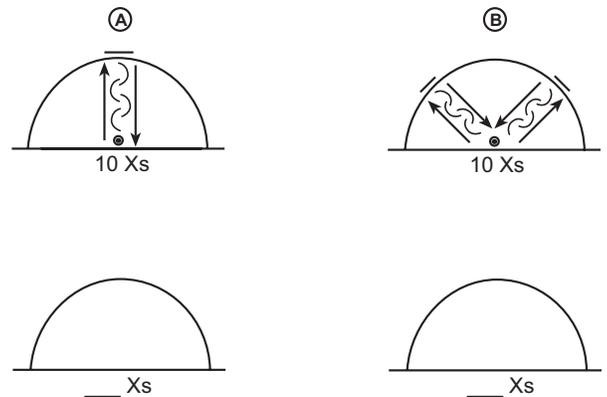




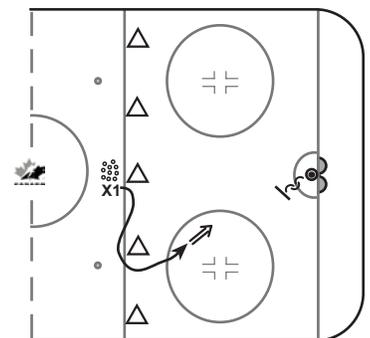
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Goaltender Practice Plan - Beginner

Time	Description	Key Points
10	Movement Warm Up	
	<ol style="list-style-type: none"> 1. Scull out to top of crease 2. Scull back to start line 3. Scull out to glove side crease edge 4. Scull back 5. Scull out to blocker side crease edge 6. Scull back 	



Time	Description	Key Points
5	Primary Drill	
	<ol style="list-style-type: none"> 1. Shoot randomly selects pylon to drive around and takes shot on net 2. Goalie comes out to challenge 3. Repeat using different pylon each time 	



Time	Description	Key Points
10	Secondary Drill	
	<ol style="list-style-type: none"> 1. X1 drives around pylon for shot on net 2. Goalie starts in middle of crease 3. Goalie shuffles to proper position 4. Repeat from opposite sides 	

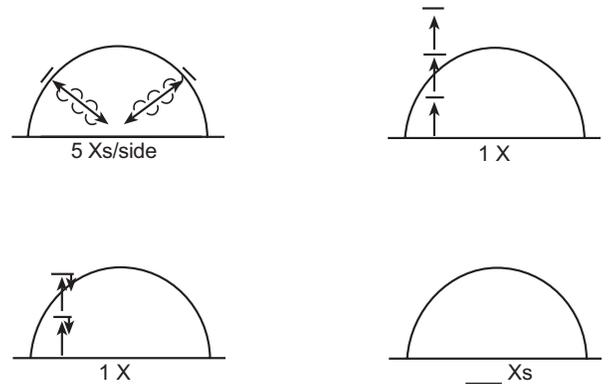




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Goaltender Practice Plan - Intermediate

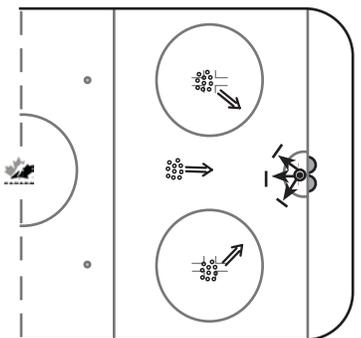
Time	Description	Key Points
10	Movement Warm Up	
	<ol style="list-style-type: none"> 1. Step out to Glove side 2. Scull back to start position 3. Step out to Blocker side 4. Shuffle forward, stop 5. Shuffle forward, stop 6. Shuffle forward, stop 7. Shuffle forward, pad save upon shot 8. Shuffle forward, pad save upon shot 	



Time	Description	Key Points
5	Primary Drill	
	<ol style="list-style-type: none"> 1. Drive around pylon for shot 2. X2 skates towards pylon, without puck 3. X2 picks up puck, and takes shot 4. Drive around pylon, takes 3rd shot on net. 	



Time	Description	Key Points
10	Secondary Drill	
	<ol style="list-style-type: none"> 1. Shot on net 2. Shot on net 3. Shot on net 	

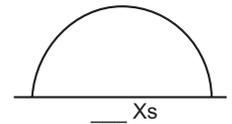
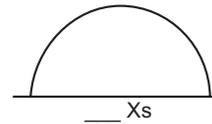
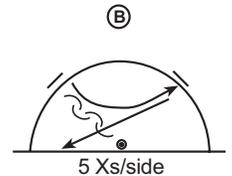
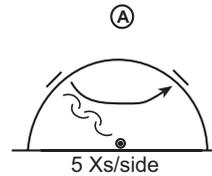




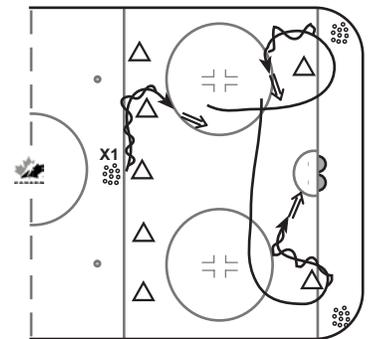
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Goaltender Practice Plan - Advanced

Time	Description	Key Points
10	Movement Warm Up	
	<ol style="list-style-type: none"> 1. Scull out to edge of crease, glove side 2. Stop. Set 3. Step-back, pivot, move to blocker side 4. Do 5 times, alternating sides 5. Lateral slide back across net to original side 6. Do 5 times, alternating sides 	



Time	Description	Key Points
5	Primary Drill	
	<ol style="list-style-type: none"> 1. Drive around pylon, take shot 2. Drive to corner, pick up puck, take second shot. 3. Repeat using different pylons and corner each time 	



Time	Description	Key Points
10	Secondary Drill	
	<ol style="list-style-type: none"> 1. Drive around pylon 2. Shot on net 3. Drive around second pylon 4. Shot on net 5. Drag puck to middle of ice for shot 6. Drag puck to middle of ice for shot 	

