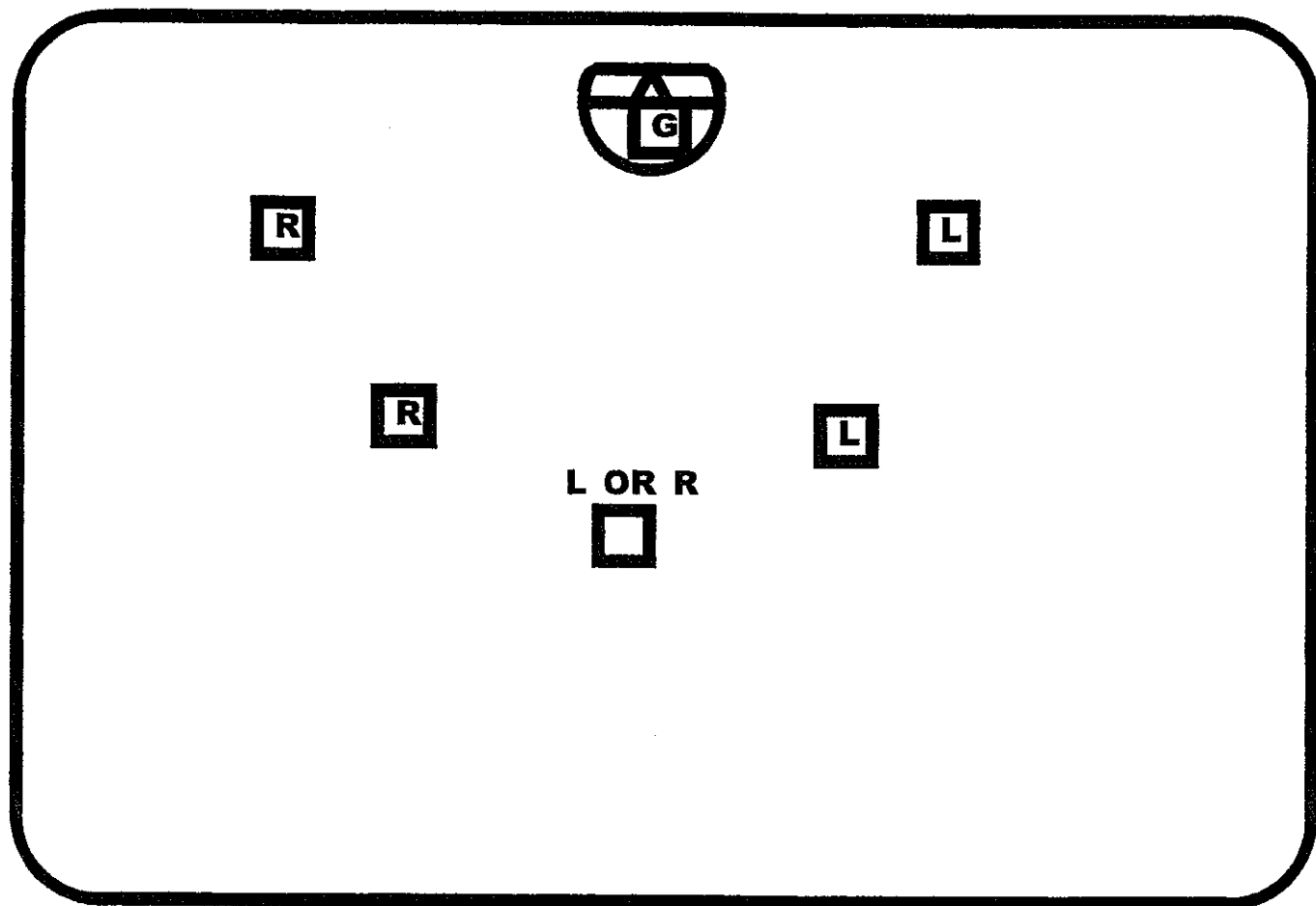




GOALTENDER DRILLS

GOALTENDER WARM-UP



METHOD OF RUNNING DRILL

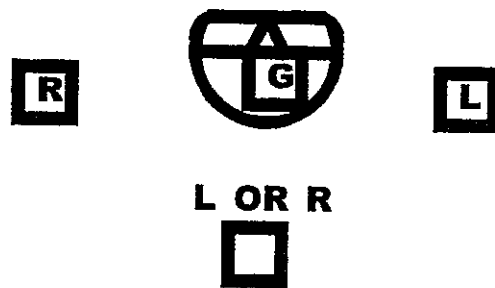
- players line up as shown with all players with a ball
- goalkeeper indicates when to start and from which side
- players should start with a bounce shot then into players pads and finish with shots to all four corners.

USE AND PURPOSE OF DRILL

- utilized to warm up the goalkeeper not the shooters
- coaches must ensure that shooters are not "head hunting"
- good drill for pre-game routine.

NOTE: SAFETY FIRST!! - beef up the goalie pads during all practice sessions

GOALTENDER DRILL



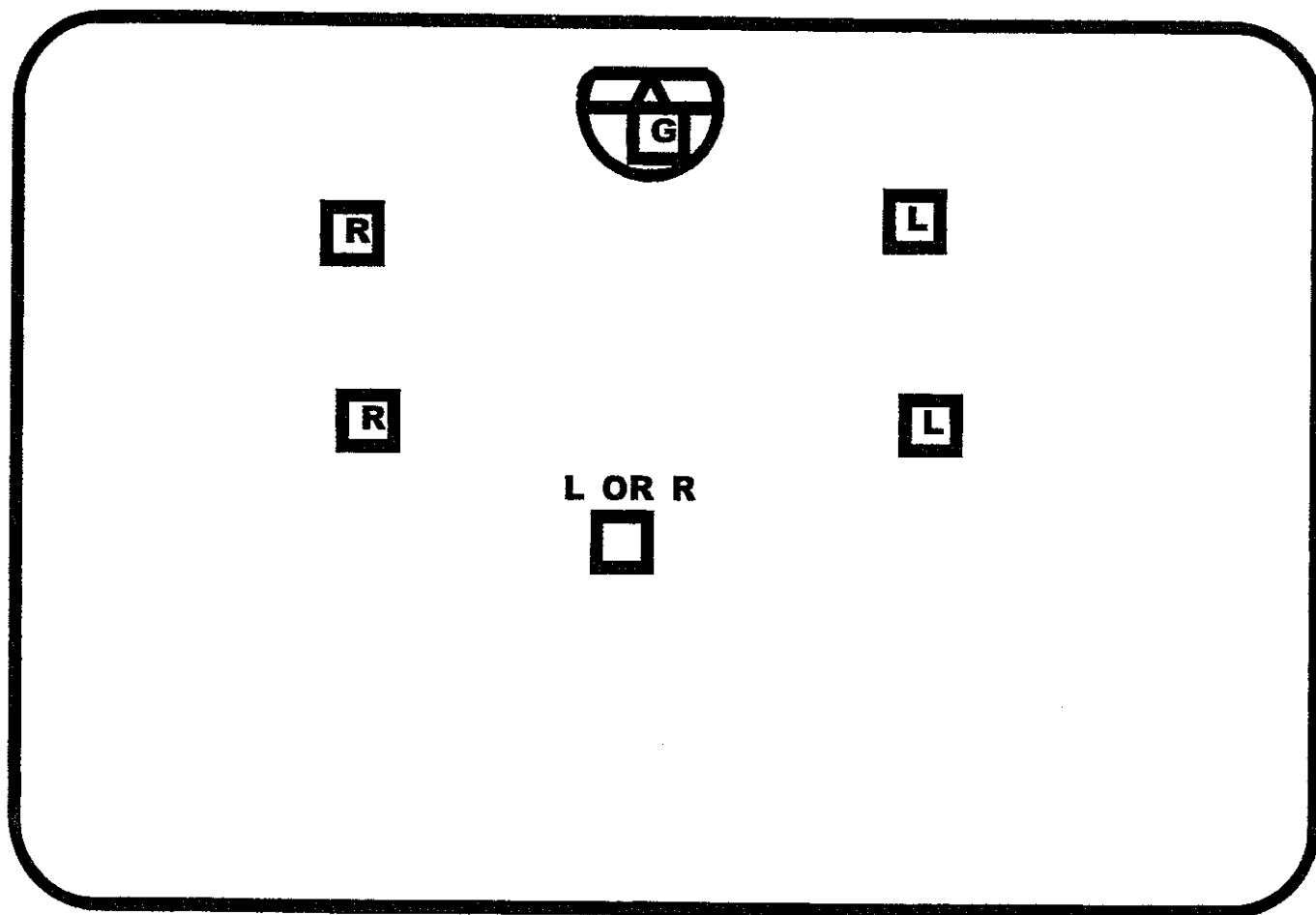
METHOD OF RUNNING DRILL

- set up players as shown and ensure rules of which hand on correct side of floor is observed
- the three players "quick stick" the pass from the top to both creasemen and from creaseman to creaseman
- coaches observe to ensure goaltender is using correct lateral movement
- ensure post is protected after completion of lateral movement
- 3 players quickly roll the ball back and forth and goaltender attempts to trap loose ball and pull it into crease area.

USE AND PURPOSE OF DRILL

- increases goaltenders lateral movement
- enforces correct body position
- increases goaltenders agility in retrieving loose balls
- good drill for players "quick stick" skills
- shooters should observe scoring areas as goalie reacts.

REACTION DRILL



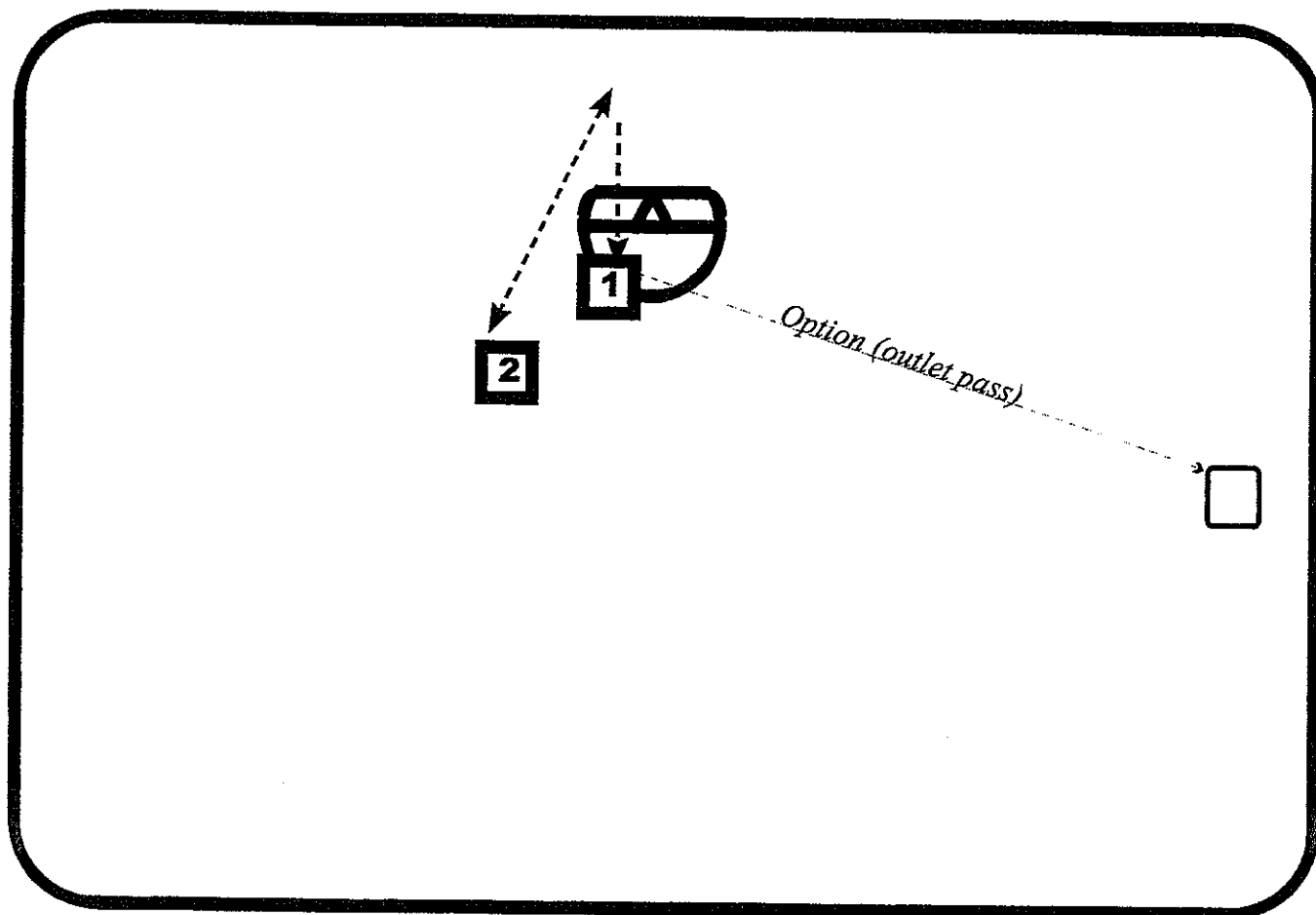
METHOD OF RUNNING DRILL

- set players up in a "power play" formation
- players pass the ball around the power play and stop periodically to tell goaltender where the openings occur.

USE AND PURPOSE OF DRILL

- enables coaching staff to observe and correct goaltenders lateral movements
- goaltenders can establish positions to ensure least amount of open net from all areas of the floor
- gives power play opportunity to practice "quick stick" passing.

GOALTENDER LOOSE BALL DRILL



METHOD OF RUNNING DRILL

- goalie number one [1] shoots ball off backboards, goalie number two [2] picks ball off and repeats the drill back to goalie number one [1].

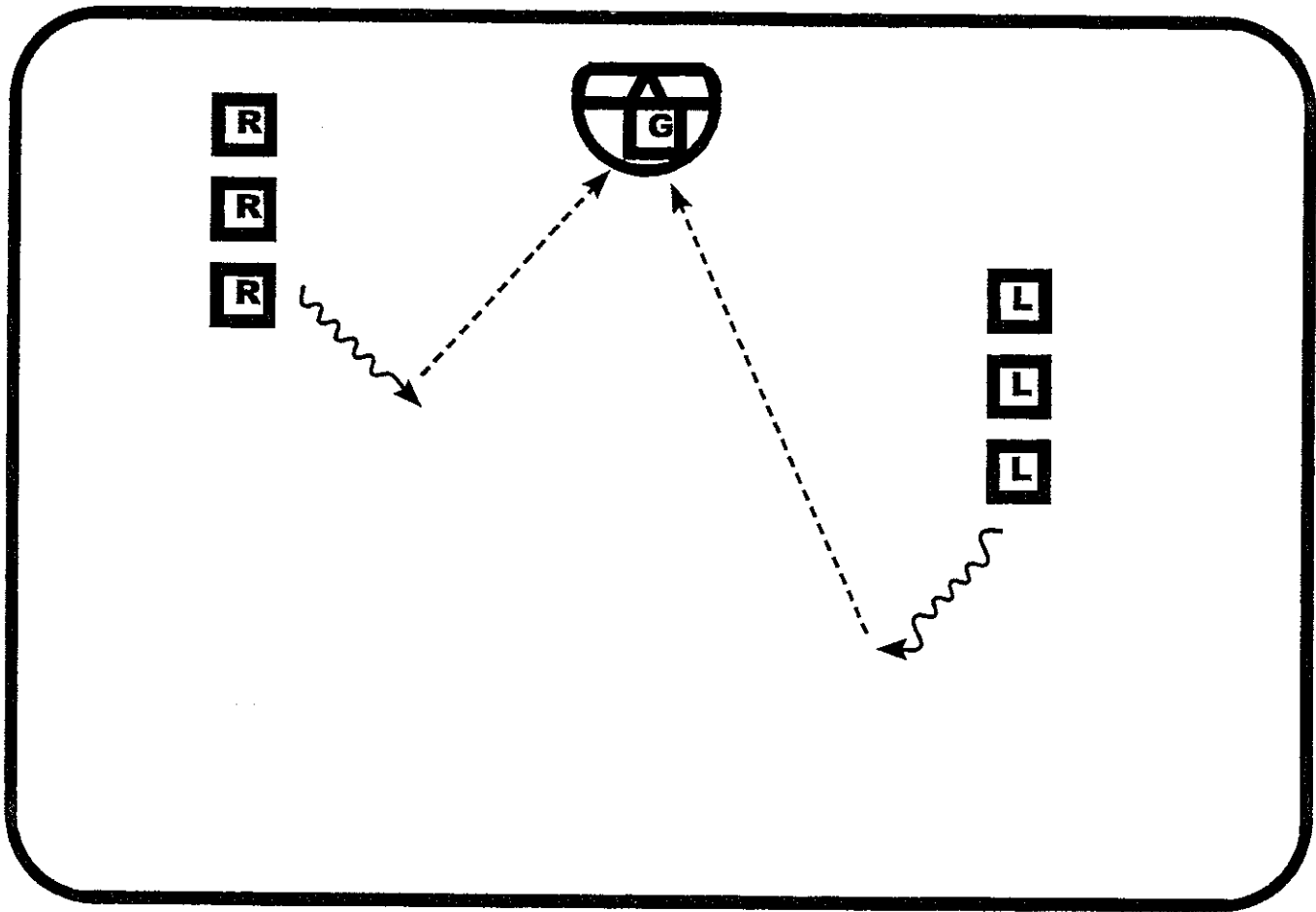
NOTE Have goaltenders ready to receive the ball standing in their stance facing down the floor as in a game situation;

- use the drill in conjunction with break-outs with player in place for outlet Pass to side of floor.

USE AND PURPOSE OF DRILL

- makes goalie react and work for loose balls around crease.
- hones goalies stick work
- increases pass skills when utilized with break-out patterns
- enhances reaction to shots and loose balls

MOVEMENT DRILL



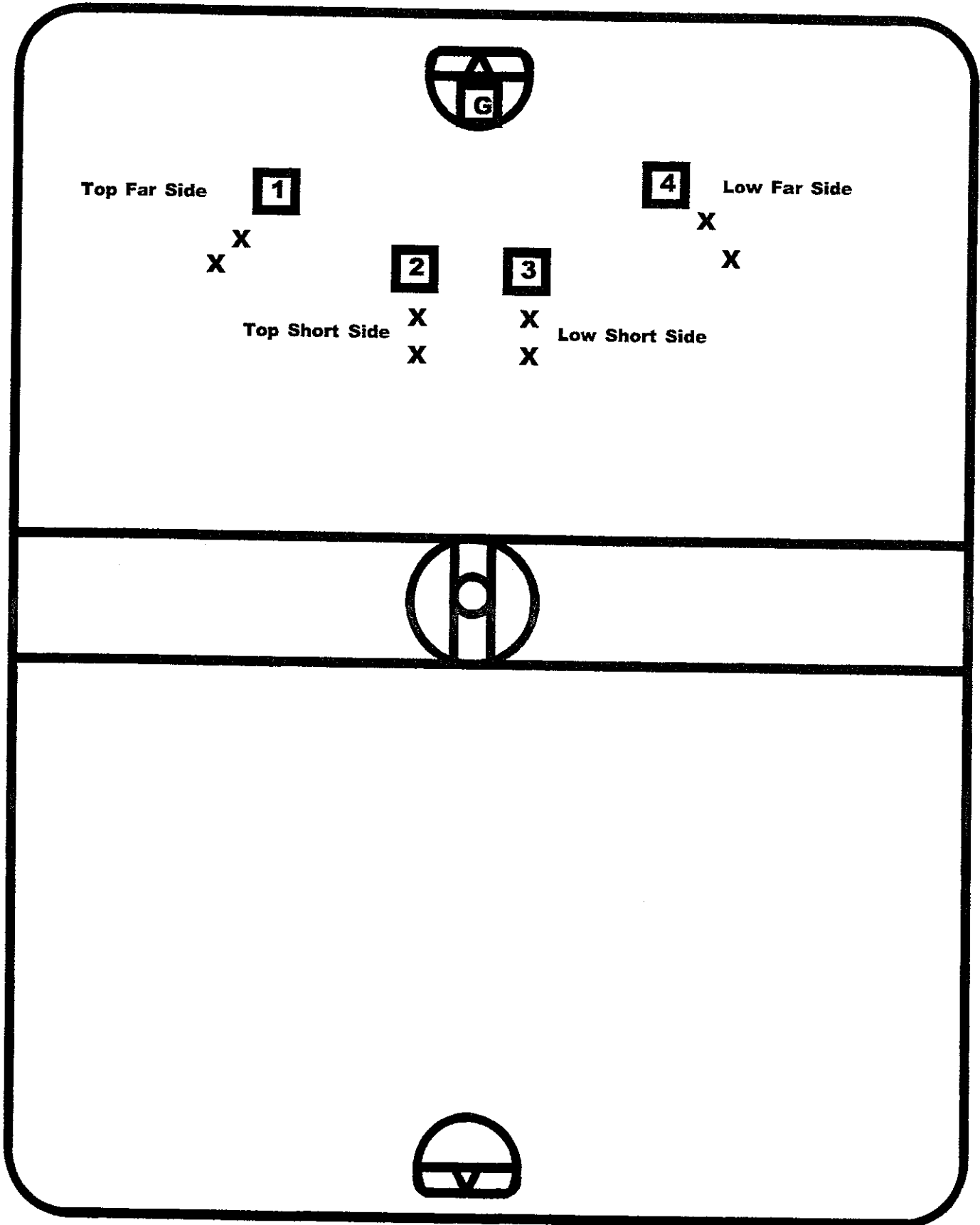
METHOD OF RUNNING DRILL

- alternate lefts and rights
- players cut across and fire bounce or overhand shots
- one line shoots from dotted line and the other shoots from crease then alternate.

USE AND PURPOSE OF DRILL

- coaches can utilize this drill to practice goaltenders lateral movements
- goaltenders shift from crease shot in close to long shot from dotted line and are required to shift positions from close to goal line to out for long shots
- players can also practice different shots.

GOALTENDER - SHOOTER DRILL



GOALTENDER - SHOOTER DRILL

METHOD OF RUNNING DRILL

- position players in 4 rows of 2 players each
- distance from goal varies throughout drill
- after designating position [1] or [4] start the drill
- all the players have two balls each and shoot for a specific corner
- position [1] shoots top corner far side
- position [2] shoots top corner short side
- position [3] shoots low short side
- position [4] shoots low far side.

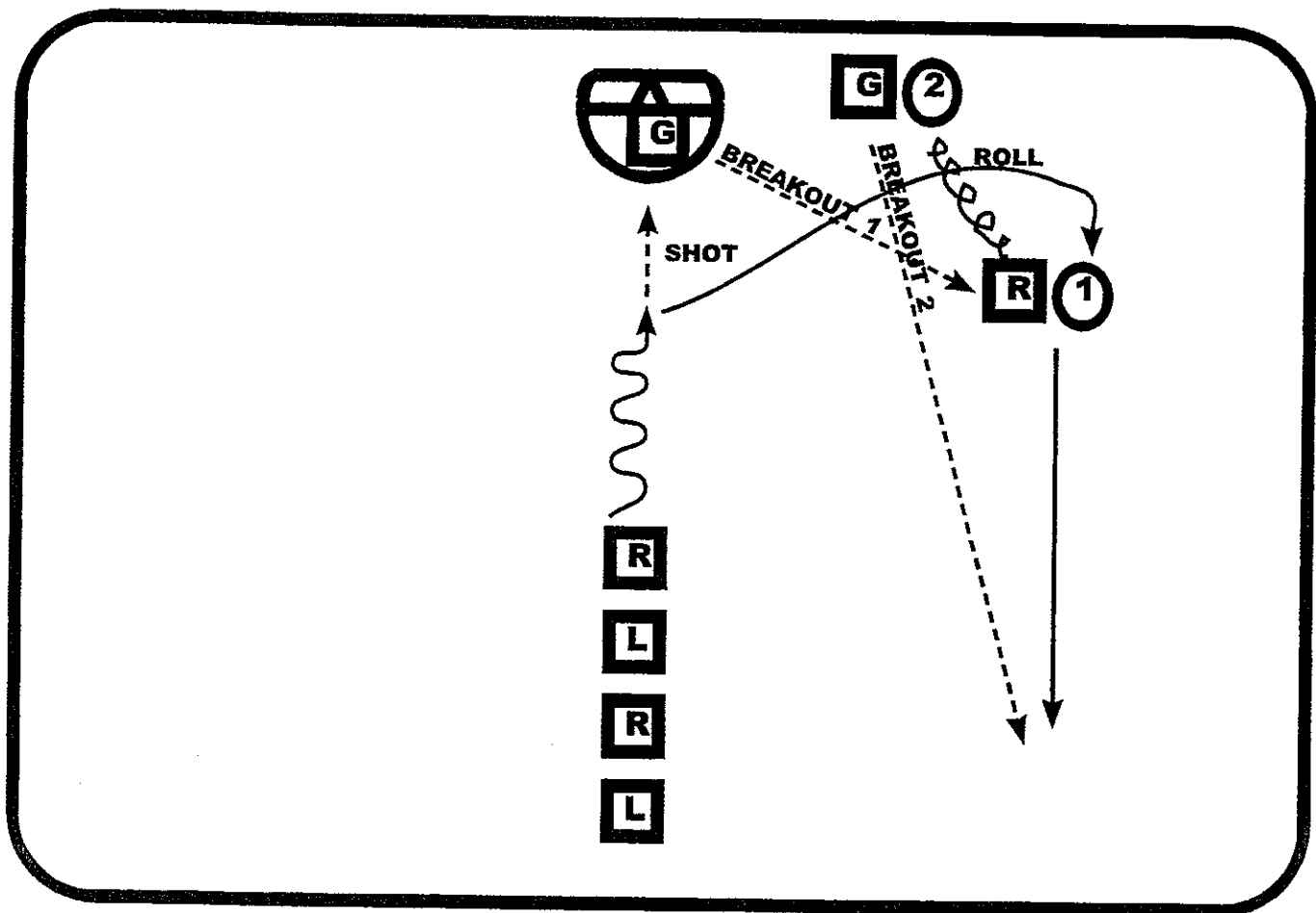
NOTE Coaches should alternate starting sides and vary the distances

USE AND PURPOSE OF DRILL

- use both ends of the floor if there are 2 goalies
- works on angles, lateral movement, in-out positioning and reflexes
- shooters study reaction of goalie to each shot
- goalies study shooters actions when shooting at specific areas.



LOOSE BALL BREAKOUT



METHOD OF RUNNING DRILL

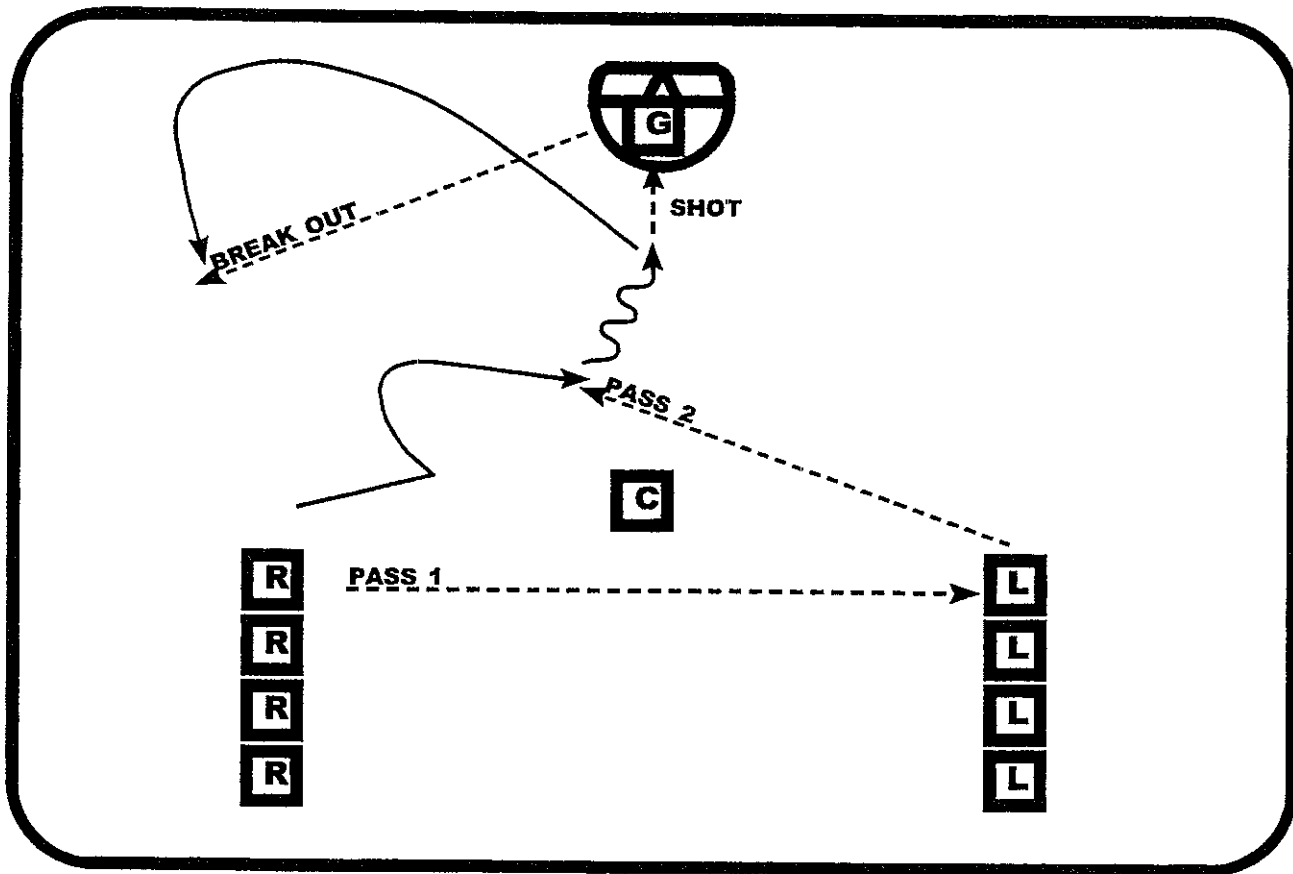
- line up 5 man line or unit as shown
- as shown player [R]1 runs in and shoots ball to goaltender then rolls on to correct side for breakout pass
- goaltender [G] hits player [R]1 with breakout
- player [R]1 on receiving breakout rolls ball behind net to goaltender [G]2 who in turn hits player [R]1 with long breakout pass

NOTE: If only one goaltender or if coach desires to run same drill in other end, goaltender makes short breakout then moves behind net for return roll from player [R]1.

USE AND PURPOSE OF DRILL

- hones breakout passing skills of goaltenders
- mentally establishes movement of players for breakout.

GIVE AND GO



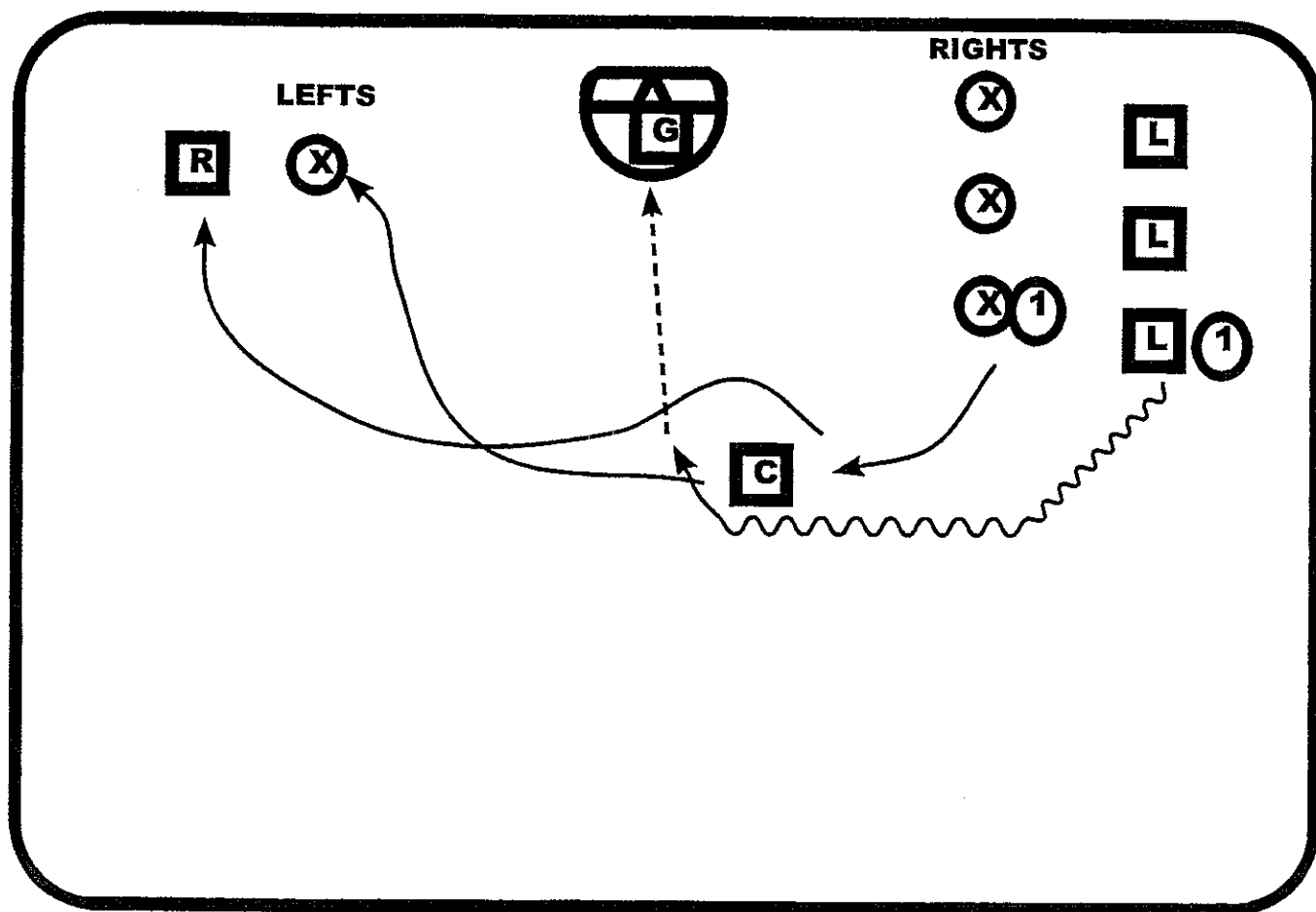
METHOD OF RUNNING DRILL

- operate from both sides of the floor
- player with ball passes to opposite side then makes a cut or fake and breaks to the net
- players receiving the first pass hits the breaking player who takes a shot on goal
- it is important that the breaking player make a cut or fake to simulate getting free
- defensive player may be added
- player who shoots, rolls into correct corner and accepts a break-out pass from the goaltender
- coach should have extra balls to pass into goaltender for break-out if shot misses the net

USE AND PURPOSE OF DRILL

- simulates game situation
- enforces the "give and go" tactic
- mentally prepares the players to run the passing lanes
- mentally images to the player that the middle of the floor is kept clear and you only pass through
- practices the goaltenders

SCREEN SHOTS



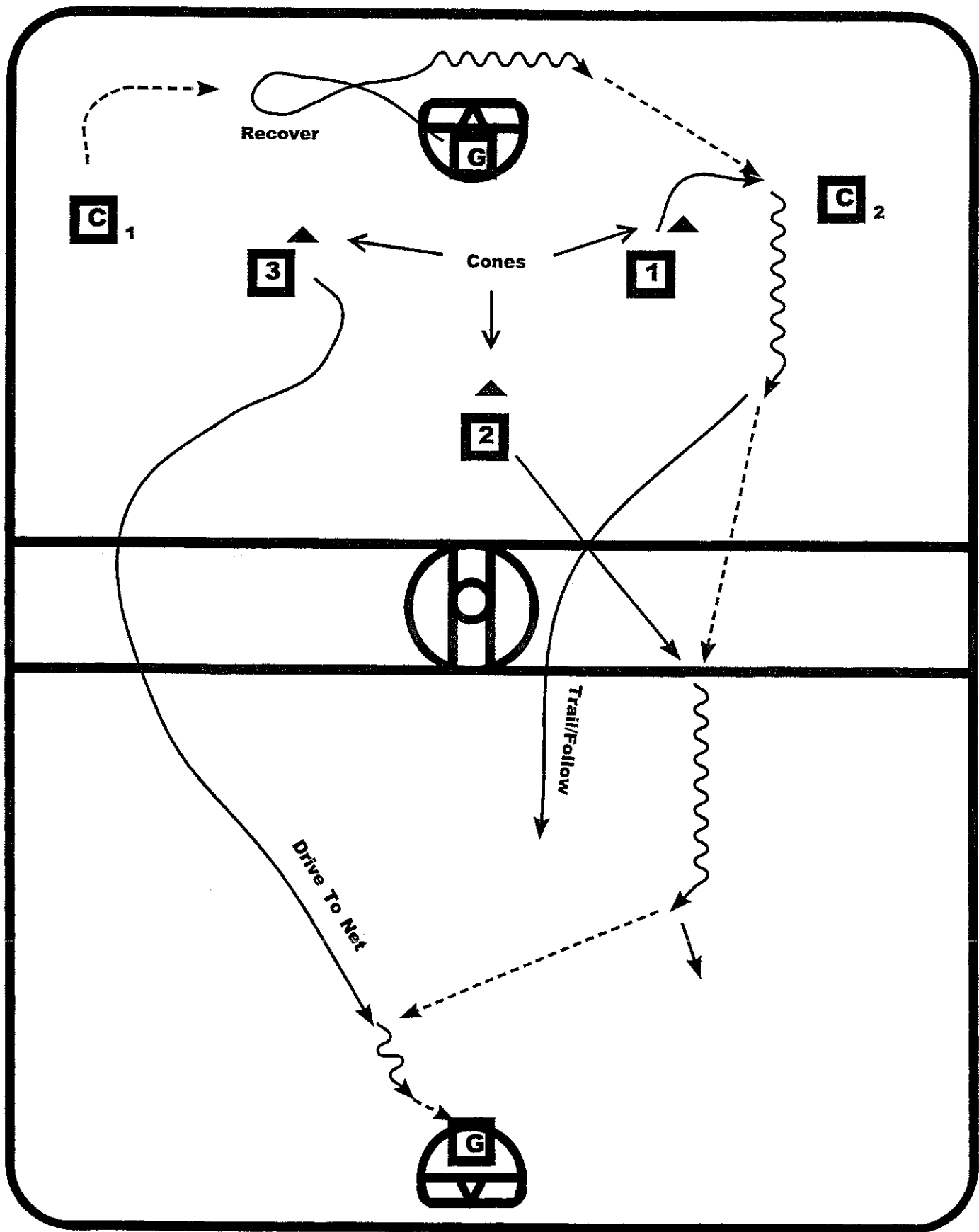
METHOD OF RUNNING DRILL

- set up players as shown with rights acting as defensive players
- screen can be the coach or another player
- player [L]1 breaks out of corner with ball chased by defensive player [X]1
- when player [L]1 reaches the pick man or screen he immediately shoots over or around the pick. After shot, player [L]1 rolls into other corner to act as defensive player when drill is run from opposite side
- player [X]1 carries on into other corner to become offensive player when drill is run from other corner.

USE AND PURPOSE OF DRILL

- goaltenders must see the ball then a screen
- also used as shooter drill
- coaches can ensure goaltenders lateral movement is correct
- coaches can encourage team pride by having rights play against lefts for best scorer, lefts or rights.

LOOSE BALL/BREAK-OUT DRILL



LOOSE BALL/BREAK-OUT DRILL

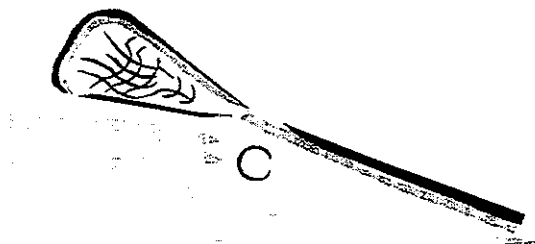
METHOD OF RUNNING DRILL

- if available utilize 2 goalies
 - place cones or chairs on floor as shown
 - split team into 3 lines allocated to the 3 cone positions
- NOTE** ensure correct shots allocated to position [1] and [3] position, [2] can be either shot
- coaches line up as shown in [C]1 and [C]2
 - in diagram shown; position [2] would be a right hander
 - [C]1 rolls ball into corner and [G]1 recovers the ball and rolls behind the net for the breakout pass
 - [G]1 passes to breakout position [1]
 - position [1] starts down the floor and passes to position [2] and follows the play
 - position [2] receives, cradles, runs and passes to position [3] who is driving the passing lane
 - position [2] and position [1] follow up on the play to recover loose balls, rebounds, or a pass from position [3] after a fake shot.

NOTE If position [2] is a left hander [C]2 starts the play from the opposite side and the whole play is run down the other side.

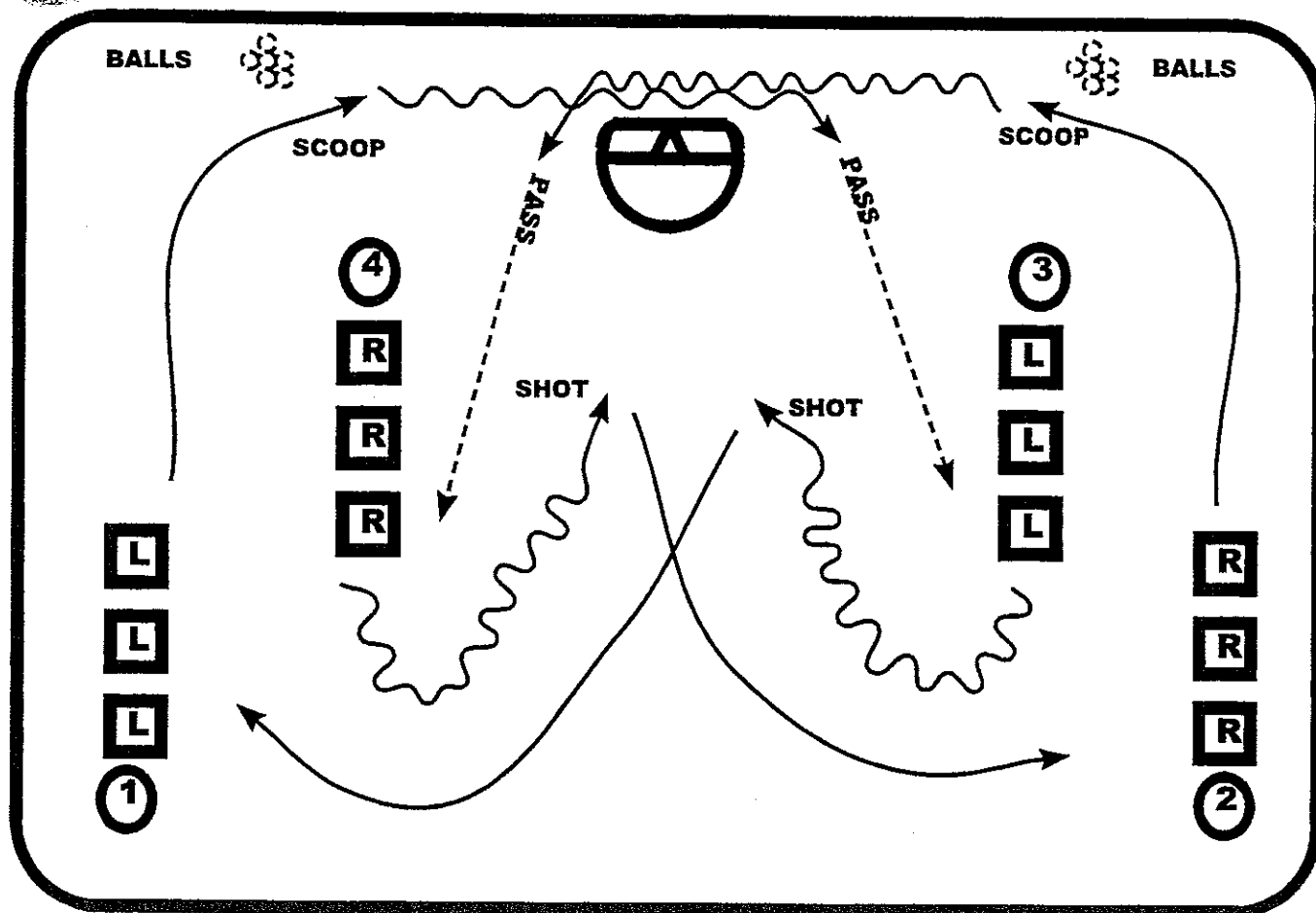
USE AND PURPOSE OF DRILL

- ball control, movement and passing
- positioning, angles and rebound control
- coach may utilize 6 cones or chairs and 6 lines of players. Under this format the play returns the opposite direction utilizing [G]2
- when utilizing players instead of cones, coaches have a good defense drill. On return, defensive players become offensive players.



[illegible]

BALL CONTROL PASS & SHOOT



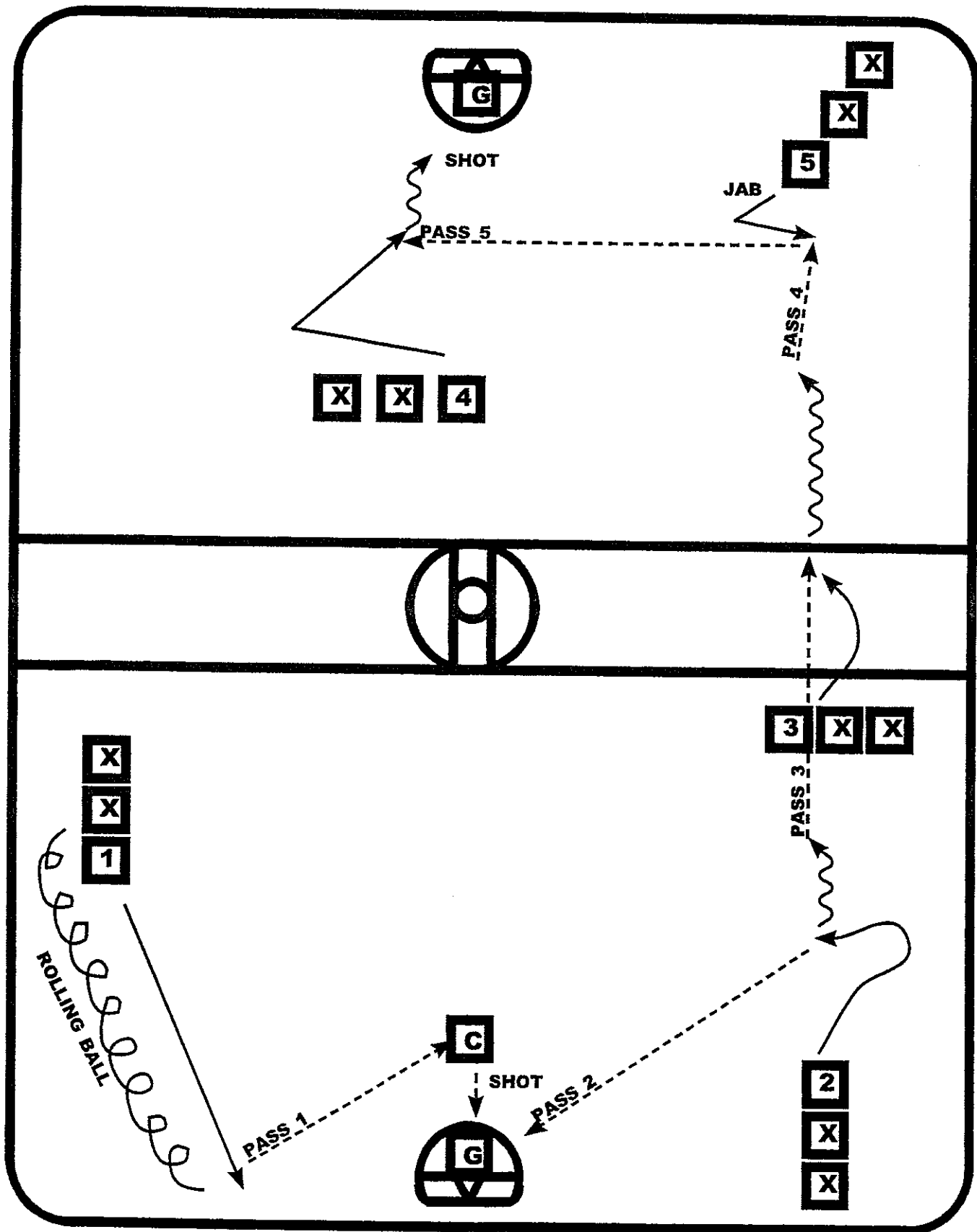
METHOD OF RUNNING DRILL

- players set up in four positions as shown
- players from lines 1 and 2 race into corner, scoop up loose ball, proceed behind net and pass to lines 3 and 4
- players from lines 3 and 4 cut up and then into shooting lanes and attempt to score
- players from line 1 go to line 3 after each action and players from 3 go to line 1
- players from line 2 go to line 4 after each action and players from line 4 go to line 2
- by moving awaiting players from lines 1 and 2 in as checkers of lines 3 and 4 you put players into game conditions.

USE AND PURPOSE OF DRILL

- excellent fast pace offensive/defensive drill which enforces loose balls, passing, catching, shooting and 1 on 1 offense and defense.

RUN AND GUN



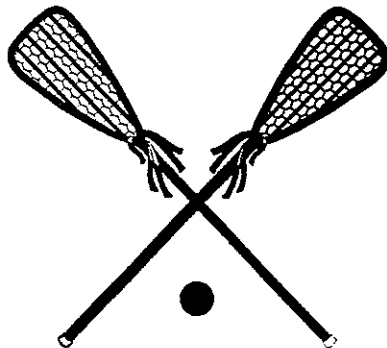
RUN AND GUN

METHOD OF RUNNING DRILL

- [X] rolls ball in corner - calls "loose ball", [1] attacks loose ball and passes to [C] or [G] out of crease
- NOTE As [1] attacks either [X] or [G] calls "man left/right/back" so that [1] learns to turn his body appropriately to keep body between the defenders and ball.
- if ball to [C], he rolls ball to [G] or players it off the backboard to [G] who hits [2] with outlet pass after [2] runs a flair hook pattern
- [2] turns, advances down floor and hits [3] with an over the shoulder pass
- NOTE [2] and [3] must be on the run
- ensure correct shots are on correct side of floor if make up is 3 rights 2 lefts run up opposite side.
- [3] advances to top of circle and hits [4] with pass
- NOTE [4] must engage defender back then "pop out" for pass
- [5] cuts for passing lane as soon as [4] receives pass
- [4] hits [5] with pass and continues to shot position
- add defense in the defensive zone and also have players switch position
- if enough players run the drill quickly, next unit up as soon as [2] receives outlet pass.

USE AND PURPOSE OF DRILL

- practices numerous game skills:
- loose balls
- communication
- mental prep.
- goalie rebounds, outlet passing and stopping shots
- break out skills, routes, over-the-shoulder pass/catch
- cutting to the net
- feeding the cutters
- engaging and breaking free for pass
- shooting
- defense 1 on 1 is optional.



$\frac{1}{n}$	$\frac{1}{n^2}$	$\frac{1}{n^3}$	$\frac{1}{n^4}$	$\frac{1}{n^5}$	$\frac{1}{n^6}$	$\frac{1}{n^7}$	$\frac{1}{n^8}$	$\frac{1}{n^9}$	$\frac{1}{n^{10}}$	$\frac{1}{n^{11}}$	$\frac{1}{n^{12}}$	$\frac{1}{n^{13}}$	$\frac{1}{n^{14}}$	$\frac{1}{n^{15}}$	$\frac{1}{n^{16}}$	$\frac{1}{n^{17}}$	$\frac{1}{n^{18}}$	$\frac{1}{n^{19}}$	$\frac{1}{n^{20}}$
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$\frac{1}{3}$	$\frac{1}{9}$	$\frac{1}{27}$	$\frac{1}{81}$	$\frac{1}{243}$	$\frac{1}{729}$	$\frac{1}{2187}$	$\frac{1}{6729}$	$\frac{1}{20301}$	$\frac{1}{60903}$	$\frac{1}{182709}$	$\frac{1}{548127}$	$\frac{1}{1644381}$	$\frac{1}{4933143}$	$\frac{1}{14799429}$	$\frac{1}{44398287}$	$\frac{1}{133194861}$	$\frac{1}{399584583}$	$\frac{1}{1198753749}$	$\frac{1}{3596261247}$
$\frac{1}{4}$	$\frac{1}{16}$	$\frac{1}{64}$	$\frac{1}{256}$	$\frac{1}{1024}$	$\frac{1}{4096}$	$\frac{1}{16384}$	$\frac{1}{65536}$	$\frac{1}{262144}$	$\frac{1}{1048576}$	$\frac{1}{4194304}$	$\frac{1}{16777216}$	$\frac{1}{67108864}$	$\frac{1}{268435456}$	$\frac{1}{1073741824}$	$\frac{1}{4295167232}$	$\frac{1}{17180668928}$	$\frac{1}{68722675712}$	$\frac{1}{274890702848}$	$\frac{1}{1099562811392}$
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