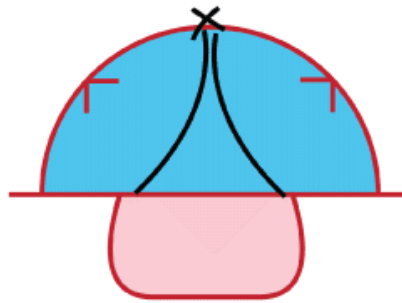




### Post and Out



- Goalie starts on glove post in set position.
- Goalie pushes through middle of the crease to top of the crease, stops and holds set position.
- Goalie rotates to push and recover to opposite post, holds set position.

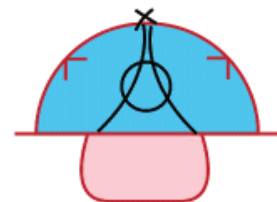
### Technical Skills and Key Points

Goalie should maintain proper stance with knees bent at a 60 degree angle, stick in front of goalie's skates, elbows bent so gloves are facing out, feet are shoulder width apart, the back up and exposed.



Insure to maintain proper post positioning with skates inside the post, back foot off the goalline, stick as close to post skate as possible, post arm sealing the post and glove near glove hip when set on blocker post.

When moving through the crease identify the middle of the crease to ensure the middle of the net is taken away as quickly as possible. This also ensures the goaltender is set square to the target.



### Legend

- Stance

- Center of Crease

- T Push