

My philosophy on goaltending is that goalies need to be taught how to move efficiently in the crease at a young age. Working on simple skating drills will improve goaltenders mobility within the crease and will allow them to stay square to a higher percentage of shots. I use drills created by Hockey Canada, each one can be modified and adjusted to fit the needs of all skill levels and ages.

To be a good goaltender you must be an efficient skater. Your goaltender does not necessarily have to be the fastest skater on the team, but the best in terms of control and mobility. Pushes from post to post and ability to get quickly to plays laterally are essential for goalies to be able to perform at a high level.

Goaltenders must learn to push with strength and stop hard when needed. So when doing t-push or shuffle drills it is suggested that everything is done in sequence. Example: a coach should be calling out for the goalie to PUSH--STOP---PUSH---STOP---PUSH---STOP etc. giving one second in between pushes. This will give the goaltender time to recover and will keep him from developing bad habits by doing the drill too fast.

The ability for a goaltender to change directions quickly is also an absolute must as today's game is a lot about trying to create a situation to get a goaltender moving in the wrong direction. In order to do this, and be effective, skating drills are a natural part of goaltender development.

### **BEGINNER**

- 75% movement and positional skills
- 20% save movement
- 5% tactics

Beginner development should be built on practicing individual technical skills 75% of total practice time

### **INTERMEDIATE**

- 50% movement and positional skills
- 20% save movement
- 30% tactics and transition

Intermediate development should be built on practicing individual technical skills 50% of total practice time

### **ADVANCED**

- 35% movement and positional skills
- 10% post-save consequences

- 40% tactics and transition
- 15% advanced positioning

Advanced development should be built on practicing individual technical skills 35% of total practice time

## Keys to Strong Butterfly Technique

- When going down into butterfly, ensure that both knees are down. Too often young goalies will cheat and drop their blocker side leg to the ice and leave the catcher side off the ice, this leaves the five-hole open.
- Try to emphasize the importance of keeping the hands up and out in front of body. Not only does this take away more of the angle, it eliminates the time (albeit a fraction of a second) to get gloves back up when in butterfly. Having the blocker side hand in proper position also makes it nearly impossible to have the stick off the ground, which eliminates the five-hole.
- When recovering from the butterfly a good goalie will square up to the next shot before making any other movements. Goaltenders should rotate their hips to get square to the next shot, then either butterfly slide across or get up and shuffle to the next shot. This cuts down the frequency of overplaying the shot off of a rebound. If the goaltender moves before they are square not only are they improving the angles for the shooter they are also setting themselves up for further scrambling if they stop the next shot. **SLOW THINGS DOWN, ANTICIPATE, CONTROL YOUR MOVEMENT, MAKE THE PUCK HIT YOU RATHER THAN HAVING TO MAKE A SAVE.**
- While up-downs are a great way to train the muscles needed for strong movement make sure that the goalie is not too repetitive. Allow them to get up one leg at a time but ensure that they alternate which leg they get up from. Ideally the first leg up should be the one farthest from the puck, this way if a goalie cannot fully recover at least they now have a strong foot to start a butterfly slide. Make sure that your goalie does all drills with this in mind. T-push's, stops and slides should all be done with angles in mind. Correct your goalie if the foot they start or stop with improves the shooters angle.
- When teaching younger goaltenders be patient, strength will come with time. It is much better to build the habit of making good controlled movements early than to have to correct them when a goaltenders physical strength has taken over. If they need to go through drills slowly, let them... if the drill asks for one strong t-push or shuffle and they need two, let them.

## Daily Routines For Movement

Each day at the start of practice or in any down time a goaltender should stay busy by doing the letter drills in this package. The drills will not only help a goaltender train themselves to make strong compact and controlled movements but also serve as conditioning and strength training drills. As goaltenders gain strength each drill can be modified to include butterfly slides. It is very important that goaltenders know that speed in these drills is unnecessary; while it is important to do things at game pace it is imperative that the goaltender is performing the movements correctly.

→ Strong pushes with outside foot, this allows them to maintain good angles

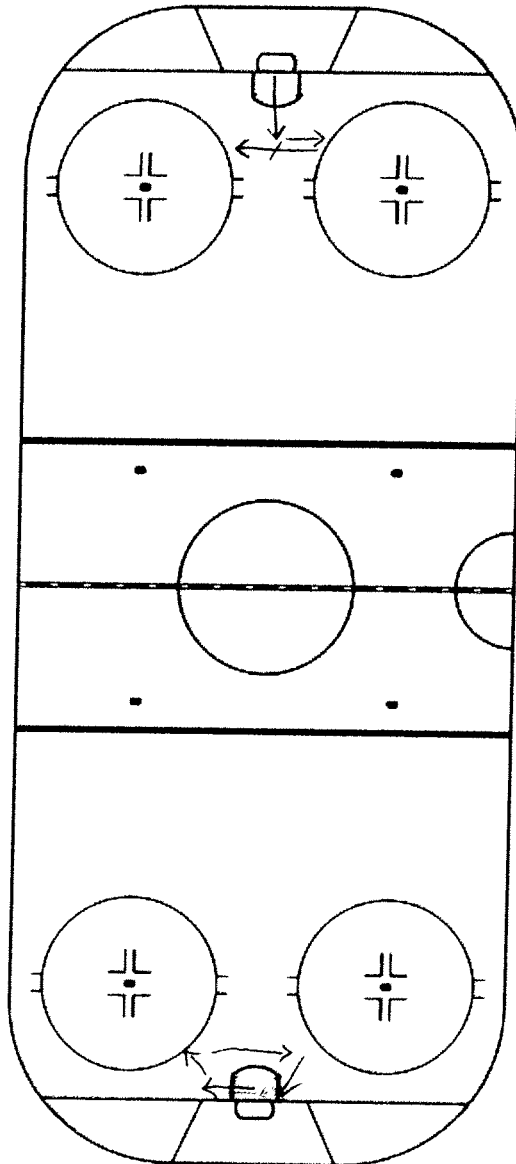
→ stopping on the appropriate foot, the side of the body closest to furthest from the middle of the net should be the foot that stops first. Again this maintains the best angle

→ Stopping after each push or shuffle, make sure that the arms are up and out in front of the body.

→ moving with minimal holes, keep arms up and in front during all movements, keep stick on the ice. Which ever way the goalie is moving they should lead with that hand... t-push to blocker side, lead with stick and blocker.

→ during butterfly slides all of the above rules apply. For younger less capable goalies if a butterfly slide from one side to the other is too much and they need to push off twice, make them stop after each push and focus on staying square to their original destination. Controlling their body is more important than getting there with one push.

## Hi-Tek Goaltending Letter Drills



"U"

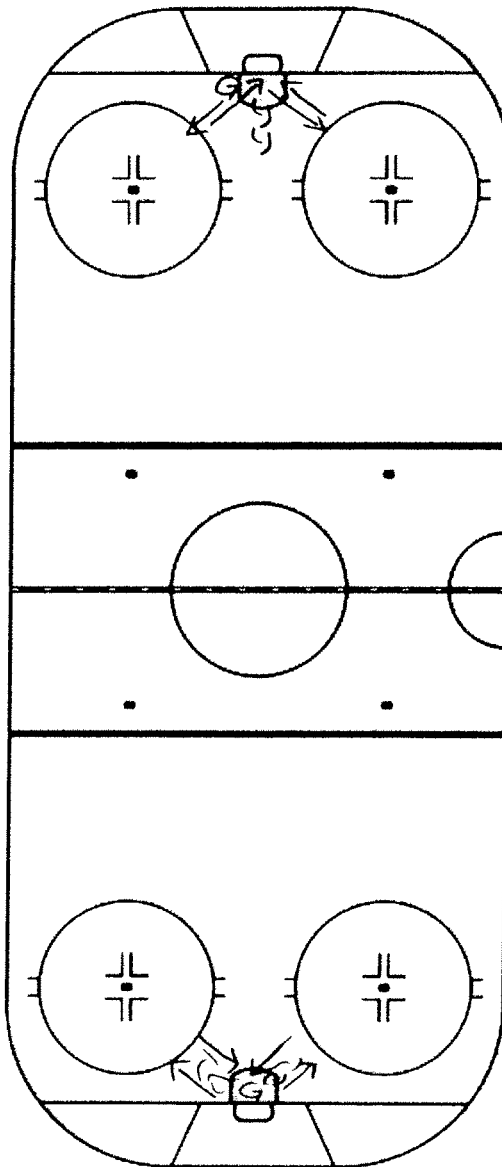
- Goalie starts out in center of net.
- Shuffle to side and hug post.
- C-cuts to top of the crease, square to face-off circle
- Shuffle across top of the crease
- square to face-off circle.
- C-cuts back to post
- Shuffle back to center of net.

"T"

- Goalie starts out in center of net. "C" cuts to top of crease.
- T-push (one push) to right, square to face-off circle.
- T-push (one push) to left, square to center ice
- T push (one push) to left, square to face off circle.
- T push (one push) to right square to center ice, backward
- "C" cuts to center of the net

# Hi-Tek Goaltending

## Letter drills



"W"

- G starts hugging the post
- T push out to top of crease then back to middle of net
- T push out to top of crease on opposite side and then back to post

\*EACH TIME "G" STOPS  
 Square to imaginary shooter  
 stop with outside foot

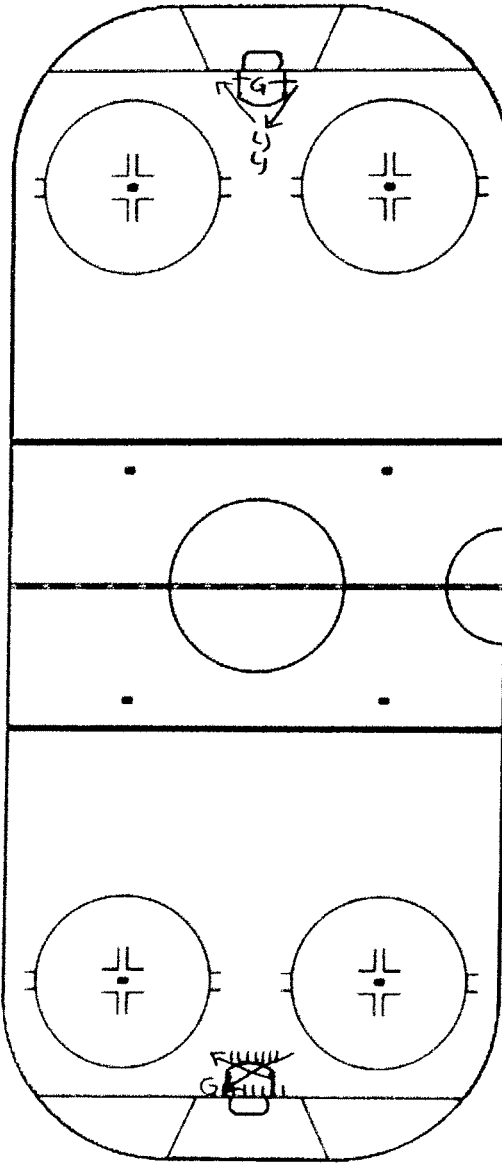
"V"

- G starts out in middle of net
- C-cuts to top of crease square to face off circle
- STOP on outside foot
- Rotate & T-push back to middle of net
- Repeat for opposite side

*Andy Bluff*

# Hi-Tek Goaltending

## Letter drills



"4"

- G starts in middle, shuffle to post and diagonal T-push to top of crease
- Cuts out to hashmarks and back to top of crease
- Diagonal T-push back to opposite post, then shuffle to starting position

\* Stop and square after each movement

X

● starts out hugging post.

- Shuffle to opposite post & diagonal T-push to top of crease

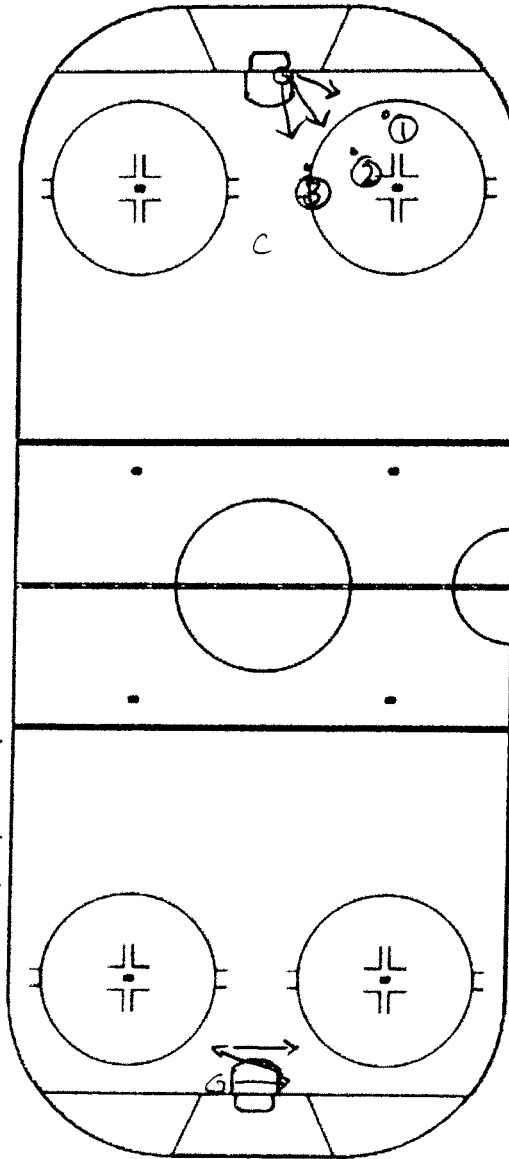
- Shuffle across top of crease ; diagonal T-push back to starting post

\* Alternate sides when starting

*Coyle Hall*

# Hi-Tek Goaltending

## Letter drills



Half net 3.

- G starts on post
- Coach (c) calls out a puck to challenge
- G T-push out, stop, butterfly then recover
- Call out all three then switch sides

"Z"

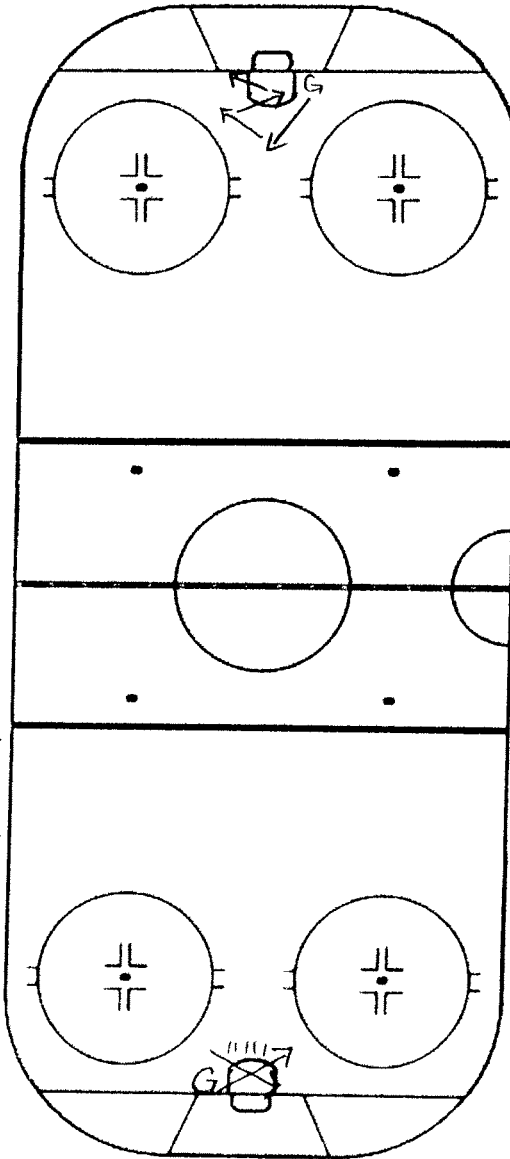
- starts on post, shuffle across to opposite post.
- T push diagonal to top of crease
- shuffle across crease
- Back to post and start again going the opposite direction.

*Cody Hall*



# Hi-Tek Goaltending

## Letter drills



### Butterfly transition

- G starts on post.
- T-push to top of crease (square up) butterfly.
- Butterfly slide to top of crease (square to F.O. circle)
- Butterfly slide to middle of crease.
- Butterfly slide to opposite post.

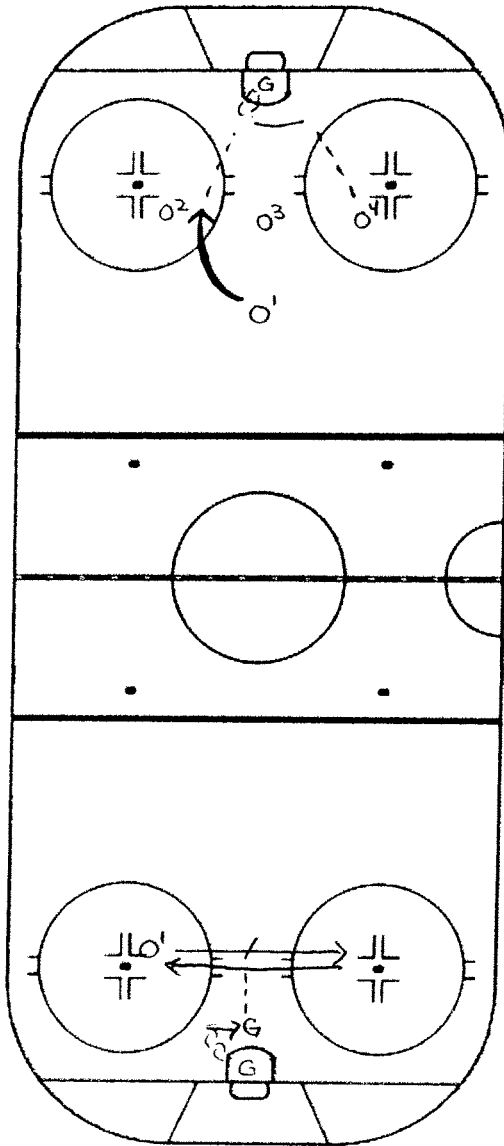
\* Stopping the butterfly slide requires lifting the inside leg enough for skate to dig in. During this transition one pad must remain on the ice at all times.

### T-push/powerslide

- starts on post.
- T-push diagonal to top of crease (square up)
- Shuffle across crease (square up) butterfly
- butterfly/power slide back to far post.
- (PUSH OFF OUTSIDE FOOT)

*Cody Hoff*

## Hi-Tek Goaltending Movement and Positional Drills



### ① Butterfly drill

- G follows shooter (O<sup>1</sup>)  
(T-push or shuffle)
- O<sup>1</sup> stops and shoots.
- G must butterfly both knees down at same time, arms up and out in front of body.
- Any rebounds G must get up and square to the puck before O<sup>1</sup> starts again.

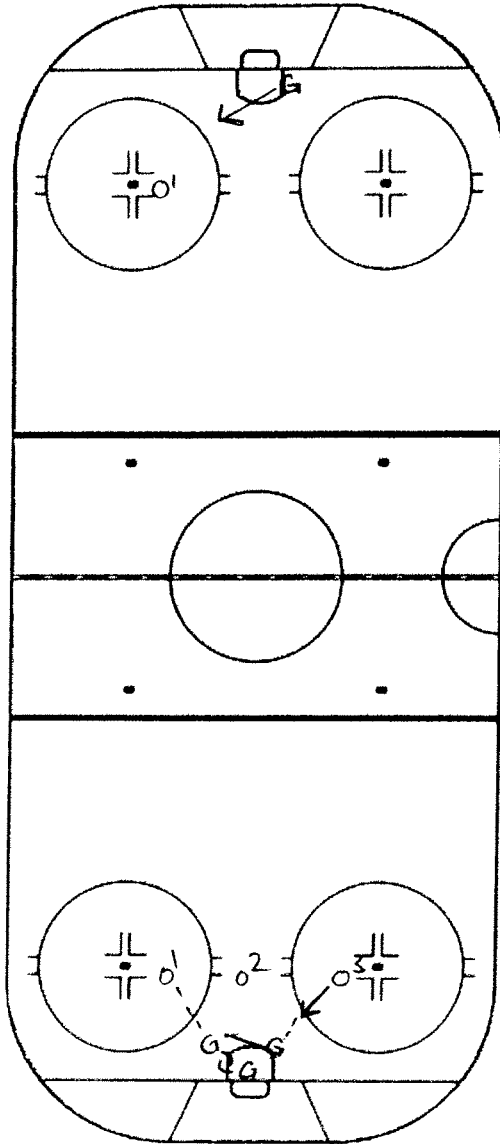
### ② Butterfly drill w movement

- G fronts O<sup>1</sup>. When shooter moves so does G.  
(T-push or shuffle)
- O<sup>1</sup> shoots from one of the three positions
- goalie butterflies to make save (BOTH KNEES DOWN)
- After first shot, O<sup>2/3/4</sup> call next shot, G turns to get square to next shooter, then up and across for the shot.
- keep going with same sequence until O<sup>2</sup>, O<sup>3</sup> and O<sup>4</sup> have shot.

*Cody Hult*

## Hi-Tek Goaltending

### Movement and Positional Drills



### ③ Follow Rebound

- G starts in middle of net
- O<sup>1</sup>/O<sup>2</sup>/O<sup>3</sup> call out "shot"
- G squares to shot & makes butterfly save
- all shooters are active on the rebound, G must track and move to next shot. \* Square body first, then up and across for shot.

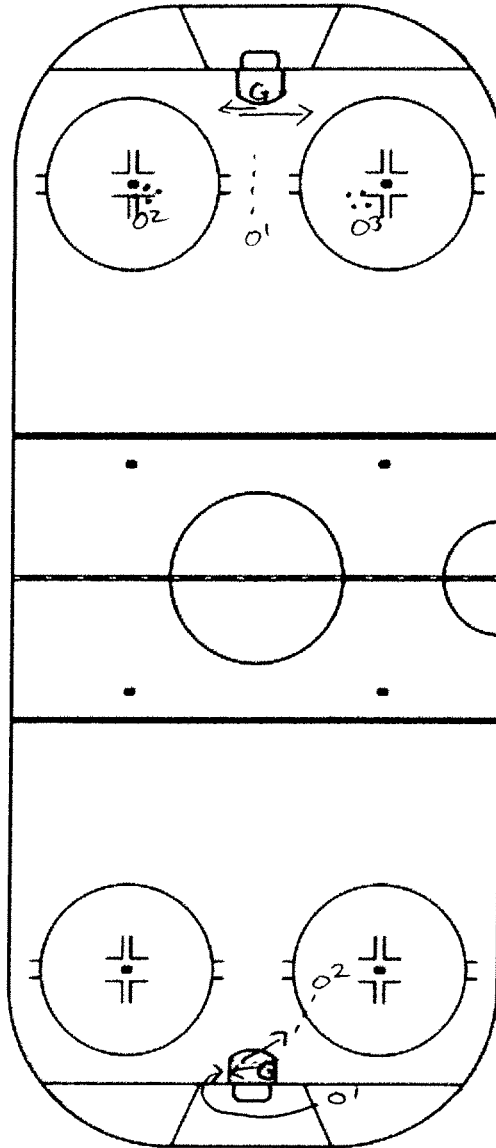
### ④ Butterfly slide

- G starts on opposite post from O<sup>1</sup> (in butterfly)
- O<sup>1</sup> slaps stick to signal shot.
- G pushes off with post side foot to slide across to make the save
- \* Before pushing off make sure G rotates hips so they will be square to the shooter.

*Coolidge*

# Hi-Tek Goaltending

## Movement and Positional Drills



### ⑤ Wrap & Rebound

- G starts on post
- O<sup>1</sup> wraps around and shoots.
- O<sup>2</sup> then plays rebound or shoots (set puck).
- G, after stopping O<sup>1</sup> must butterfly slide across to stop O<sup>2</sup>

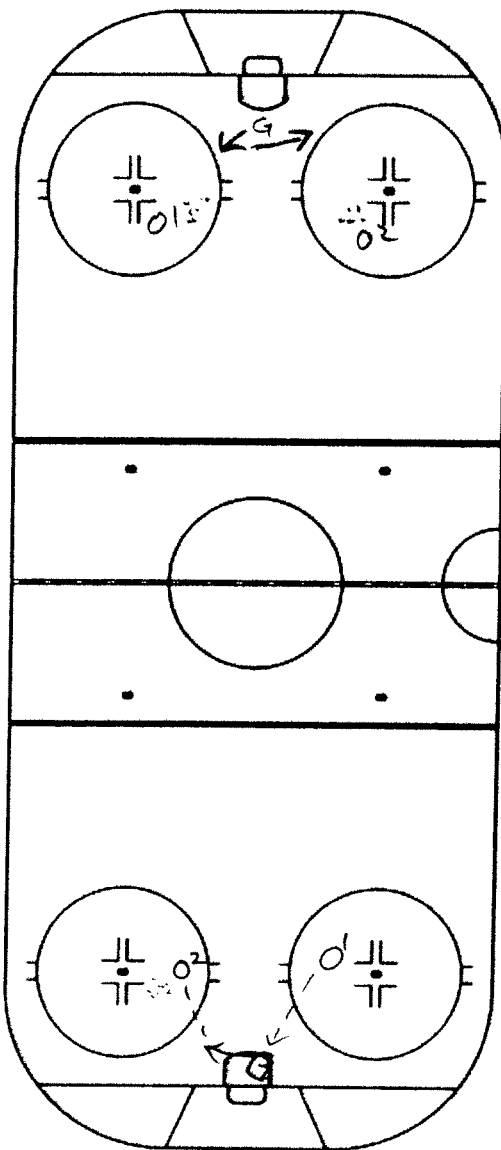
### ⑥ Double rebound

- O<sup>1</sup> shoots at low corners
- G butterflies to make save then butterfly slide to stop O<sup>2</sup> who shoots from face off circle.
- G then butterfly slides across to stop O<sup>3</sup> shooting from opposite face off circle

*Cooby H.*

# Hi-Tek Goaltending

## Movement and Positional Drills



### ① Post save rotate.

- G starts in middle of net
- O' calls & G fronts
- O' shoots G makes butterfly save. After save G rotates hips square to O<sup>2</sup> and butterfly slides across.
- O<sup>2</sup> waits for G to get across before shooting

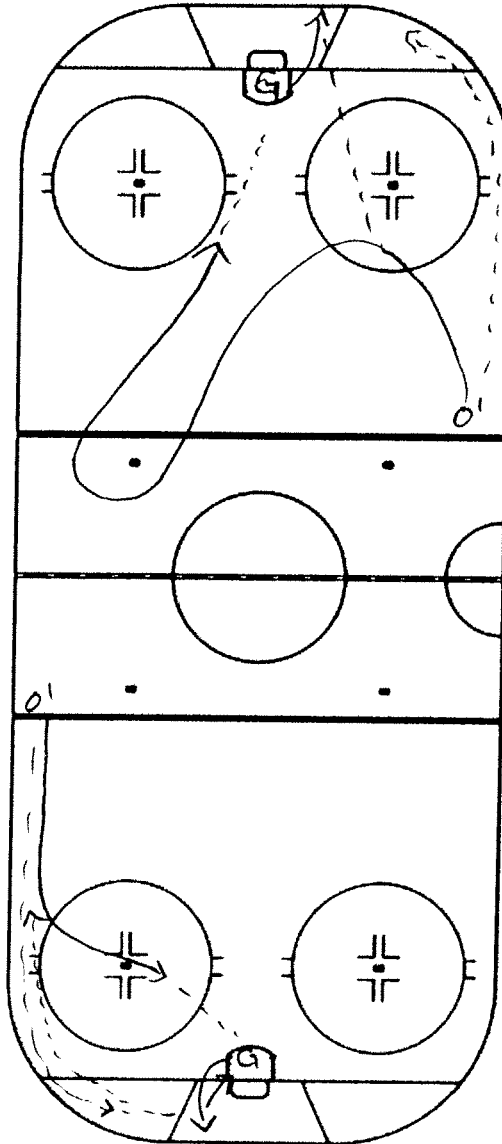
### ⑦ Scramble Rebound

- O' shoots low far side for rebound.
- When save is made O<sup>2</sup> shoots rebound or set puck forcing G to butterfly slide across.
- \* change angles to increase distance G must travel.

*Cody H.*

# Hi-Tek Goaltending

## Movement and Positional Drills



### ⑨ Dump & Rim

O' rims puck behind net.

G steps rim and shoots back up the wall

O' picks up puck for shot

G recovers to make save

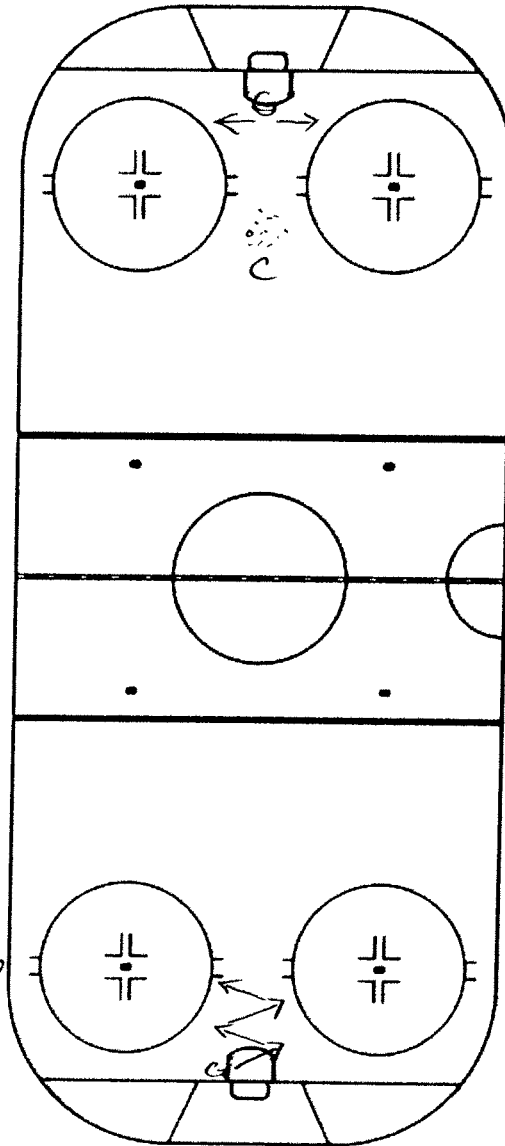
### ⑩ Dump & Outlet.

- O' rims puck behind net
- G stops puck, steps out and makes an outlet pass to O' who is swinging down.
- G recovers to net
- O' takes the puck outside of the zone before coming back in for a shot.

*Cooking Hockey*

# Hi-Tek Goaltending

## Movement and Positional Drills



### Butterfly zigzag.

- G starts on post in butterfly.
- butterfly slide from point to point and back.
- CAN BE DONE STANDING WITH SUFFLES OR T-PUSH

### Side to Side Slide

- G starts at top of crease in butterfly.
- continual shots G shoots to both sides
- G must butterfly slide across for each save.
- 10-15 shots per side.

- \* Lead with hands. (keep up and out)
- \* Good hip rotation.
- \* Strong pushes to outside foot.

*Cody Hulse*



# TEAM CANADA

## Goaltending Drills

### Advanced



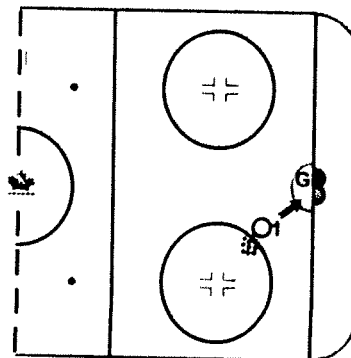
#### Drill Name & Description

##### Leading / Forward Glove Positioning

- G will begin in a butterfly slightly off center to the pucks
- On coach's "Go", O1 will step laterally away from G and release a shot towards the open net
- G must extend their butterfly and use a forward, angled glove to deny the remainder of the net
- Repeat repetitiously to one side
- Work both the glove and blocker side

##### Key Teaching Points

- When extending a butterfly, G needs to extend it without losing coverage along the ice
- As the extension occurs the glove should extend down the pad generating further vertical coverage
- In addition, the glove should be pushed forward towards the puck and angled so as to be square to the "upcoming" trajectory
- In essence, since G is out of position with the body, the glove or blocker will track the puck's angle and deny the net using on angle positioning and forward (depth) positioning



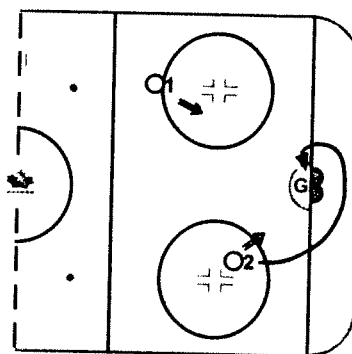
#### Drill Name & Description

##### Scramble Tactics & Rebound

- O1 shoots low farside
- O2 shoots then shoots a set rebound
- O2 skates behind net after shooting, picks up set puck and tries stuff play on the other side of net
- After O1 shoots G has to either use powerslide, or get up on feet to get from shooter O1 to shooter O2 then has to scramble back to post for stuff play

##### Key Teaching Points

- Good hip protection
- Strong pushes
- Leading with hands



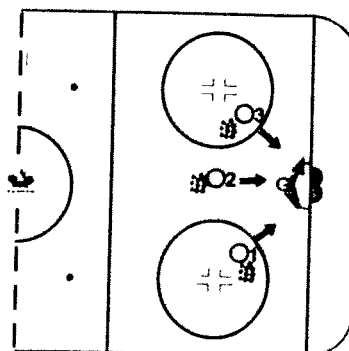
#### Drill Name & Description

##### Power slide or Backside Push Development

- G starts on top of the crease and on "Go" will rotate and drive laterally towards O1
- Once G makes initial save, G will rotate and come back to the center to face a shot from O2
- Once G makes second save on O2, G will rotate a third time and push to the farside to face a shot from O3
- O1, O2 and O3 should allow G to come into the space each repetition and time their shots so that G is entering the space at the same time as the puck (mix up shots low to the pads and up on the body)

##### Key Teaching Points

- The backside push requires a visual lead, correct rotation, and a strong push
- Regardless of distance, G should have proper backside push mechanics
- Flawed mechanics will result in G coming up short
- Once extended, G should bring themselves back together
- Head and eyes should be controlled and balanced throughout the backside push execution







# TEAM CANADA Goaltending Drills Advanced



## Net Tactics, Drives and Proper Use of VH

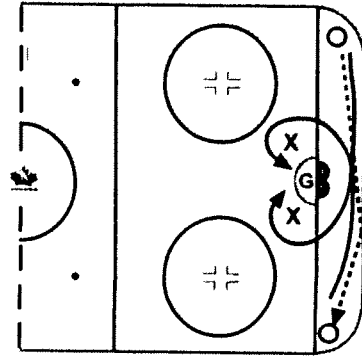
### Drill Name & Description

#### High Wrap Drill, Step Out

- Player passes behind net to opposite player who takes pass and goes around behind net
- He then steps out from behind net and goes around cone to shoot
- G must follow player and get off post

#### Key Teaching Points

- G must have good initial low coverage
- G must get off of post and adjust their depth so as to not lose coverage for the top of the net
- G should avoid drifting at shooter
- Should be push off post and stop at top of crease



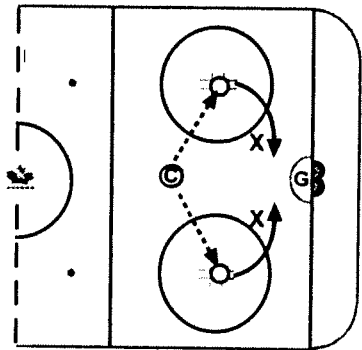
### Drill Name & Description

#### Tight Angle Breakaway

- Pass from coach down low to player who cuts to net for side angle breakaway
- Ability to move cones higher and do same drill giving more or less room
- G starts by fronting coach

#### Key Teaching Points

- G must adjust depth by backing off slowly
- G must get good momentum with strong hip rotation
- G will need to have patience and stay on their feet
- G will need to make quick lateral adjustment
- G cannot use VH



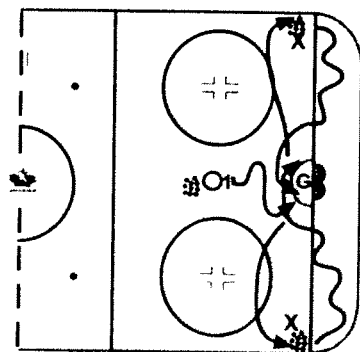
### Drill Name & Description

#### Active Stick Use

- O1 will start with a puck in the slot, skate in on a short breakaway and execute a deke
- Next, O1 will skate into the corner, pick up a puck, curl around an under the cone and execute a net drive – O1 must travel across the net at least to the mid point of the net
- O1 will then proceed to do the same thing from the opposite corner
- G will track O1 throughout the sequence getting set properly on each puck
- The final puck is played out one-on-one between G and O1

#### Key Teaching Points

- When in a butterfly, G is at the whim of the skilled player and the idea behind an active stick is to regain some advantage over the speed and skill of O1's hands in tight
- An active stick can take many forms – clutter space, pokecheck the puck, jam the space are examples
- When using an active stick, G must maintain all of their other resources – this requires, specifically, that G stay above their thighs
- Staying above one's thighs – i.e. not lunging or extending – ensures that G maintains mobility to respond despite the stick's activity





# TEAM CANADA

## Goaltending Drills

### Advanced



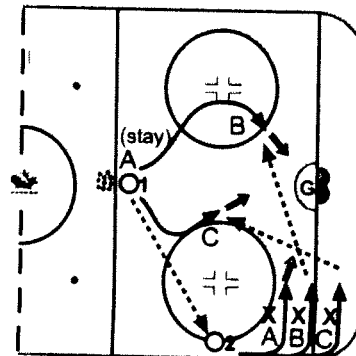
#### Drill Name & Description

##### Zone Awareness

- O1 starts drill by passing to O2 on the half wall
- O2 begins to walk low in to the zone towards the pylons – O1 is patient up top during O2's selection
- O2 has three lane options (low slot – cut under first pylon, goal line – cut under second pylon, board – cut under third pylon) and selects one of them
- If O2 selects a low slot lane, he drives the net and makes a play on the net; if O2 selects a goal line lane then O1 reads this and jumps backdoor (O2 can pass or shoot); if O2 selects a board lane then O1 jumps down on the nearside and looks for a pass from either side of the net
- Repeat on both sides

##### Key Teaching Points

- Zone awareness provides the goaltender with simple rules of thumb for their post positioning
- When the goal line is attacked by a puck carrier, VH is the preferred method
- When the board lane is attacked, G must stay on their feet to track the puck effectively
- When the low slot line is attacked, G will tend to separate from the post and square up before responding to the play
- Nearside passouts will be handled with a depth move by getting off the post.
- All plays, regardless of type or position, require a visual lead



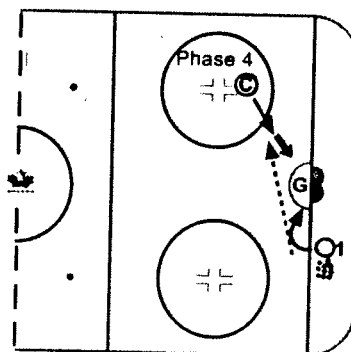
#### Drill Name & Description

##### VH

- This is a multi-phase drill to ensure that G's VH mechanics are sound
- Phase 1: G will simply come to the post, from a mid goal line position and settle in to their VH position. Repeat 10 times to each side
- Phase 2: O1 and pucks situated as indicated – on coach's "Go", O1 will step and jam the puck into G's positioning. Repeat 10 times to each side
- Phase 3: O1 and pucks situated as indicated – on coach's "Go", O1 will step and shoot the puck into G's positioning. Repeat 10 times to each side
- Phase 4: O1, coach and pucks situated as indicated – on coach's "Go", O1 will step and jam or shoot the puck into G's positioning OR if coach walks to the net from the far dot, O1 has the option of passing backdoor to coach. Repeat 5 times to each side

##### Key Teaching Points

- This is a progressive drill to ensure mechanics are built soundly
- Post leg remains vertical (V) while backside remains horizontal (H)
- Post skate should not over rotate – indeed, this skate must stay almost 90 degrees
- Backside ankle stays near the goal line
- Stick protects the seam between V and H on both sides
- Glove side – glove remains high
- Blocker side – glove supports stick for jam or can cover five hole if necessary





# TEAM CANADA

## Goaltending Drills

### Advanced



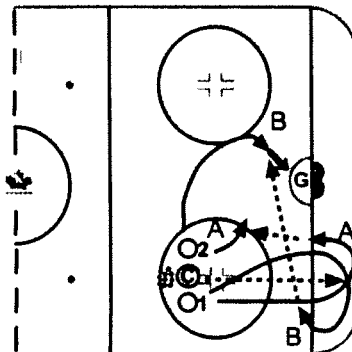
#### Drill Name & Description

##### Passout Tactics

- Coach dumps puck into the corner and O1 retrieves
- O1 on retrieval has two options, to swing towards the net or to swing towards the corner
- O2 delays and reads O1's directions, if O1 swings to the net O2 stays on the nearside and receives the pass; if O1 swings to the corner O2 jumps to the back door and receives the pass
- Phase 1: no one timed attempts
- Phase 2: one timed shot attempts allowed
- Rebound is played live

##### Key Teaching Points

- G must have excellent ice awareness and anticipation skills
- When the passout occurs on the nearside, G should have a depth focus and get off their post
- When the passout occurs on the farside, G should have an angle focus to their positioning
- When the passout occurs to the mid slot, G should get off post and not drift toward shooter
- Regardless of passout type, a visual lead is vital
- G should look to set up whenever possible to maximize control



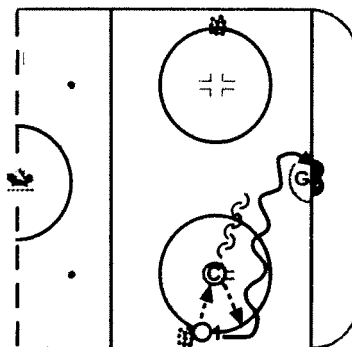
#### Drill Name & Description

##### Developing a Battle Mindset

- O1 will make a pass to coach, who will then make a return pass back
- After making the return pass, coach will skate backwards, giving O1 a low lane to the net
- O1 will take the puck to the net and try to beat G low to the farside of the net (i.e. net drive across the front and tuck the puck into the farside)
- All rebound are live and will continuously be put on net. All shots, including the initial one will all be along the ice and released in tight to the net – there is no raising of the puck but players may make as many dekes as they like
- G will track all pucks properly and must refrain from using their stick on these plays

##### Key Teaching Points

- To begin, G must have the mindset to battle
- G must try to stay centered in the net without straying too far out or too far right or left
- G should focus on complete low coverage first by having a deep crouch
- Visual contact with the puck at all times is key regardless of body distortion
- Goalie must have good backwards flow with shooter and not be stationary





# TEAM CANADA

## Goaltending Drills

### Advanced



#### Reading the Play

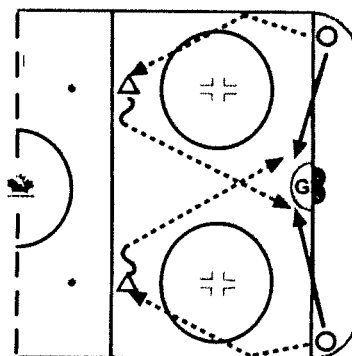
##### Drill Name & Description

##### Shot Pass-depth adjustment

- G starts at near post
- Player from corner passes to point and drives to front of net
- G moves to front point shot
- D-man picks up puck, drags it towards middle.
- Players in opposite corner drives to side of net to receive shot-tip pass from
- D man gives shot pass either to player
- Rebound is played out

##### Key Teaching Points

- Goalie must adjust depth
- G must have good knee flexion and not be too low in crouch which limits mobility
- G must not get over aggressive knowing a back door play is available



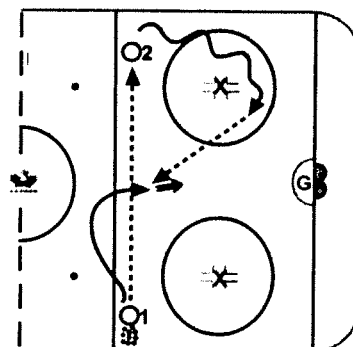
##### Drill Name & Description

##### Positional Speed

- O1 starts by feeding puck cross-ice to O2
- O2 drives down the boards with the puck while O1 will arc outside the blue line and then into the high slot (path indicated)
- O2 must drive down and around cone before selecting an offensive option
- O2 can shoot off the wing or hit O1 high in the slot with a second pass – in this event O1 must shoot

##### Key Teaching Points

- G should use speed moving from point A to point B – as a basic rule of thumb, G should always "beat the pass"
- G's objective is to establish time to make final adjustments off of initial positioning
- Ice awareness should be exercised to assess available options
- In the case of a second pass, G must again "beat the pass"
- Due to the potential for limited time, G should have an angle priority in this lateral adjustment





# TEAM CANADA Goaltending Drills Advanced



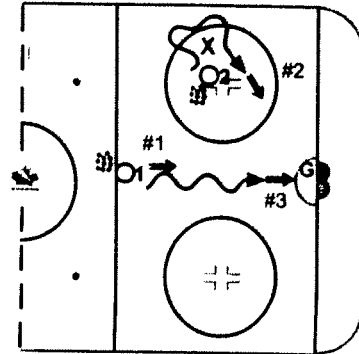
## Drill Name & Description

### Elimination of Delay

- G starts on same-side post as O2's position
- On "Go", G will drive off post to face O1 high in the zone – O1 will shoot low to the same side G just came from
- Once this shot is taken, O2 will drive around the pylon and look to release a second shot (at G or low to the farside). O2 must keep their head up to see G coming into the space and also should adjust the timing of their play
- As O2 is executing their portion of the sequence, O1 continues down the slot with a second puck (will be the third shot) and as G rotates and comes into the middle, the third shot is taken (this shot should be at G)
- O1 and O2 activate off this final shot and play the rebound (one pass / one shot rule)

### Key Teaching Points

- G has upwards of four saves, on this drill the focus is to refill 'space' with speed and efficiency
- G should have great visual habits throughout the sequence while visual attachment will not always be perfect, visual leads are vital
- Following the first save, G through a good visual lead, may decide to get back to their feet if time is available
- Following the second save, G must stay down during push and respond accordingly
- Rebound is live and beyond the one pass / one shot rule ...anything goes



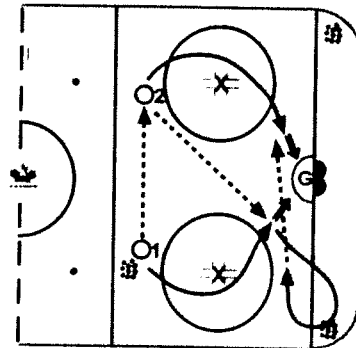
## Drill Name & Description

### Lateral Tactics

- O1 will make a pass to O2 then drive down around the pylon and to the backside post
- O2 will pass back to O1 for a one time shot then proceed to drive around the opposite side pylon and to the backside post
- O1, after taking the shot, will cycle to the corner and make a pass to O2 for a one time shot
- G will start facing O1 and track the puck throughout the sequence
- One rebound is live off of the second puck

### Key Teaching Points

- G should be quick to position on initial pass
- Awareness of the weakside should be exercised if possible
- G may use backwards flow to get momentum
- A proper butterfly slide will be the most common lateral response with a visual lead, strong rotation and power / control coming through
- G should recognize early whether the body's positioning following the butterfly slide, is sufficient or if a more aggressive response is required
- One through the first save, G must be quick to recover in order to fully play the second puck





# TEAM CANADA Goaltending Drills *Advanced*



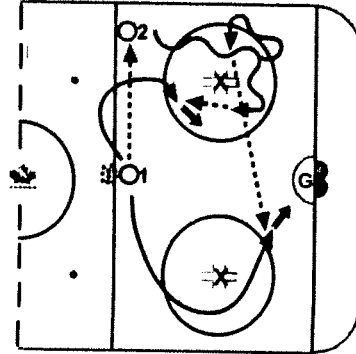
## Drill Name & Description

### Ice Awareness

- O1 passes to O2 who drives wide with the puck
- O1 makes a quick decision to attack on the same side of the ice or the farside of the ice
- O2 must read off this selection
- If O1 is a trailer then O2 can drop the puck back or shoot on their own
- If O1 is a weakside attacker, then O2 will shoot, feed or pull up before feeding O1 on the farside

### Key Teaching Points

- G must be constantly aware of O1's intentions
- G's awareness must be exceptional early in the attack when O2 is not yet dangerous
- G's head swivel must be direct but quick – counting on peripheral vision is a bad habit
- If O1 is a weakside threat, and is identified, then G must be conservative in depth selection
- If both players are on the same side of the ice, G can stabilize and hold depth



## Penalty Kill, Screens and Tips, Depth Adjustment

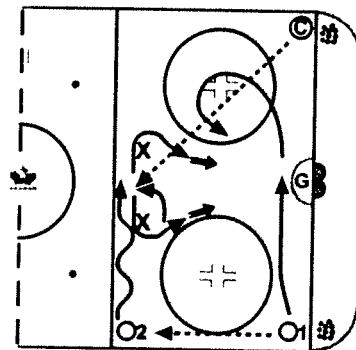
### Drill Name & Description

### Gap Control and Traffic Management

- O1 passes to O2 at the point, O2 will drag the puck towards the center of the blue line before using some deception and stepping around either pylon
- In no circumstance, should O2 shoot before there is a confrontation at the net between O1 and G
- O2's shots should be wrist shots
- Once the shot is taken and G either covers the puck up or tracks it, coach will hit O2 with a second puck (O2 will be standing at the blue line in the middle of the two pylons to receive the pass)
- O1, meanwhile, will arc away from the net and then, with good timing, come back towards the net for a tip or rebound on the second puck

### Key Teaching Points

- G should have quick-to-position movement in order to establish his position – making O1 form to G's position not vice versa
- G maintains the strength of this position without getting excessively tangled up with O1
- G can use the gloves to find a sight line or look above the traffic using partial flexion
- G must keep battling for vision in this traffic instance
- For the second puck, again, G must move into position with speed and must now anticipate the upcoming play
- If it is likely deflection then G may have to slide towards the new trajectory and also be prepared to react if necessary





# TEAM CANADA Goaltending Drills *Advanced*



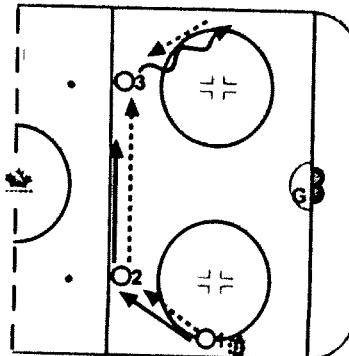
## Drill Name & Description

### Proper Flexion

- O1 will start with the puck, on the half boards, and make a pass to O2, who will proceed to make a pass to O3 – in each of these cases, the passing player will follow their pass and fill the spot vacated by the previous player
- O3, after receiving the puck, will slide down to the half wall on the opposite side
- O1, O2 and O3 will continue to move the puck around the perimeter (no cross-ice passes) until "shot" is called
- One "shot" is called, the last player to receive the puck will release it on net
- G will track the puck in a relaxed fashion and settle into a more set position once "shot" is called

### Key Teaching Points

- G will establish partial flexion to preserve mobility – due to the obvious read, G's desire is to maintain mobility given the likelihood of additional adjustments
- G should use positional speed moving position to position
- Major adjustments will use a T-push while minor adjustments will invoke a shuffle
- By using partial flexion, G will be lighter on their feet, more aware, quicker to position
- Once "shot" is called, G should be fully aware of ice



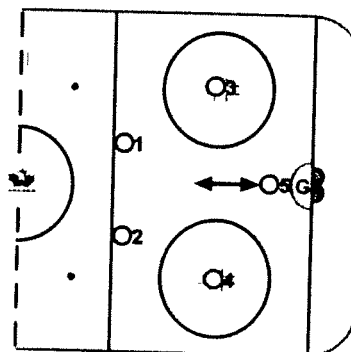
## Drill Name & Description

### Penalty Kill (Spread) Defending

- Players pass puck around in spread PP formation
- O1 to O2 shot
- O1 to O3 to O4 shot
- O1 to O3 to O5 who moves into slot, takes shot
- O2 to O3 seam pass and shot
- O1 to O4 seam pass shot
- One shot, one rebound
- O5 rotates from behind net and into slot depending on play

### Key Teaching Points

- Depth control
- Proper knee flexion
- Aware of where dangerous plays are



## Drill Name & Description

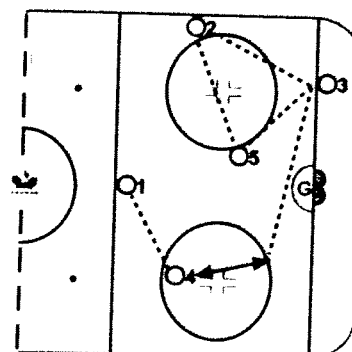
### Umbrella PK

#### Defending against Umbrella PP

- O4 to O1 one timer
- O3 to O4 back door play
- O3 to O5 shot from slot
- O2 to O5 shot from slot
- O2 to O4 seam pass
- O1 to O4 one timer
- O3 stuff play
- One shot, one rebound

### Key Teaching Points

- G awareness of threats
- Depth positioning
- Good stick





# TEAM CANADA Goaltending Drills *Advanced*



## Breakaways and Shootout Tactics

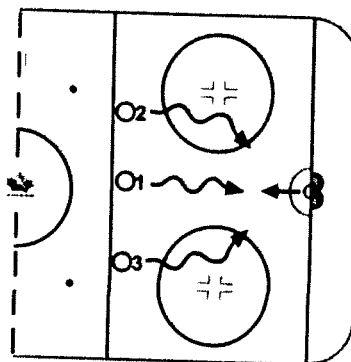
### Drill Name & Description

#### Breakaways

- Pucks at blueline
- O1 comes in on breakaway
- G must start on goal line and get up and out on shooter
- O2 then goes on angle breakaway
- O3 then goes on angle breakaway

#### Key Teaching Points

- Proper spacing between shots
- Get up and out on shooter
- Force them to deke
- Patience



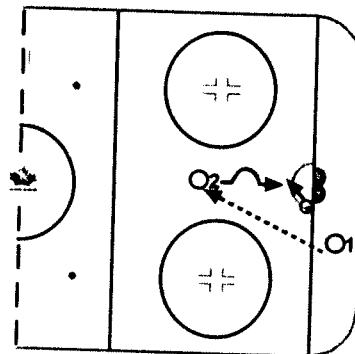
### Drill Name & Description

#### Behind Net (Patience, Stay on Feet)

- O1 off to side behind net with pucks
- O2 in front of net gets pass from behind net into low slot
- O2 has short breakaway on G in tight
- G must stay on feet and get to top of crease as fast as he can
- G start on post
- No one timers

#### Key Teaching Points

- Patience
- Strong push to get off post
- Out wait shooter



### Drill Name & Description

#### Breakaways with Trailer

- Breakaway for O1
- O2 does everything to distract O1 by making it difficult to let him shoot
- G must start on goal line, get up on shooter

#### Key Teaching Points

- G must stay patient knowing shooter will not get a clear shot off
- Speed for G while player is distracted
- O2 must let O1 get shot off, but must have made it difficult for him

