



Cat #1:

Skate 1

Title : Technical 2

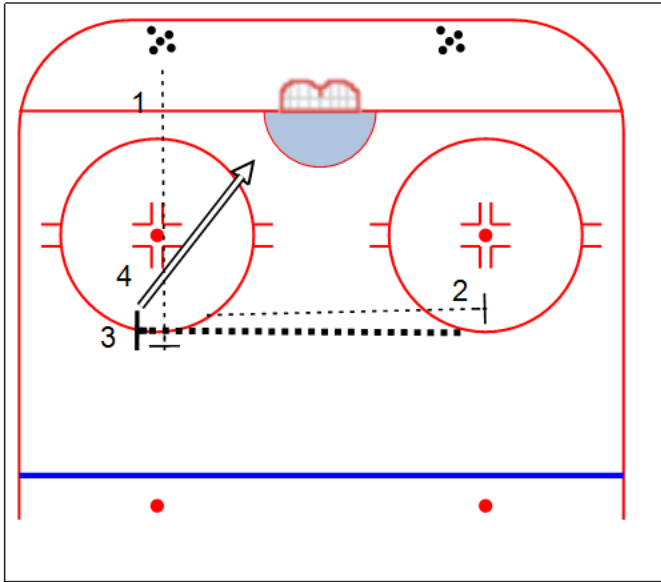
Cat #2:

Drill 2

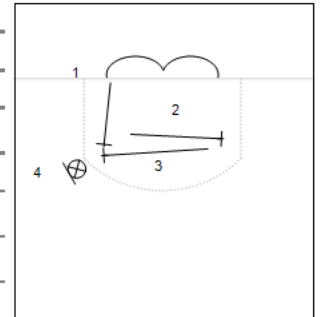
Level : U13

Description (notes)

Box drill. Goaltenders will start on post, t pushing to each pass made by the shooters. F1 & F2 will be passing to each other on the top of the circles. Goaltenders will need to stay on their feet until shot is made from top of circle.



- 1) From post T-push to faceoff dot
- 2) T-push far faceoff dot, while scanning
- 3) T-push back to original faceoff dot
- 4) Completing butterfly save
- 5) _____
- 6) _____
- 7) _____
- 8) _____



Beating the passes

Square to puck

Patience on feet

Setting feet for shot

_____ times each sides.

_____ minutes