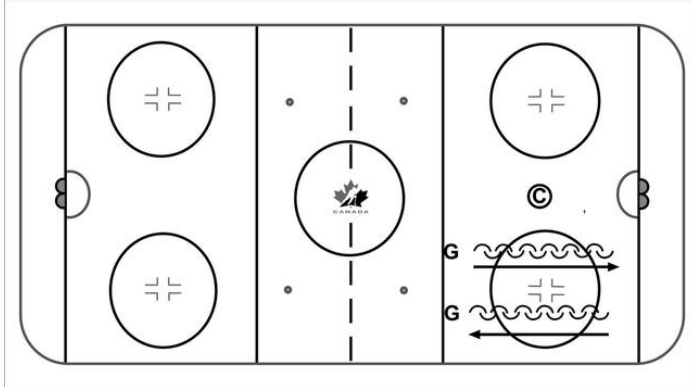




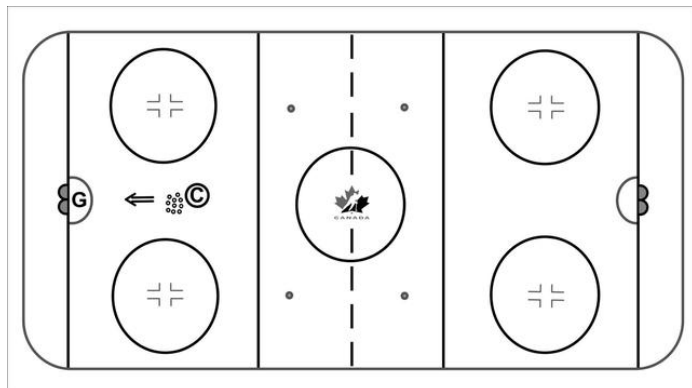
Goaltending Practice Plan #2

**all drills can be found on the Hockey Canada Network under Skills Development → Goaltending

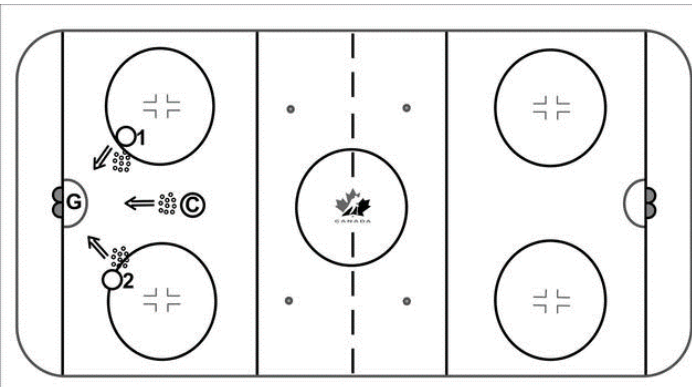
Drill Name & Description	
Movement Warm-up	[15]
<ul style="list-style-type: none"> • Skating: 3 Forward and 2 Back C-Cuts • Skating: 5 Puck Cross C-Cuts • Skating: Inside Edge Hold • Skating: Partner Circle C-Cuts • Skating: Half Circle C-cuts Along the Line <p>Repeat each progression minimum of 4 times each</p>	



Drill Name & Description	
Warm-up Shots : Hands & Stick	[10]
<ul style="list-style-type: none"> • Hands : Simulation Hands • Hands: Rebound Control <p>8-10 shots for each side and variation</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • Clear Shot Drills : 3 Area Chest Saves <p>8-10 repetitions</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • Net Drive Drills : 2 on 0 Net Drive <p>8-10 shots for each side</p>	

