



Cat #1:

Drill 2

Title : Technical Session Drill

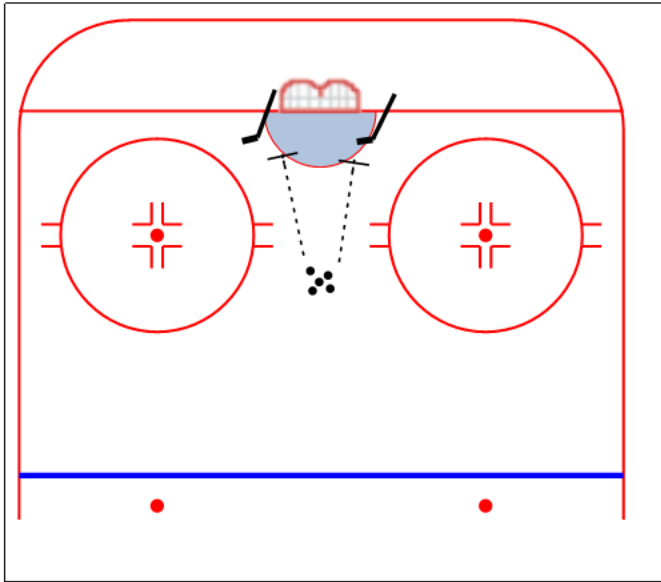
Cat #2:

Skate 2,3

Level : U11&U13

Description (notes)

Goaltender will start at middle of crease in ready stance, shooter will float a pass to the side of the net, goaltender will slide their stick out to receive pass, pivot slightly middle while puckhandling, after pivoting back to original spot goaltenders will make a hard flat pass back to shooter and restart drill. Both sides will be completed. On-ice demo will be provided. U11 WILL BE SLIGHTLY DIFFERENT.



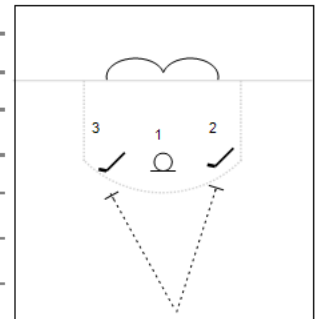
In control of puck

Stopping and receiving pass with confidence

Flat hard pass back to shooter

Head up while passing back

- 1) In stance at top of crease
- 2) Sliding stick out for forehand stop
- 3) Sliding stick out for backhand stop
- 4) \_\_\_\_\_
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_



5 times each sides.

10 minutes