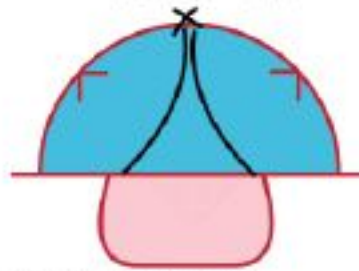


Post and Out



- 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 push and recover to opposite post, holds set position.

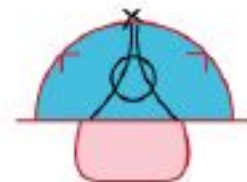
Technical Skills and Key Points

Goalie should maintain proper stance with knees bent at a 60 degree angle, stick in front of goalie's skates, elbows bent so gloves are facing out, feet are shoulder width apart, the back up and exposed.



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

X - Stance

○ - Center of Crease

— - T Push

Face-off Dot to Face-off Dot with Recovery



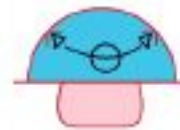
- Goalie starts down square to glove face-off dot.
- Goalie rotates in butterfly to open head and chest to opposite face-off dot.
- Goalie recovers and pushes through middle of crease to blocker face-off dot.
- At blocker face-off dot, goalie goes down into butterfly and repeats sequence.

Technical Skills and Key Points



When going down into butterfly, goalie must push hips and knees forward, not skates out. Back should be kept tall and gloves tight to the body with stick in front of the five hole. To recover goalie turns head, shoulders and chest square to target, rotates hips and lifts back foot as close to lead knee as possible.

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

△ - Butterfly

○ - Middle of Crease

— - T Push

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)

Post, Face-off Dot, Inside Edge Push



- Goalie starts on glove post in set position.
- Goalie pushes from post to near side face-off dot and holds stance for two seconds before going down into a butterfly.
- Goalie opens up to blocker face-off dot and inside edge pushes to target. Goalie then recovers to near side post.

Technical Skills and Key Points



When goalie pushes with the inside edge, goalie must first open up to his/her target, raising back leg while keeping lead knee on the ice. When raising the back leg, keeping the back skate as close to the inside knee as possible to maximize power.

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

— - T Push

○ - Center of Crease

↗ - Inside Edge Push



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### Face-off dot, Post slide



- Goalie starts on glove face-off dot in stance and pushes to near side post (shuffle)
- Goalie slide off post across crease ending square to opposite face-off dot.
- Goalie slides until sliding motion stops, then recovers to repeat drill.

### 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 sliding off the post, goalie needs to open up by moving skate closer towards goalline. Ensure that skate is not behind goalline so skate does not hit 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

X - Stance

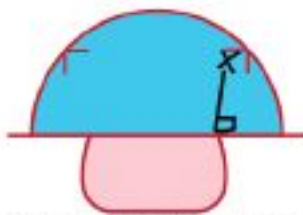
— - T Push

○ - Center of Net

△ - Butterfly Slide

→ - Slide to Stop

Face-off Dot, Post, Kneedrop



- Goalie starts at face-off dot and pushes to near side post.
- Once sets at post goalie grabs post and goes down into knee drop.
- Goalie holds knee drop then recovers and pushes to near side face-off dot to repeat drill.

Technical Skills and Key Points



When goalie goes down into knee drop, goalie needs to wrap arm around post to keep balance, drive knee to the ice tight to inside skate, keep back tall, stick in front of body and everything square to target.

When in knee drop lead knee, chest and stick stay square to target and the back foot is above the goalline.



Legend

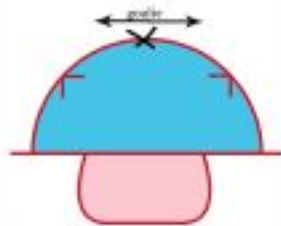
X - Stance

□ - Knee Drop

— -T Push

# WORLD PRO GOALTENDING

## Puck Handles- Straight Dump Ins



- Goalie stands at top of the crease waiting for a straight dump in.
- The goalie has to reach down to cushion and control the puck.
- Once the puck is controlled the goalie has to get back up and pass the puck to his/ her target.

## Technical Skills and Key Points

### Cushioning

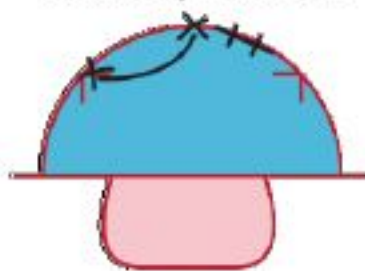
- Get low
- Protecting the puck by using pad or glove
- Ability to cushion the puck by creating an angle with the stick



### Passing

- Ability to position stick and puck close to body in order to make a crisp, flat pass.
- Ability to follow through pass for accuracy.

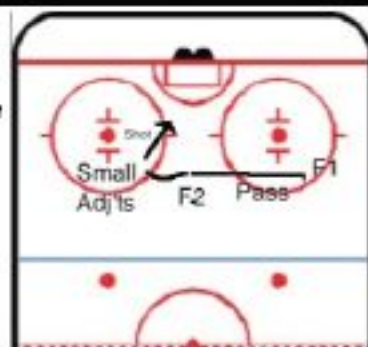
**Small Adjustments**



- Goalie starts square to F1 at face-off dot.
- Goalie follows pass to slot with t-push.
- Goalie follows F2 with small adjustment shuffles.
- Goalie faces stop.

**Player Movements and Key Points**

Pucks starts with F1 at top of circle in line with face-off dot. F1 makes pass to F2 who is in the high slot. F2 moves laterally away from F1, far enough so that goalie makes two shuffle adjustments. F2 takes shot.



**Legend**

**X** -Stance

**++** - Small adjustments (shuffles)

**—** -T Push



**Far Post Jam**



Goalie starts down at face-off dot opposite of F1.  
Goalie recovers and pushes to far post.  
When pass is made, goalie pushes to middle net to see F2 behind net.  
When F2 moves, goalie pushes to post to meet player for play at post.

**Player Movements and Key Points**

F1 starts below goalline with pucks in corner opposite of the face-off as the goalie. F2 begins directly behind middle bar of net. When goalie arrives set at the same post as F1, F1 makes pass to F2. When goalie is set to F2, F2 drives for the opposite post and attempts to score with a wrap.



Note: Goalie should attempt to make a save with a jam/collapse at the post. The shooter should not attempt to drive around goalie to score at post near F1.

**Legend**

△ - Butterfly

— ↗ — - Push-Turn-Push (shuffle)

— - T Push

□ - Knee Drop/ Post Jam

Back Door Slide



Goalie starts at down face-off dot on the same side as F1.  
Goalie recovers to near side post.  
As pass is made across goalie will butterfly slide to make one-timer save.

Player Movements and Key Points

F1 starts below goalline on same side as goaltender with F2 on opposite side approximately one stick length from face-off dot. When goalie reaches post, F1 makes pass to F2 for a one-timer. Goalie must slide a cross square and tight so that knees are not exposed and no holes are presented to shooter.

If goalie is not square or tight, potential for injury does exist.



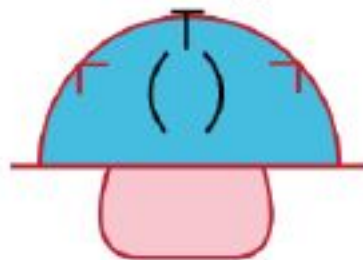
Legend

△ - Butterfly

△ - Butterfly Slide

× - Stance

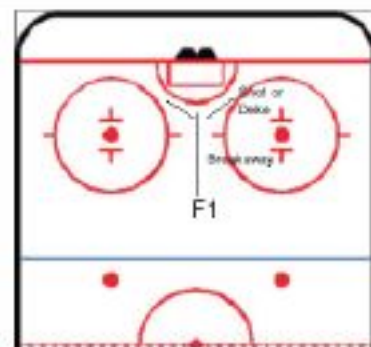
Breakaways



Goalie starts at top of crease and pushes out to challenge forward for breakaway. Goalie glides back to keep proper distance with shooter and follows play to either side

Player Movements and Key Points

F1 starts in high slot with pucks. When goalie pushes out from top of crease, F1 comes straight in as the goalie backs in with shooter. When the shooter reaches top of crease the shooter has to pick left or right side and make his/ her move.



Legend

— - T Push

( ) - Glide

7 Shots



Goalie starts and stays at the top of the crease to face 7 shots from forward.  
Goalie returns to stance after every shot.

#### Player Movements and Key Points

F1 stays in slot with pucks. When goalie is set F1 takes a shot anywhere (shooting to score) while staying stationary. F1 waits for the goalie to recover and get set before taking next shot.

\*Note: This is NOT a rapid fire drill.



#### Legend

X - Stance