

GOALTENDER SESSION

HOCKEY CANADA

Skills Development Camp

CHALLENGE, LEARN, IMPROVE

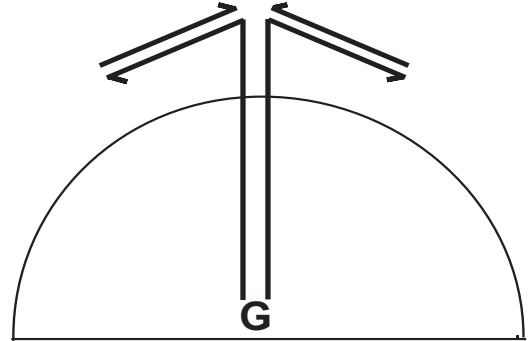
Drill Name & Description

Letter Drills "T"

1. Goaltender starts in middle of the net
2. T-push to just above the crease, stop.
3. T-push to outside, stop, and back.
4. Emphasize stopping with outside foot to create proper transition

Key Points

- knee bend
- outside leg stop
- balance



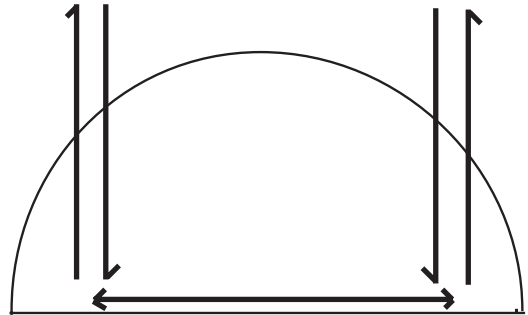
Drill Name & Description

Letter Drills "U"

1. Goaltender starts at top of the crease, backward c-cuts to post
2. Shuffle post to post
3. Forward c-cuts to top
4. Repeat
5. Variation can include butterfly slide post to post

Key Points

- staying in stance
- hands in front of body
- proper use of c-cuts



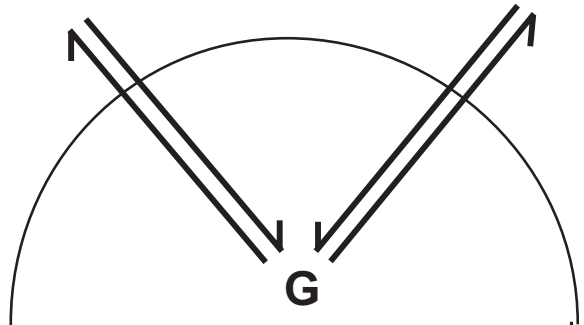
Drill Name & Description

Letter Drills "V"

1. Goaltender starts in the middle of the net
2. T-push at about 45 degrees to top of the crease
3. Stop with outside leg
4. Turn and T-push back to middle, reposition and repeat to other side

Key Points

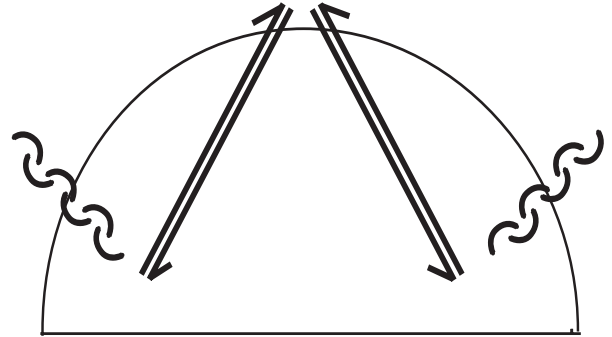
- lead movement with hands, keep head up
- stopping with proper leg, body rotation



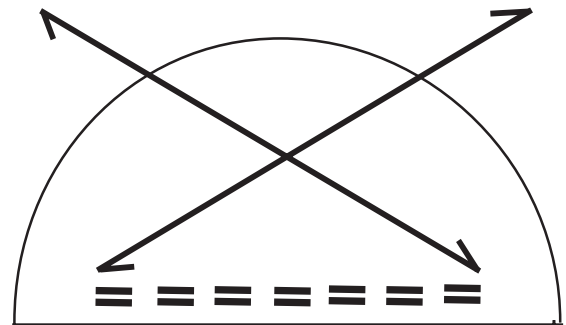
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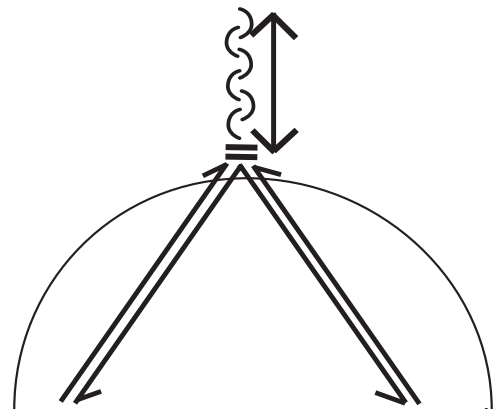
Drill Name & Description
Letter Drills "W"
<ol style="list-style-type: none">1. Goaltender starts outside of left side of crease2. Backward c-cut to post3. T-push to middle4. T-push to post5. Forward c-cut out6. Repeat back
Key Points
<ul style="list-style-type: none">• lead with stick• keep square position• head leads all movement



Drill Name & Description
Letter Drills "X"
<ol style="list-style-type: none">1. Goaltender begins on post2. Shuffle post to post3. T-push across crease and stop with outside leg4. Rotate and T-push back to previous post5. Repeat
Key Points
<ul style="list-style-type: none">• must stop with outside foot at all times• lead with hands• look at target position



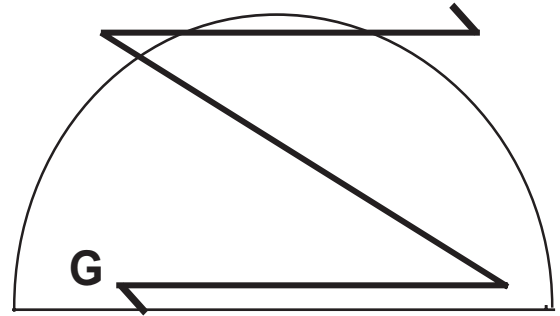
Drill Name & Description
Letter Drills "Y"
<ol style="list-style-type: none">1. Goaltender begins at post, T-pushes to top of crease, stops2. Goaltender c-cuts forward two strides, stops3. C-cut back two strides and open pivot to shuffle back to other post4. Variations will have shot coming from either side during shuffle to post
Key Points
<ul style="list-style-type: none">• rigid starts and stops• proper pivots• c-cuts must be quick



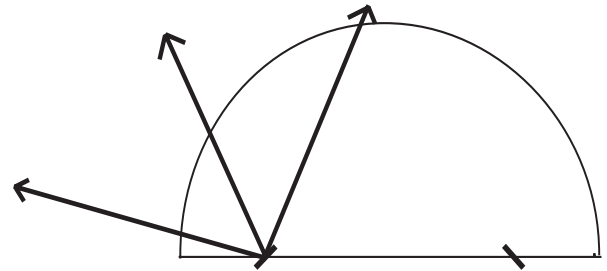
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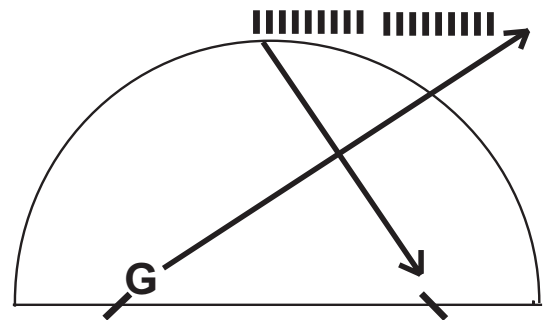
Drill Name & Description
Letter Drills "Z"
<ol style="list-style-type: none">1. Goaltender starts on either post2. Shuffle post to post3. T-push across crease and stop with outside leg4. Shuffle across top of crease and then continue in reverse
Key Points
<ul style="list-style-type: none">• be sure goaltender shuffles across• locate target before moving



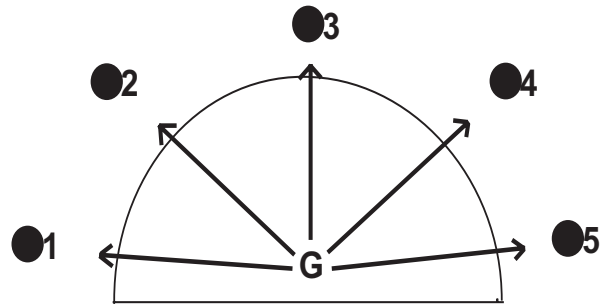
Drill Name & Description
Half Net 3 Position Drill
<ol style="list-style-type: none">1. Goaltender starts on post2. Steps out to all three positions and back to post in 1,2,3,2,1 order3. Repeat three times per goaltender
Key Points
<ul style="list-style-type: none">• back up from positions 1 and 2• T-push back from 3



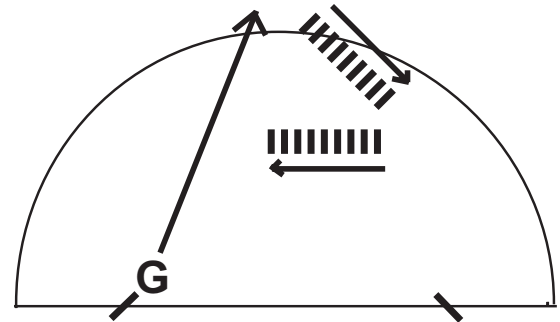
Drill Name & Description
T-Push / Butterfly Slide Drill
<ol style="list-style-type: none">1. Goaltender starts on post, T-push across crease and stop with outside foot2. Butterfly slide to middle and recover3. Pivot and T-Push to opposite post and repeat other direction
Key Points
<ul style="list-style-type: none">• stop with outside leg• butterfly slide must be quick to middle• deep knee bend



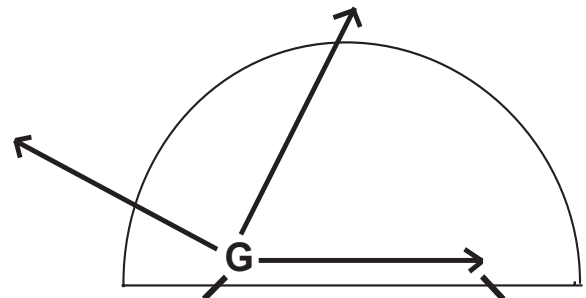
Drill Name & Description
5 Puck Movement Drill
<ol style="list-style-type: none"> 1. Goaltender starts in the middle of the net 2. Does the five points in order first time through 3. Second time through a coach will call out the numbers to goaltender 4. Goaltender will do drill twice
Key Points
<ul style="list-style-type: none"> • always start in the middle of the net • eyes on the target • deep knee bend • quick feet



Drill Name & Description
Butterfly Slide Transition
<ol style="list-style-type: none"> 1. Goaltender starts on post 2. T-Push to top middle of crease 3. Butterfly slide back diagonally 4. Push outside leg up quickly and butterfly slide to middle of net 5. Inside knee should not leave the ice
Key Points
<ul style="list-style-type: none"> • be sure to hold butterfly position throughout • do not lift inside leg • timing



Drill Name & Description
3 Position T-Push
<ol style="list-style-type: none"> 1. Goaltender starts on post 2. Push out to position 1, stop with outside leg and c-cut back 3. T-Push to top of crease and T-push back 4. Shuffle to far post and back
Key Points
<ul style="list-style-type: none"> • proper stance position • looking at target



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3 Position Full Net

1. Goaltender starts in middle of net for each position
2. T-push out and back to positions 1 and 3
3. C-cut out and back for position 2

Key Points

- proper stance position
- looking at target, quick feet

