



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### 3 PUCK MOVEMENT SEQUENCE (BUTTERFLY SLIDE)

Drill Description:

Puck placement:

1. Puck 1 is the post (Drill begins from Puck 1).
2. Puck 2 is the near side corner of the top of the crease.
3. Puck 3 is the far side corner of the top of the crease.

Goalie Movement:

1. T- push or C – cut out to Puck 2 and set feet.
2. T- push across to Puck 3 and set feet.
3. Butterfly slide back to just outside of Puck 1, fully recover and set feet.

Repeat sequence 3 times.

#### Key Teaching Points:

1. T- push: Turn head, rotate hips and lead with stick and gloves.
2. Set feet in position and square up to the potential shot angle.
3. Butterfly slide – The goaltender should rotate hips, lead with stick and gloves and push hard with the inside edge of the drive leg.
4. Butterfly slide - Drive leg and lead leg must come together flush on the ice.
5. Butterfly slide - Goaltender should catch skate edge just outside of Puck

