



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### Triggered Movements ½ B-fly & Stick Saves

#### Drill Description:

1. X1 stands in the middle of the slot 2 feet above the hash marks.
2. Goaltender stands on the right corner angle of the top of the crease.
3. X1 commands (uses word "Push") the goaltender to move to the middle of the top of the crease.
4. Goaltender small T – pushes to middle angle of the top of the crease and sets feet.
5. X1 shoots low to the goaltender's left side.
6. Goaltender extends leg into ½ butterfly position to make save and recovers to location of rebound.

Repeat above from opposite side shooting to the goaltender's right side.

Repeat 4 times for each side for a total of 8 reps.

#### Key Teaching Points:

1. Set feet at top of crease, extend leg flush on the ice to make save, and control rebound. Stick should direct pucks along the ice.

*Full Recovery:* When moving to the right, get up with left leg. When moving to the left, get up with right leg.

2. After extending leg to make save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates goalie on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the drive leg.

