



Cat #1:

Drill 1

Title : Technical Session Drill

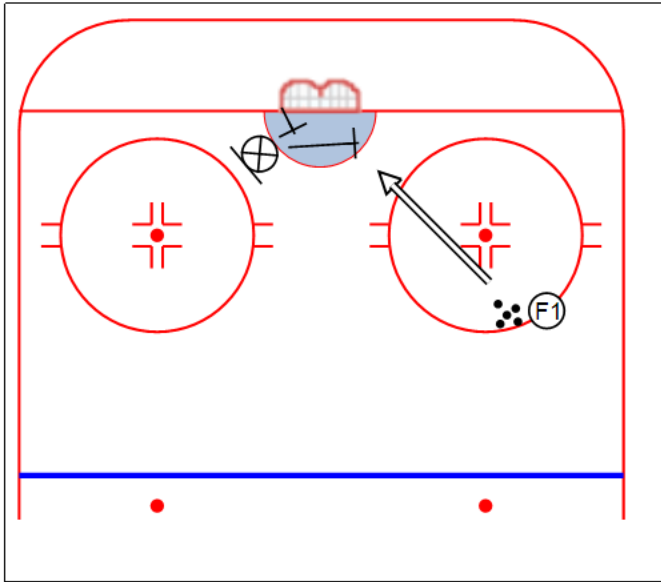
Cat #2:

Skate 2,3

Level : U11&U13

Description (notes)

Goalies will start on opposite post of shooter. First movement will be a t-push from the post to the close-side faceoff dot. Dropping into a butterfly position at the close-side faceoff dot, goalies will recover on their feet with a t-push to the far side faceoff dot for a shot. Goalies will hold their feet until shot is taken.



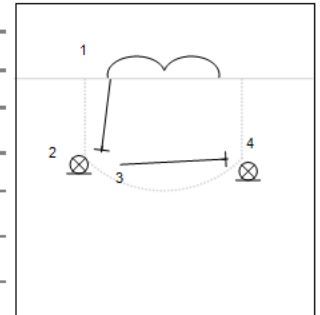
Post Positioning

Butterfly Positioning

Setting Feet For Shot

Tracking Shot

- 1) T-Push From Post To Faceoff Marker
- 2) Simulated Butterfly Save
- 3) Butterfly Recovery With T-Push
- 4) Butterfly/On-Foot Save
- 5) _____
- 6) _____
- 7) _____
- 8) _____



5 times each sides.

10 minutes