



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

BARRASSO DRILL

Drill Description:

PART ONE:

The shooter begins with ten pucks in the slot between the hash marks. The goaltender is in the butterfly position in the middle of the crease simulating a point shot coming at the five hole. A second goaltender is standing five feet above the crease with legs stretched wide providing a screen for the goaltender.

1. S begins by shooting the puck through the screen towards either post.

Note: The goaltender is forced to track the puck late and flare leg out to make the save. This simulates a deflection from a point shot.

PART TWO:

Two rebounding players (R) are added to each side of the net.

1. S begins by shooting the puck through the screen towards either post.
2. The goaltender makes the initial leg flare save and then must quickly recover to play the rebound.

Key Teaching Points:

1. Tracking the puck in a late deflection situation.
2. Muscle memory work on a quick leg flare once the goaltender is already committed to a butterfly save.
3. It is important to extend the leg but goaltender must also move the body towards the shot in order to be in a good rebound position.
4. The goaltender must read position of rebound and quickly determine which recovery technique to use (full recovery or on ice recovery).

