



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### MIDDLE OUT STICK WORK

#### Drill Description:

1. X1 stands with pucks 2 feet above the hash marks in the middle of the slot.
2. Goaltender is positioned on the post.
3. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
4. X1 shoots on the ice at the goaltender's five hole.
5. Goaltender directs puck into corner and recovers to rebound.

Repeat the drill 4 times from each post for a total of 8 reps.

#### Key Teaching Points:

1. Off post the lead leg should be placed towards the middle of the net. This places the goaltender on angle to potential shots.
2. Stick saves – there should not be a lot of movement with the goaltenders arm. The goaltender needs to slightly turn wrist to direct puck into desired location.

