



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

STICK & PAD CONTROL WITH PROPER RECOVERY

Drill Description:

X1 comes off the wall and shoots low for the far side when he is between the cones.

X2 attacks to either side once the goaltender gets to the middle and sets feet. X2 shoots low to the same side that X1 shot too.

X3 attacks cones when goaltender is set and shoots low to the short side.

The goaltender positions at the top of the crease and tracks puck into pads or stick. Control rebounds away from the slot into the corner or cover puck.

After each shot, the goaltender recovers fully and then Small T-Pushes over for the next shot. Set feet and then repeat.

Begin next repetitions from opposite side following the above instructions.

Key Teaching Points:

Track puck into pads or stick and control rebounds.

Full Recovery: When moving to the goalies' right, get up with left leg. When moving to the left, get up with right leg.

After extending leg to make save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates goalie on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the drive leg.



