



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

GLOVE AND TRACKING DRILL 1

Drill Description:

1. Shooters S1 and S2 are placed inside at the top of the circles in line with the hash marks.
2. Passers P1 and P2 are below the goal line with pucks.
3. The goaltender begins the drill on the post near P1.
4. P1 passes the puck to either S1 or S2.

The shooter catches and shoots the puck to score, with the majority of the shots high to test the goaltender's hands.

It is important for the goaltender to explode off the post, moving center out and then setting feet for shot.

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

Key Teaching Points:

1. The goaltender should move middle out while moving to the top of the crease in order to get 'on angle' quickly.
2. The goaltender must gap out as far as possible to the top of the crease. However, the goaltender must set feet before the shot is taken.
3. The goaltender must do a great job tracking the puck off the stick and reacting.

