



worldprogoal.com

Post to Post



- Goalie starts on glove post in set position.
- Goalie shuffles to middle of the crease keeping glove skate close to goalline and back foot off. Goalie then rotates to switch feet positioning and looks over blocker shoulder.
- Goalie pushes to blocker post and holds set position.

Technical Skills and Key Points



Goalie needs to keep head turned to look over appropriate shoulder. Head should be looking over same shoulder as skate that is on the goalline.



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.



Legend

— \ / — - Push-Turn-Push Along Goalline (shuffles)