



Cat #1:

Skate 1

Title : Technical 1

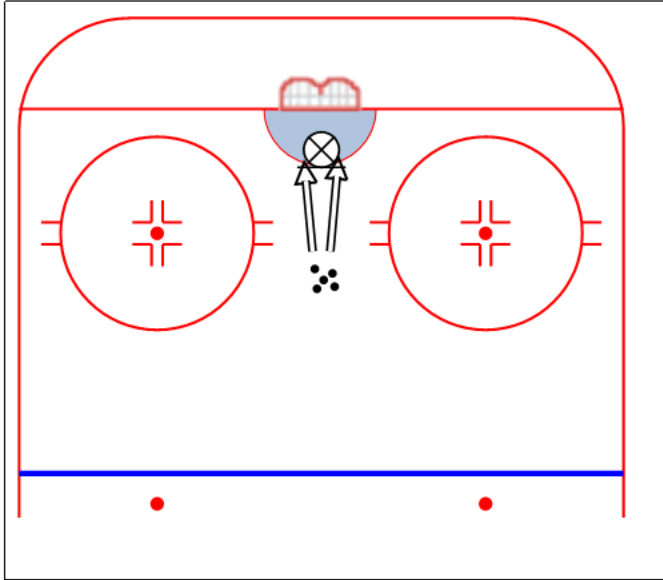
Cat #2:

Drill 1

Level : U11

Description (notes)

Goalies will activate their hands into a straight/tracking shot save, alternating between glove and blocker. Drill will be completed in butterfly and on feet. This is a simple warmup/tracking drill. On-ice demo will be provided.



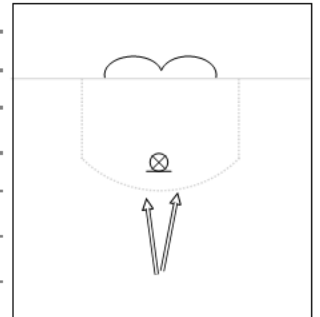
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- 1) Goalies will complete drill in butterfly
- 2) Goalies will complete drill on feet
- 3) \_\_\_\_\_
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_



2 times each sides.

10 minutes