



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

MIDDLE OUT CHEST SAVES

Drill Description:

1. X1 stands with pucks 2 feet above the hash marks in the middle of the slot.
2. Goaltender is positioned on the post.
3. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
4. X1 shoots at the goaltender's chest once he/she sets his/her feet.
5. Goaltender smothers puck with chest and fully recovers back to opposite post to begin sequence again.

Repeat the drill 4 times from each post for a total of 8 reps.

Key Teaching Points:

1. Off post the lead leg should be placed towards the middle of the net. This places the goaltender on angle to potential shots.
2. Chest shots - the goaltender should absorb puck with chest and use glove to cradle puck in.

