



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

THREE CONE ANGLE SHOOTING

Drill Description:

Players are lined up on the wall above each circle and in the middle of the blue line

1. On the whistle X1 carries the puck beyond the cone that is directly in front of X1 and shoots from the slot. X1 follows the shot to the net.
2. The goaltender plays the first shot and once finished returns to the middle of the net and sets feet.
3. Once the goaltender has reset on X2, X2 drives wide of either cone for angle shot with X1 staying in the slot for a potential rebound.

Repeat the drill with X3 starting from the opposite side.

Key Teaching Points:

1. The goaltender needs to maintain depth while moving.
2. Movements must be short and compact.
3. Goaltender must stay square to the shooter.
4. Control rebounds.
5. Follow and finish all shots and rebounds.

