



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

FLINT FOUR SHOT

Drill Description:

This drill sequence provides the goaltender with four different game situations. Shots alternate from in tight to outside. There is a line of players in each corner and on each side of the blue line along the boards.

1. S1 attacks along the goal line and attempts to score.
2. After the shot S1 screens the goaltender for a point shot by S2.
3. After the point shot, S2 sprints to the front of the net and covers S1.
4. S3 then attacks from below the goal line by skating behind the net. S3 has three options:
 - A. Pass out to S1 for a shot.
 - B. Walk out for shot.
 - C. Wrap around.
5. After the play by S3, S4 takes a shot from the point. On this shot S1 and S3 screen and attempt to tip shot while S2 helps defend.

Note: Players should alternate lines throughout the drill.

Key Teaching Points:

1. On the walk out if the puck enters the load zone the goaltender should use the post load technique.
2. On point shot from S2 the goaltender sets feet on top of the crease closing the gap between the goaltender and the screen. This will put the goaltender in position to look around the screen to find the puck while staying big.
3. The goaltender reads the play while staying aware of all of S3's options.
4. On point shot from S4 the goaltender sets feet on angle at the top of the crease, keeps chest up to stay big while tracking puck through multiple screens. The goalie must remain aware of any back door option.

