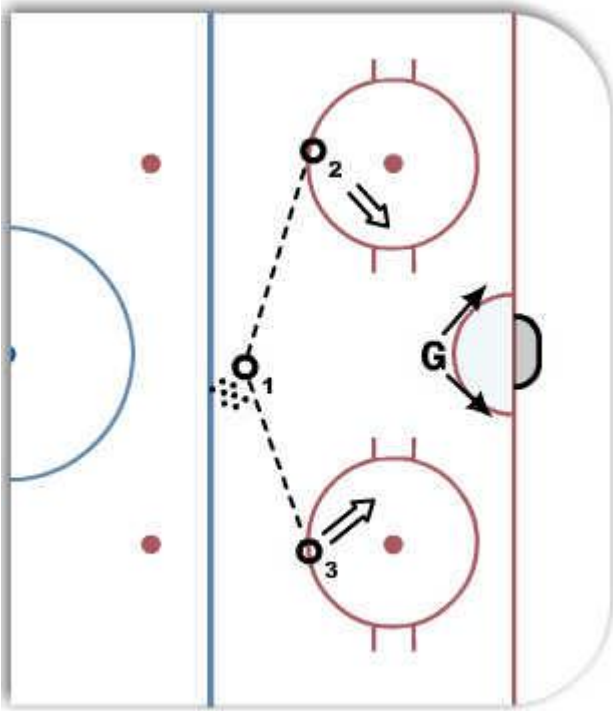


Butterfly Save



Description

Goalie fronts O1 from the top of the crease. O1 passes to O2 for a shot, goalie must T push to front shooter and then make a butterfly save. Goalie then returns to top of crease and repeats sequence with O3.

Key Points: -Strong T-push, -Good hip rotation, -Track rebound, -Depth control