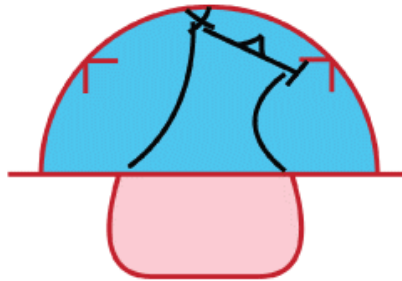




### Post Out Slide and Up



- 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 open up to blocker face-off dot and slides.
- When goalie reaches square to face-off dot, goalie recovers to blocker post

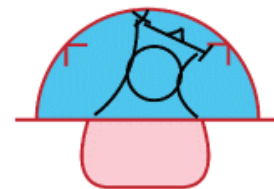
### Technical Skills and Key Points

When sliding, goalie must open chest square to target (face-off dot) and slide by dropping lead leg, pushing with back leg and bringing knees together in slide to close 5-hole. When recovering in motion goalie should recover with lead leg.



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	- T Push
- Butterfly Slide	- Center of Crease