# NATIONAL TEAM DEVELOPMENT PROGRAM
# GOALTENDER DRILLS

## MONARCH SHOOTING

**Drill Description:**

Four lines begin in the neutral zone outside of the face off dots.

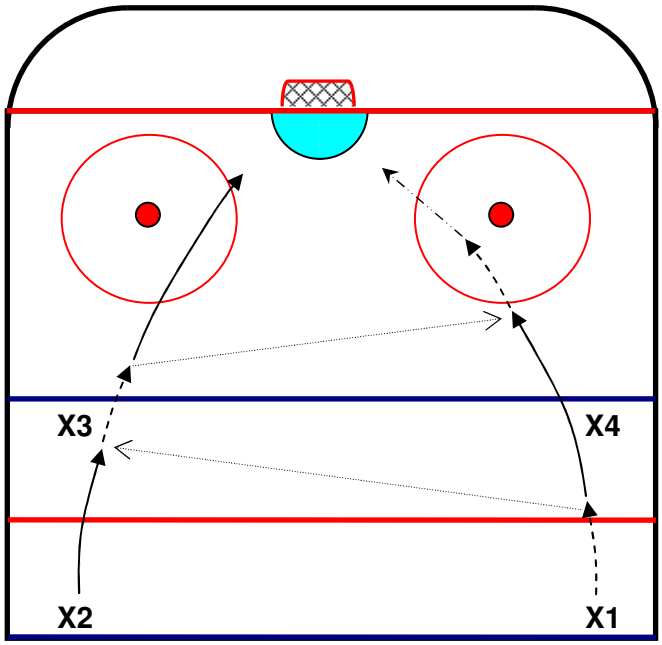
1. On the whistle X1 and X2 pass back and forth until they cross the offensive blue line.

2. The player with the puck when reaching the top of the circle shoots low to the far side of the net. While the other player drives to the net looking to play the rebound.

3. Once X1 and X2 cross the offensive blue line, X3 and X4 begin the drill in the opposite direction.

**Key Teaching Points:**

1. Goaltender must stand on top of the crease and be square to the shooter.

2. Goaltender must use stick and pad to control rebound on first shot.

3. After making a save on the first shot the goaltender must use his/her legs to recover into position to make second save.