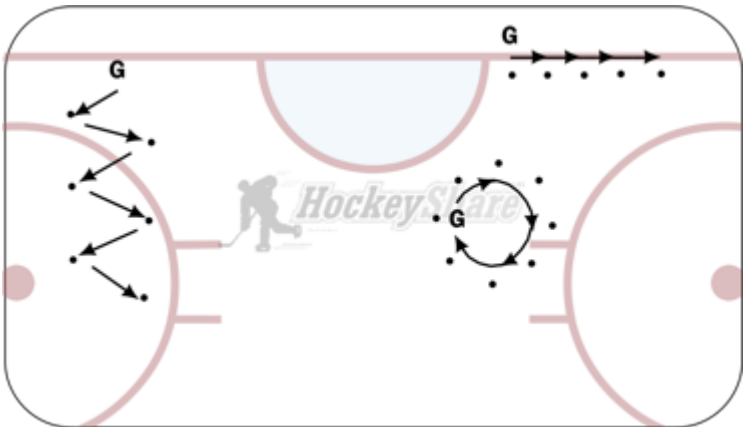


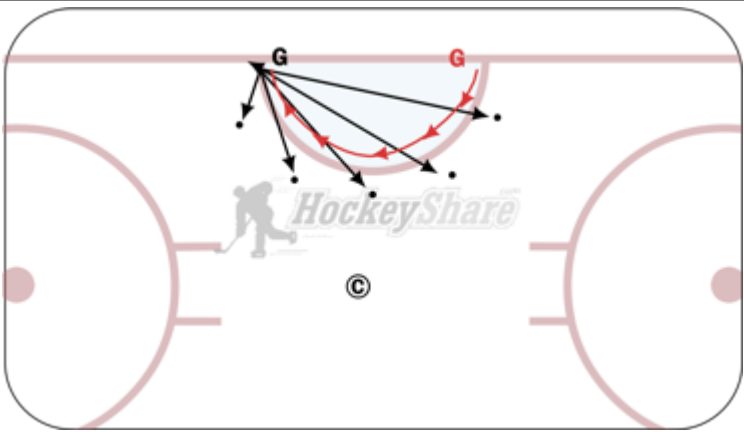
-- MIDG

**Puck Tracking - U11 - 10 mins**



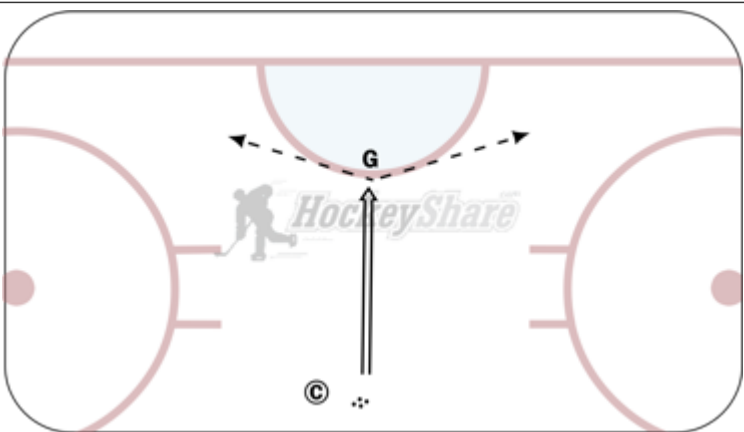
-T-Push/Shuffle along the goal line. Place pucks in front of the goalie along the line, goalie moves one puck at a time down the line  
 -T-Push/Shuffle around a circle of pucks (goalie inside the circle, simulates the arch of the crease)  
 -T-Push up a ladder of pucks (pucks placed at 45 degree from goalie to right, then left, then right, etc...)

**Net and Crease Positioning - U11 - 10 mins**



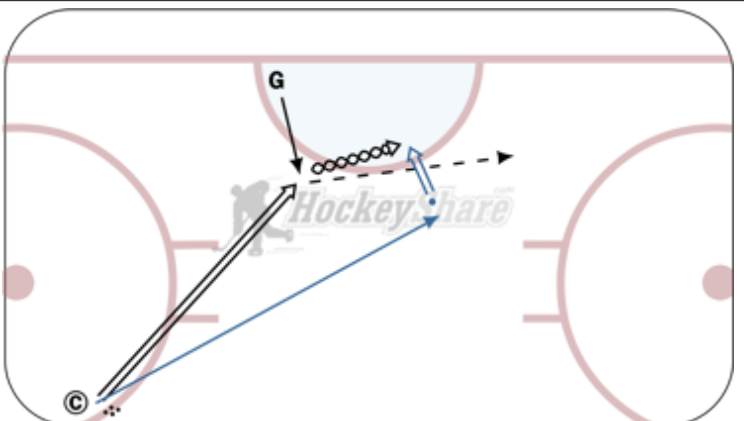
-5 pucks along outside of crease, goalie on post to puck 1, back to post. Post to puck 2, back to post. Post to puck 3, back to post...etc. Full sequence from one post then repeat from the other post  
 \*Progression\* Coach to call out which puck the goalie to square up to  
 -5 pucks along outside of crease, goalie T-Push/Shuffle along puck path, stop at each puck to square. Full sequence from one post, then repeat from the other post  
 \*Progression\* Move pucks out further after each sequence. Goalie maintain same path but square to pucks further out from the crease (simulate the play moving further away from the goalie)

**Shot Management - U11 - 10 mins**



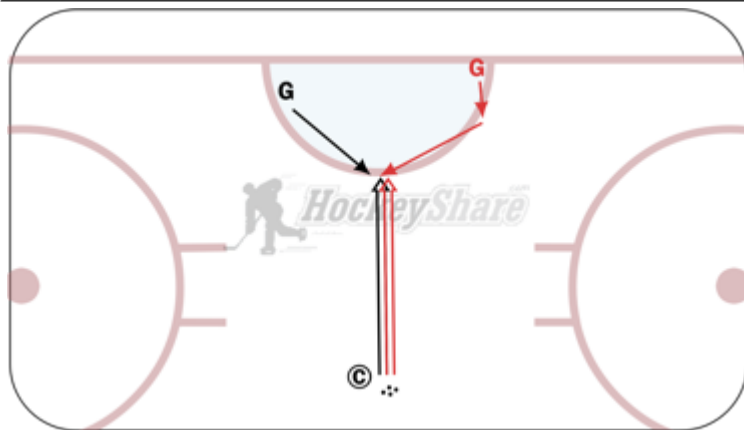
-Goalie in the butterfly in center of the net, shots on the ice redirected with the stick to the corner (5-10 shots one side, then repeat to the other side)  
 \*Progression\* Goalie begin in the stance and drop to butterfly to make the save  
 -Active Hands. Goalie in the butterfly in center of the net, shots to glove hand (5-10 shots, repeat for blocker). Repeat with goalie remaining in stance during saves.  
 \*Progression\* Goalie begin in the stance and drop to butterfly to make the save  
 -Goalie in the butterfly in center of the net, shot to mid-section/chest. Goalie block with chest, capture with gloves, and hold.  
 \*Progression\* Goalie begin in the stance and drop to butterfly to make the save

**U.S. 2 Puck - U13 - 10 mins**



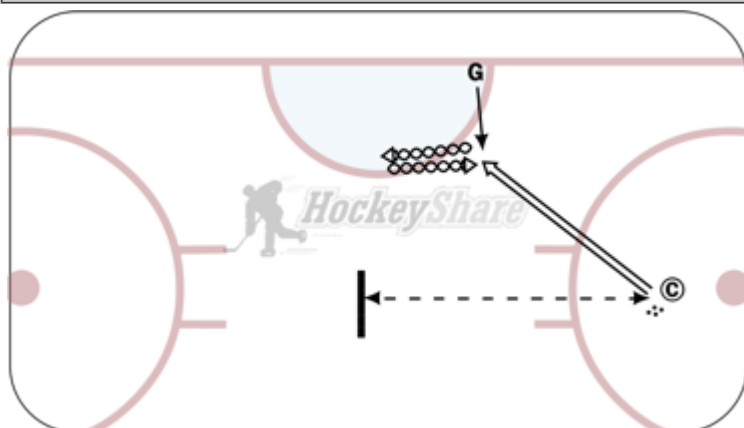
Goalie start on post. T-Push to square to shooter at the top of the circle. Coach shoot low shot to far side, goalie make low save redirect to corner. Coach skate hard to second puck at far side in front of crease for second (rebound) shot. Goalie butterfly push to second shot for save.

### Butterfly to Stance Recovery - U13 - 10 mins



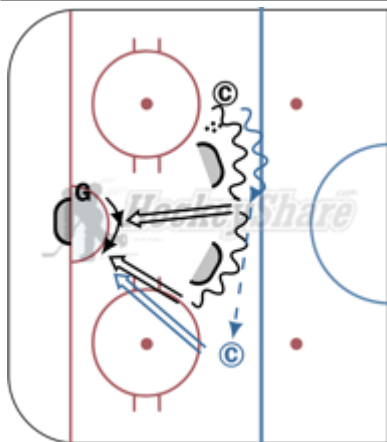
-Goalie starts in butterfly off post. On command of coach (stick slap) goalie recover to stance towards center of net at top of crease and square to coach for shot  
\*Progression\* Goalie start on post, bump out off post and down into butterfly. Recover to stance towards center of net at top of crease, square to coach for shot

### Butterfly Push Recovery - U13 - 10 mins



-Goalie start on post, T-Push to square to coach between face-off dot and inside hash-marks. Coach pass to rebounder between hash-marks, goalie butterfly slide with puck to center of crease. Goalie stop and recover push back towards coach when puck rebounds back to coach for one-timer shot

### Gates Shooting - U13 - 10 mins



-Goalie set up on post, coach with pucks behind nets set up outside of circles. Goalie T-Push to coach behind first net, track coach around nets with micro-shuffles. Coach shoot between nets or outside of nets.  
\*Progression\* Add second shooter for coach to pass cross ice. Goalie to power T-Push to track fast moving pass.

### Iron Cross - U13 - 10 mins



-Goalie start at bottom of the circle, skate fwd to dot, T-Push to hash-mark and back to dot, shuffle step to other hash-mark and back to dot, skate fwd to top of circle, skate bwd to bottom of circle  
\*Progression\* Substitute T-Push and shuffles for butterfly slide and butterfly pushes  
\*Progression\* Substitute fwd and bwd skating for additional butterfly pushes fwd and bwd

### Breakaway Management - U13 - 10 mins



-Reverse Ladder. Butterfly slides backwards at 45 degrees. Start in stance square to puck. Twist 90 degrees backwards and butterfly slide to next puck. Stop and butterfly square to puck. Return to stance, twist 90 degrees backwards to other side, and butterfly slide to next puck down ladder...etc

\*Progression\* Pop up into stance at puck, rather than stay in butterfly

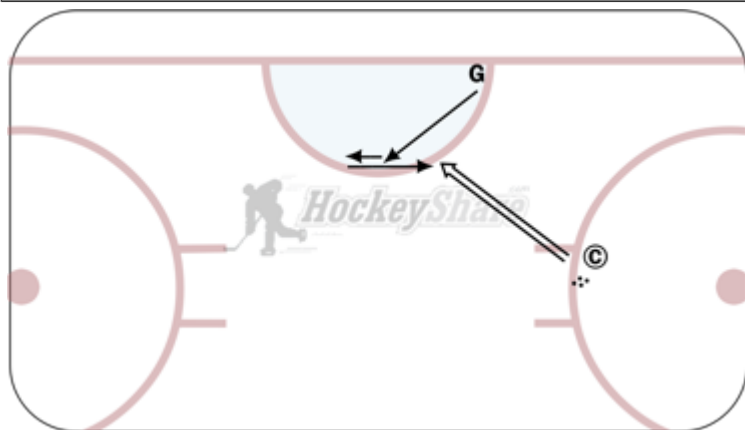
\*Progression\* Start in the butterfly. Twist and butterfly push to sequential pucks

-Mirror movements. Two goalies facing each other, one goalie moves (fwd, bwd, side to side) and the other goalie mirrors movement maintaining gap between goalies

-'Y' Pattern breakaway. Goalie start in center of net, challenge to coach at center between the top of the circles. Stop then track backwards with coach, coach pick one side to go at hash marks, goalie follow with shuffle or butterfly slide

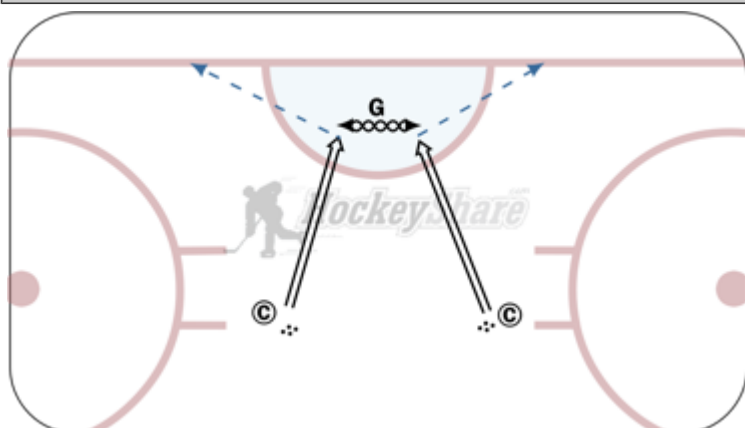
\*Progression\* Increase speed, decrease speed, fake to one direction (encourage goalie to be patient until coach makes move to one side)

### Power Shuffle - U15 - 10 mins



-Goalie set up on post on coach side, coach just inside circle at hash marks. Goalie T-Push to center of net at top of crease, short shuffle away from coach, power shuffle back to square to coach for shot

### Advanced Active Hands - U15/U18 - 10 mins



-Goalie set up in butterfly in center of net with a coach at each hash mark. Goalie butterfly push one way, then recover back. Upon recovery back, coach shoot to glove/blocker that the goalie is recovering towards. Goalie keep pushing back and forth while coach shoots to each side

\*Alternate\* Coach shoots on ice to each side instead of at glove/blocker. Goalie deflect puck to corner with stick