

# U11 MWF GOALIE EVALUATION



Saturday, September 19, 2026

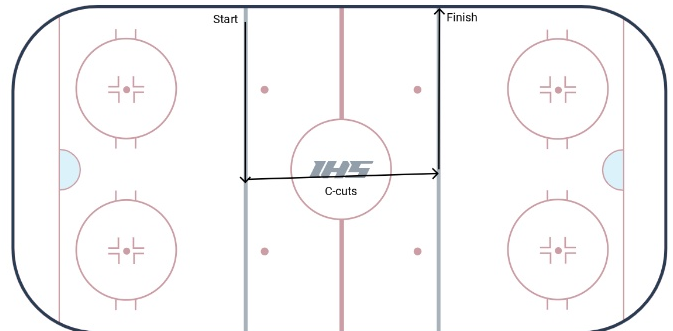
## Skate

### Details:

The goalie will preform a sequence to the middle of the ice and then skate to the next blue line to preform the same sequence in the other direction

### Patterns:

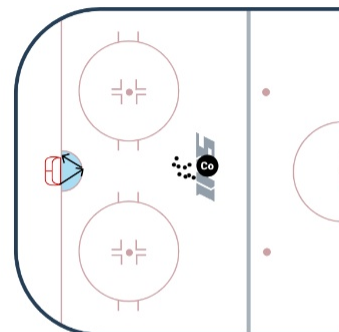
1. Side shuffle- staying standing
2. T-push and set, stopping after each push: finish in stance with gloves in proper position
3. Backside edge: strong hand positions and leading wit the eyes
4. Sliding butterfly to upright stance in set position



## Stick Saves, Hands And T-Push

### Details:

1. Goalie starts set on post as though puck is in the corner.
2. Head check and T-push to the middle.
3. Shot low to stick side in direction goalie is moving to.
4. T-recovery to opposite post.
5. Head check and T-Push to the middle
6. Shot high to direction the goalie is moving to.

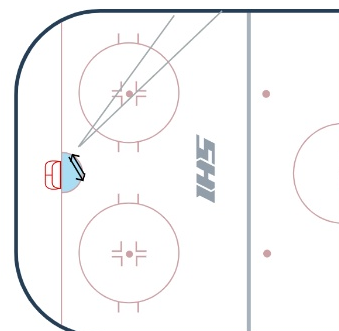


- 4 total shots
- 2 reps per goalie for 8 total shots.

## Slides

### Details:

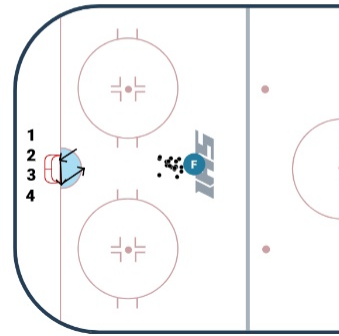
1. Goalie start in middle of net, top crease the T-pushes to dot angle.
  2. Butterfly slide back to middle of net for shot to glove against the grain.
- Repeat from opposite side and shot to opposite glove.
  - Do 2 reps of this per goalie for gloves.
  - One more rep from each side with a shot to the body for a gut trap.



## U11 Windows

### Details:

- Goalie starts on dot angle at top crease then T-pushes to the post.
- Track as though a player is behind the net, using a basic 4-windows approach, moving post to post.
- T-push from post to centre of the net for a shot

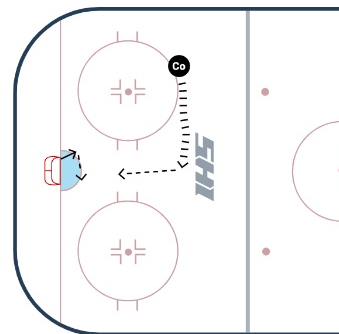


## Follow The Play- Net Drive

### Details:

-Goalie starts on post t-push out to 45 to shooter

- Shooters will move laterally - Goalie has to shuffle to stay on angle, maintain proper depth and square to the shooter
- The shooter will shoot and follow up the play with a net drive for rebounds



## Y Theory - Breakaways (If Time)

### Details:

Shootout style breakaways if time allows

