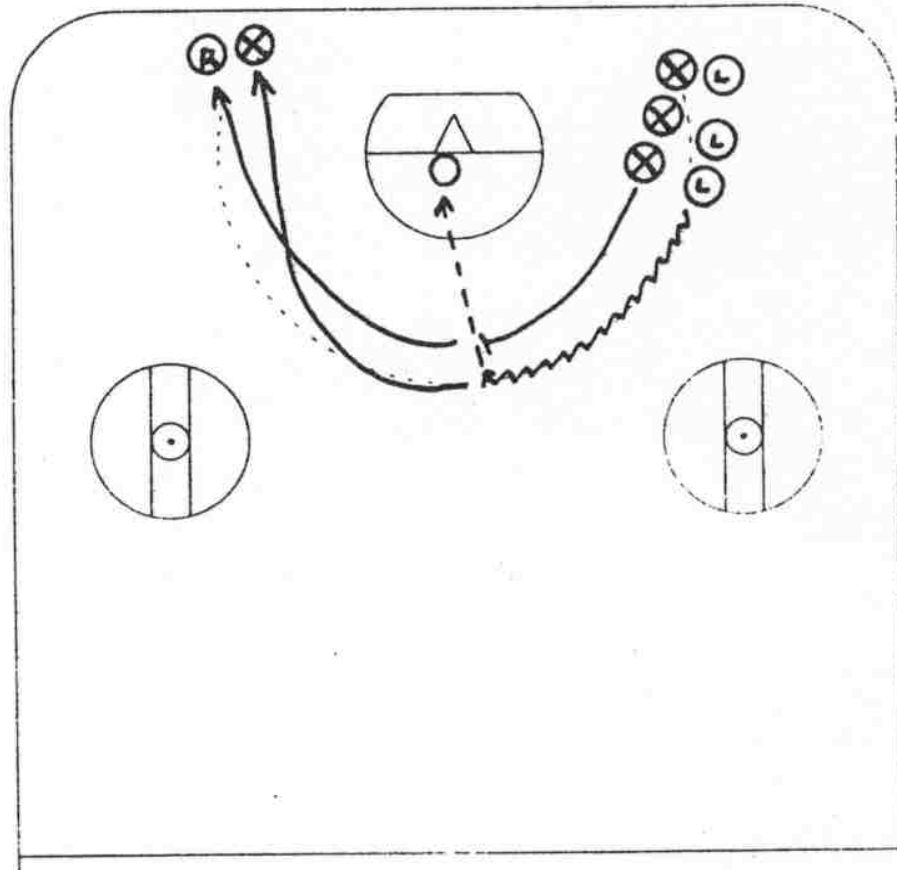
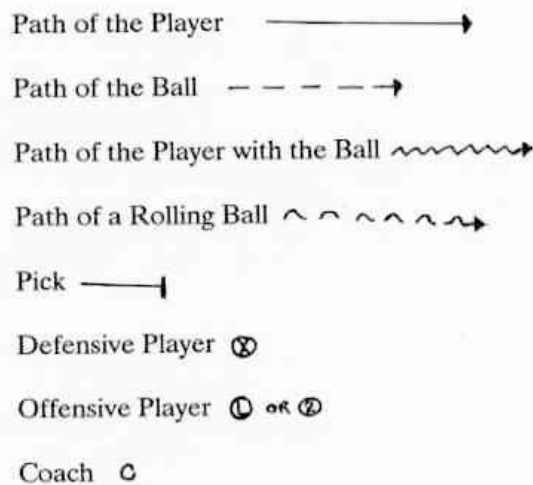


SCREEN SHOTS

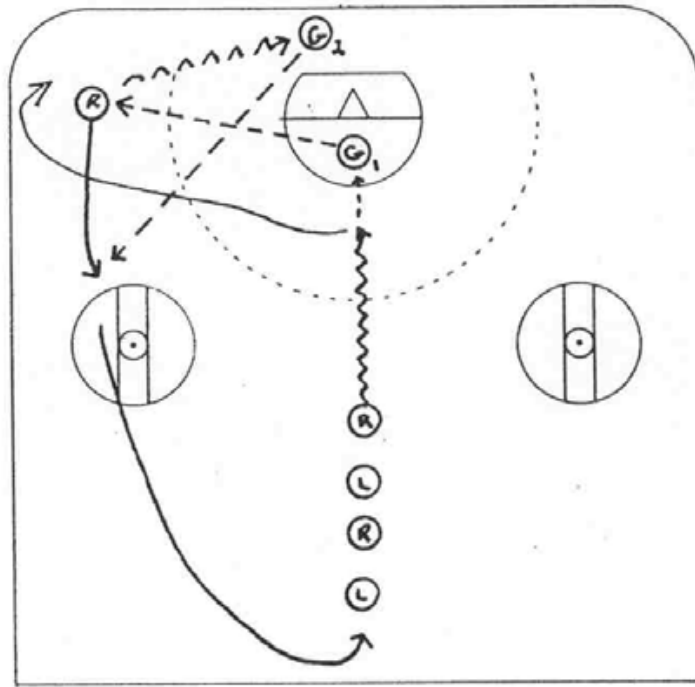


- In drills where positioning and reaction are being stressed, sponge ball is recommended.
- Lefts have ball. Rights are checking.
- Ball carrier shoots ball as he cuts across in front of goal.
- Goalie must see ball then a screen.

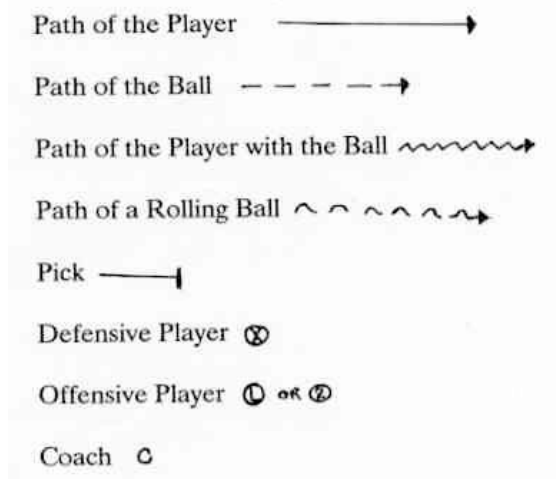


LEGEND

GOALTENDER LOOSE BALL DRILL WITH RELEASE PASS

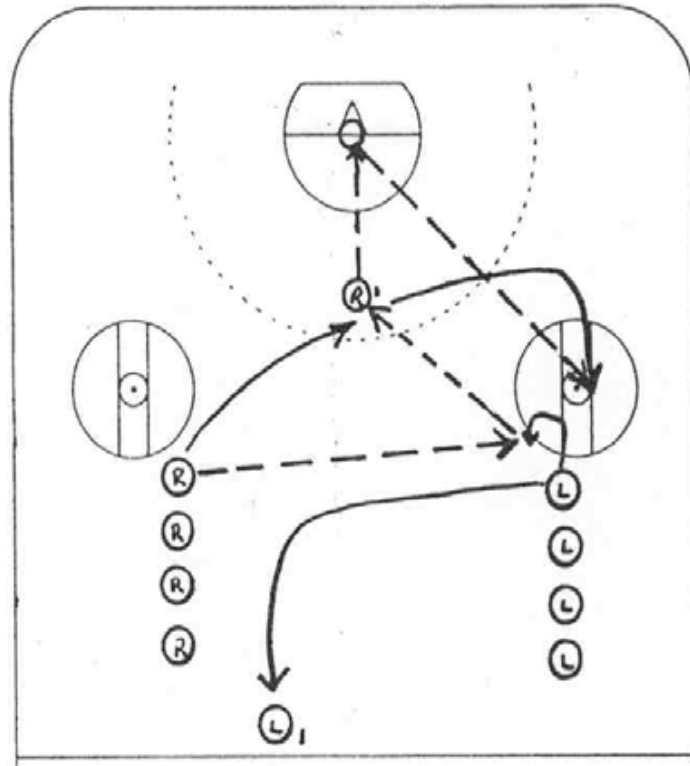


- Players line up in the center of the floor.
- All players have a ball.
- First player runs in on goal and shoots.
- The player that has received the pass then rolls the ball to the second goaltender and breaks up the floor.
- Second goaltender hits breaking player with a pass.
- Only one player goes at a time.

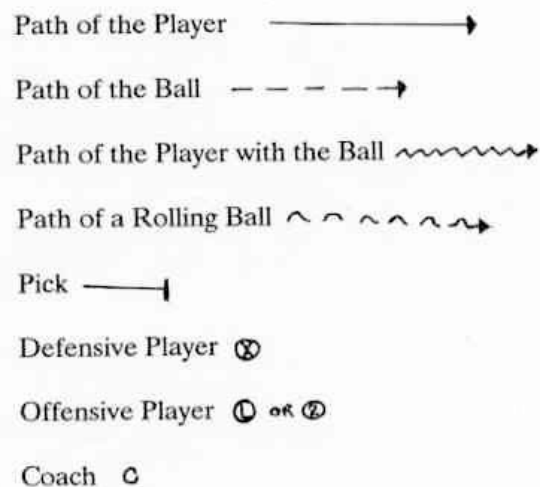


LEGEND

GOALTENDER RELEASE PASS DRILL

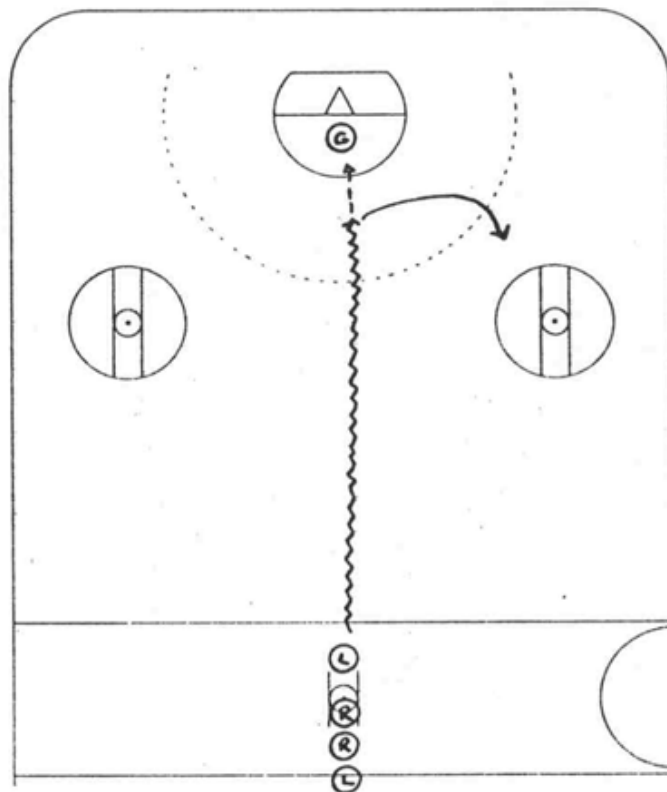


- Lefts buttonhook and receive pass.
- Rights cut through, receive pass and shoot on goalie.
- Goalie has option of who to pass it to.
- Be sure to start from other side as well.



LEGEND

GOALTENDER SHOWDOWN DRILL



- **NOTE: Timing of shooters is important for goalie to get benefit from the drill.**
- **Allow goaltender to react to shot and reset before next shot.**
- **Sponge ball may be used to prevent injury.**

Path of the Player —————>

Path of the Ball - - - - ->

Path of the Player with the Ball ~~~~~>

Path of a Rolling Ball ~~~~~>

Pick ———|

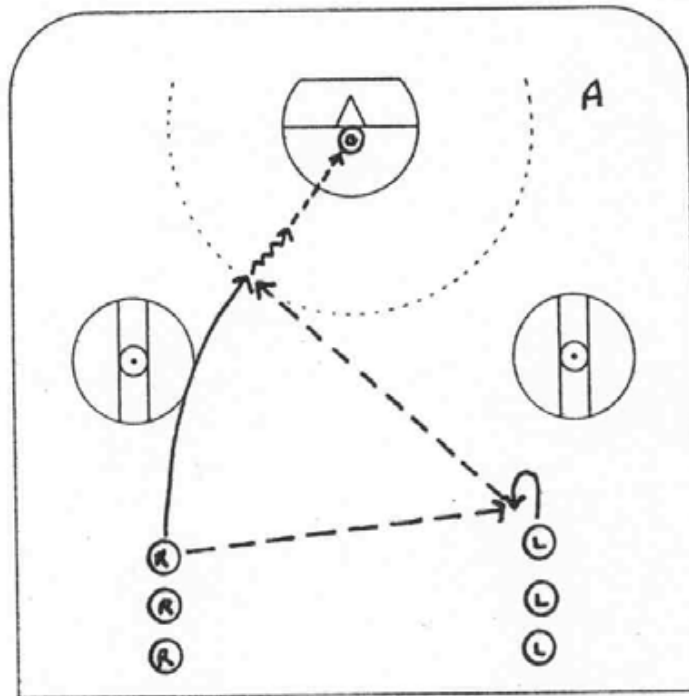
Defensive Player ⊗

Offensive Player ⊙ or ⊙

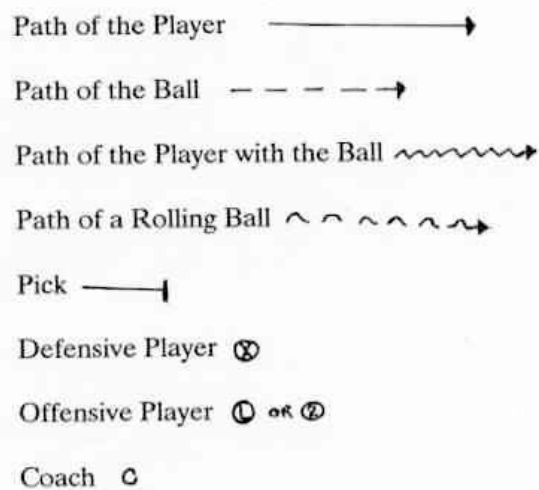
Coach C

LEGEND

GIVE AND GO SHOOTING DRILL

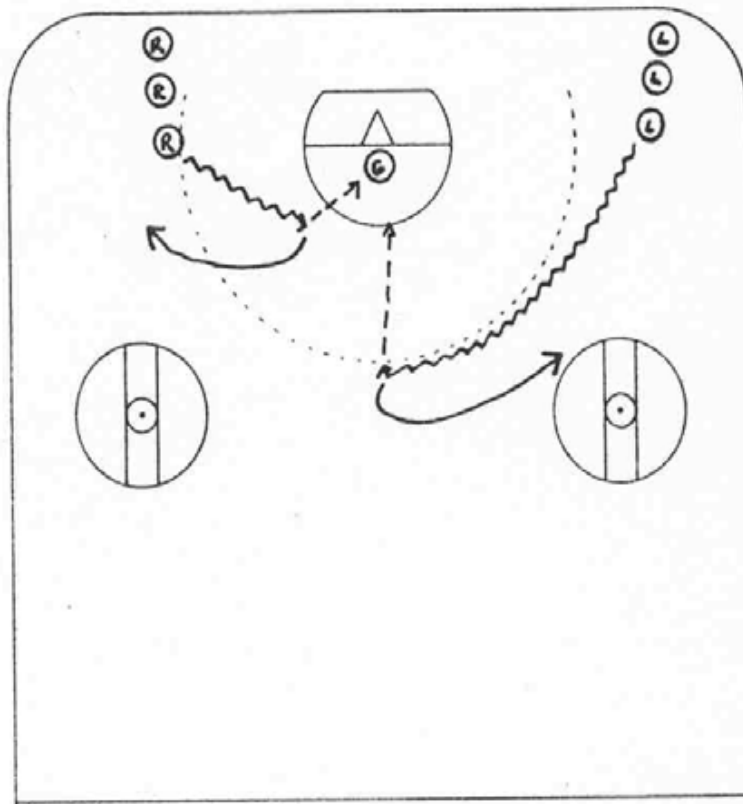


- Helps goaltender react to shooter receiving pass from opposite side.
- Rights have ball, Lefts button hook and receive pass.
- Rights get return pass, go down and shoot.
- Repeat with ball starting from the other side.

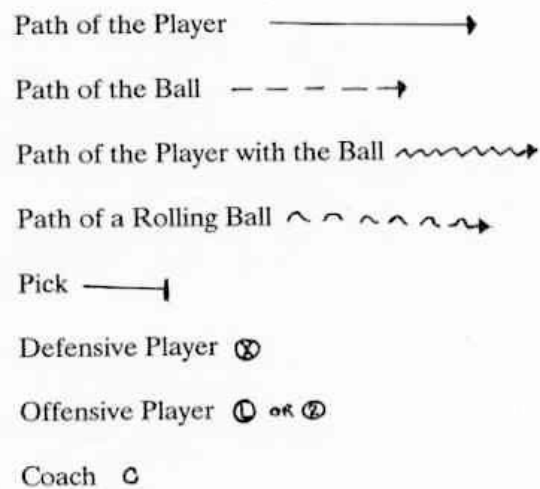


LEGEND

GOALTENDER LATERAL MOVEMENT DRILL

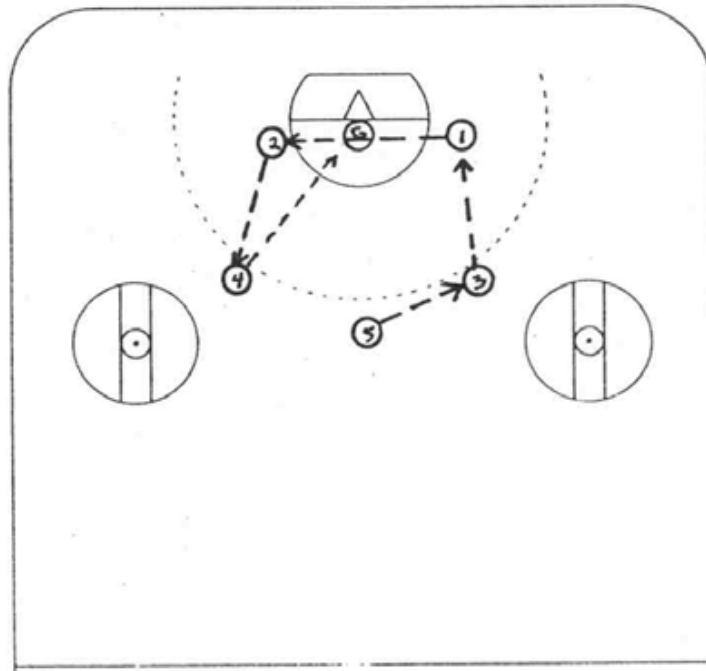


- Alternate rights and lefts.
- Players cut across and fire bounce or overhand shot.
- Progress to have alternate lefts and rights. Lefts shoot from dotted line, rights shoot from crease.

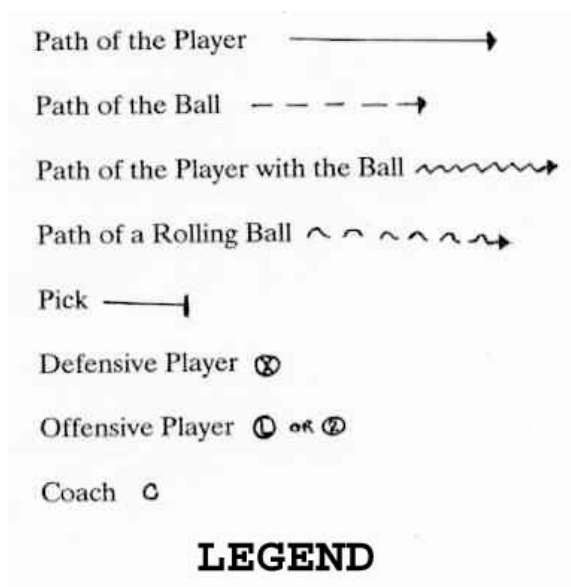


LEGEND

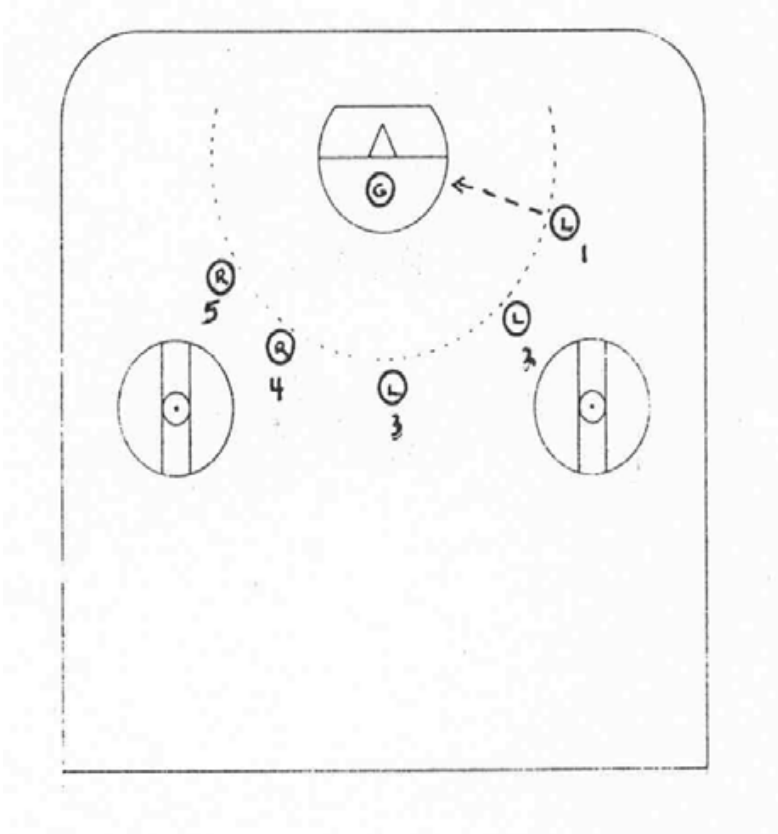
GOALTENDER REACTION DRILL



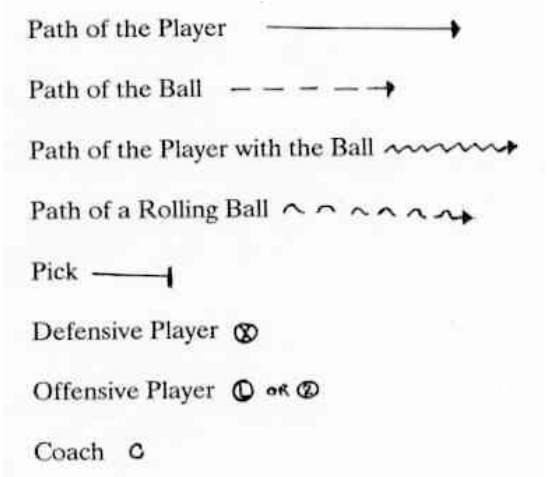
- Power play formation.
- Players move ball around and stop periodically to tell goalie where openings are.
- Progress to have players shoot ball when they see an opening.



GOALTENDER SHOOTING DRILL

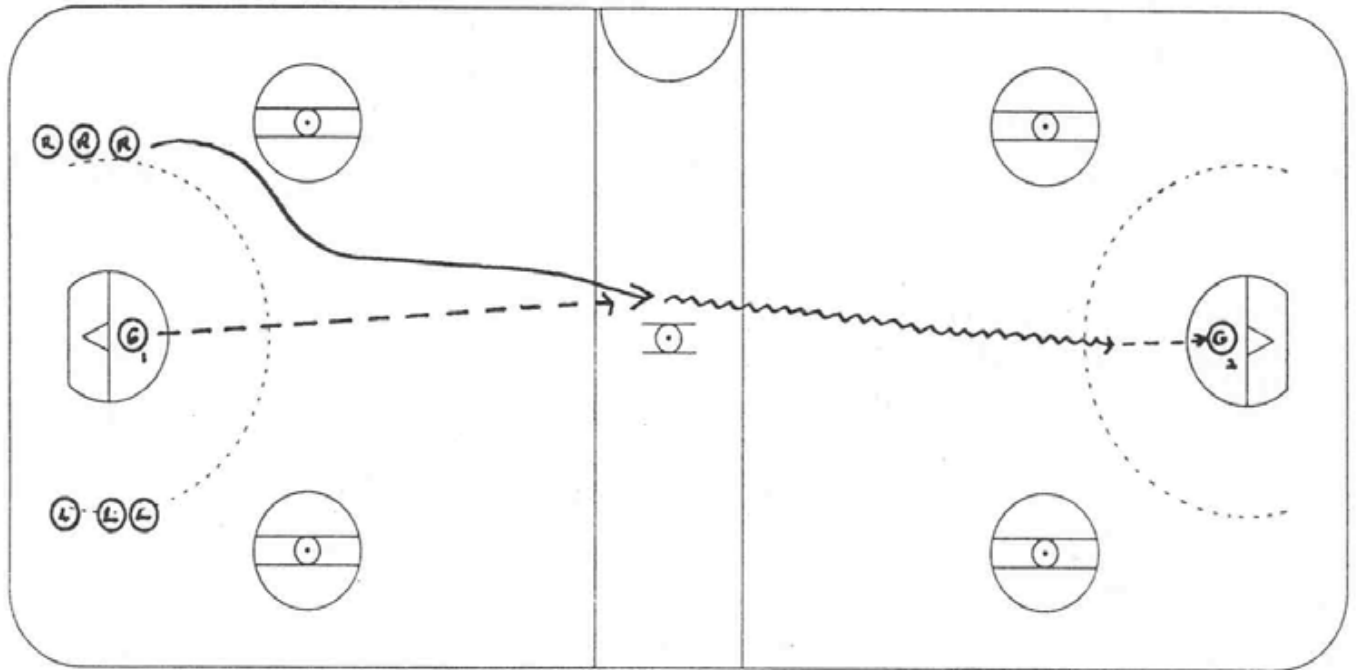


- All players have a ball.
- Shots from right to left.
- Reload and repeat.
- Start from other side as well.
- **NOTE: Goalie dictates order and initiates drill when he's ready.**

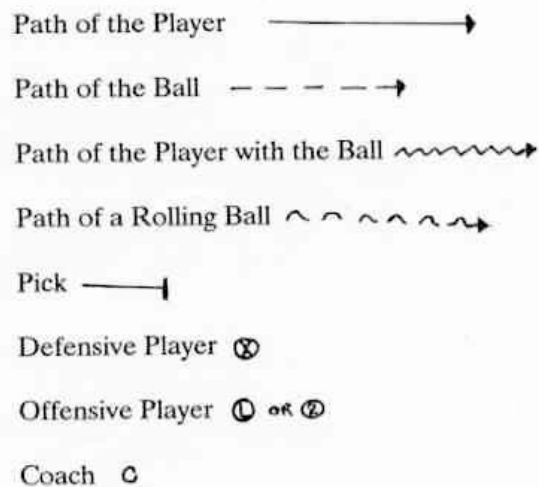


LEGEND

GOALTENDER BREAK-OUT PASSING DRILL



- Player rolls ball to goalie and breaks out for a return pass.
- **NOTE:**
 1. Alternate left and right
 2. Alternate length of passes.
 3. Goalie should simulate game conditions, do not leisurely throw the passes.



LEGEND