

Goalie Drills

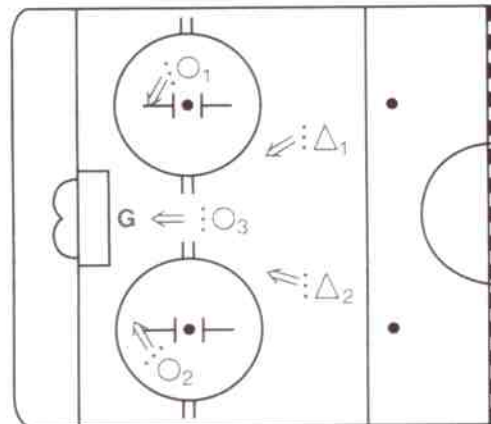
This chapter includes drills designed to help goalies develop the skills they need, such as the ability to react to various types of shots, agility movements, the use of the stick, and the use of the blocker and catcher glove.

These drills emphasize goalie skating movements such as moving side to side, in and out, and down and up. Movements such as skate save, half splits, full splits, double-leg slide, and use of the blocker and catching gloves are covered. Stopping the puck behind the net, passing and handling the puck, and the use of the poke check are incorporated in the drills in this chapter. Most shooting drills are also excellent for forwards.

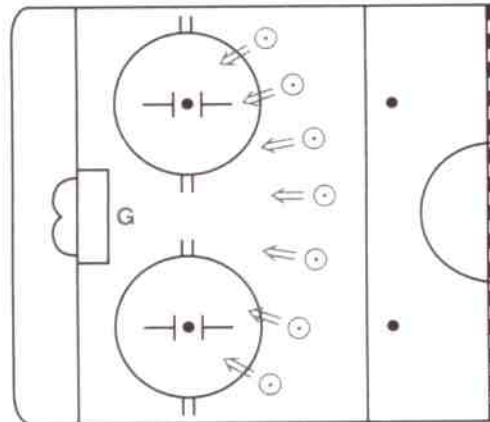
1. Each player has three pucks.
2. Forward 1 shoots three pucks, then forward 2 shoots three pucks, followed by forward 3, defenseman 1, and then defenseman 2.
3. The goalie reacts to the different directions and change of position in the shots.

Variation

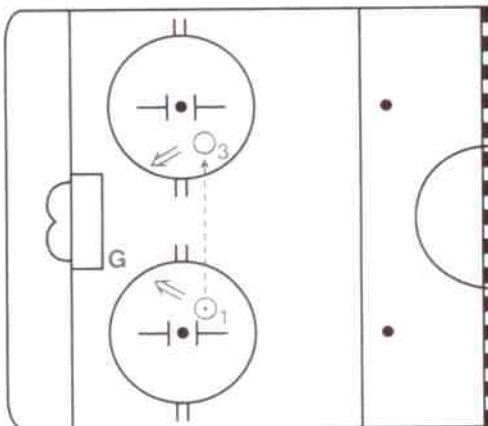
Players shoot one puck each time, going in the same order, until each player has shot three pucks.



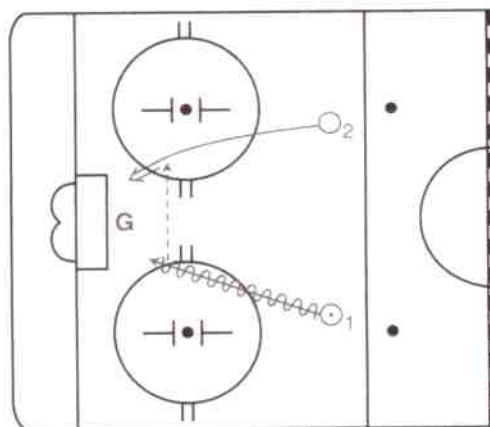
1. The players are in a semicircle inside the blue line, and they shoot in succession starting from one side.
2. Next, the players alternate, with a player shooting from one side, and then a player shooting from the other side.
3. The players then move in six feet and repeat the same sequence.
4. After shooting, the players move in the same distance again and repeat the sequence.



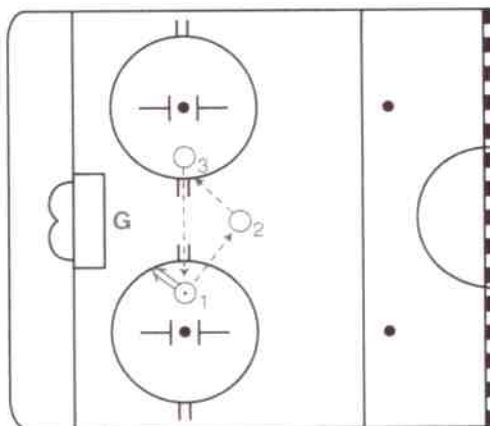
1. Forward 1 starts with the puck and either shoots or passes to forward 2, who then shoots.
2. The goalie starts on the side of forward 1.
3. Forward 1 and forward 2 are stationary when the drill starts.



Forward 1 and forward 2 go 2v0, with the puck carrier either shooting or making one pass for the shot.



1. Forwards 1, 2, and 3 form a stationary triangle in front of the net. Forward 1 starts with the puck.
2. Forwards 1, 2, and 3 make three quick passes and then shoot.



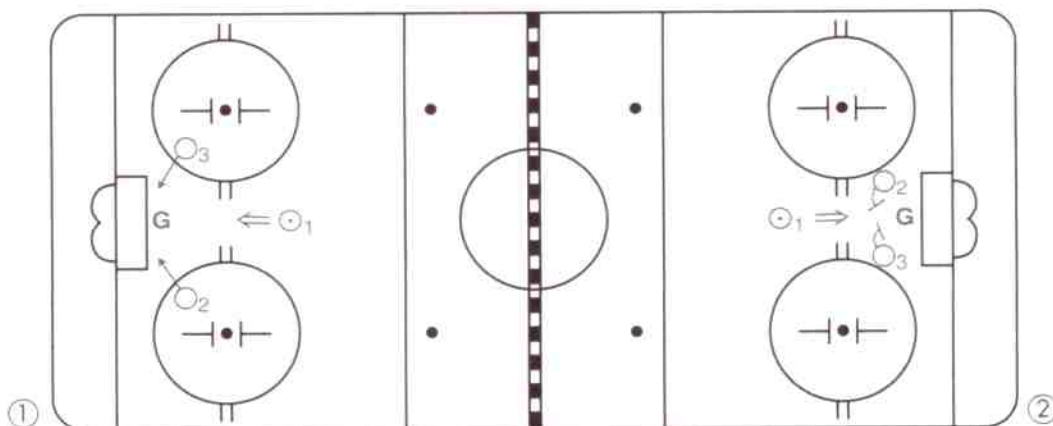
Have players perform either sequence to work on goalie skills. Sequence 2 can be used to increase difficulty level.

Sequence 1

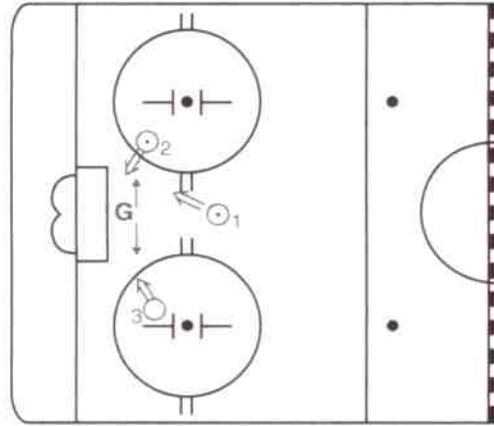
1. Forward 1 shoots.
2. Forward 2 and forward 3 are at the sides of the net and go for rebounds.
3. If they get a rebound, they shoot again.

Sequence 2

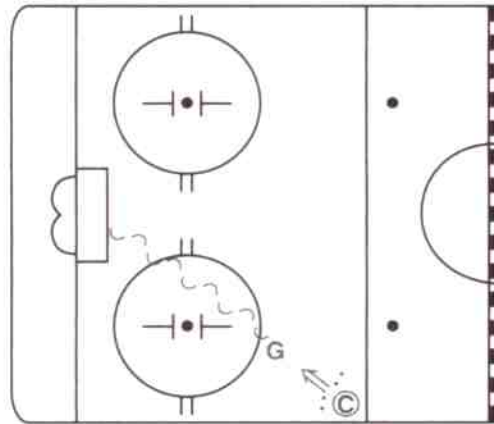
1. Forward 1 shoots.
2. Forward 2 and forward 3 are standing in front of the net to screen and go for rebounds.
3. If they get a rebound, they shoot again.



1. Forward 1 shoots low to the side of forward 2.
2. Forward 2 shoots immediately after forward 1 has shot.
3. On the other side of the crease, forward 3 shoots after forward 2 has shot.



1. The goalie starts at the top of the circle, and the coach is positioned inside the blue line with pucks.
2. The goalie skates backward while the coach shoots a number of pucks in succession until the goalie reaches the net.
3. The drill should be done from both sides and the middle.



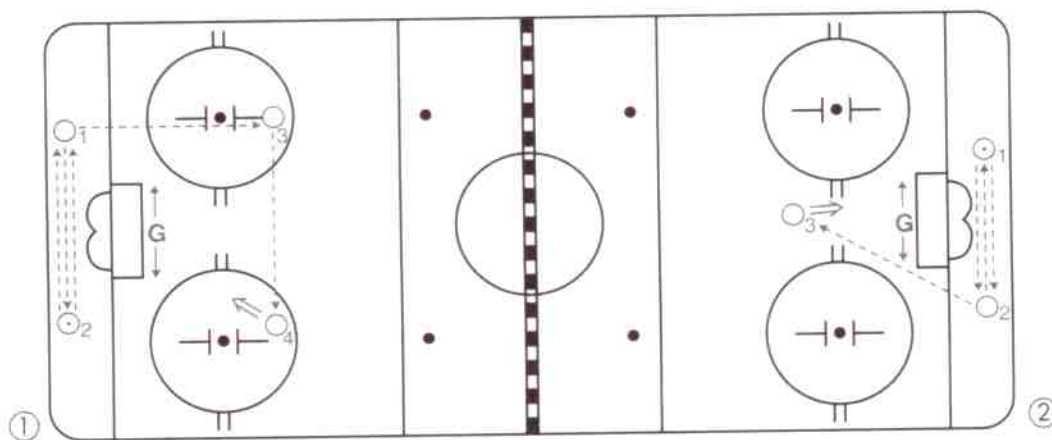
Have players perform either of these sequences to work on goalie skills. Also, to add difficulty to either of them, instead of passing to the front of the net, forward 1 or 2 can come out from behind the net and try to score.

Sequence 1: Square Shoot

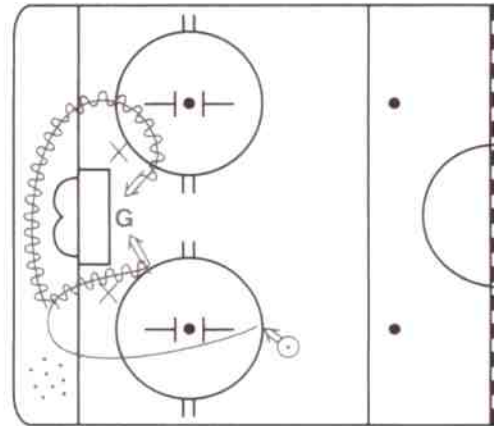
1. Forward 1 and forward 2 are behind the net.
2. Forward 3 and forward 4 are at the top of the circles.
3. Forward 1 and forward 2 pass the puck behind the net three times, and then pass to forward 3 or forward 4.
4. After receiving the pass from behind the net, forward 3 or forward 4 makes one pass to the other player out in front, who shoots.
5. The goalie moves with the pass each time.

Sequence 2: Triangle Shoot

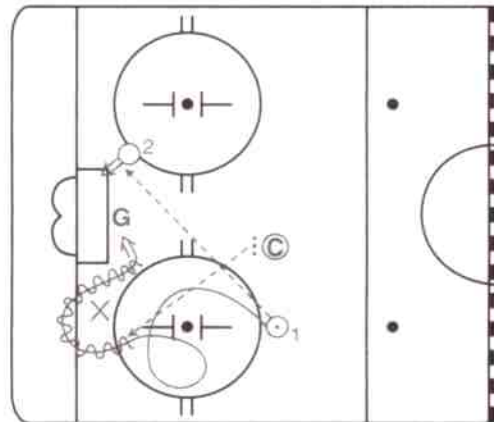
Setup is the same as in Square Shoot, except only one forward is in front of the net.



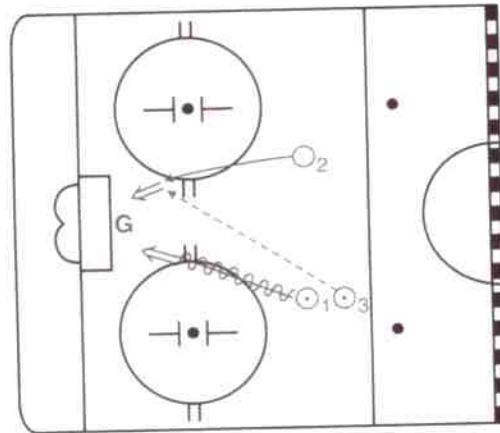
The forward shoots, then gets another puck in the corner and skates around the cone on the short side—or skates behind the net and around the cone on the other side—and shoots again.



1. Forward 1 passes the puck to forward 2 at the side of the net for a tip-in.
2. Forward 1 then skates in, does a curl, and receives a pass from the coach.
3. Forward 1 skates around the cone and goes in front of the net to try to score.
4. Forward 2 stays in front of the net for a pass or a rebound. If he gets a rebound, he shoots.

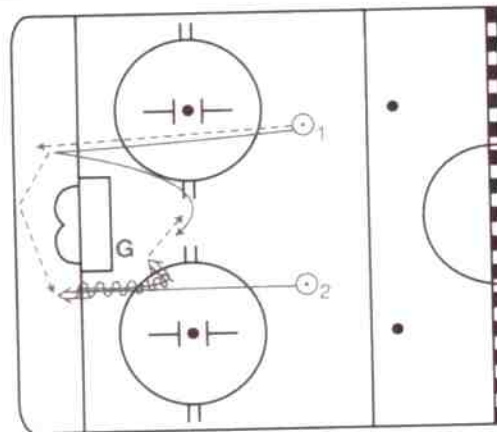


1. Forward 1 starts with the puck and skates to the net for a shot.
2. Forward 2 then skates to the net.
3. Forward 3 passes to forward 2 for a tip-in.



328 BEHIND NET, WALKOUT, PASS OR SHOOT

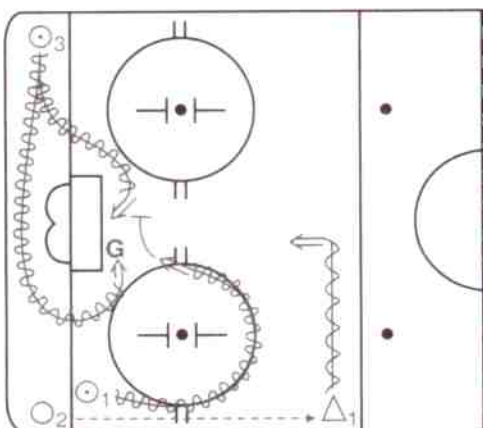
1. Forward 1 shoots the puck beside the net over the goal line.
2. Forward 2 goes behind the net on the other side.
3. Forward 1 retrieves the puck shot in and passes it behind the net to forward 2.
4. Forward 1 goes to the front of the net.
5. Forward 2 comes from behind the net and either shoots or passes to forward 1 for a shot.



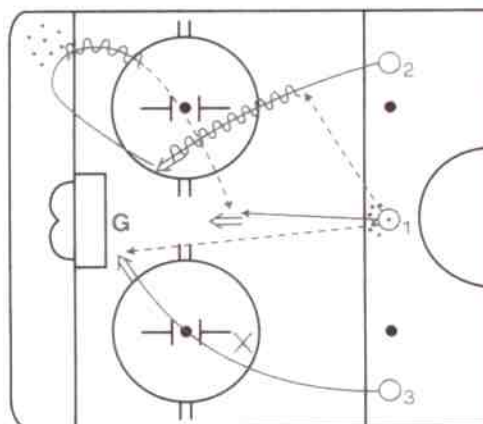
Variation

Forward 1 shoots the puck against the boards or glass to start the drill.

1. Forward 1 starts with the puck, skates around the face-off circle, shoots, and stays in front of the net to screen or deflect.
2. Forward 2 passes to defenseman 1 at the blue line.
3. Defenseman 1 skates to the middle of the blue line and shoots.
4. Forward 1 screens or deflects.
5. Forward 3 then skates from the opposite corner with a puck and skates out in front of the net from either side for a shot.



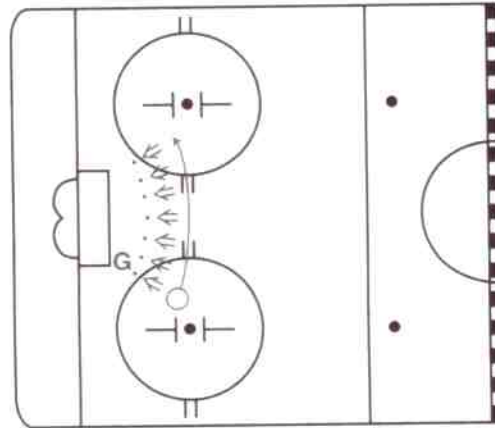
1. Forward 2 and forward 3 skate from the opposite boards outside the blue line.
2. Forward 1 passes to forward 2 inside the blue line.
3. Forward 2 shoots.
4. Forward 1 then passes to forward 3 near the goal crease for a tip-in.
5. Forward 2 goes to the corner, gets a puck, and passes to forward 1, who has skated to the high slot.
6. Forward 1 shoots.



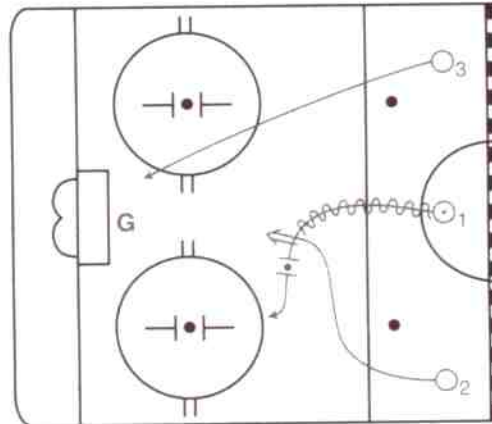
The forward rapidly shoots a number of pucks set up in a semicircle.

Variation

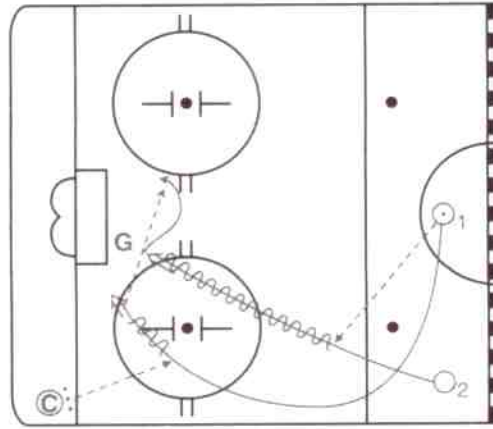
After the initial series of shots, the goalie stays on the knees for another sequence of rapid shots.



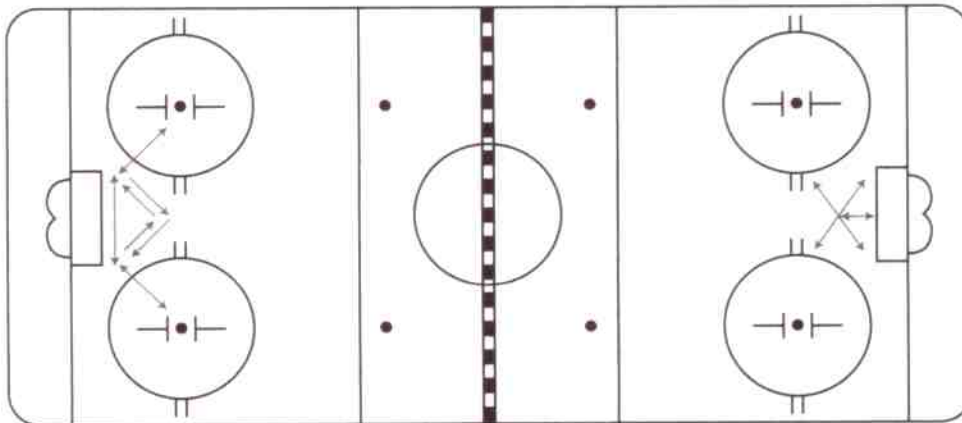
1. Forward 1 skates over the blue line with the puck, then skates toward the middle of the ice and drop passes the puck to forward 2.
2. Forward 2 shoots immediately.
3. Forward 3 goes to the net for a rebound, then shoots.
4. The drill should be done from both sides.



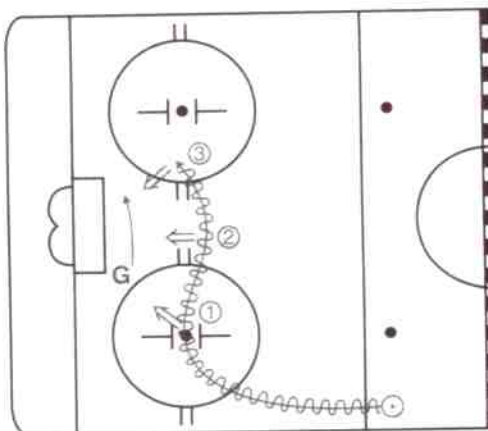
1. Forward 1 passes to forward 2.
2. Forward 2 skates in, shoots, and stays in front of the net.
3. Forward 1 delays, then skates toward the boards and in on the net.
4. The coach passes to forward 1.
5. Forward 1 either shoots or passes to forward 2 for a shot.



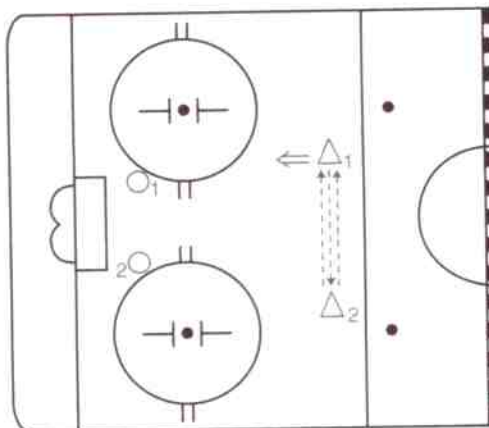
1. The goalie moves side to side, in and out with an X-movement or a Y-movement (see figure for examples of possible movements).
2. Goalie can perform either movement individually or consecutively to work on agility.



1. The forward skates in from the blue line, cuts across at the top of the circles, and shoots at the first, second, or third position where pucks have been placed.
2. The goalie moves across the crease with the shooter.



1. Defenseman 1 and defenseman 2 pass the puck two or three times and then shoot.
2. Forward 1 and forward 2 are in front of the net to screen or deflect the puck and to go for rebounds, then shoot.



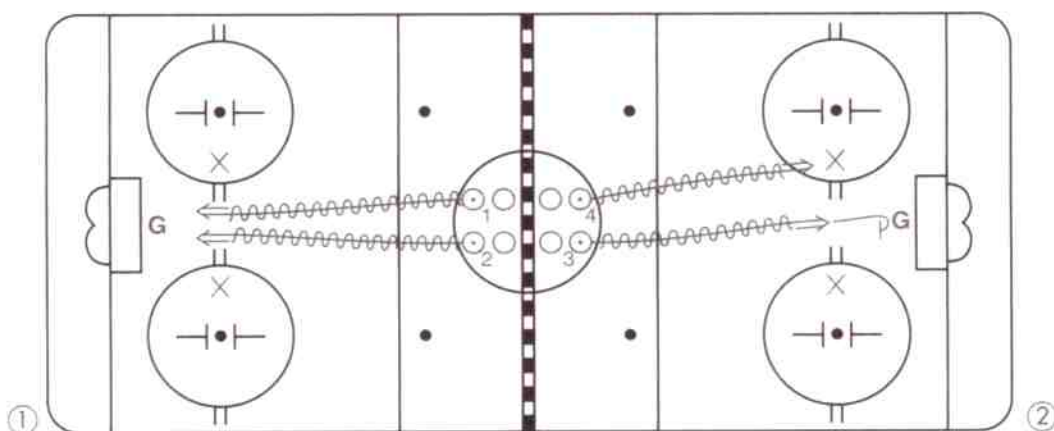
Have players perform one of the two sequences to work on goalie skills.

Sequence 1

1. Forward 1 skates from the center circle and shoots at the hash marks.
2. Forward 2 leaves just after forward 1 and shoots at the hash marks (or shoots sooner, before forward 1 shoots at the hash marks).

Sequence 2

1. Forward 3 skates from the center circle, shoots at the hash marks, and curls left in front of the goalie.
2. Forward 4 leaves just after forward 3 and shoots quickly using forward 3 as a screen.
3. After shooting, forward 4 curls right and screens for the next shooter.



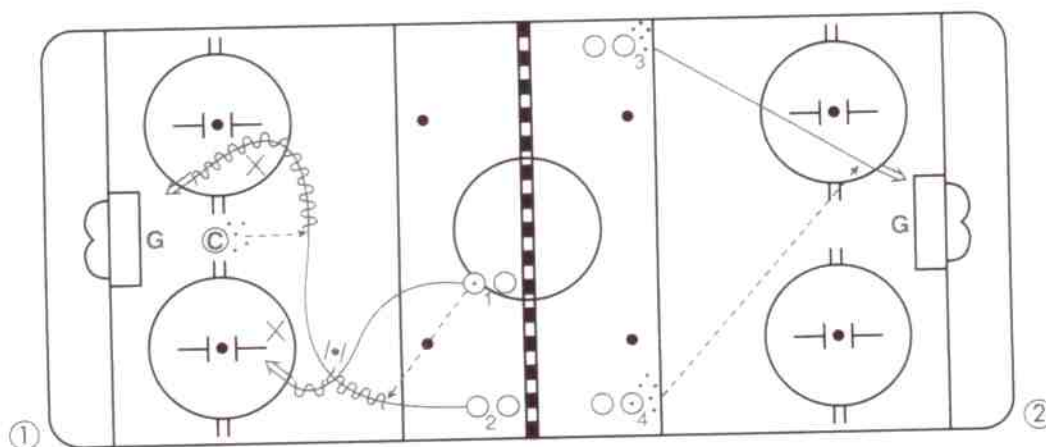
Have players perform one of the two sequences to work on goalie skills.

Sequence 1

1. Forward 1 passes to forward 2.
2. Forward 2 cuts across inside the blue line and drop passes to forward 1.
3. Forward 1 shoots quickly at the cone.
4. Forward 2 continues to skate across inside the blue line and takes a pass from the coach.
5. Forward 2 cuts around the cone and shoots.

Sequence 2

1. Forward 3 drives to the net.
2. Forward 4 passes to the net to forward 3, who deflects or redirects the puck.



Have players perform one of the sequences to work on specific goalie skills.

Sequence 1

1. Forward 1 passes to defenseman 1.
2. Forward 1 goes to the net.
3. Defenseman 1 shoots.
4. Forward 1 deflects or screens.

Sequence 2

1. Forward 1 passes to defenseman 1.
2. Defenseman 1 shoots.
3. Forward 1 gets a second puck, skates around the cone, and shoots or tries to deke the goalie out of position.

