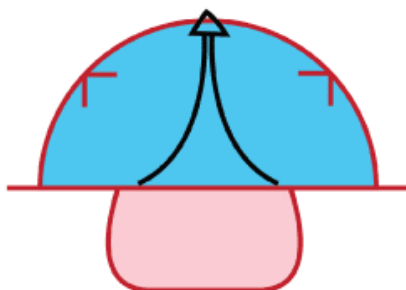




Post and Out with Recovery



- Goalie starts on glove post in set position and pushes through middle of the crease to top, stops and holds set position.
- Goalie goes down into butterfly and holds for 2 seconds.
- Goalie rotates while in butterfly to recover and push to opposite post, holds set position.

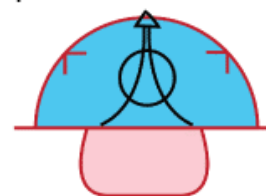
Technical Skills and Key Points

When going down into butterfly, goalie must push hips and knees forward, not skates out. Back should be kept tall and gloves tight to the body with stick in front of the five hole. To recover goalie turns head, shoulders and chest square to target, rotates hips and lifts back foot as close to lead knee as possible.



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

△ - Butterfly

— - T Push

○ - Center of Crease