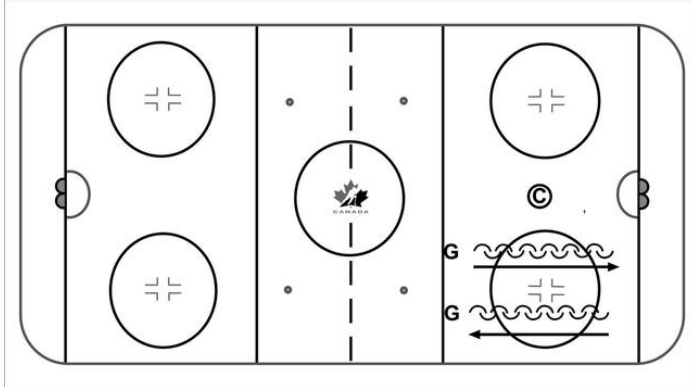




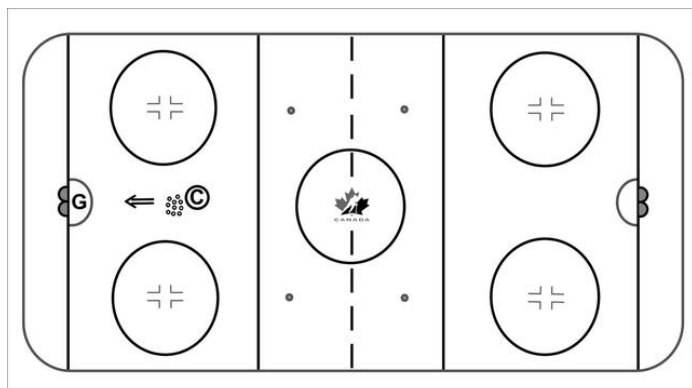
Goaltending Practice Plan #3

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

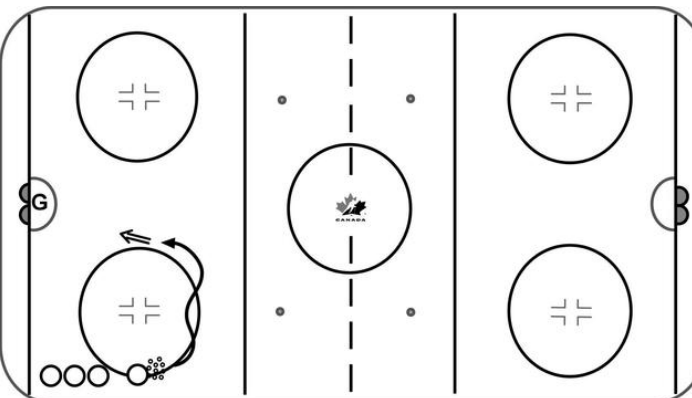
Drill Name & Description	
Movement Warm-up	[15]
<ul style="list-style-type: none"> • Skating: Long C-Cuts with Stop • Skating: Figure 8 Heel to Heel • Skating: Basic Shuffles • Skating: Shuffle and Half Circle C-Cut on the Line • Skating: Pivot and Long Shuffle Along the Line <p>Repeat each progression minimum of 4 times each</p>	



Drill Name & Description	
Warm-up Shots : Hands & Stick	[10]
<ul style="list-style-type: none"> • Hands : Glove Shots Standing, Down and in Butterfly • Hands: Blocker Shots Standing, Down and in Butterfly <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 : Track Shooter for Clear Shot <p>8-10 shots for each side</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • Clear Shot Drills : Tracking the Puck <p>8-10 shots for each side</p>	

