



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

TRIGGERED CROSS BODY GLOVE 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 high to the goaltender's left side.
6. Goaltender tracks puck to make save and follows rebound.

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

Repeat 3 times each side for total of 6 reps.

Key Teaching Points:

1. Small T - push: Pivot lead leg foot towards middle then quickly rotate onto angle in middle.
2. The goaltender must do a great job tracking the puck off the stick.
3. The goaltender should direct shots off blocker into the corner and catch shots at glove.

