



Cat #1:

Drill

Title : Technical Session Drill

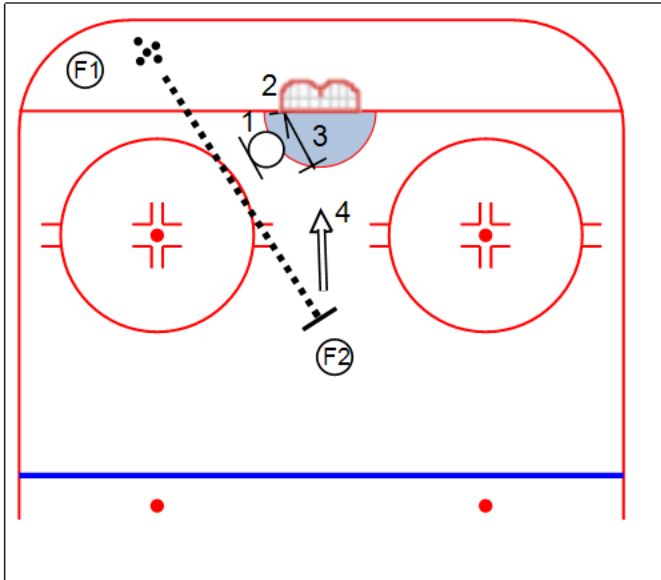
Cat #2:

Skate 2,3

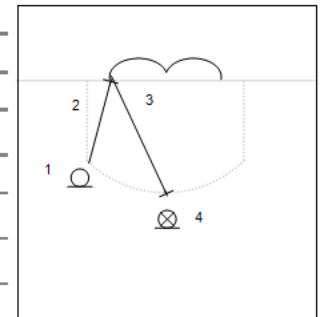
Level : U11

Description (notes)

Goaltenders will start on their feet at the faceoff dot, they will begin the drill by pushing to their post with a t-push or shuffle. F1 will pass to F2 at the middle of ringette line. Goaltenders will push on their feet with a t-push to the top of crease for a shot.



- 1) Begin Drill In Set Stance On Feet
- 2) T-Push/Shuffle From Stance To Post
- 3) T-Push To Top Of Crease
- 4) Butterfly Save Or Save On Feet
- 5) _____
- 6) _____
- 7) _____
- 8) _____



Awareness/Scanning

Post Positioning

Ability To Push

Save Selection

5 times each sides.

10 minutes