Franklin Youth Hockey Association

2017-2018 Tryout Drills

Goalies

Drill Name: **BEHIND THE NET PASS AND SHOOT DRILL**

Drill #: **1**

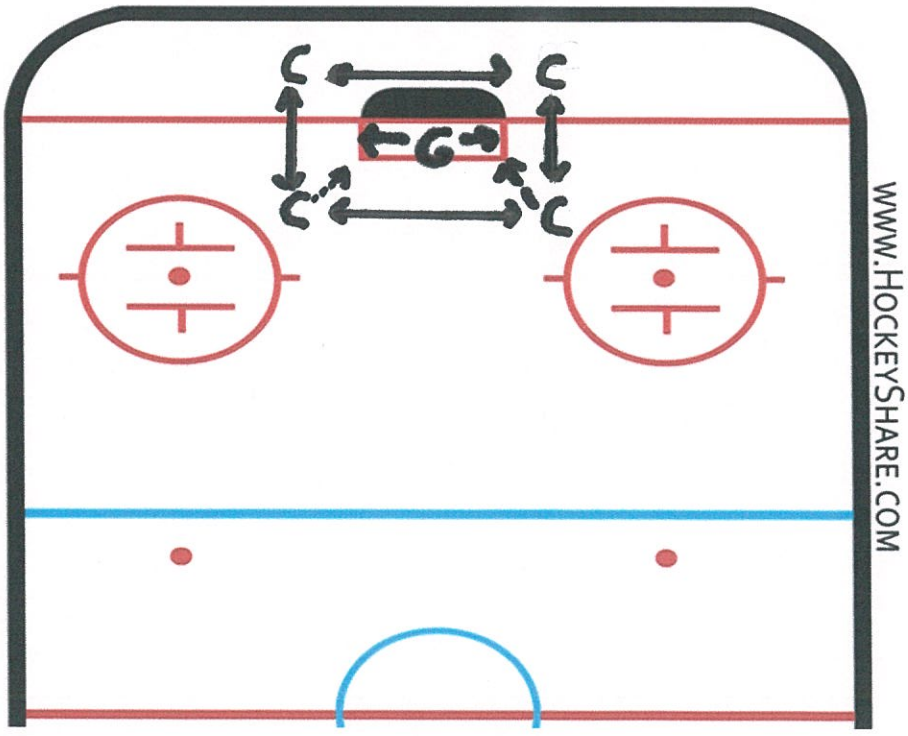
Description:

3 Coaches; 1 in front of the net and 2 behind pass a single puck between each other to move the goalie side to side and back and forth. Shots are taken by the coach in front of the net. Coaches may fake passes and/or change the direction of the puck cycling to keep the goalie "honest".

#Shots: 6

Emphasis:

Puck and Rebound Control; Positioning, Angles, Mobility and Quickness are the key elements observed. Watch the cross-crease movement. Look for strong skating strides and push-offs; Ability to properly hold/protect the posts with skates, pads and stick; Ability to properly follow the puck moving side-to-side behind the net; Ability for the goalie to cut off passes made close to their stick. Does the goalie turn around to watch the puck? Do they move side to side and forward/backward keeping their stick on the ice? How quickly do they get out to face the shooter? How well do they control rebounds? Where do the rebounds get directed?



Drill Name: **PAD SAVES/REDIRECTS**

Drill #: **2**

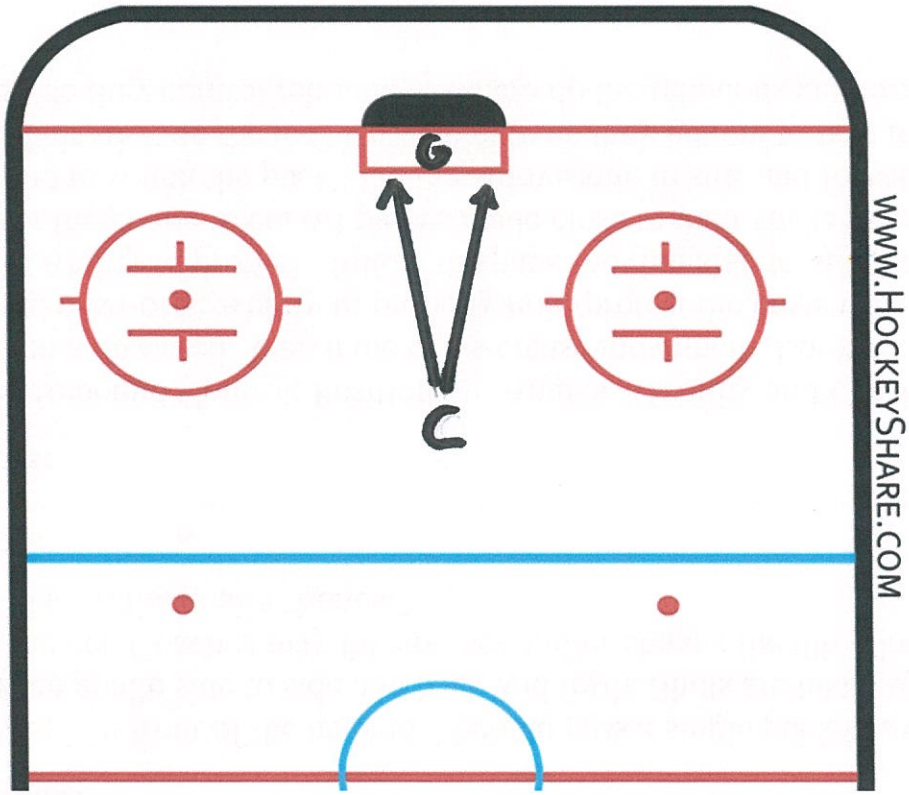
Description:

1 Coach (Zamboni Goalie Puck Trainer, if available); Coach shoots puck from the high slot, along the ice towards the corners of the net. The goalie, should use their pads, stick and/or skates to stop the pucks and direct them into the corners.

#Shots: 4 to each side of the net

Emphasis:

Balance. Pad, Skate and Rebound Control are the key elements observed. Watch to see how the goalie recovers from the shot; ex. Do they bounce back up into a "ready" position or do they struggle to get back on their skates? Where does the puck get directed?



Drill Name: **REBOUND DRILL**

Drill #: **3**

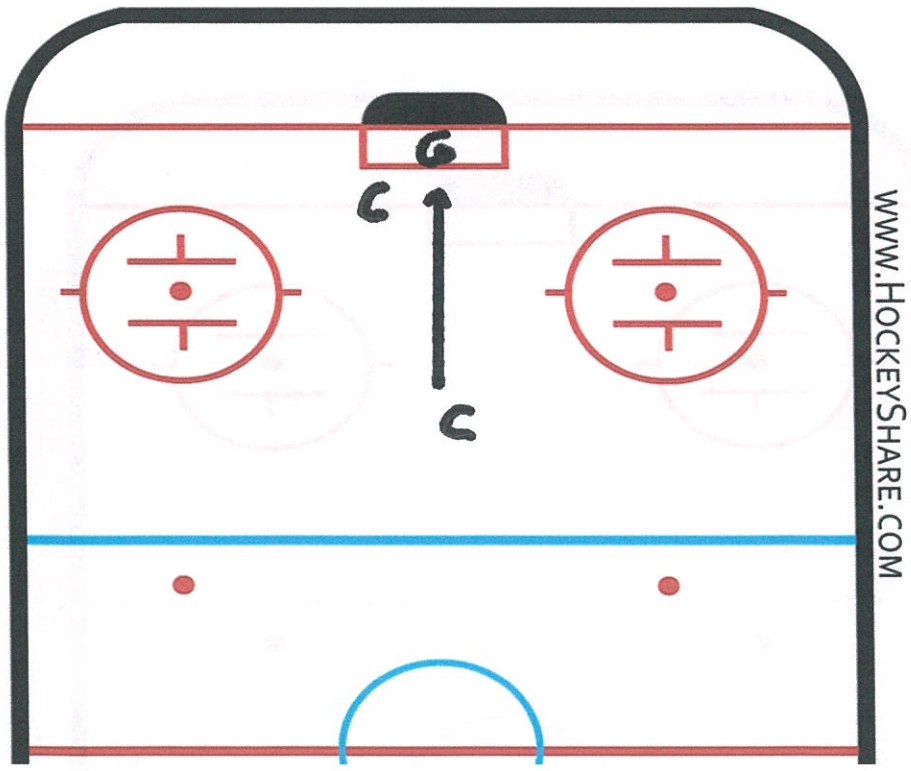
Description:

2 Coaches; 1 in front of the net with pucks and 1 standing next to the goalie. The coach in front of the net with the puck moves around the slot area with the puck and takes random shots at the goalie (preferable directed at the goalies' leg pads). The second coach is positioned to shoot any rebounds that may bounce back out front.

#Shots: 6

Emphasis:

Puck and Rebound Control are the key elements observed. Angles, Mobility and Quickness are the other elements observed. Observe the ability to properly follow the puck moving across the slot area and handling the shorts to prevent dangerous rebounds. Observe the ability to properly follow the puck moving side-to-side with the "on ice" traffic near them.



Drill Name: **GLOVE SAVES DRILL**

Drill #: **4**

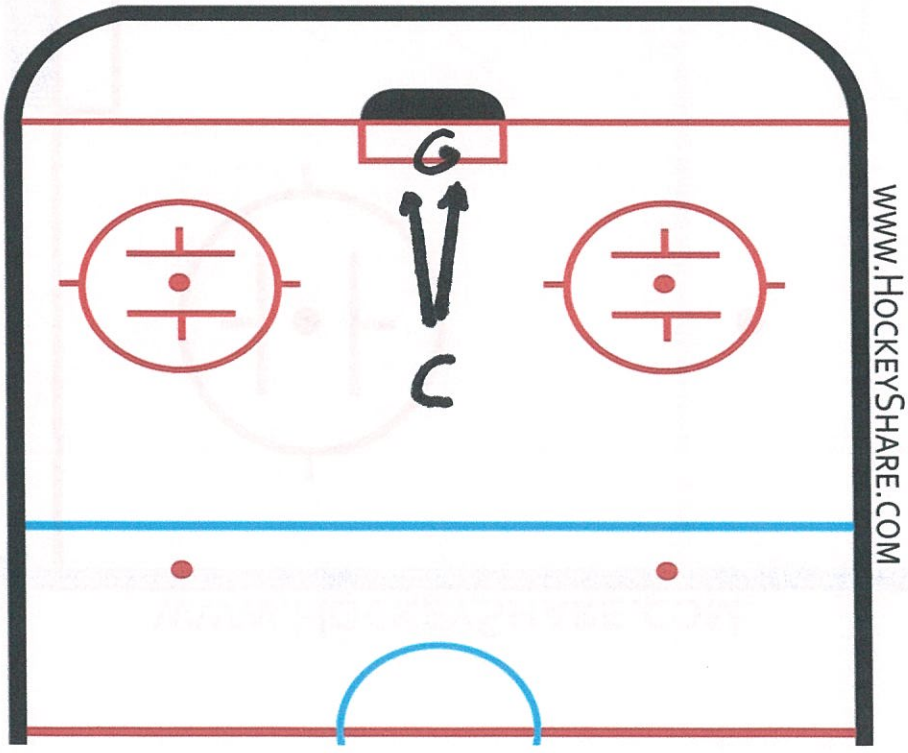
Description:

1 Coach (Zamboni Goalie Puck Trainer, if available); The coach is on his knees in front of the net with pucks. He will randomly underhand pucks to the left and right top corners of the net forcing catching and blocking glove saves.

#Shots: 6 tosses to each side

Emphasis:

Glove Control is the key element observed. Puck and Rebound Control, Quickness is another element observed. Observe the ability to properly handle the shots to prevent dangerous rebounds. Watch to see how the goalie handles the shot; ex. Do the rebounds get sent back out in front of the net or are they directed to the corners?



DRILL NAME

SKATING AND MOVEMENT

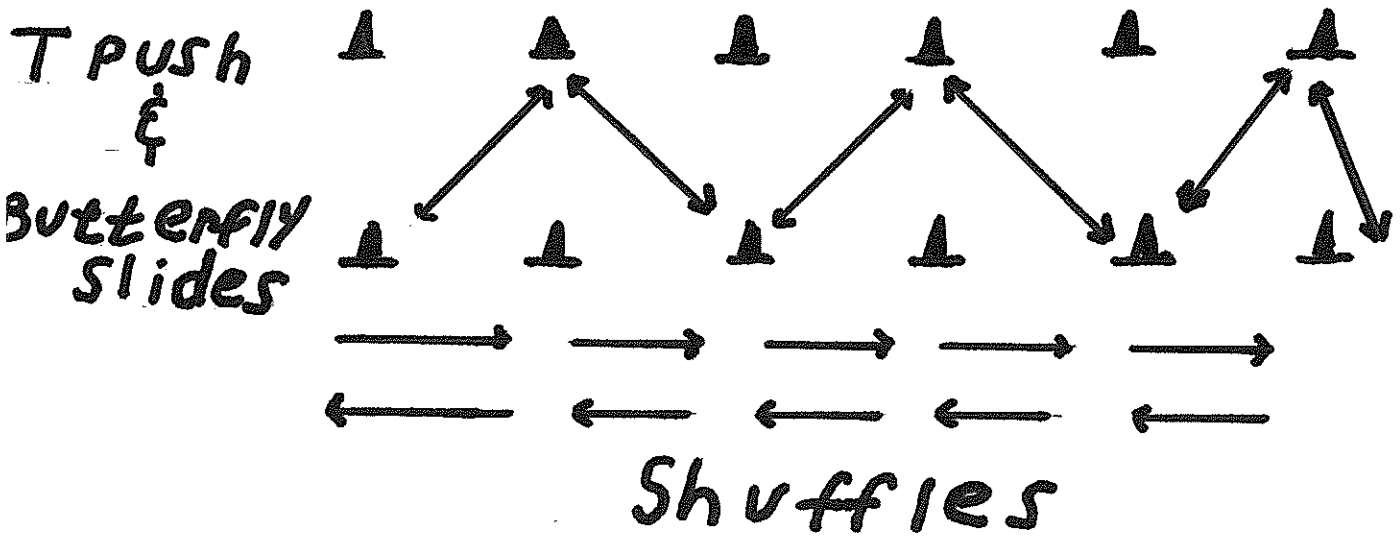
DRILL#: 5

Description:

Goalies will demonstrate skating and movement skill. 4 Movements will be used. side to side shuffles, T Pushes, Butterfly slide with recovery to feet and butterfly slide with on ice recovery. The drills will be conducted in the zipper format, which is 2 rows of cones approximately 6 ft apart by 12 to 15 long. The goaltenders move forward and backwards in between the cones.

Emphasis:

Ease of movement around the crease. The ability to move side to side, recover, and square up to a shooter.



Drill Name: **BREAKAWAYS DRILL**

Drill #: **6**

Description:

3 Coaches; Coaches take turns coming in on breakaways. Coaches will predetermine the shots that they are going to take so that between them and the six shots that they are taking there will be two deeks to the left, two deeks to the right, and two shots from slot.

#Shots: 6

Emphasis:

Positioning, Rebound/Puck and Pad Control, Mobility and Quickness are the key elements observed. Angles and Agility are other elements observed. Observe the ability for the goalie to focus on and react to the shooter. ex. Do they come out of the crease and back up as the shooter approaches? How quickly do they set themselves for the next shot?