

- Session Objective(s)**
1. Assess G's overall positional game
 2. Refine areas of weakness within this positional realm

5 min

MOVEMENT WARM UP

A. Stepback Pivots

G starts in middle of goal line. G sculls out to face the glove-side dot. Stop, set. G, then, stepback pivots and steps out to face the blocker-side dot. G returns to start position and repeats in opposite direction.

B. Stepback Pivots with Lateral-Slide Comeback

As above except after each stepback pivot, G will execute a lateral slide back across the net to the original side. Recover. Return to start position. Repeat in opposite direction.



KEY EXECUTION POINTS

- Quick
- Precise
- Controlled
- These should now be the attributes of all of G's positional adjustment

10 min

PRIMARY DRILLS

Multi-Position Assessment

- Pucks are positioned at the mid point and in each corner
- 7 pylons are positioned as indicated (5 near point and 1 in each corner)
- X1 starts by randomly selecting a pylon to drive around and release a shot
- X1 will then randomly select a corner
- In the 1st corner, X1 will go around the pylon inside/out and release an angle shot
- Then, X1 will cross the ice and around the final pylon outside/in and release the 3rd, final shot



KEY EXECUTION POINTS

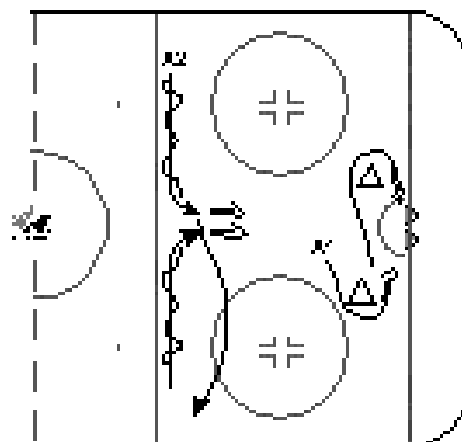
- G should initially be relaxed and make a strong controlled 1st save
- G should track X1's entire movement pattern
- G should be reading releases effectively and making logical positional adjustments
- Depending on the shot location, G may opt for a reaction or a block

5 min

SECONDARY DRILL

Figure-8 with Point Releases

- Pucks are positioned outside 2 indicated pylons and at the points
- X1 starts in the slot and quickly hustles around 1st pylon and releases an outside shot
- X1 then hustles back through the slot and around the 2nd pylon and releases a 2nd outside shot
- On C's "Go", X2 will drag a puck across the point and release a low shot with X1 creating traffic
- X2 will then hustle to the other point, pick up a 2nd puck, drag it to the middle and release another low shot (X1 should vacate the front of the net and allow G to handle the shot without complication)



KEY EXECUTION POINTS

- As above
- G should be seeking strong position on the first 2 shots so that blocking is appropriate and effective
- G should be seeking strong position on the point shots so that the longer, reaction saves are made with control and strong rebound-control attributes

5 min

POST-PRACTICE DISCUSSION

1. Review G's overall progress
2. Congratulate G on completing the entire Skills Goaltending Module