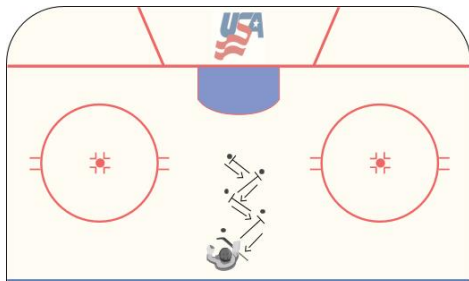


### 1) 5 Point Movement Ladder

5 min.



**KEYPOINTS:**

Lead each movement with Eyes, Chin and Shoulders., Push hard and set at each point.

**OBJECTIVE:** Develop goaltending skating while utilizing visual attachment to the next point.

**ORGANIZATION:**

1. Set up 5 pucks or make 5 marks on the ice as shown.
2. Goaltender starts at the bottom of the ladder.
3. T-Push to the top of the ladder as if they are addressing the rush.
4. Use varying movements on the way back down the ladder.
5. Skate as if the imaginary net is behind you.

**VARIATION:**

Use the following movement progression.  
Always using T-Push to climb the ladder.

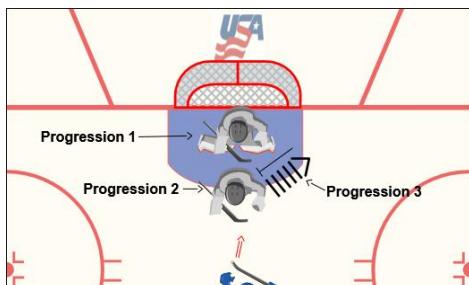
1. T-Push.
2. Shuffle.
3. Butterfly-Full Recovery.
4. Butterfly- On-Ice Recovery.
5. Add a save visualization on the way up the ladder.
6. Add a save visualizaion on the way down the ladder.

**GOALIE:**

Lead every movement with your eyes, chin and shoulders.  
When visualizing a save, make sure eyes and chin are fully committed to watching the save all the way.

### 2) Stick Save Progression

5 min.



**KEYPOINTS:**

Goaltender starts in a butterfly, The Coach shoots along the ice toward the goaltender's shin while he or she is in the butterfly, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, Goaltender starts standing and repeats, Goaltender does two crease movements before the shot

**OBJECTIVE:** Break down stick saves to work on the details of the goaltenders save execution.

**ORGANIZATION:**

Coach has pucks in the high slot area. (Vary the angle)  
This can be done with or without a net.  
This can be done anywhere on the ice.

**VARIATION:**

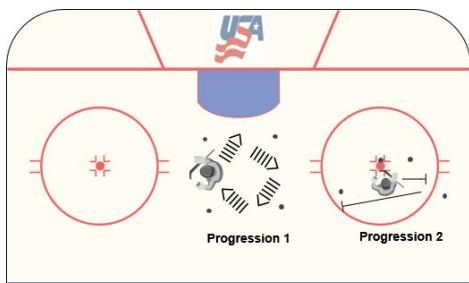
Have the shot come from different angles and distances.  
Vary the pre-shot movements.

**GOALIE:**

Focus on puck tracking and technique when doing this drill.  
Move your stick on an angle to deflect the puck into the corner.  
Let the puck come to you (Don't punch at it)  
Move both shoulders 'into' the save.  
Finish your saves.

### 3) Clifford Box Skating

5 min.



**KEYPOINTS:**

Eyes, Stick, Gloves, Chin and Shoulders Lead,  
\*Visualize a save at each point

**OBJECTIVE:** Develop movement skills for goaltenders and work on save technique.

**ORGANIZATION:**

Progression 1: Place 4 puck in a square anywhere on the rink. The square should be roughly the size of the goal crease. Progression 2: Place 4 pucks as shown to simulate crease movements.

**VARIATION:**

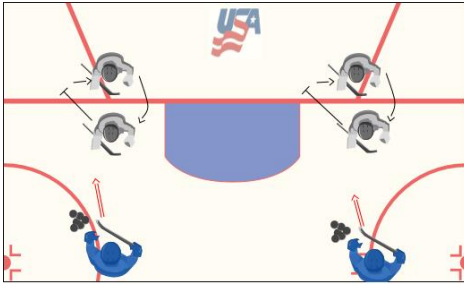
1. T-Push- One Time around each way.
2. Shuffle- One Time around each way.
3. Butterfly- Full Recovery. One Time around each way.
4. Butterfly- On-Ice Recovery. One Time around each way.
5. At each point, visualize a differnt fundamental save.

**GOALIE:**

1. Maintain the goalie stance posture through each movement. 2. When visualizing the save, make sure eyes and chin are fully committed to tracking the save. 3. Push and stop faster and harder than you think is possible.

#### 4) Blocker Save Foundation

5 min.



**OBJECTIVE:** Teach and refine the fundamentals of a blocker save.

**ORGANIZATION:**

This can be done anywhere on the rink.

**VARIATION:**

Vary the distance and angle of the shot.

**GOALIE:**

Start set in a good athletic goalie stance.

Once the shot is taken, slightly shuffle step toward the shot line staying on your feet.

Execute the blocker save by allowing the puck to come to you (don't punch at it)

Slightly angle the blocker to deflect the puck below the goal line.

Once the save is made, push to finish the save, watch and stay square to the puck until it stops moving.

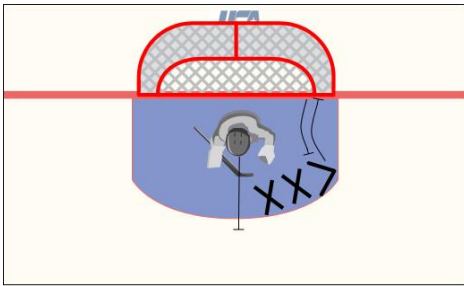
Return to behind your goalie partner who just moved above the goal line to prepare for a shot.

**KEYPOINTS:**

Make sure the goaltenders feet are set before the shot, The goaltender stays on their feet and slightly moves into the shot., The goalie deflects the puck with their blocker aiming to use the center of the blocker to make the save, The goaltender tracks the puck into their blocker and moves as if it is live after the save, The goaltender is trying to control the puck to the corner (Not in front of them)

#### 5) Bantam Transition

5 min.



**OBJECTIVE:** Develop the goaltenders skating ability and work on transitions into and out of the RVH

**ORGANIZATION:**

Net with secure pegs holding the net in place.

Draw a crease if necessary.

**VARIATION:**

Alternate sides.

Use visual triggers to dictate the side.

**GOALIE:**

1.) Challenge as if there is a rush.

2.) Two small adjustments as if the puck moves outside, down the wall.

3.) Move into the post on their feet.

4.) Transitions into a RVH.

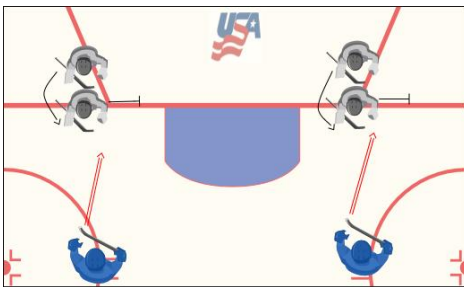
5.) Scans the ice in front of the net and transitions out of the RVH to the dot angle on their feet.

**KEYPOINTS:**

Lead every movement with your eyes stick and gloves, Maintain good body control., Scan the ice in front of the net once in a RVH

#### 6) Glove Save Foundation

5 min.



**OBJECTIVE:** Teach goalies the fundamentals of glove saves, tracking and gaining depth while keeping the goalie active and engaged.

**ORGANIZATION:** This can be done anywhere on the rink.

The coach has pucks on their stick or in their hand if they are more accurate throwing the puck.

One goalie standing directly in front of the other.

**VARIATION:**

Vary where the shot is coming from (Angle and Depth)

**GOALIE:**

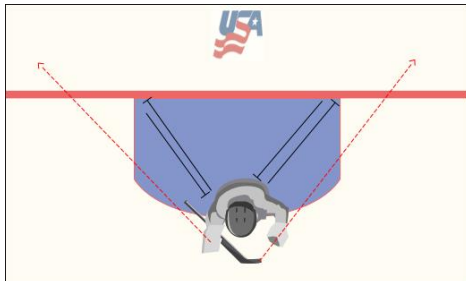
The goaltender waits for the coach to shoot the puck and then slightly shuffle steps toward the direction the puck is going. Catch the puck, count to 3 and then set the puck on the ice out of the way. Then glide backward (Still in your stance) and shuffle to directly behind your goalie partner. The next goaltender will 'Gap Out' as soon they can to be ready for the shot and the drill repeats. Each goalie has 10 chances to make a glove save. Keep track of the catchable pucks that were caught and have goalies aim for a perfect score out of 20.

**KEYPOINTS:**

Start in a good balanced stance, Shuffle step slightly toward the puck, Watch the puck all the way into the glove, Don't punch or stab at the puck., Hold the puck for a 3 count and set the puck down

## 7) Ghost Warm-Up

5 min.



### KEYPOINTS:

The goaltender must completely commit to each save and imagine the puck going to the corner, Proper leg recovery, the first leg up is furthest from the puck., The goaltender must scan the ice while they are on the post, Make every 'ghost save' from the top of the crease or base depth, Quality over quantity

**OBJECTIVE:** Prepare goalies for practice and games through a series of perfect deliberate movements and saves.

### ORGANIZATION:

This can be done anywhere on the rink.

1.) The goaltender starts at the top of the crease and mimics a perfect save low to the glove side then recovers to the post as if to track the rebound. 2.) The goaltender pushes back to the top of the crease and mimics a perfect save low to the blocker side and then returns to the post as if tracking the rebound. 3.) The goaltender pushes back to the top of the crease and mimics a perfect chest save. 4.) The goaltender mimics a perfect butterfly glove save. 5.) The goaltender mimics a perfect butterfly blocker save and tracks the rebound back to the post. 6.) The Goaltender mimics a perfect standing glove save from the top of the crease 7.) The goaltender mimics a perfect standing blocker save and tracks it back to the post.

### VARIATION:

Vary the order of the saves.

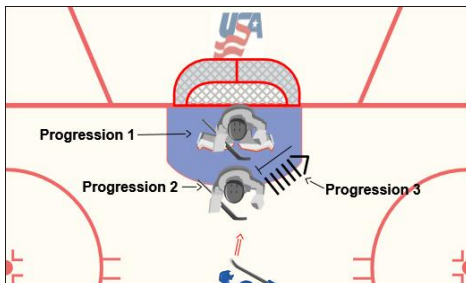
Vary the starting point. (i.e corner angle, low angle etc)

### GOALIE:

With each ghost save make sure to fully commit to the save with your eyes and chin and imagine perfect rebound control which means track it and begin recovery as soon as the puck has hit you. Use all full recoveries in this drill as there are no immediate rebound possibilities. Each time you push, push with a purpose. Make sure to scan the rink while positioned on the post.

## 8) Butterfly Save Progression

5 min.



### KEYPOINTS:

Goaltender starts in a butterfly, The Coach shoots 4-6 inches off the ice toward the goaltender's shin while he or she is in the butterfly, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, Goaltender starts standing and repeats, Goaltender starts square to the puck

**OBJECTIVE:** Break down the butterfly save to work on the details of the goaltenders save execution.

### ORGANIZATION:

Coach has pucks in the high slot area. (Vary the angle)

This can be done with or without a net.

This can be done anywhere on the ice.

### VARIATION:

Have the shot come from different angles and distances.

Vary the pre-shot movements.

### GOALIE:

Focus on puck tracking and technique when doing this drill.

Drive your knees to the ice.

Keep your hips, shoulders and knees inline.

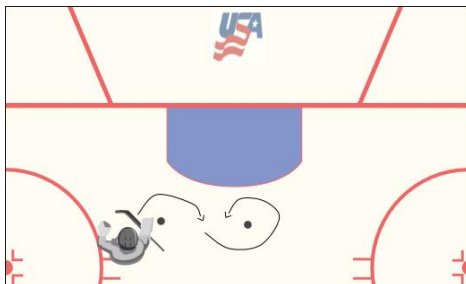
Move both shoulders 'into' the save.

Keep the pads flush to the ice.

Finish your saves.

## 9) Heel and Toe Figure 8 Skating

5 min.



### KEYPOINTS:

Use entire skate blade, Maintain body control, Lead with eyes, stick and gloves

**OBJECTIVE:** Edge work, shuffle step and rotations.

### ORGANIZATION:

Place two pucks roughly 5 feet apart. This drill can be done anywhere on the ice.

### VARIATION:

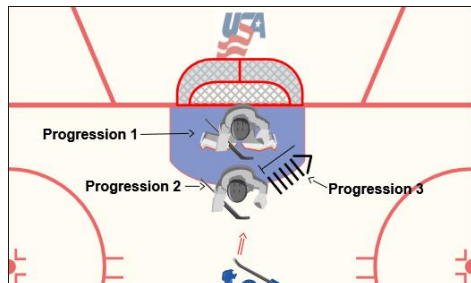
Start in a butterfly and execute the figure 8 using on-ice recoveries.

### GOALIE:

Your outside skate's inside edge to push around the puck, starting with your heel and shuffling back between the pucks. Repeat from the opposite side.

### 10) Fundamental Save Progression

5 min.



**OBJECTIVE:** Isolate fundamental saves to work on the goaltenders save execution.

**ORGANIZATION:**

Coach has pucks in the high slot area. (Vary the angle)  
This can be done with or without a net.  
This can be done anywhere on the ice.

**VARIATION:**

1. Goaltender starts in a butterfly.
  2. Goaltender starts standing.
  3. Goaltender does two crease movements in any pattern prior to getting square to the puck.
- Have the shot come from different angles and distances.  
Vary the pre-shot movements.

**GOALIE:**

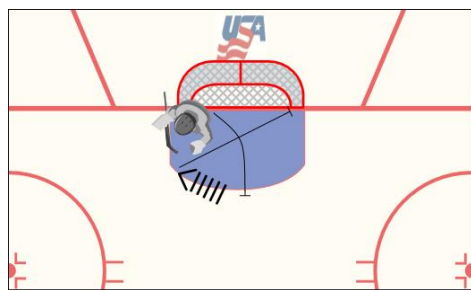
Focus on puck tracking and technique when doing this drill.  
Make saves in front of your body.  
Let the puck come to you.

**KEYPOINTS:**

The goaltender's feet are set prior to shot, The coach tells the goaltender where the shot is going, The goaltender executes the save and tracks the puck all the way into the equipment and all the way out, The goaltender puts all pucks caught or covered into the corner

### 11) Out, Over, Back

5 min.



**OBJECTIVE:** Simulate game like play tracking with a focus on starting from post play.

**ORGANIZATION:**

1. Net with a crease (Standard or Drawn)
2. The goaltender must visualize that he is tracking and actual puck that is being passed and/or shot.
- 3.) Goaltender starts on the post in a standing position, looking to the corner.
- 4.) Goaltender pushes out (through the middle) to the top of the crease or base depth and sets their feet.
- 5.) The goaltender pushes over to the corner angle and sets their feet.
- 6.) The goaltender visualizes a shot that he or she deflects into the far corner, and tracks it as they push to the opposite post.

**VARIATION:**

- 1.)The goalie visualize a save while on the top of the crease and do the proper recovery to the next point. (On-ice or full).
- 2.) The goalie starts the drill in a VH or RVH.

**GOALIE:**

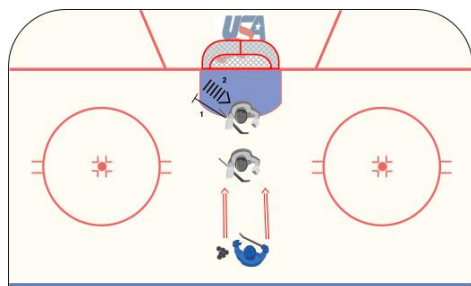
- 1.) Start on the post and scan the ice over your shoulder.
- 2.) Push through the middle of the crease to maximize net coverage on your way to the top of the crease or base depth.
- 3.) Lead with your eyes, stick and gloves to simulate moving with the play to the corner angle.
- 4.) Visualize the puck ending up in the far corner and push to the opposite post and start again.

**KEYPOINTS:**

Hard push-pull skating mechanics, Lead with eyes, stick and gloves, Feet set prior to each movement, Shoulder check prior to starting each rep, 3 times from each post

### 12) Fundamental Save with Traffic

5 min.



**OBJECTIVE:** Develop consistent fundamental saves after preparing for the shot.

**ORGANIZATION:** This drill can be done with or without a net and in any area on the ice.

**VARIATION:** Glove Saves.

- Blocker Saves.
- Stick Saves.
- Butterfly Saves.
- Chest Saves.

Add a stationary screen utilizing a second goalie as the screen.  
For goalies 10U and younger have them recover from their stomach and their back prior to the shot.

Vary the location of where the shot is taken from

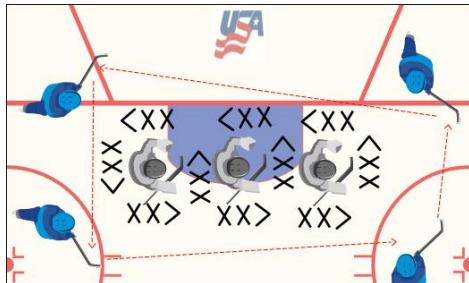
**GOALIE:** Complete two crease movements prior to the shot.  
Completely track each puck in and out prior to beginning the next rep.

**KEYPOINTS:**

Fundamental Save, Tracking, Movement, Finding Pucks Through a Screen

### 13) Reactive Movement

5 min.



**KEYPOINTS:**

Stay square to the puck, Challenge the goalies to beat the pass on their feet

**OBJECTIVE:** Develop a goaltenders ability to move laterally and stay square to the puck.

**ORGANIZATION:**

3-4 coaches or players or coaches are situated in a square with one puck. The goaltenders spread out within the box and square up to the puck. The players pass the puck to each other. There is no set pattern.

**VARIATION:**

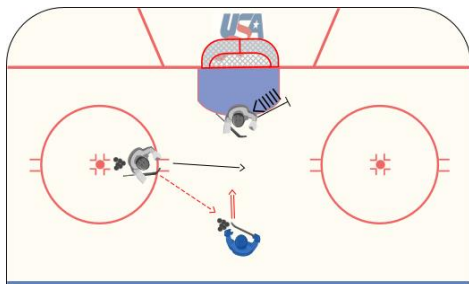
1. Have the goalie start in a butterfly. 2. Have the goalie on-ice recover the entire progression (14 and older)

**GOALIE:**

Stay square to the puck. Push to beat the play on your feet. Be aware of body control. Lead with eyes, stick and gloves.

### 14) VP Save

5 min.



**KEYPOINTS:**

Feet set after each crease movement, Visualize a perfect fundamental save, Finish every shot, Maintain 'Base' depth, Find the shot through traffic

**OBJECTIVE:** Build a goalies ability to make fundamental saves.

**ORGANIZATION:**

A.) This drill can be done anywhere on the ice. B.) Two goalies needed. C.) Net with a standard crease or a drawn crease.

1.) The goalie completes 2 crease movements in any direction and finishes by visualizing a fundamental save. Recovers to the rebound and returns to square on the puck. 2.) The coach shoots so the goalie can make the same fundamental save, the goalie finishes the play and returns to square on G2's puck. 3.) G2 passes to the coach and skate to be a screen/tip for the shot which is aimed at the same spot as the first save. Goalies finish the play.

**VARIATION:**

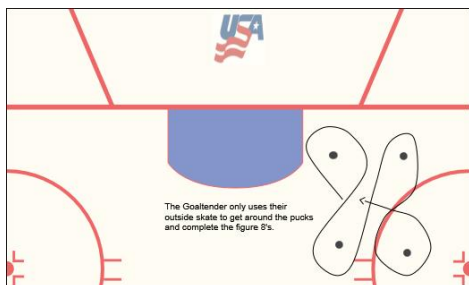
1.) Vary the location of the coach. 2.) Vary the goaltender's starting point.

**GOALIE:**

1.) Start at the top of the crease and complete 2 perfect crease movements. 2.) Set your feet and visualize making a perfect fundamental save, and controlling the rebound. Follow the rebound and then return to square on the puck the coach has. 3.) Make the fundamental save when the coach shoots and follow your rebound. 4.) Get square to the puck on G2's stick, follow the pass and get to the top of the crease. 5.) Make the save as G2 is trying to screen and tip. 6.) Finish the shot completely.

### 15) Box Drill Edge Work

5 min.



**KEYPOINTS:**

Make sure the goaltender bends their knees to generate power, Only one skate touching the ice at any one time, Maintain good upperbody control

**OBJECTIVE:** Improve a goaltenders use of the inside edges of their skates.

**ORGANIZATION:**

This drill can be done anywhere on the rink. Set up 4 pucks or draw 4 dots on the ice, roughly 4-6 feet apart.

**VARIATION:**

When switching from the left foot to the right, have the goalie jump and land on the opposite foot.

Have them go through backward. Add a 360 degree turn when ever the goalie is in the middle.

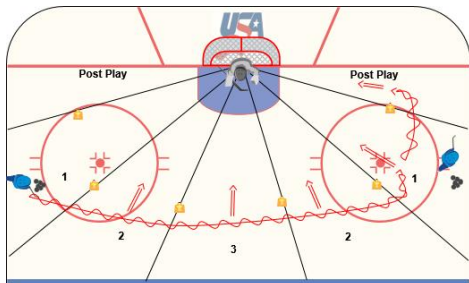
**GOALIE:**

Use only the edges of the outside skate to get through the figure 8 patterns. Bend your knees to generate power. Use the entire skate blade (Heel to toe) Keep glove and blocker in a good balanced goalie stance position.



**16) BPS Positioning Lanes Station**

**5 min.**



**OBJECTIVE:** Teach goaltenders to understand where they need to maximize net coverage on shots coming from any shooting lane.

**ORGANIZATION:** Place 6 cones or tires as shown to give the goalies a visual of where the shooting lanes are. Have the shooters start in lane 1 and carry the puck to at least the next lane before shooting. The shooter must not skate below the cones prior to shooting. Alternate sides.

**VARIATION:** 1. The shooter starts from different lanes and go either way.  
 2. The shooter starts from the neutral zone and can go through any two lanes.

**GOALIE:** The goalie starts lined up on the puck. Once the player starts to move the puck the goaltender allows the puck to lead them, always staying square and then shuffle steps hard to be in the center of the next lane always staying at base depth (top of the crease). The goaltender focuses on being set prior to the player shooting the puck. Once the shot is taken, the goaltender tracks the puck with their eyes and chin all the way into their equipment and all the way out in the case of a rebound. Once fully recovered, line up on the next puck on the opposite side.

**KEYPOINTS:**

The goaltender must remain square to the puck. Eyes, chin, shoulders, hips and knees always facing the puck. The goaltender must let the puck to slightly lead them into the next lane.

**Post-Practice Comments:**

Use each drill as the drill of the week for your goaltenders at practice, if the week has 3 practices, do the drill of the week every practice. Focusing on: Skating, Angles, Depth, Practice Habits and Tracking

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