

# Goalie Drills

Date: \_\_\_\_\_ Missing: \_\_\_\_\_

1 Drill	Rebound Control: ① goalie remove gloves/stick and use pads <sup>only</sup>	
Keys	* all shots should be re-directed <u>not kicked</u> to corners - STOTS ON ICE	
2 Drill	② Shots at blocker or glove	
Keys	pucks should be re-directed to corner OR trapped with glove/blocker	
3 Drill	③ side-side Goalie uses T-Glide to move side-to-side	
Keys	* goalie should get there before shot * goalie should move in straight line A to B	
4 Drill	④ screens use 2nd goalie to screen	
Keys	* goalie must move head to find puck	
5 Drill	⑤ Flip-ins coach flips puck on net, goalie must knock down & set up.	
Keys	* use stick/glove * make sure body is behind the puck as well	
6 Drill	⑥ Find shooter goalie faces net and turns on whistle	
Keys	coach moves around zone and goalie must find and stop shot.	
7 Drill	⑦ Behind net coach moves behind net and goalie goes post-to-post	
Keys	* goalie must look before moving * goalie must hug post hard and stay on feet.	