



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

TRIPLE OPTION LOAD DRILL

Drill Description:

1. S1 begins with the puck below the bottom of the face-off circle on the board side of the face-off dot.
2. S2 and S3 are placed as indicated in the slot as passing options.
3. The goaltender begins on the post near S1.
4. S1 starts by skating the puck into the post load zone and then has three options:
 - Shoot the puck to score or to create a rebound.
 - Take the puck to the net on a jam play.
 - Pass to S2 or S3 for back door play.

Note: The shooters should play out the rebounds on all three situations.

The goaltender moves into the post load position as the puck moves into the post load zone and reacts according to the situation presented.

After the rebound is played out and the repetition is completed the goalie sets on the post near S4 for the next rep.

Repeat the drill 3X each way for a total of 6 reps.

Post Load Zone: Puck is below the bottom of the face-off circle on the net side of the face-off dot.

Key Teaching Points:

1. As the puck enters the post load zone, the goalie gets into the post load position with no holes.
2. The post leg pad runs parallel to the post with the inside of the outside leg flush on the ice.
3. The outside knee needs to be tight with the inside ankle – this will keep the body upright and eliminate holes between the legs.
4. Stick and glove are in stance position.

