Session Objective(s)
1. **Continue development of forward/backward movement, shuffle and stance**
2. **Continue emphasis on basic depth**
3. **Introduce horizontal angles**

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10 min

MOVEMENT WARM UP

A. Forward/Backward Step Outs – Straight
G starts in the middle of the goal line. On "Go" G sculls out to the top of the crease and sets. On "Go" G sculls backwards to the start point.

B. Forward/Backward Step Outs – Angle
G starts in the middle of the goal line. On "Go" G sculls out to the top of the crease facing the glove-side dot and sets. On "Go" G sculls backwards to the start point. On "Go" G sculls out to face the opposite dot. Then returns.
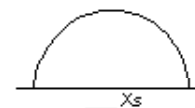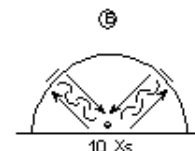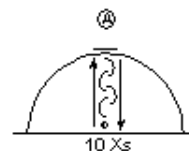
KEY EXECUTION POINTS
- As improvement is made additional emphasis on body and stick control should be applied
- When doing step outs, alternate starting and stopping feet
- When stopping, G should use a single-edge rotation

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5 min

PRIMARY DRILL

Angle Introduction
- Pucks start outside the blue line
- Pylons are placed across the rink, slightly inside the blue line
- G starts on the goal line
- X1 picks up a puck and randomly selects a pylon to drive around
- Once G recognizes which pylon has been selected, G steps out on angle with the attacker
- Once around the pylon, X1 takes a few strides towards the net and releases a shot

KEY EXECUTION POINTS
- In this introductory drill, G stays deep in the middle of the net until the pylon has been selected
- This allows G to gain a familiarity with proper angle positioning
- G should attempt to step out to the FSP on each sequence, before the shot is released

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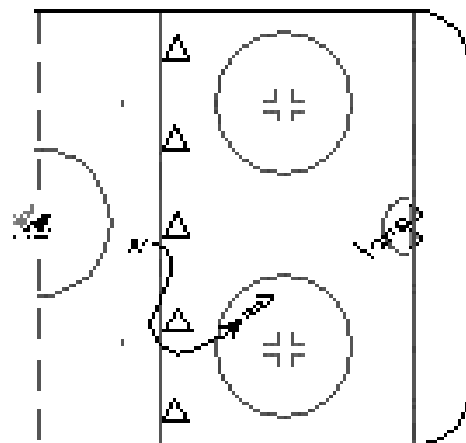
5 min

SECONDARY DRILL

Angle + Depth Work
- Pucks are placed outside the blue line on each side as indicated
- Pylons are placed at the top of the circles as indicated
- X1 picks up a puck and skates into the zone
- G starts at the top of the crease in the middle
- As soon as X1 begins to drive, G should shuffle to gain an on-angle position
- Notice the difference in this drill vs. the similar drill in the last session — here, G shuffles into an angle position as opposed to stepping out from a middle-net position

KEY EXECUTION POINTS
- G should work on controlled but quick shuffle steps to get into an on-angle position
- Once G gets to the first position, G may have to make more minor shuffle adjustments to keep a strong angle
- Do not allow G to fade back during the attack

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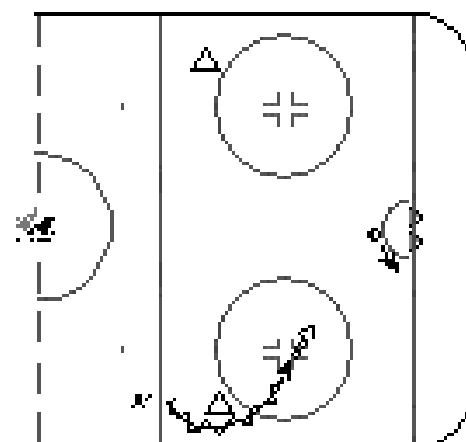
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POST–PRACTICE DISCUSSION
1. **Review progress on shuffle movement and stance positioning**
2. **Review goaltender's understanding of the FSP and its importance**
3. **Introduce the importance of the three positional ingredients: stance, angle and depth**

Session Objective(s)
1. Review of fundamental skill groups
2. For players graduating from the Beginner series, this session can be used to evaluate current skill level
3. For players entering the system at this stage, having bypassed the beginner level, coaches can use this session as further development evidence.

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5 min

MOVEMENT REVIEW

A. Forward/Backward Step Outs – Angle
Step outs from a mid goal line position alternating sides. Use face-off dots as angle targets. All movements triggered by C's "Go".

B. Shuffle – Starts and Stops
Starts and stops facing the same boards between the goal line and blue line. Distance between starts and stops should vary. All movements triggered by C's "Go".

C. Shuffle – Starts and Stops W Save
As above but at each stop G should execute a pad save in the opposite direction of the shuffle direction.

KEY EXECUTION POINTS
- Reiterate the importance of PSM
- G should understand that PSM is the foundation of all further skill development (i.e. positional play, save movement, rebound control, etc.)
- Discuss and review the importance of inside-edge usage
- Ensure stability in the upper body and stick positioning

5 Xs/side

1 X

1 X

___ Xs

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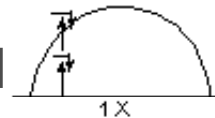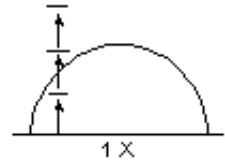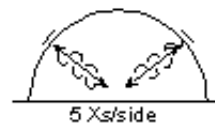
10 min

PRIMARY DRILL

Positional Assessment
- Pucks start at the point on the boards and on the hash marks
- X1 drives down the boards and around the indicated pylon to release a shot
- X2 meanwhile mirrors this movement on the other side (without puck)
- As X2 comes around the cone, the player will hustle back out to the middle point pylon, drive around it and release a 2nd shot on net
- After taking this shot X2 can drive down the slot or stay high
- X1 meanwhile buys time and then drives around the opposite-side pylon and releases the 3rd shot

KEY EXECUTION POINTS
- On the first shot G should be conservative due to the weak-side threat
- On the 2nd shot, G should play more aggressive due to the lack of a weak-side threat
- On the 3rd shot, position will be determined by X2's response (i.e. net drive or stay high), so awareness is important.

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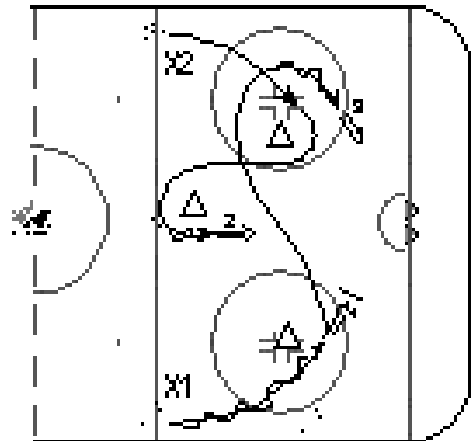
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SECONDARY DRILL

Save Assessment
- Use the slot position to take stationary shots for the purpose of limb-based saves (i.e. pad extensions, glove and blocker saves)
- Use the face-off dot positions to evaluate body usage and save compactness
- Both positions can be used to assess stick usage

KEY EXECUTION POINTS
- Upper-body save fundamentals include: good stance, direct paths to puck, visual tracking and neutral save movements
- Lower-body save fundamentals include: good stance, no flinching, proper selection between extensions and 1/2 butterflies and compactness of thighs, arms to body and pads/stick to ice

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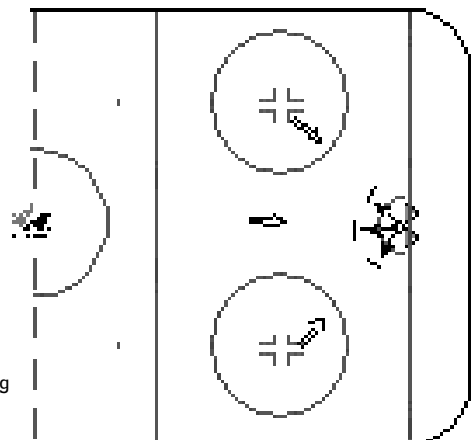
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POST–PRACTICE DISCUSSION
1. Review G's fundamental progress
2. Reiterate the role of fundamentals in further progress
3. Highlight key elements of the Intermediate Program

Session Objective(s)
1. Assess G's overall positional game
2. Refine areas of weakness within this positional realm

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5 min

MOVEMENT WARM UP

A. Stepback Pivots
G starts in middle of goal line. G sculls out to face the glove-side dot. Stop, set. G, then, stepback pivots and steps out to face the blocker-side dot. G returns to start position and repeats in opposite direction.
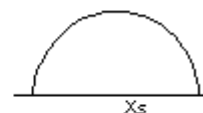
B. Stepback Pivots with Lateral-Slide Comeback
As above except after each stepback pivot, G will execute a lateral slide back across the net to the original side. Recover. Return to start position. Repeat in opposite direction.

KEY EXECUTION POINTS
- Quick
- Precise
- Controlled
- These should now be the attributes of all of G's positional adjustment

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10 min

PRIMARY DRILLS

Multi-Position Assessment
- Pucks are positioned at the mid point and in each corner
- 7 pylons are positioned as indicated (5 near point and 1 in each corner)
- X1 starts by randomly selecting a pylon to drive around and release a shot
- X1 will then randomly select a corner
- In the 1st corner, X1 will go around the pylon inside/out and release an angle shot
- Then, X1 will cross the ice and around the final pylon outside/in and release the 3rd, final shot
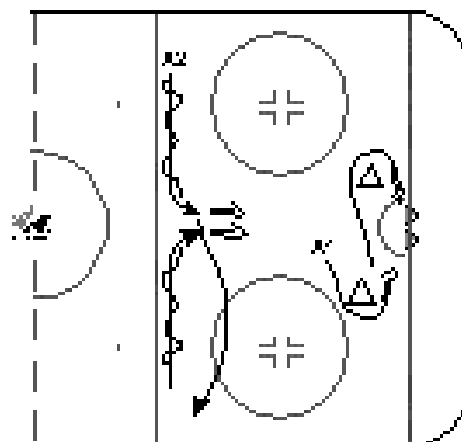
KEY EXECUTION POINTS
- G should initially be relaxed and make a strong controlled 1st save
- G should track X1's entire movement pattern
- G should be reading releases effectively and making logical positional adjustments
- Depending on the shot location, G may opt for a reaction or a block

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5 min

SECONDARY DRILL

Figure-8 with Point Releases
- Pucks are positioned outside 2 indicated pylons and at the points
- X1 starts in the slot and quickly hustles around 1st pylon and releases an outside shot
- X1 then hustles back through the slot and around the 2nd pylon and releases a 2nd outside shot
- On C's "Go", X2 will drag a puck across the point and release a low shot with X1 creating traffic
- X2 will then hustle to the other point, pick up a 2nd puck, drag it to the middle and release another low shot (X1 should vacate the front of the net and allow G to handle the shot without complication)

KEY EXECUTION POINTS
- As above
- G should be seeking strong position on the first 2 shots so that blocking is appropriate and effective
- G should be seeking strong position on the point shots so that the longer, reaction saves are made with control and strong rebound-control attributes

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5 min

POST-PRACTICE DISCUSSION

1. Review G's overall progress
2. Congratulate G on completing the entire Nike Skills Goaltending Module

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