



Cat #1:

Drill 4

Title : Technical Session Drill

Cat #2:

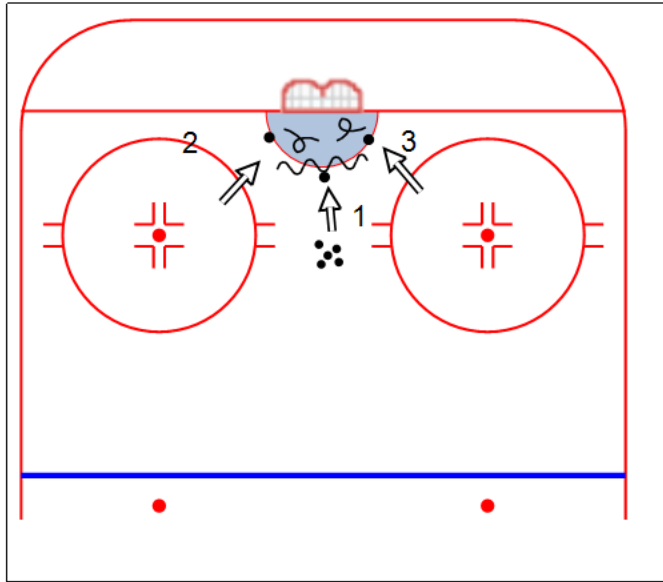
Skate 2,3

Level : U13/U15/U18

Description (notes)

Starting at the top of crease in Stance on Feet, goalies will wait for F1 to shoot first puck. F1 then has the option of picking either side for second shot, followed by the third shot. Pucks will be re-set before each rep.

Goaltenders will use their butterfly slide and lateral slide to complete this drill. This is a battle/reactionary drill.



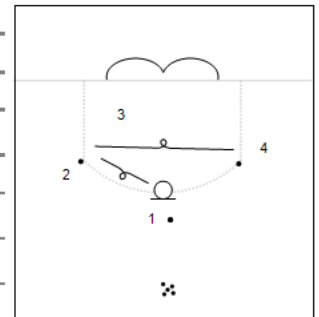
Controlled Slides

Tracking Puck

Edgework/Ability To Push

Angle/Squareness

- 1) Shot From F1
- 2) (Shot) Lateral Butterfly Push
- 3) Lateral Butterfly Push To Far Side Dot
- 4) Shot From F1
- 5) \_\_\_\_\_
- 6) \_\_\_\_\_
- 7) \_\_\_\_\_
- 8) \_\_\_\_\_



4 times each sides.

10 minutes