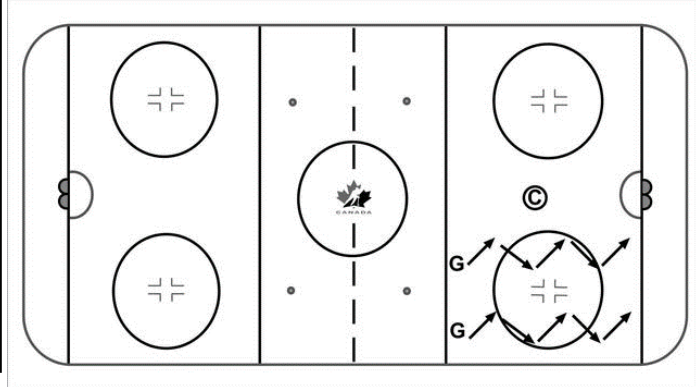




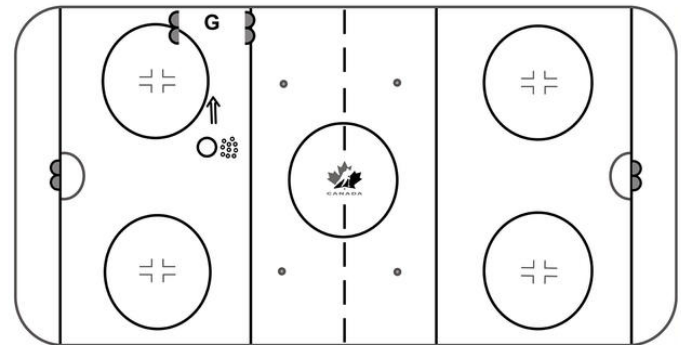
Goaltending Practice Plan #5

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

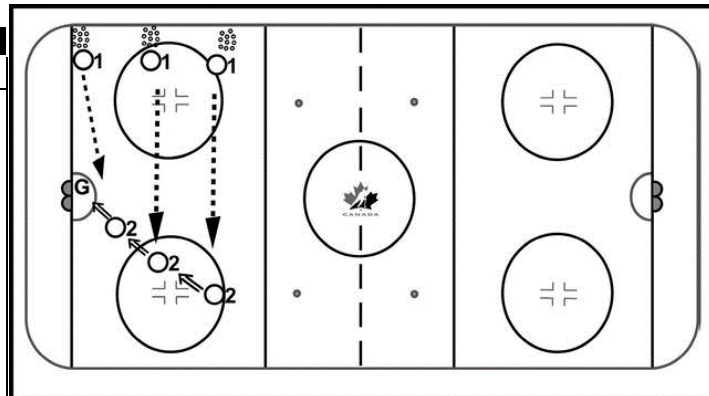
Drill Name & Description	
Movement Warm-up	[15]
<ul style="list-style-type: none"> • Skating - Forward T-push and Shuffle Along the Line • Skating: T-Pushes Forward and Backward • Skating: Pivot - T-push • Skating: T-push - Drop to a Butterfly • Skating: Circle Agility <p>Repeat each progression minimum of 4 times each</p>	



Drill Name & Description	
Warm-up Shots : Hands & Stick	[10]
<ul style="list-style-type: none"> • Hands: Stick Deflection into Nets • Hands: Butterfly Stick Save & Pivot <p>8-10 shots for each side and variation</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • East-West Drills : 3 Depths <p>5-6 repetitions for each side</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • Low to High Drills : Low to High off Post <p>8-10 shots for each side</p>	

