



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

3 PUCK MOVEMENT SEQUENCE (T- PUSH)

Drill Description:

Puck placement:

1. Puck 1 is the post (Drill begins from Puck 1).
2. Puck 2 is the near side corner of the top of the crease.
3. Puck 3 is the far side corner of the top of the crease.

Goalie Movement

1. T- push or C – cut out to Puck 2 and set feet.
2. T- push across to Puck 3 and set feet.
3. T- push back to Puck 1 and set feet.

Repeat sequence 3 times.

Key Teaching Points:

1. T- push: Turn head, rotate hips and lead with stick and gloves.
2. T- push: – Lift drive leg slightly off the ice after initial push.
3. Set feet in position and square up to the potential shot angle.

