



Skate

Details:

- Goalies Skate using forward C-cuts to the blueline
- The goalie will perform a sequence to the middle of the ice and then skate to the next blue line to perform the same sequence in the other direction
- C-cuts into the end position
- Next Goalie starts when the goalie reaches the 1st blueline

Sequences:

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 with the eyes
4. Sliding butterfly to upright stance in set position



Length of Time: 10

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.

Length of Time: 10

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.

Length of Time: 10

Windows & Backside Edge

Details:

1. Goalie starts on dot angle at top crease then T-pushes to the post.
2. Track as though a player is behind the net, using a basic 4-windows approach, moving post to post.
3. T-push from post to dot angle again.
4. Butterfly.
5. Backside edge to middle for a randomly-placed shot.
6. Battle for rebound.



Length of Time: 10

Post Play - Reading The Play

Details:

1. Goalie starts on dot angle at top crease then slides into the post.
2. Track as though a player is behind the net, with a bump post to post
3. Assess shooters depth to either bump out on knees or on feet for a shot
4. Battle for rebound.



Length of Time: 10