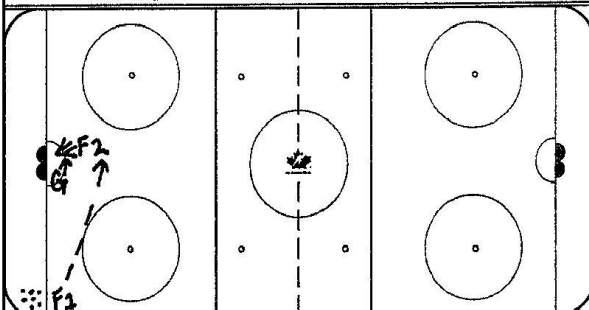
DRILL THEME: GOALTENDING

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME: BUTTERFLY - LATERAL SLIDE

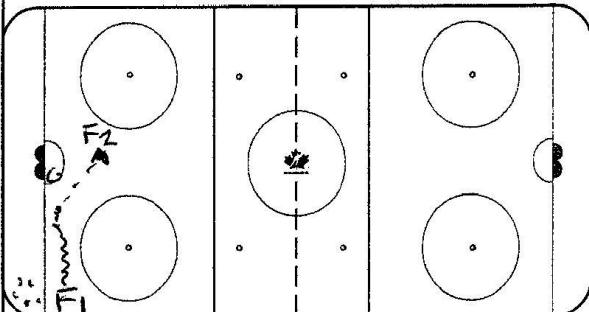


KEY TEACHING POINTS:

- G MUST PUSH OFF HANG FROM POST INTO LATERAL SLIDE WHILE MAINTAINING TIGHT BUTTERFLY
- OBJECTIVE IS TO END UP IN GOOD BUTTERFLY POSITION SQUARE TO F2 AT TOP OF CIRCLE.

DRILL DESCRIPTION:

- F1 IN CORNER PASSES ACROSS NET TO F2 IN LOW SLOT FOR 1-TIMER.
- G STARTS TIGHT TO NEAR POST - AT PASS (NOT BEFORE) G PUSHES OFF INTO SLIDING LATERAL BUTTERFLY - WORK DRILL FROM BOTH SIDES
- F1 SHOULD MIX OCCASIONAL SHOT TO PREVENT G LEAVING EARLY



ADDITIONAL TEACHING POINTS:

- MAINTAIN STICK POSITION ON ICE TO COVER 5-HOLE

PROGRESSION / OPTIONS:

- (1) HAVE F2 PLAY REBOUNDS
- (2) HAVE F1 DRIVE NET FOR REBOUNDS OR TO CREATE 2 ON 0.



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Coach: Paul Butcher

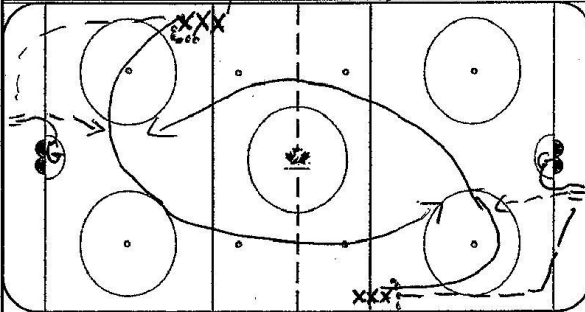
Team: North Island Eagles

Country: Canada

DRILL THEME: **GOALTENDING**

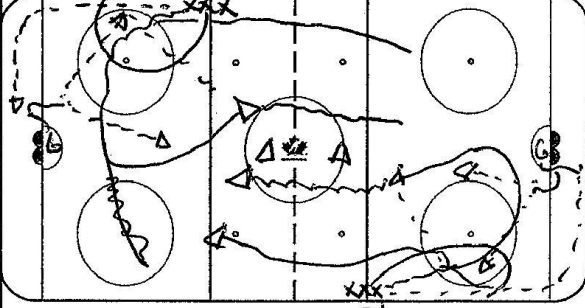
LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	⇄	Backward Skate
	X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure	
<input type="radio"/> OFFENSIVE		<input type="radio"/> DEFENSIVE		

DRILL NAME: Stop + Pass



KEY TEACHING POINTS:
Teaches Goaltenders how to stop puck behind net and pass puck for quick transition.

DRILL DESCRIPTION:
Players at Blue line on opposite sides. One player from each line shoots puck around boards. Goaltender stops Puck ~~and~~ behind net. After shooting puck, player cuts through circle and receives pass from goalie who has retrieved puck from behind net. Players from both side skate with puck for shot on goal at far end.



ADDITIONAL TEACHING POINTS:
Progression off 1st Drill
add 2nd option for Goaltender
X2 reverses on the boards
G can pass quick up middle or to X2 option
SPLIT ice in half - stay on half while control

PROGRESSION / OPTIONS:
21



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Coach: DEREK HAAS

Team: "LES DUCS" ANGERS

Country: FRANCE

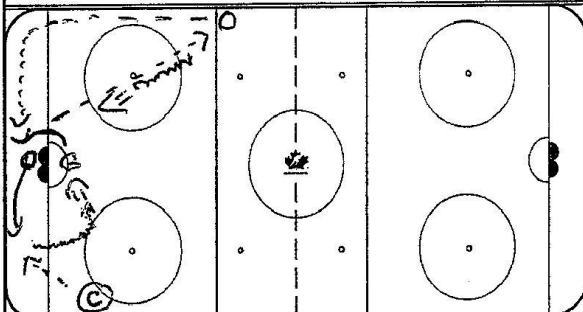
DRILL THEME: GOALTENDING

LEGEND

©	Coach	~	Puck Carrying
○ ●	Forwards	→	Shooting
△ ▲	Defenders	→	Pass
G	Goalie	→	Drop Pass
—	Stop	→	Backward Skate
X	Pylon		Lateral Movement
✱	Pucks	—	Defensive Pressure

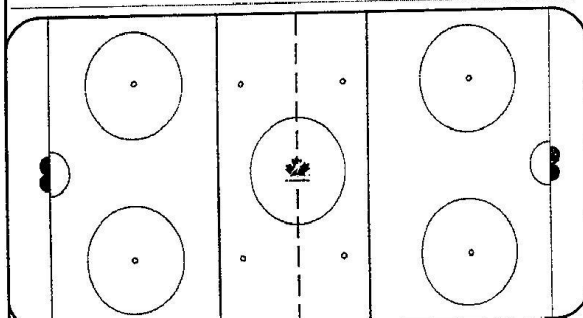
☐ OFFENSIVE ☐ DEFENSIVE

DRILL NAME: SLY DRILL



KEY TEACHING POINTS:
GOALIES - STOPPING PUCK
TECHNIQUES PASSING CUTTING
DOWN ANGLES AND WALK
OUT SHOTS.

DRILL DESCRIPTION: O' RIMS PUCK, G STOPS PUCK AND PASSES
BACK TO O. O SHOOT, STAYING ON SAME ANGLE
AND THEN SKATES BEHIND NET. (C) SPOTS 2ND PUCK
AND O WALKS OUT OF CORNER FOR 2ND SHOT.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: Dave Griffith

Team: Wawa Travellers Jr. B

Country: Canada

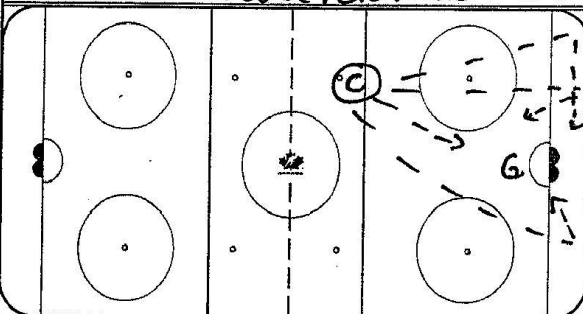
DRILL THEME: GOALTENDING

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	↔	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⬮	Pucks	—	Defensive Pressure

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME: Control and return the Puck

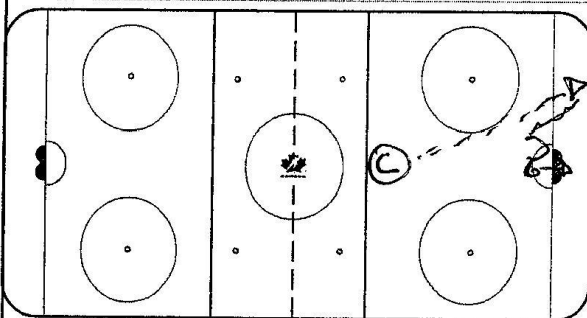


KEY TEACHING POINTS:

- for the goaltender to learn how to control the puck in various locations around the net

DRILL DESCRIPTION:

The coach shoots the puck to various locations around the net for the goaltender to retrieve and make a return pass



ADDITIONAL TEACHING POINTS:

- Quick response to Gues
- agility - quick to puck
- Balance, edges

PROGRESSION / OPTIONS:

Have goaltender Face the net in respond to spotted puck. Coach slap stick and move puck. Goaltender turns on stick slap and responds to a puck. Can start goalie on his/her knees as a 3rd option.

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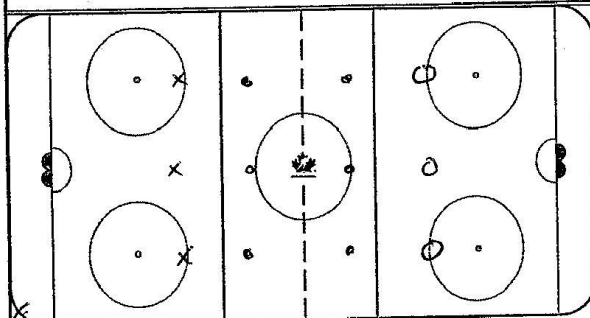
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Coach: <u>DOUG RINGROSE</u>	LEGEND ● Coach ○ Forwards △ Defenders G Goalie X Stop P Pucks Puck Carrying Shooting Pass Drop Pass Backward Skate Lateral Movement Defensive Pressure
Team: <u>EDMONTON MINOR HOCKEY</u>	
Country: <u>CANADA</u>	
Drill Theme: <u>GOALTENDING</u>	

☐ OFFENSIVE ☐ DEFENSIVE

Drill Name: WILD THREE SHOT CHALLENGE

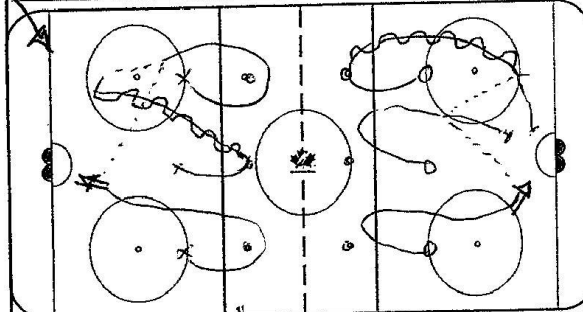


Key Teaching Points:

- GOALIES - BE AGGRESSIVE!
- GOOD LATERAL MOVEMENT
- SITUATIONS - QUICK PASSES
- COMMUNICATION
- TRIANGULATION

Drill Description:

X's vs. O's. PLAYERS START ON THE RINGETS LINE. PUCKS SPOTTED OUTSIDE THE BLUE LINE. ONE PUCK AT A TIME IS PICKED UP BY THE PLAYERS WITH RETURN TO THE ZONE AND ATTEMPT TO SCORE. THE FIRST TEAM TO SCORE WITH ALL 3 PUCKS AND THEN



Additional Teaching Points:

- CROSS THE BLUE LINE
- INTO THE NEUTRAL ZONE
- WILL SCORE A POINT.
- BRING ON THE NEXT
- 3 PLAYERS ON EACH
- TEAM AND GO AGAIN.
- FIRST TEAM TO 5
- WINS.

Progression / Options:

START ON THE WHISTLE

RULES: ① PLAYERS MUST STAY INSIDE

② EACH PLAYER MUST TOUCH THE PUCK AT LEAST ONCE

③ GOALIES MAY FREEZE PUCK BUT MUST THROW IT IN



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Calgary, Alberta



Coach: **RON MAYS**

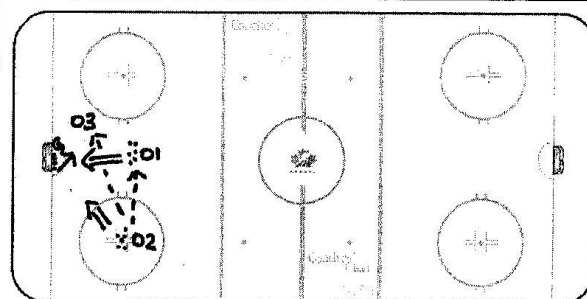
Team: **GOALTENDING COACH
MISSISSAUGA ICE DOGS, OHL**

Country: **CANADA**

Drill Theme: **Goaltending**

LEGEND	●	Coach	→	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon	→	Lateral Movement
	●	Pucks	→	Defensive Pressure

Drill Name: **2 SHOT BUTTERFLY + RECOVERY W/ MULTIPLE OPTIONS**

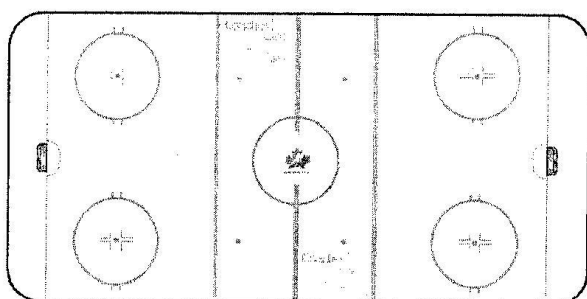


KEY TEACHING POINTS:

- ① ANGLES: CENTERED POSITION TO NET, CENTERED OR SQUARE POSITION TO PUCK, DEPTH POSITION AT TOP OF CREESE OR JUST INSIDE CREESE.
- ② ROTATE STICK IN SEMI-CIRCULAR MOTION TO STEER REBOUND TO CORNER
- ③ RECOVER ON BACK SIDE LEG, LEG FURTHEST AWAY FROM PUCK

DRILL DESCRIPTION:

G STARTS ON POST + SHUFFLES POST TO POST TO START DRILL. G THEN T-PUSHES TO TOP OF CREESE + ACHIEVES A CENTERED POSITION TO NET, A SQUARE POSITION TO PUCK + A DEPTH POSITION AT TOP OF CREESE. 01 SHOOTS LOW TO G'S RIGHT (BLOCKED SIDE) G DESCENDS INTO HALF-BUTTERFLY BLOCKER SIDE + ROTATES STICK TO STEER REBOUND TO CORNER. G THEN



DRILL DESCRIPTION:

EXECUTES A FULL RECOVERY (UP TO FEET) T-PUSHES ACROSS + SQUARES UP TO PUCK ON 02'S STICK. 02 HAS OPTION OF SHOOTING, PASSING TO 01 (RIGHT HAND SHOT) OR PASSING TO 03 (RIGHT HAND SHOT). G READJUSTS POSITION ACCORDINGLY TO MAKE SAVE. ONCE THE SHOT IS RELEASED THE OTHER 2 SHOOTER DRIVE THE NET FOR A REBOUND



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Coach: **RON MAIS**

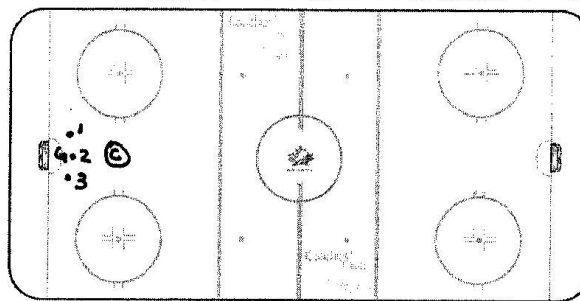
Team: **GOALTENDING COACH
MISSISSAUGA ICE DOGS, OHL**

Country: **CANADA**

Drill Theme: **Goaltending**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	----->	Pass
	G	Goalie	~ ~>	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: **3 PUCK RECOVERY ON ⊙ SIGNAL**

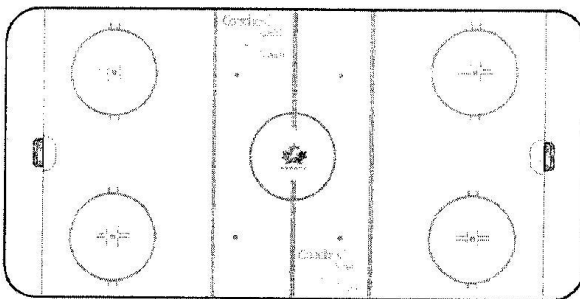


KEY TEACHING POINTS:

- ① DRIVES KNEES TO ICE TO ENSURE COMPACT POSITION IN FULL BUTTERFLY
- ② RECOVER ON BACKSIDE LEG (LEG FURTHEST FROM PUCK)
- ③ ROTATE SKATE + POINT TOE AT TARGET. EXPLODE OFF INSIDE EDGE OF BACKSIDE SKATE TO ACHIEVE SQUARE POSITION TO PUCK.

DRILL DESCRIPTION:

SET-UP 3 PUCKS AS SHOWN. G STARTS AT TOP MIDDLE OF CREASE. ⊙ CALLS OUT A # 1, 2 OR 3. G DESCENDS INTO A FULL BUTTERFLY, EXECUTES A FULL RECOVERY (UP TO FEET) T-PUSHES + SQUARES UP TO PUCK CALLED OUT BY ⊙. G THEN T-PUSHES BACK TO PUCK 2 TO REPEAT DRILL. WHEN 1 OR 3 IS CALLED OUT G MUST



KEY TEACHING POINTS:

RECOVER ON BACKSIDE LEG (LEG FURTHEST AWAY FROM PUCK) BEFORE INITIATING RECOVERY. IF ⊙ CALLS 2, G CAN RECOVER TO FEET ON EITHER LEG.

PROGRESSION: REPEAT DRILL WITH PARTIAL RECOVERIES.

DRILL DESCRIPTION:



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Coach: RON CHATELAIN

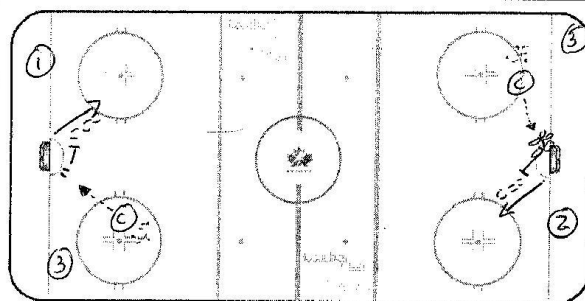
Team: _____

Country: CANADA

Drill Theme: **Goaltending**

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure

Drill Name: "OFF THE NET" (COMPLIMENTS OF YORK UNIVERSITY)

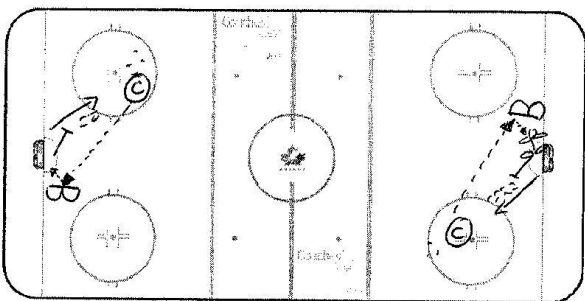


KEY TEACHING POINTS:

- TELESCOPE OUT & BACK IN BASIC STANCE
- THINK "QUICK FEET"
- T-PUSH ACROSS IN BASIC STANCE
- * KEEP SHOULDERS SQUARE TO SHOOTER
- * DON'T SACRIFICE TECHNIQUE TO MAKE THE SAVE
- BUTTERFLY, GLOVE UP, STICK COVERING 5 HOLE, SEAL POST

DRILL DESCRIPTION:

- (1) WARM-UP, "OUT, BACK, AND OVER FOR SHOT" - (F) SKATES OUT TO BOTTOM OF CIRCLE, THEN BACKWARDS, THEN T-PUSH ACROSS TO TOP OF CREASE ON OTHER SIDE - REPEAT FROM BOTH SIDES (2) PROGRESS TO T-PUSH BACK TO FAR POST INTO BUTTERFLY
- (3) OPTION: MAY ADD SHOT FROM (F) AT VARIOUS ANGLES



KEY TEACHING POINTS:

- STRONG T-PUSH
- TRY NOT TO SLIDE PAST THE POST
- USE TOE/PAD TO STOP YOU FROM SLIDING PAST, SEAL POST
- ACTIVE GLOVES, BE READY
- STICK COVERS 5 HOLE ON BUTTERFLY

DRILL DESCRIPTION:

- PROGRESS TO "OFF THE NET" - LAY NET DOWN ON THE ICE (WITH THE CROSSBAR ON ICE FACING (F)) REPEAT SAME PATTERN, THOUGH WHILE GOALIE IS SKATING BACKWARDS THE (F) SHOOTS A PUCK OFF THE CROSSBAR - PUCK REDIRECTS TO THE FAR SIDE - MOVE NET AROUND, IN/OUT, TO GET REDIRECTION COMING FROM DIFFERENT ANGLES

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Coach: Richard McNish

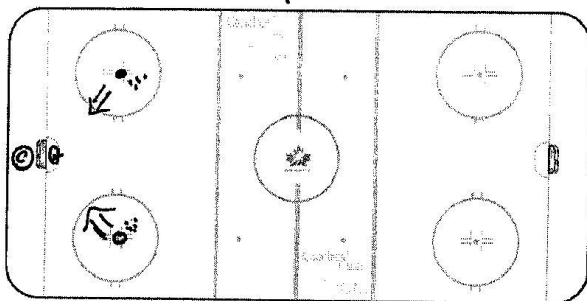
Team: Cold Lake Freeze

Country: Canada

Drill Theme: **Goaltending**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	==>	Shooting
	△ ▲	Defenders	- - ->	Pass
	G	Goalie	- >	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name: Blind Angles

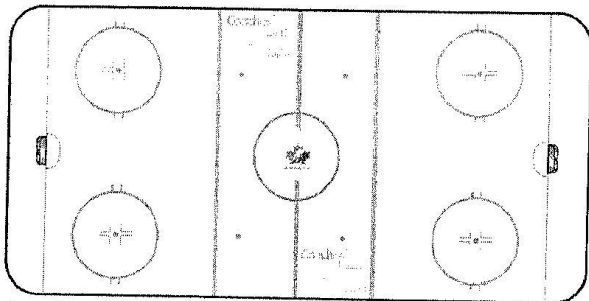


KEY TEACHING POINTS:

- setting up in stance
- lateral movement
- ~~angling~~ angling

DRILL DESCRIPTION:

- goalie starts facing net, on whistle goalie turns around and pushes to top of crease. Coach signals which side shoots. Goalie must react by movement to indicated side to execute save.



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: CRAIG DE SAVOYE

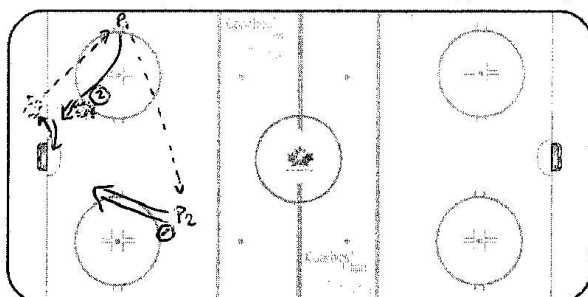
Team: HOLLYBURN MIDGET 'AA'

Country: CANADA

Drill Theme: **Goaltending**

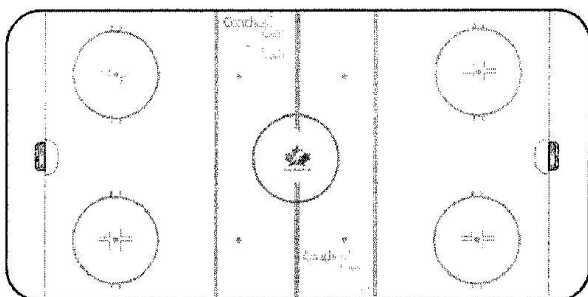
LEGEND	Coach	Puck Carrying
○ ●	Forwards	→ Shooting
△ ▲	Defenders	→ Pass
G	Goalie	→ Drop Pass
—	Stop	→ Backward Skate
X	Pylon	→ Lateral Movement
•••	Pucks	→ Defensive Pressure

Drill Name: Hi-Lo WITH PASS



- KEY TEACHING POINTS:
- Puckhandling + Passing
 - Skating & agility
 - Power Movements / Explosive Skating
 - Angles
 - Lateral Movement
 - rebound control

- DRILL DESCRIPTION:
- Goalie starts in crease / Passed to P₁ / P₁ Pass to P₂
 - Goalie back to crease, tracks to P₂ / P₂ shoots ~~from~~ (P₁ moves in to tight position)
 - Quickly after save, P₂ shoots from close-in - goalie has to move laterally to make save and control rebound.



- KEY TEACHING POINTS:
- -
 -
 -
 -
 -
 -

- DRILL DESCRIPTION:
- -
 -
 -
 -



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Coach: OSCAR MARX

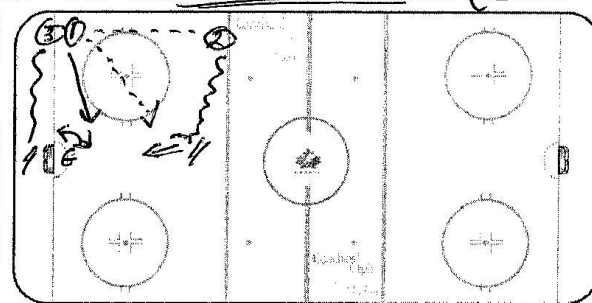
Team: JUNIOR B

Country: WINNIPEG, MB

Drill Theme: **Goaltending**

LEGEND			
○	Coach	→	Puck Carrying
●	Forwards	⇒	Shooting
△	Defenders	→→	Pass
G	Goalie	→→→	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

Drill Name: "1-2-3 DRILL" (OBJECT: PENALTY KILLING FOR GOALIES!!)

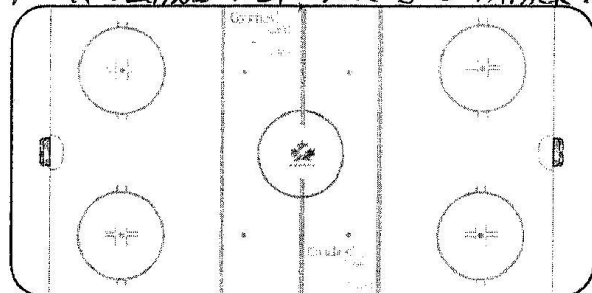


KEY TEACHING POINTS:

- * G TRACKS PUCK FROM CORNER TO HIGH POINT TO MID POINT
- * FACES LONG SHOT & MUST CONTROL REBOUND
- * FACES SLOT SHOT THRU TRAFFIC WITH OPTION OF TIPS & 2ND/3RD SHOTS
- * BEHIND NET THREAT
- * TRACKING, REBOUND CONTROL, RECOVERY FOR 2ND SAVE, DIRECT & INDIRECT ATTACK.

DRILL DESCRIPTION:

① PASSES TO ②, ② SLIDES & PUCK ON BLUE LINE & TAKES WHISTSHOT FROM MID POINT, ② THEN SINKS INTO SLOT AREA FOR 2ND PASS FROM ①, & ② NOW WHISTS IT ONLY WHEN ① IS IN POSITION IN FRONT OF NET (I.E. AFTER ① PASSES TO ② THE 2ND TIME, ① SKATES OFF PUCK & GOES TO THE NET); ① & ② NOW BECOME OFFENSIVE OPTIONS, AS ③ SLIDES WITH PUCK BEHIND NET FOR 3-0 ATTACK.



KEY TEACHING POINTS:

VARIATIONS:

- * ① PASSES TO ② ON 2ND SHOT;
- * ② 1 TIMES IT RATHER THAN WAIT FOR ①; ① PLAYS OFF TO THE SIDE TO PLAY REBOUNDS (RATHER THAN SCREEN)
- * ③ TAKES PUCK & PLAYS A 2-1 RATHER THAN 3-0, WITH THE DEFENSIVE PLAYER BEING PLAYER 2.
- * USE 6 PLAYERS & 2 G'S

DRILL DESCRIPTION:

N.B. *USE ALL PLAYERS FOR THE ①, ②, OR ③ ROLE (EITHER F OR D)

* ENCOURAGE CORRECT TECHNICAL SKILLS

FOR G & MATCH THE DRILL'S SPEED TO THE LEVEL OF THE G.

* INCREASE DRILL'S SPEED AS REQUIRED: GOAL IS GAME SPEED.

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Coach: **RON MAYS**

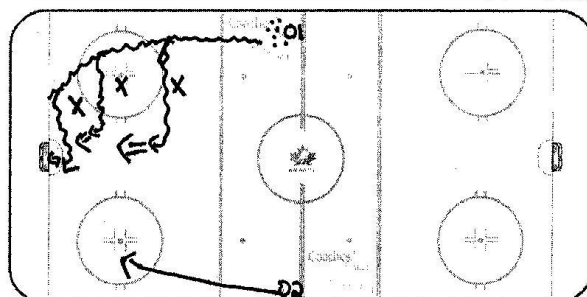
Team: **GOALTENDING COACH
MISSISSAUGA ICE DOGS, ONL**

Country: **CANADA**

Drill Theme: **Goaltending**

LEGEND	●	Coach	~	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→→	Pass
	G	Goalie	→→→	Drop Pass
	—	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	•••	Pucks	—	Defensive Pressure

Drill Name:



KEY TEACHING POINTS:

① ANGLES: USE INSIDE-OUT ANGLE APPROACH

② USE SHORT SHUFFLES TO MOVE Laterally + MAINTAIN SQUARENESS

③ HEAD ON A SWIVEL; ALWAYS AWARE OF BACKSIDE THREAT.

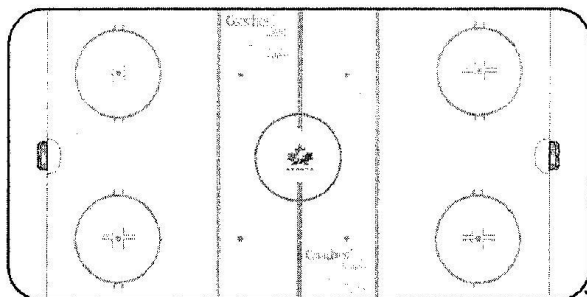
DRILL DESCRIPTION:

01 STARTS IN NZ, G STARTS ON GOAL LINE + MOVES OUT ON ANGLE USING INSIDE OUT ANGLE APPROACH. 01 DRIVES OUTSIDE LANE WITH SPEED AND HAS OPTION OF SHOOTING FROM OUTSIDE LANE OR CUTTING AROUND 1 OF 3 PYLONS TO MIDDLE LANE FOR SHOT. G ACHIEVES DEPTH POSITION 2-3' BEYOND TOP OF CREESE + THEN

RETREATS TRYING TO TIME

KEY TEACHING POINTS:

RETREAT SO THAT G IS AT TOP OF CREESE WHEN 01 SHOTS. G MUST USE SHORT SHUFFLES TO MOVE Laterally AND MAINTAIN SQUARENESS.



PROGRESSION: 02 DRIVES FAR OUTSIDE LANE + IS A PASSING OPTION.

DRILL DESCRIPTION:



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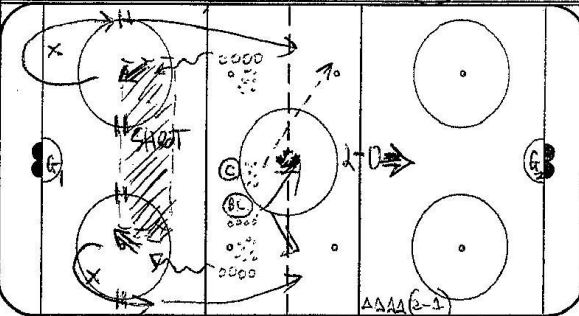


Coach: Paul DeVellis
Team: Ridley College Tigers
Country: CANADA

LEGEND	● Coach	→ Puck Carrying
	○ Forwards	⇒ Shooting
△ Defenders	→ Pass	→ Drop Pass
	G Goalie	→ Backward Skate
Stop	Lateral Movement	— Defensive Pressure
	X Pylon	
● Pucks		
<input type="radio"/> OFFENSIVE		<input type="radio"/> DEFENSIVE

DRILL THEME: **GOALTENDING**

DRILL NAME: Two-shot; Two-on-Zero @ (B.C.)



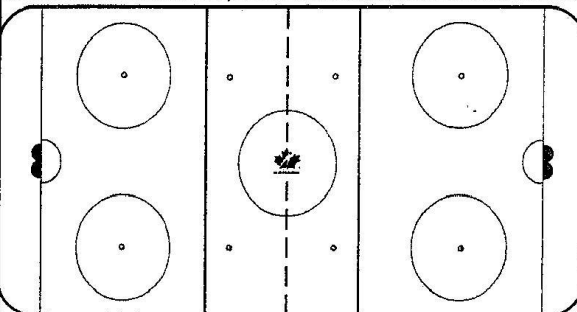
KEY TEACHING POINTS:

- Shots low & on net (try to generate a rebound @ score)
- G₁ to develop angle 1st
- depth 2nd
- "cues" review i.e. "stride to glide"
- lateral movement
- G₂ faces 2-D
- "play big"

DRILL DESCRIPTION:

- drill starts with two shots staggered time wise allowing G₁ to position on-net low
- peel towards board around cone & receive @ pass
- evolve to 2-1 @ (B.C.) communication betⁿ D & (B.C.) Key
- switch G's & lines location

ADDITIONAL TEACHING POINTS:



PROGRESSION / OPTIONS:

- Progress to 1 shot that generates a 2nd action
- Rebound & have player from other line follow & back to obtain the rebound

Low Hard shot of G's pass stick
(Goalie to try & contain shot no rebound)



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Coach: Richard DeWilde

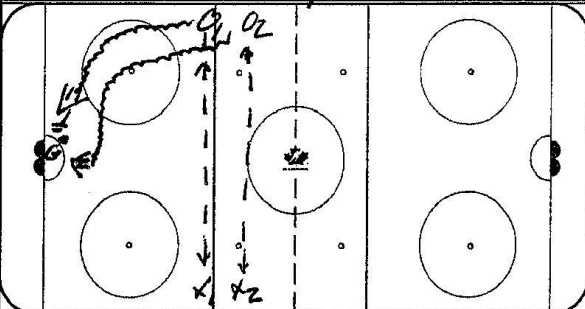
Team: The Dutch National Team (Prorecht)

Country: The Netherlands

DRILL THEME: **GOALTENDING**

LEGEND	⊙	Coach	~~~~~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	~~~~~	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

DRILL NAME: Goalie Angle Drill



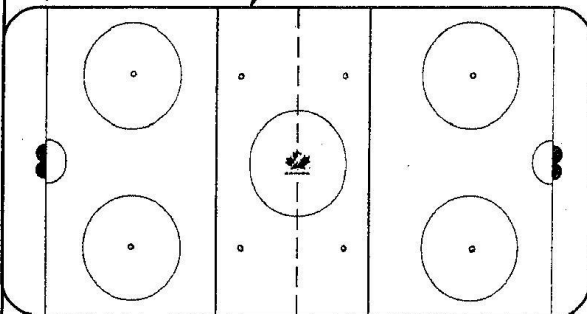
KEY TEACHING POINTS:

- * T-Glide following puck movement.
- * Challenging start angle.
- * Lateral movement.
- * Rebound control.

DRILL DESCRIPTION:

The drill is a 1 on the Goalie.

The drill starts by O1 and F1 passing back and forth across the Blue line. ON whistle puck carrier drives to net, shot on short side, player stops at net side. Meanwhile O2 and F2 passing, ON whistle Attack net and Sweep across the front slot - shot or pass to player O1.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: Curtis Hunt

Team: Grand Rapids Griffins, IHL

Country: Canada

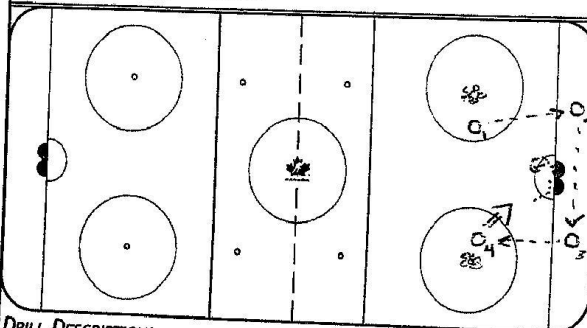
DRILL THEME: **GOALTENDING**

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure

○ OFFENSIVE

⊖ DEFENSIVE

DRILL NAME: ① Tub

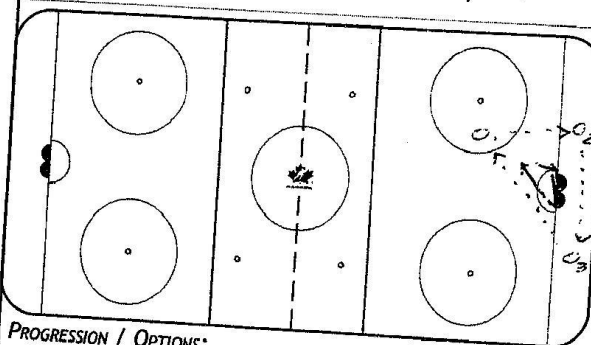


KEY TEACHING POINTS:

- Goaltender starts at top of crease.
- 3 good pushes from:
 - ① top to post
 - ② post to post
 - ③ post to top
- Square to puck vs. shot

DRILL DESCRIPTION:

Player 1 starts with puck passes to player 2: to 3: to 4 who shoots the puck from inside circle. Goaltender follows puck and attacks aggressively the shooter then follows the rebound if any.

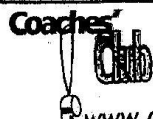


ADDITIONAL TEACHING POINTS:

- goaltender ~~uses~~ uses an active stick to try to obstruct pass

PROGRESSION / OPTIONS:

Cross - Same set up as the tub except player 3 passes cross crease to player 1 for shot.



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Coach: BRENT PETERSON

Team: NASHVILLE PREDATORS

Country: USA

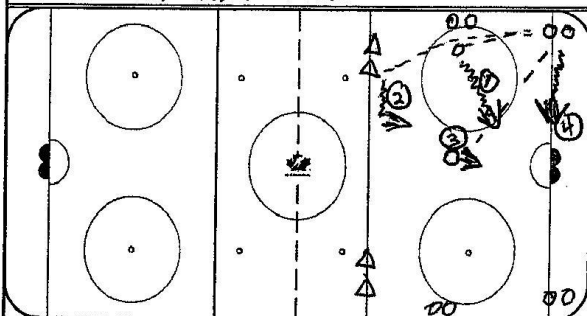
DRILL THEME: GOALTENDING

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↶	Backward Skate
	X	Pylon		Lateral Movement
	●	Pucks	—	Defensive Pressure

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME: 4 SHOT DRILL

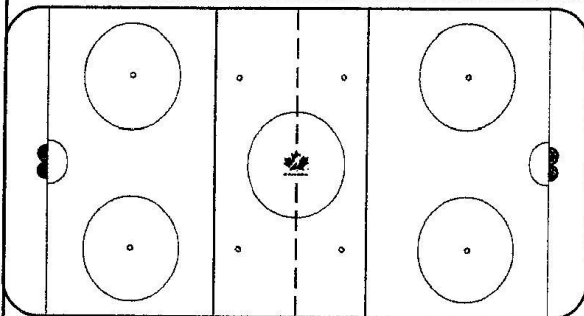


KEY TEACHING POINTS:

- PASSING TIMING PATIENCE
- QUICK RELEASE SHOTS
- GOALTENDERS ANGLES AND REACTIONS (CONDITIONING)

DRILL DESCRIPTION:

HALF THE FORWARDS IN CORNER, HALF ON $\frac{1}{2}$ WALL. DEFENCE ON BLUE LINE. PLAYER IN CORNER HAS 4 PUCKS. THE 1ST PASS IS TO PLAYER ON $\frac{1}{2}$ WALL HE WALKS TO MIDDLE, SHOTS AND GOES TO NET. THE 2ND PASS IS TO D. ON BLUE LINE, HE WALKS TO MIDDLE AND SHOTS WITH FORWARD IN FRONT FOR SCREEN AND REBOUND. THE 3RD PASS IS TO FORWARD IN FRONT WHO



ADDITIONAL TEACHING POINTS:

HAS BACKED INTO SLOT FOR SHOT. THE 4TH SHOT IS FROM THE CORNER PASSES WHO WALKS OUT OF CORNER FOR STUFF. THE GOALIE GETS 4 DIFFERENT TYPES OF SHOTS IN SUCCESSION

PROGRESSION / OPTIONS:

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Coach: **MERV SCOTT**

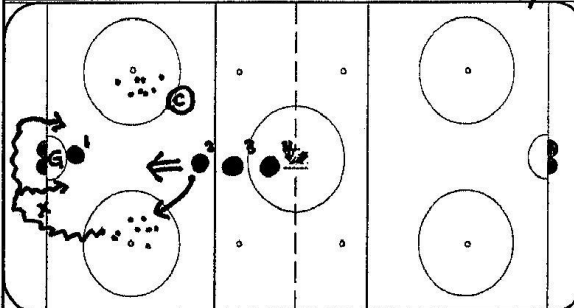
Team: **SAANICH PEE WEE REP.**

Country: **VICTORIA, BC, CANADA**

DRILL THEME: **GOALTENDING**

LEGEND	⊙ Coach	→ Puck Carrying
	○ ● Forwards	→ Shooting
	△ Defenders	→ Pass
	G Goalie	→ Drop Pass
	— Stop	→ Backward Skate
	X Pylon	Lateral Movement
	⚡ Pucks	→ Defensive Pressure
	○ OFFENSIVE	● DEFENSIVE

DRILL NAME: **TURF WAR (SCREENS & DEFLECTIONS)**



KEY TEACHING POINTS:

- KEEP ● OUT OF YOUR ZONE (your crease)
- STAY LOW & CONCENTRATE ON SEEING THE PUCK
- USE PROPER SAVE MOVEMENT
- NO REBOUNDS
- TIGHT TO NEAR POST TO PROTECT AGAINST WALK OUT
- BODY AHEAD, HEAD ON

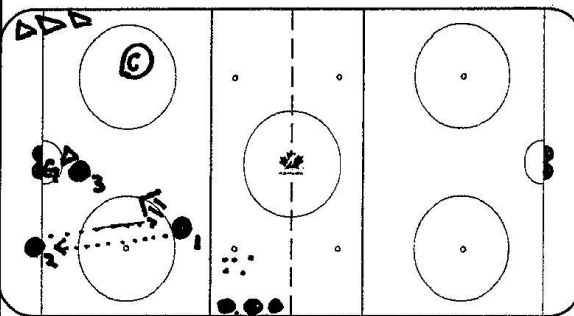
DRILL DESCRIPTION:

- ₂ SHOOTS WHILE ●₁ SCREENS/DEFLECTS
- ₂ picks up puck and does walk out or wrap around or pass to ●₁
- ₂ moves to ●₁; ●₁ to ●₄

SWIVEL, WATCH PLAYER BEHIND NET.

- STRONG INSIDE EDGE ACROSS TO COVER WRAP AROUND.

- USE STICK TO COVER PASS



ADDITIONAL TEACHING POINTS:

- CONCENTRATE
- MOVE TO CHALLENGE SHOOTER OR,
- OR TIGHT TO POST & USE STICK TO COVER PASS
- DEFENSE TO MOVE ●₃ OUT OF WAY ON SHOT OR TIE UP STICK ON PASS

PROGRESSION / OPTIONS:

- ADD DEFENSEMAN. ●₁ BACK & FORTH PASS WITH ●₂; THEN ●₁ SHOOTS OR ●₂ PASSES TO ●₃ IN FRONT.
- ₁ → ●₂ → ●₃ → ●₄

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Coach: Richard DeWilde

Team: The Dutch National Team (Dordrecht)

Country: The Netherlands

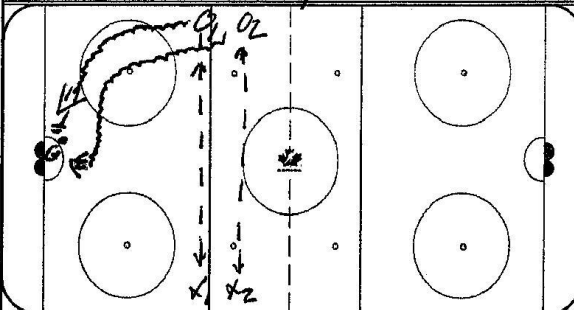
DRILL THEME: **GOALTENDING**

LEGEND		Coach		Puck Carrying
		Forwards		Shooting
		Defenders		Pass
		Goalie		Drop Pass
		Stop		Backward Skate
		Pylon		Lateral Movement
		Pucks		Defensive Pressure

☐ OFFENSIVE

☐ DEFENSIVE

DRILL NAME: Goalie Angle Drill



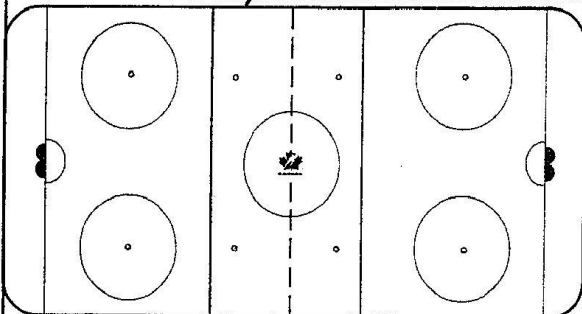
KEY TEACHING POINTS:

- * T-Glide following puck movement.
- * Challenging short angle.
- * Lateral movement.
- * Rebound control.

DRILL DESCRIPTION:

The drill is a 1 on the goalie.

The starts by O₁ and F₁ passing back and forth across the Blue line. On whistle puck carrier drives to net, shot on short side, player stops at net side. Meanwhile O₂ and F₂ passing, on whistle Attack net and Sweep across the Front Slot - shot or pass to player O₁.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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