

Cat #1

Reading the Player

Title : 2-Puck (shot 5-hole)

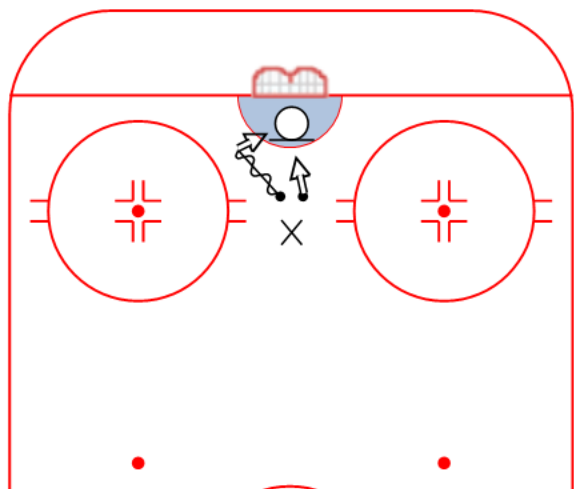


Cat #2

Shooting

Division :

Date :



Drill description

Place 2 pucks in front of the goalie. First shot must be 5-hole & deke on the second puck. The goalie must choose depth to close their 5-hole & have the ability to recover up for the deke. This drill focuses on 5-hole timing & reading the player. Rebounds can be played live on the second puck & game can be played from 3 different angles.

Key points

Reading the Player

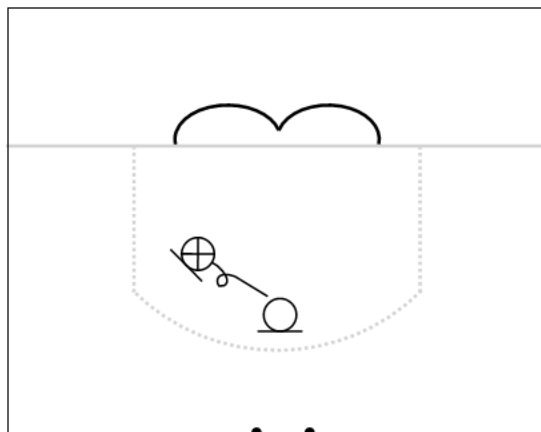
5-Hole Timing

Balance & Recovery

Depth Control

Goalie movements

- 1- Goalie gets set
- 2- Down for 5-hole shot & then read the deke
- 3-
- 4-
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-



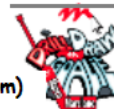
_____ times each sides

_____ minutes

Notes

Symbol legend :

	Basic position		Butterfly		Half-butterfly
	Post positioning		V-H		Jump
	Pick slide		Slide		180 rotation
	"T" push		Shuffle		Cross over
	Butterfly slide		2 pad stack		Half-butterfly slide
					360 rotation
					Roll
					"C" cut



Cat #1

Zone Entry

Title : 2-0 Game

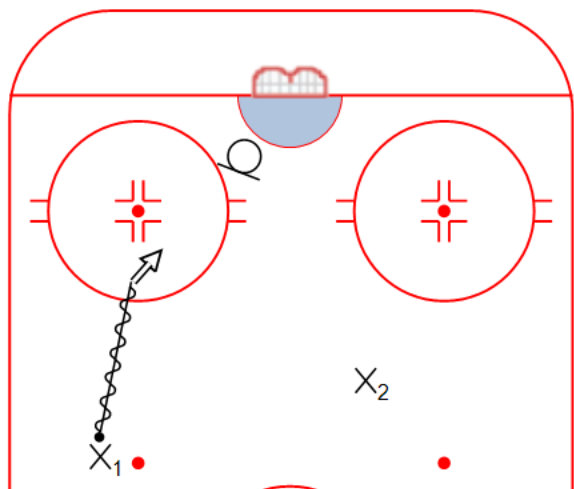


Cat #2

Shooting

Division :

Date :



Drill description

Player 1 skates into the zone & can shoot at anytime from outside the dots. Player 2 drives hard to the net for any rebound. Rebounds played live until there is a goal, puck is covered or puck leaves the zone. One pass allowed everytime the goalie touches the puck. Goalie starts outside the crease & backs in with the play. Must make the save at a depth where they could get to any potential rebound. Tracking the puck & threats is key.

Key points

Reading the Play

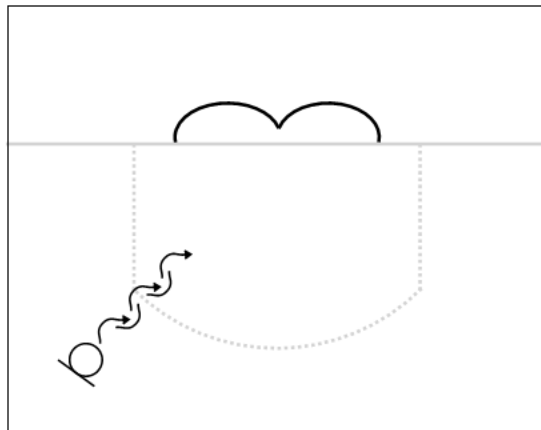
Zone Entry

Depth

Rebound Control

Goalie movements

- 1- Goalie starts outside the crease & backs in with the play
- 2- Make the save at depth to get to any potential rebounds
- 3- Track the puck & threats
- 4- Control the puck
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-



___ times each sides

___ minutes

Notes

Blank area for notes.

Symbol legend :

	Basic position		Butterfly		Half-butterfly
	Post positioning		V-H		Jump
	Pick slide		Slide		180 rotation
	"T" push		Shuffle		360 rotation
	Butterfly slide		2 pad stack		Cross over
			Half-butterfly slide		Roll
					"C" cut



Cat #1

Breakaways

Title : Breakaways

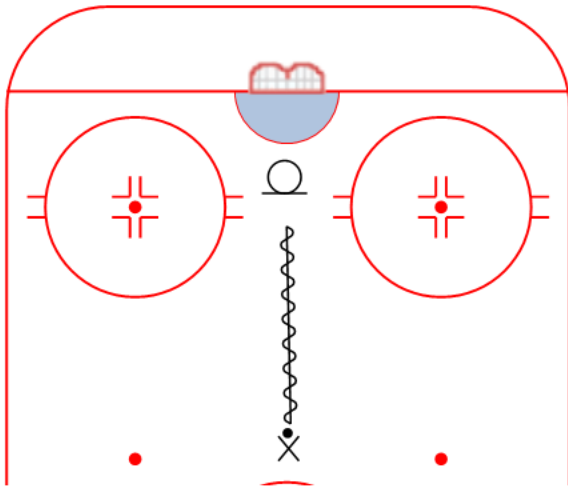


Cat #2

Shooting

Division :

Date :



Drill description

Player skates in on a breakaway when the goalie is ready. Goalie comes outside the crease & matches the player's speed coming in. Goalie should start relaxed & not back in too early. Reading the player & squaring up to shot or deke is key.

Key points

Reading the Player

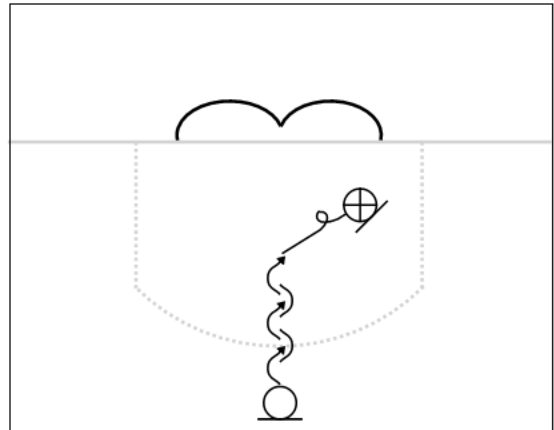
Depth Control

Momentum Awareness

Squaring Up

Goalie movements

- 1- Goalie starts relaxed outside the crease
2- Line up to puck as player comes in
3- Match player's speed coming back
4- Read the player & square up to shot or deke
5-
6-
7-
8-
9-
10-



times each sides minutes

Notes

Blank area for notes.

Symbol legend :

Table with 3 columns of symbols and their corresponding descriptions: Basic position, Butterfly, Half-butterfly, Post positioning, V-H, Jump, Pick slide, Slide, 180 rotation, Dive, "T" push, Shuffe, 360 rotation, Butterfly slide, 2 pad stack, Cross over, Half-butterfly slide, Roll, "C" cut.



Cat #1

Puck Handling

Title : Drill #25

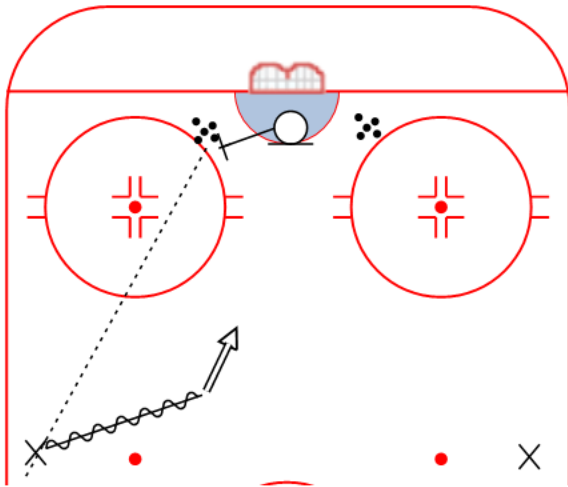


Cat #2

Shooting

Division :

Date :



Drill description

Place pucks at the edge of each circle. Players on the boards at the blue line on each side. The goalie skates to the pile of pucks & passes to the player on the blue line. Goalie gets back in position to make the save. Goalie then skates to pile on the opposite and passes up to the blue line for another shot. Goalie can use the same puck when the rebound is controlled but still must bring the puck to the side before passing again. Use forehand & backhand.

Key points

Puck Handling

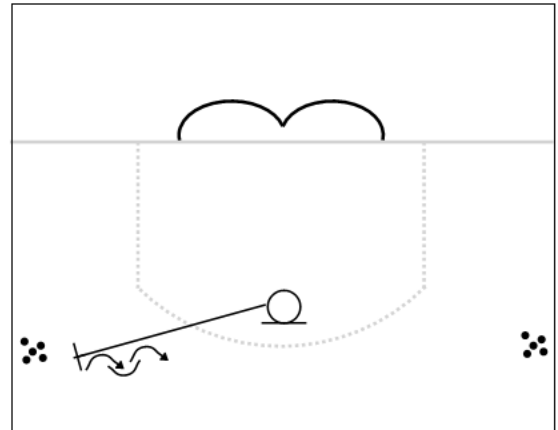
Net Awareness

Agility

Rebound Control

Goalie movements

- 1- Goalie starts at the top of the crease
- 2- Race to the pile of pucks & make a pass up to the blue line
- 3- Get back in position for the shot
- 4- Use the same puck or pass a new puck from the opposite side
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-



___ times each sides ___ minutes

Notes

Symbol legend :

	Basic position		Butterfly		Half-butterfly
	Post positioning		V-H		Jump
	Pick slide		Slide		180 rotation
	"T" push		Shuffle		360 rotation
	Butterfly slide		2 pad stack		Cross over
			Half-butterfly slide		Roll
					"C" cut



Cat #1

Fear Factor

Title : Fear Factor Butterfly

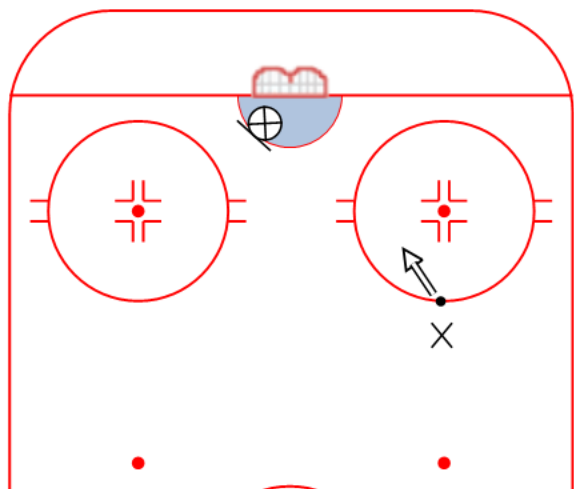


Cat #2

Shooting

Division :

Date :



Drill description

Goalie starts in butterfly facing the faceoff dot. Puck is placed top of the circles on the opposite side of the goalie. Player stands behind puck with stick on the ice, ready to take a slap shot. Goalie looks to see where the puck is & then puts head down to build up focus & intensity. Goalie looks across to the puck when ready & waits for the player to move. Player takes a slap shot when eye contact is made with the goalie. Goalie must rotate & explode across to make the save. Make sure the goalie is maintaining eye contact with the puck & rotating to take the shortest path to the save. Drill can be made harder by moving goalie out or player in & easier by moving the goalie in or player out.

Key points

Explosive Power

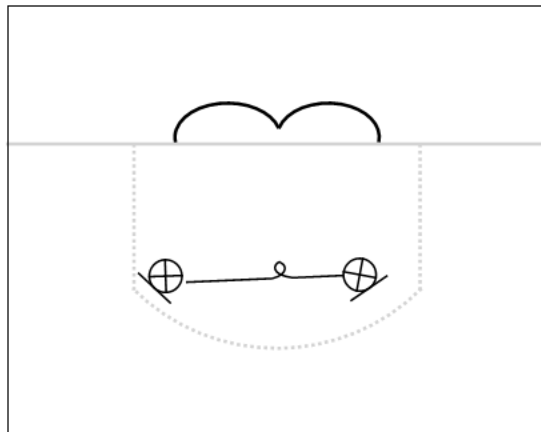
Tracking the Puck

Focus

Rotation

Goalie movements

- 1- Start in butterfly facing the face off dot
- 2- Gain focus & look across when ready
- 3- Explode over & track the puck when the player begins to move
- 4-
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-



_____ times each sides _____ minutes

Notes

Symbol legend :

	Basic position		Butterfly		Half-butterfly
	Post positioning		V-H		Jump
	Pick slide		Slide		180 rotation
	"T" push		Shuffle		360 rotation
	Butterfly slide		2 pad stack		Cross over
			Half-butterfly slide		Roll
					"C" cut



Cat #1

Reading the Play

Title : Freddy

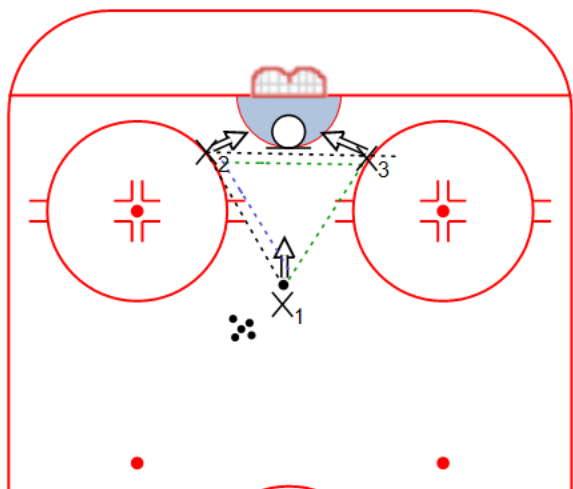


Cat #2

Shooting

Division :

Date :



Drill description

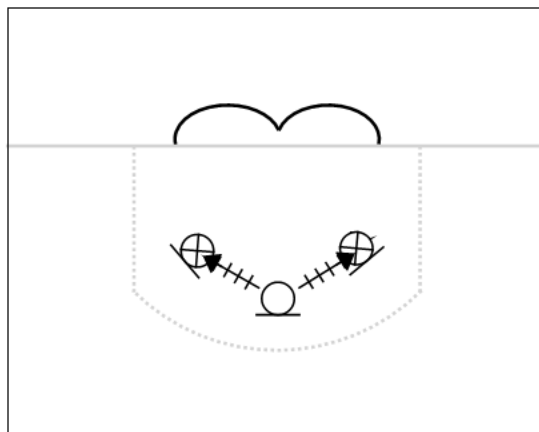
Player 1 starts with a puck in the high slot. They can shoot or pass to player 2 or 3 for a one-timer. Player 2 & 3 must have one skate in & one skate outside the circle. Start with the goalie knowing the direction & just 1 pass. Can increase to having player 1 shoot or pass any direction & then player 2/3 can one-time or pass across to player 3 or back high to player 1. Goalie must start at a depth where they can take the shot & get to the threats. Goalie must also read the play, player's body language & track the puck. Can also put players in motion to increase difficulty of the drill.

Key points

- Reading the Play
- Reading the Player
- Depth Control
- Rotation

Goalie movements

- 1-
- 2-
- 3-
- 4-
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-



___ times each sides ___ minutes

Notes

Symbol legend :

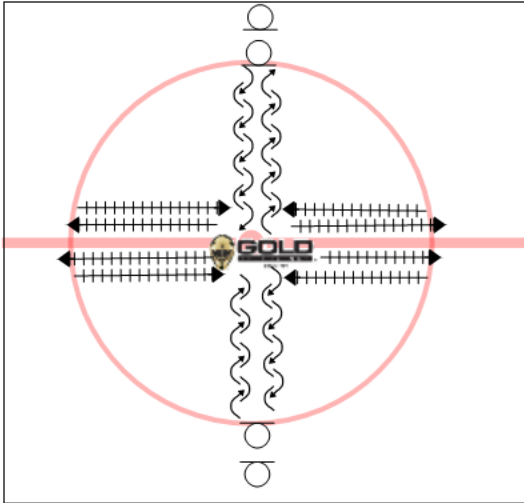
	Basic position		Butterfly
	V-H		Half-butterfly
	Slide		Dive
	Shuffle		Roll
	2 pad stack		"C" cut



Title : Iron Cross

Cat #1

Cat #2



Description (notes) :

Goalie starts at bottom or top of the circle. C-Cut skate forwards to the faceoff dot, stop & do a goalie movement towards the boards & back to the dot. C-Cut backwards to edge of circle, C-Cut forward to faceoff dot & repeat the other direction.

Movements can include: Shuffle, T-Push, Butterfly Slides, Butterfly Crawls, etc.

Can also have goalies to forward motion tracks from edge of circle to dot.

_____ times each sides.

_____ minutes