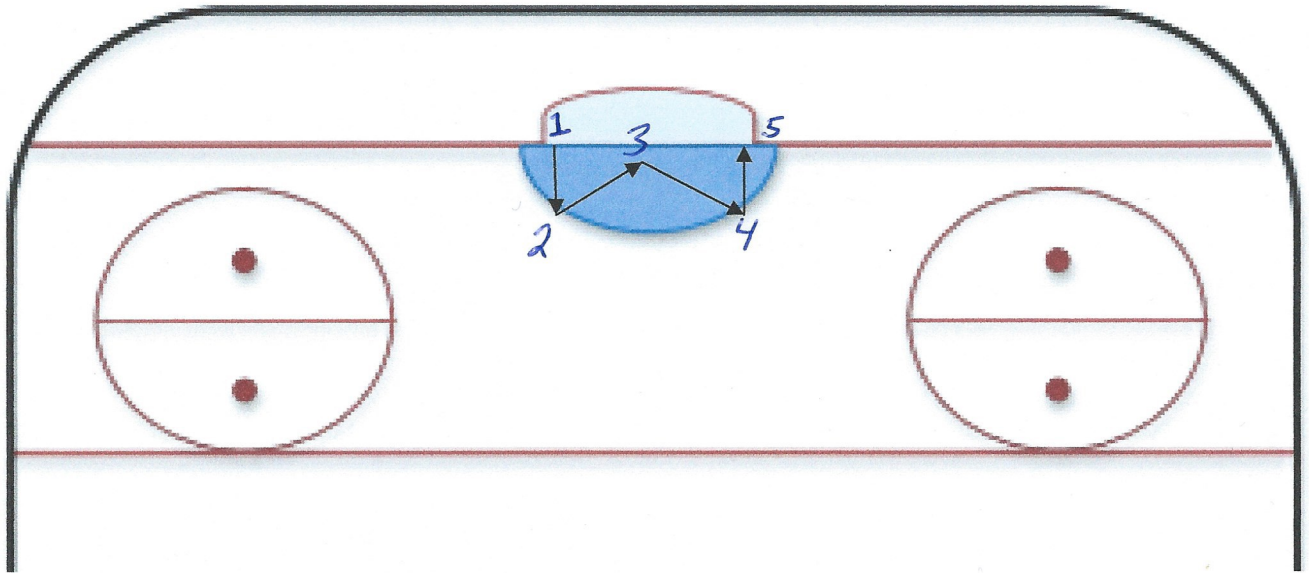
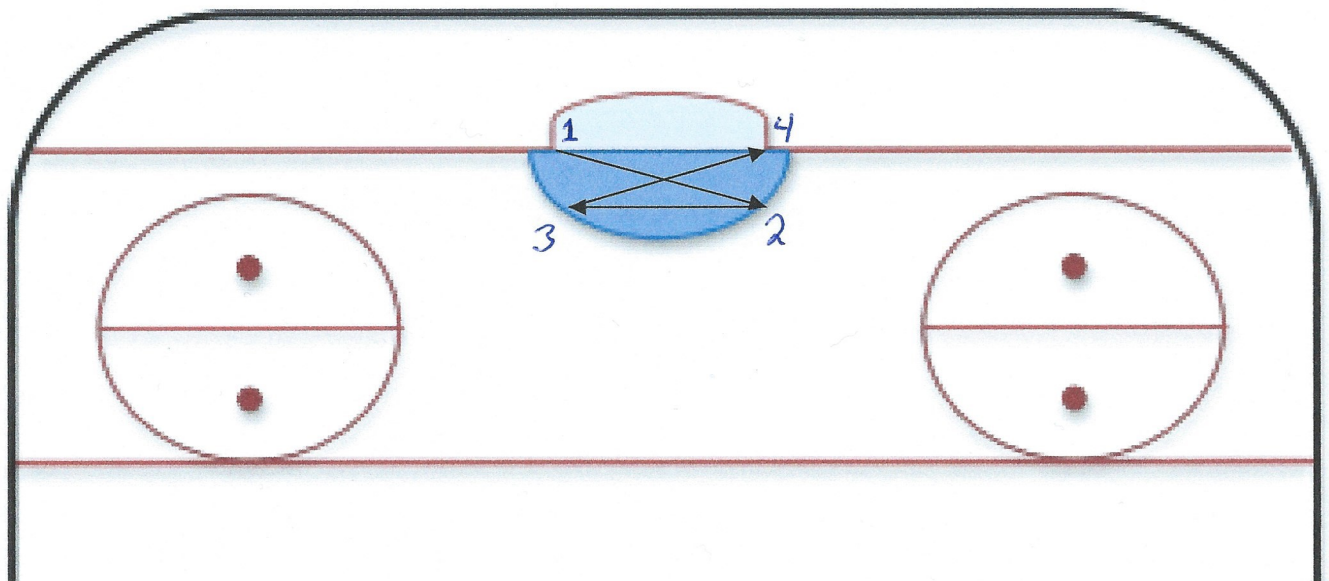


M Drill



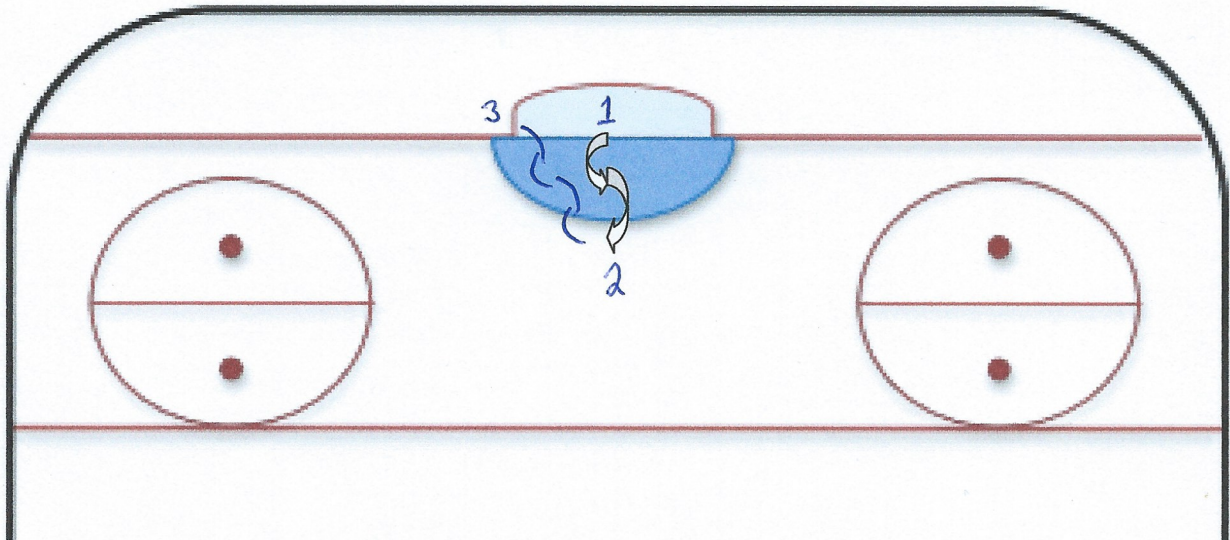
Starting at position 1, T-push to the 4 Positions. Ensure Goalie is in ready position with catcher hand up, stick on the ground, knees bent, and head up.

Hour Glass Drill



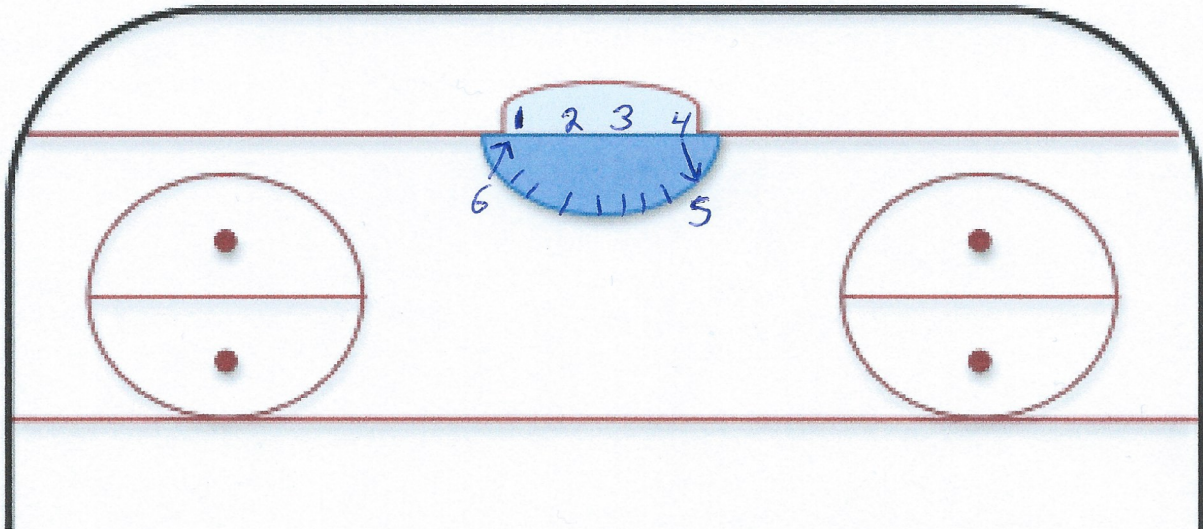
Starting at position 1, T-push to the 4 Positions. Ensure Goalie is in ready position with catcher hand up, stick on the ground, knees bent, and head up. Goalie can visualize weasel pass.

Telescope Drill



Start at Center of net, telescope to outside of crease, retrace back to left post. Repeat both side. Have goalie visualize a break away.

Seven Positions



Start on post, ensure goalie is watching ring. Have player skate in clockwise direction. Goalie should watch goalie ring, once the player crosses the back middle of net, goalie should turn head and continue watching the ring shuffling to far post. Goalie should then telescope out to edge of crease, shuffling with the player until player behind net.