



Cat #1:

Skate 1

Title : Technical 1

Cat #2:

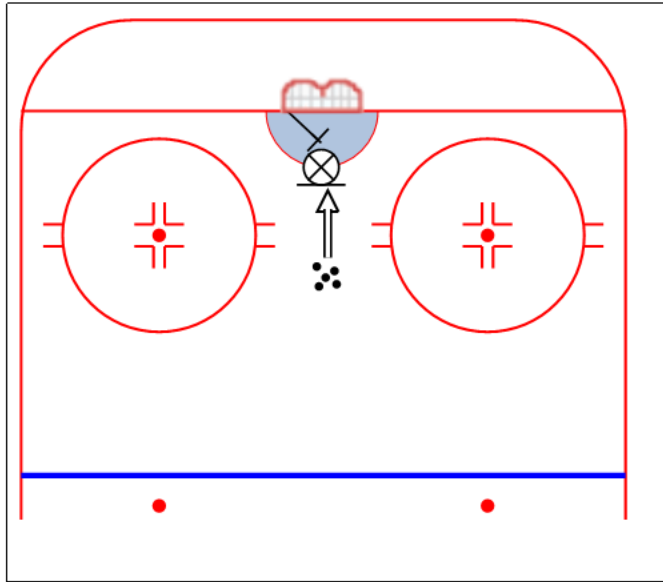
Drill 1

Level : U13

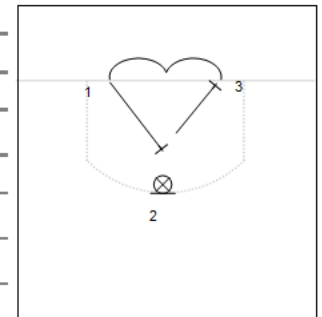
Description (notes)

Starting on the post, first movement will be a t-push to the middle of crease for a shot against the grain into the hands. Goalies will hold their feet until shot is taken and execute a butterfly style glove save. After shot, goalies will recover to opposite post that they started on. Alternating sides each shot.

On-ice demo will be shown.



- 1) Goalie T-pushes to middle of crease
- 2) Goalie makes butterfly glove save
- 3) T-push Recovery on feet to opposite po
- 4) _____
- 5) _____
- 6) _____
- 7) _____
- 8) _____



Patience on feet

Square to shot

Activating hands

Tracking shot all the way

5 times each sides.

10 minutes