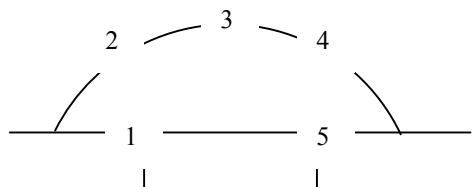


## Goalie-Specific Drills / Work

As much as possible, goalies need their own time to work on skills specific to goaltenders. This brief list provides some basic ideas / drills that Coaches can work through with their goalie(s) during practices.

### 1. Francois Allaire Drill



Goalie moves 1-3-5 and 5-3-1 (5 reps). 1-2-4-5 and 5-4-2-1 (5 reps)

1. At 1, RH goalie is stick heel to L toe, stick angled to cut centering pass. Catch glove inverted (wrist turned clockwise) to face palm to L of net and covers gap behind L knee. Head turned to puck; R foot not placed too far forwards or back.

2. Push from 1-3 very strong; stick on ice covering 5 hole. Stop square to puck (both toes in). Stay in ready position.

Good push 3-5 with stick on ice sweeping to post. At 5, shaft of stick outside net, blade on ice, heel against toe of R skate to cut off pass. Catch glove extended in front to top flip pass.

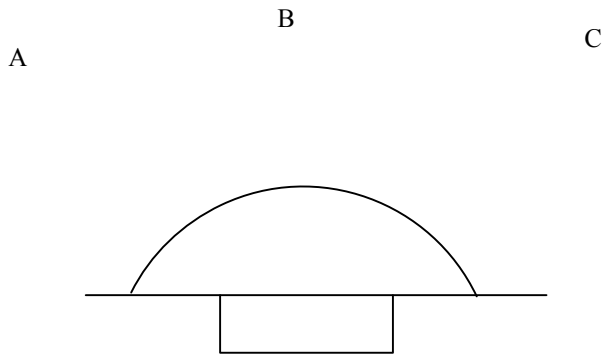
Focus On:

- ❖ Post position
- ❖ T-push
- ❖ Goalie ready position

For some variety, add shooters in L and R corners and slot. Alternate L/R who has option of passing to man in slot or through crease.

3. Steering puck to corner: Coach shoots pucks along the ice at goalie from slot. Goalie steers the puck into both corners.
4. Clearing puck from the front. Coach shoots puck along the ice at the goalie from various locations around the front of the net. Goalie makes the save and then moves/shoots the puck behind the net.
5. Up - Downs: Goalie drops to knees and quickly jumps up the feet. As speed / endurance improve, increase the number of repetitions.
6. Side-to-side: me post to post as quickly as possible.
7. Saves: Goalie practices the following movements on both knees: skate save, full splits half splits, double leg slides and butterfly saves.
8. Coach shoots on goalie that performs a specific save (skate, butterfly, etc). After 10 shots, switch save type. Focus on goalie technique.

9. Save and Pass: Coach takes a shot on goalie. After the save, the goalie shoots or passes the puck to pylons set up on the hash marks along the boards.
10. Behind the net: Coach shoots puck around the boards. Goalie moves out of the net and stops puck behind the net. As skill improves, goalie to gain control of puck and pass back to the coach. Practice both sides of the net.
11. Playing Angles: Place players randomly around zone with pucks. Goalie to focus on angle with puck. Coach to reinforce goalie position at the various locations.
12. Skating agility:
  - a) Starting in ready stance, move out left of the net with right leg telescope, continue behind net telescope with right leg and end back in ready stance in middle of net. Reverse side.
  - b) Starting in ready stance, move out left of net with right leg telescope, pivot and skate backwards behind net, pivot to forward at back right side of net and end in ready stance in middle of net. Reverse side.
13. Agility: Goalie jumps over stick and stops. Jumps backwards and stops. Repeat. With increased skill/agility, increase height of stick.
14. Poke check:



Starting from right post. On whistle:

Shuffle to left post. Stop. Shuffle to right post. Stop. Shuffle to middle of net. Stop. Skate out to A, stop, pokecheck puck. Backward skating to crease line, drop to both knees. Get up. Skate out to B, stop, pokecheck puck. Backward skating to crease line, drop to both knees. Get up. Skate out to C, stop, pokecheck puck. Backward skating to net.

15. Up/Down Shots: Place pucks in semi-circle in front of crease. Starting on the side or stomach, goalie gets up as quick as possible to stop shot from Coach. Goalie drops down quickly to side or stomach or back, gets up for next shot from Coach. As skill increases, add in requirement for goalie to smoother rebounds, shoot puck out of zone; clear puck from front of net, etc.
16. Agility: Goalie moves across the ice with leg-crossing side steps.
17. Rebound control: Coach shoots at blocker, trapper, pads, and body. Goalie makes save, controls rebound and covers puck. When dropping to cover puck, stick placed in front of trapper.
18. Passing Goalies to pass puck between themselves. As skill increases, place stick on ice and goalies have to pass over the stick.