



Date: September – Practice 1.1 (page 2) Number of Goalies: 4 to 6

Practice Theme / Goals: Basic movement technique

Equipment Required / Set-up: Soccer ball, ice marker

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

**Goalie Movement Drill A.1:**

Drawn line for each goalie in their particular area of the ice. (Not in the crease)

Goaltender T pushes through line and stops then pushes back through line. The goaltender should focus on not erasing the line. Once the T-push is complete, goalie sets feet and with one 'C' cut, push backward through the line. Set feet and starts over, alternating side. During the movement the goaltender places blade of stick in catch glove to promote balance and good glove placement.

A proper t-push has key elements; lead with the eyes stick and gloves, the upper-body stays in position and the goalie does not drag their drive leg. Once the drive leg is fully extended it should be brought back to stance position as quickly as possible. In this drill the goalie pushes hard with the drive leg then lifts the leg off the ice to bring it back under his or her body. This exaggerates the movement while the goalie just thinks about not erasing the line with his skate. The goalie should be stopping with their lead leg every time. This promotes the development of both feet, not just the dominate one.

**Goalie Movement Drill A.2:**

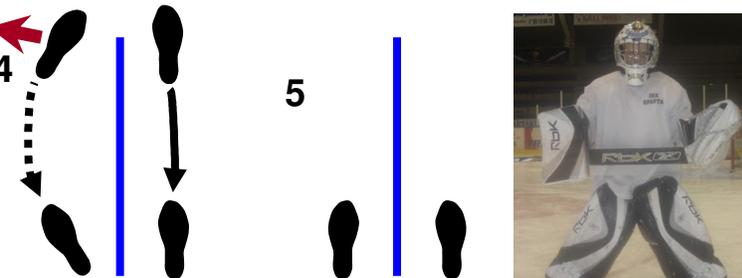
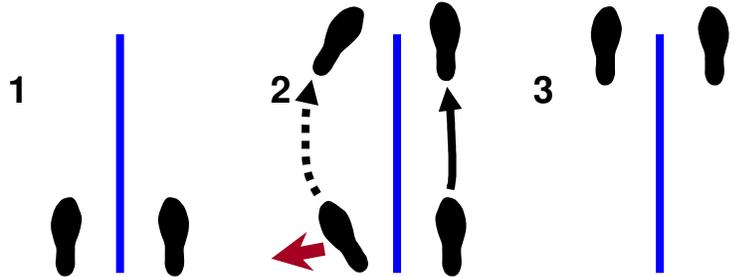
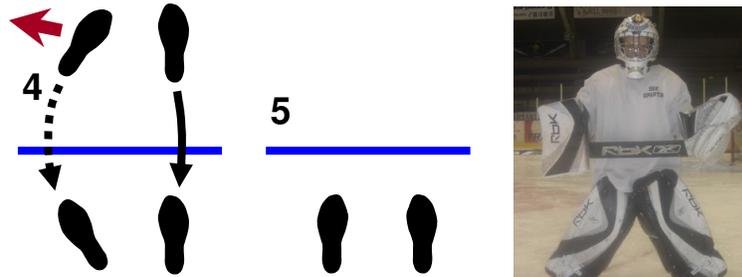
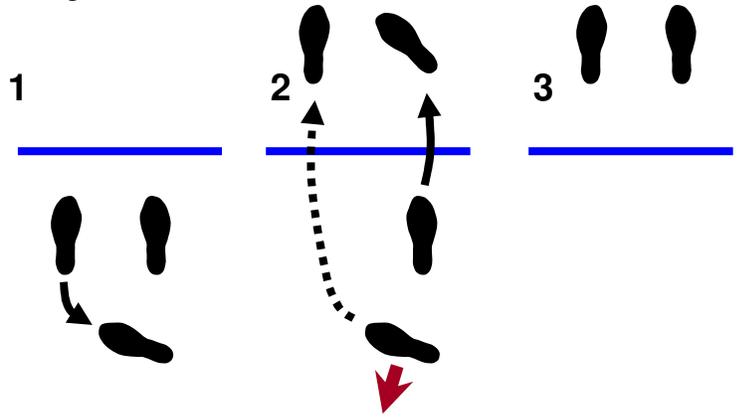
Drawn line for each goalie in their particular area of the ice. (Not in the crease)

Goaltender moves forward and backward with the line between their pads. Stick blade can remain in the pocket of the glove or coach can toss soccer ball (or ball of like size) to promote up-right skating and athleticism.

This works best with a ball, using the ball and controlling the speed of the goalie is important. Goalies never needs to go out and back really fast so practicing forward and backward skating while tossing the ball back and forth with a coach promotes good upright body positioning under controlled speeds. .

**In station 3**

In this station, make sure there is enough time between shooters that the goalie can recover and get to the top of their crease.





**Date:** September – Practice 1.2 (page 2)    **Number of Goalies:** 4 to 6

**Practice Theme / Goals:** Basic movement & puck covering technique

**Equipment Required / Set-up:** Soccer ball

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

**Goalie Movement Drill B.1:**

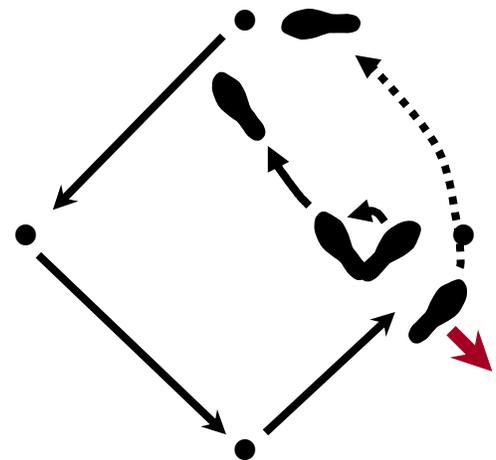
The goaltender does this drill without a stick. While holding a ball with two hands, the goaltender will do alternating knee touches the length of a full size net (6 feet). When the goaltender gets to the end of the net he or she will hand the ball to the coach and then skate backward always ready for the coach to throw the ball back. At some point the coach throws the ball and the goalie catches it and immediately starts their return back to the coach doing alternating knee touches. The only way the goalie moves forward is while doing alternating knee touches. Try backward knee touches if the goaltender can handle it.



**Goalie Movement Drill B.2:**

Place pucks in a diamond formation. Goaltender will T-push to each puck, completely rotating and pushing to a square position on each puck. Goaltender stays within the diamond at all times. Make sure the pucks are close enough together that the goaltender can get there in one push. Repeat in opposite direction.

A proper t-push has key elements; lead with the eyes stick and gloves, the upper-body stays in position and the goalie does not drag their drive leg. Once the drive leg is fully extended it should be brought back to stance position as quickly as possible. In this drill the goaltender focuses on leading with eyes, stick and gloves for each movement. The goaltender will set their feet at each puck then look to the next puck in the diamond. Drill should be done with hard t-pushes, and a good stance and pause at each puck.

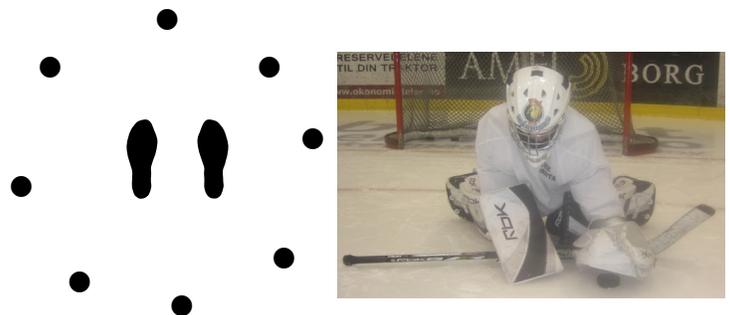


**Station 2**

At least 4 seconds between each shot so that the goalie can get set at the top of the crease.

**Station 4**

Place pucks in a circle around the goaltender. Goaltender turns and covers the puck that the coach points to. Proper puck covering technique utilized with goaltender going to butterfly position or two knees down, glove over puck and paddle down of stick protecting glove hand.





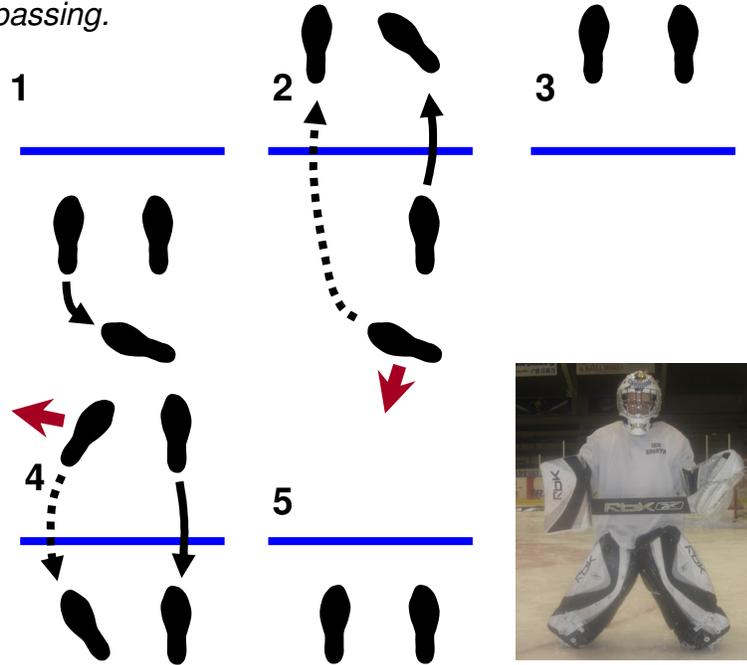
**Date:** September – Practice 1.3 (page 2)    **Number of Goalies:** 4 to 6  
**Practice Theme / Goals:** Basic movement & butterfly recovery technique

**Equipment Required / Set-up:** Soccer ball, ice marker

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

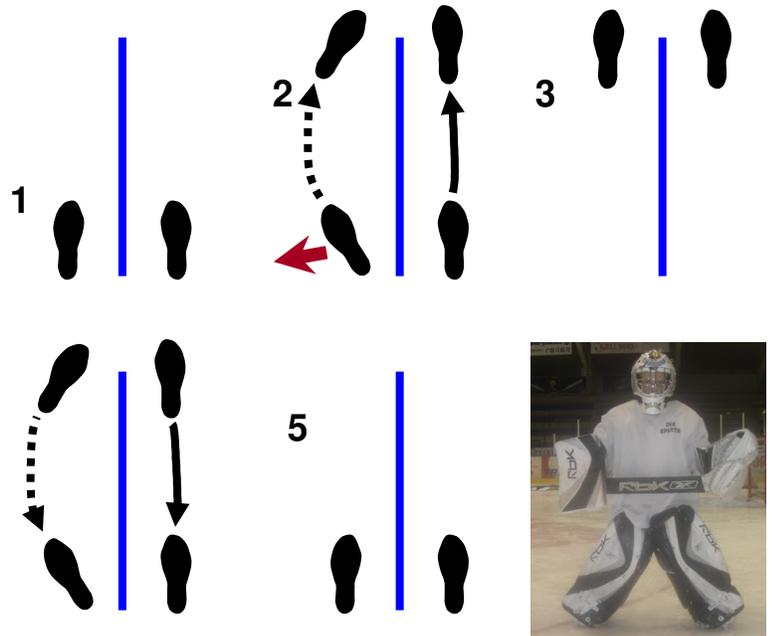
**Goalie Movement Drill A.1:**

Drawn line for each goalie in their particular area of the ice. (Not in the crease) Goaltender T-pushes through line, stops then pushes back through line. Focus on not erasing the line. Once the T-push is complete, goalie sets feet and with one 'C' cut, push backward through the line. Set feet and start the drill again, alternating sides. During the movement the goaltender places blade of stick in catch glove to promote balance and good glove placement. A proper t-push has key elements; lead with the eyes stick and gloves, upper-body stays in position. Do not drag the drive leg. Once the drive leg is fully extended it should be brought back to stance position as quickly as possible. In this drill the goalie pushes hard with the drive leg then lifts the leg off the ice to bring it back under the body. This exaggerates the movement while the goalie focuses on not erasing the line with his skate. Stop with the lead leg every time. This promotes the development of both feet, not just the dominate one.



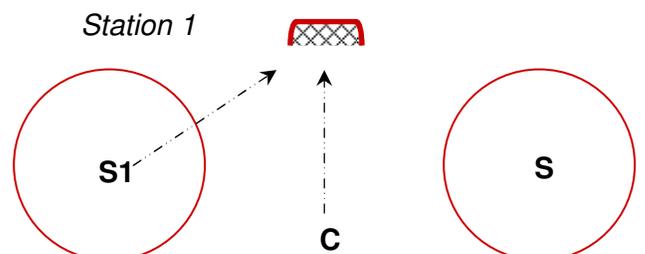
**Goalie Movement Drill A.2:**

Drawn line for each goalie in their particular area of the ice. (Not in the crease) Goaltender moves forward and backward with the line between their pads. Stick blade can remain in the pocket of the glove or coach can toss soccer ball (or ball of like size) to promote up-right skating and athleticism. This works best with a ball, using the ball and controlling the speed of the goalie is important. Goalies never need to go out and back really fast so practicing forward and backward skating while tossing the ball back and forth with a coach promotes good upright body positioning under controlled speeds.



**Station 1: Goaltender Station Drill #1**

Coach is in high slot with pucks and one shooter at each corner angle. Goaltender starts in a good technical butterfly, shot is taken by coach along ice at goaltenders right side, goalie uses the stick and pad to control rebound to side. The goaltender then fully recovers, using left leg as drive leg and gets square to S1. Once goaltender is square to S1, coach says go and the shooter take a low shot. Alternating side on original shot. Always making sure of proper leg recovery.



**Station 4: 1v1 Out of Corner**

For this drill, the goalie should be on the post before the play starts. The goalie needs to maintain good post coverage, and possibly use a post load when the player attacks the net.



**Date:** September – Practice 1.4 (page 2)    **Number of Goalies:** 4 to 6

**Practice Theme / Goals:** Game play, crease positioning

**Equipment Required / Set-up:** No extra equipment required

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

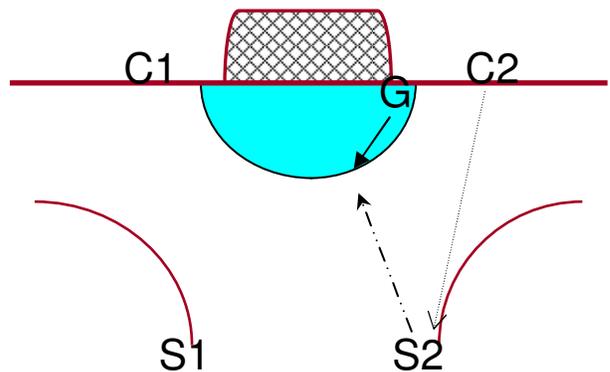
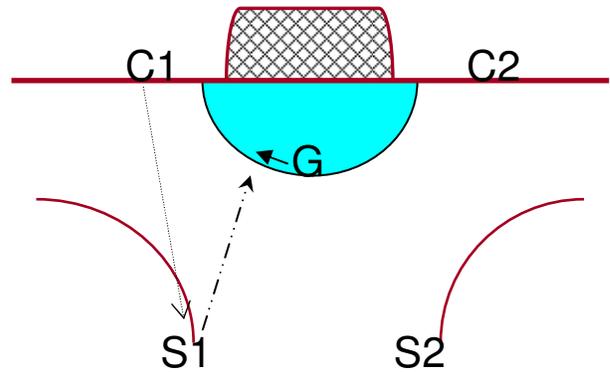
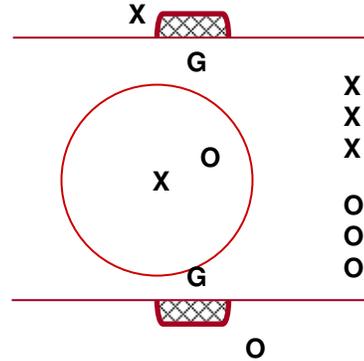
**Stations 4 and 5:**

Goalies who's groups are at stations 4 and 5 all participate in the station 5 game

**Station 6: Goaltender Station Drill #2**

Each shooter stands on the hash marks. Coach pass puck from goal line out to 'S1'. Goaltender pushes from slot to a square position with the shooter S1. S1 shoots. Goaltender makes save and tracks puck after save.

Goaltender begins the second part of the drill on the opposite post. Coach 2 passes puck from other side to 'S2'. Coach always passes to the line on the same side which allows the goaltender to make a good short T-Push to the proper position in the crease.





**Date:** September – Practice 1.5 (page 2)    **Number of Goalies:** 4 to 6

**Practice Theme / Goals:** Basic movement technique

**Equipment Required / Set-up:** Soccer ball

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

**Goalie Movement Drill B.1:**

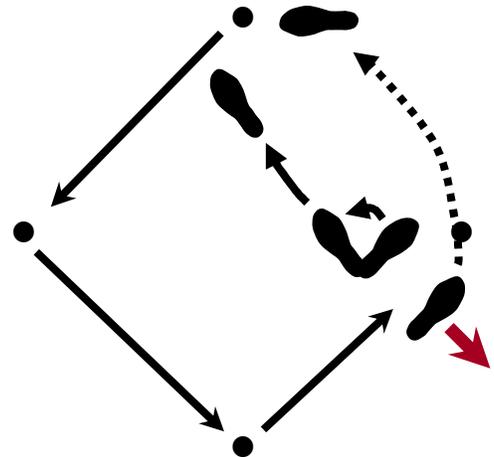
The goaltender does this drill without a stick. While holding a ball with two hands, the goaltender will do alternating knee touches the length of a full size net (6 feet). When the goaltender gets to the end of the net he or she will hand the ball to the coach and then skate backward always ready for the coach to throw the ball back. At some point the coach throws the ball and the goalie catches it and immediately starts their return back to the coach doing alternating knee touches. The only way the goalie moves forward is while doing alternating knee touches. Try backward knee touches if the goaltender can handle it.



**Goalie Movement Drill B.2:**

Place pucks in a diamond formation. Goaltender will T-push to each puck, completely rotating and pushing to a square position on each puck. Goaltender stays within the diamond at all times. Make sure the pucks are close enough together that the goaltender can get there in one push. Repeat in opposite direction.

A proper t-push has key elements; lead with the eyes stick and gloves, the upper-body stays in position and the goalie does not drag their drive leg. Once the drive leg is fully extended it should be brought back to stance position as quickly as possible. In this drill the goaltender focuses on leading with eyes, stick and gloves for each movement. The goaltender will set their feet at each puck then look to the next puck in the diamond. Drill should be done with hard t-pushes, and a good stance and pause at each puck.





Date: September – Practice 1.6 (page 2)

Number of Goalies: 4 to 6

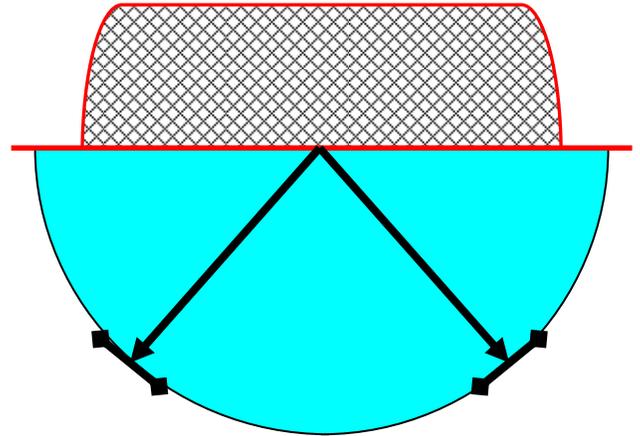
Practice Theme / Goals:

Equipment Required / Set-up:

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs) and incorporate auxiliary skills like puck control and passing.

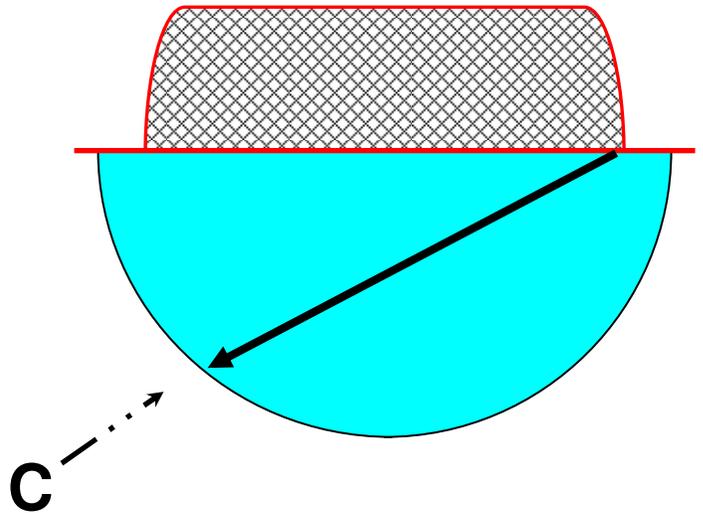
**Goalie Movement Drill C.1:**

The goaltender begins the drill in the 'Start Position,' which is the center of the net just in front of the goal line. The 'Start Position' is very important place for a goaltender to be comfortable because this is where he or she should be when the play is not in their zone. In this drill, the goaltender will come out to the corner angle, set their feet, butterfly. Recover using the outside foot first, set their feet, and back slowly into the net finding the 'Start Position.' Repeat on the opposite side.



**Goalie Movement Drill C.2:**

Coach has a ball, Goaltender does not have stick. Goaltender starts on post (or simulated post) pushes across to the corner angle, as soon as the goaltender pushes he squares his shoulders and hips to the coach. The coach tosses the ball to the goalie, once the goalie catches ball, stop with lead foot. Toss the ball back to the coach. Push to opposite post and repeat to other direction.





**Date:** September – Practice 1.7 (page 2)    **Number of Goalies:** 4 to 6

**Practice Theme / Goals:** ABC's, Basic movement techniques

**Equipment Required / Set-up:** Soccer ball

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

**Warm-up**

Goalies pair up and play catch with a medium sized ball while doing lateral steps.

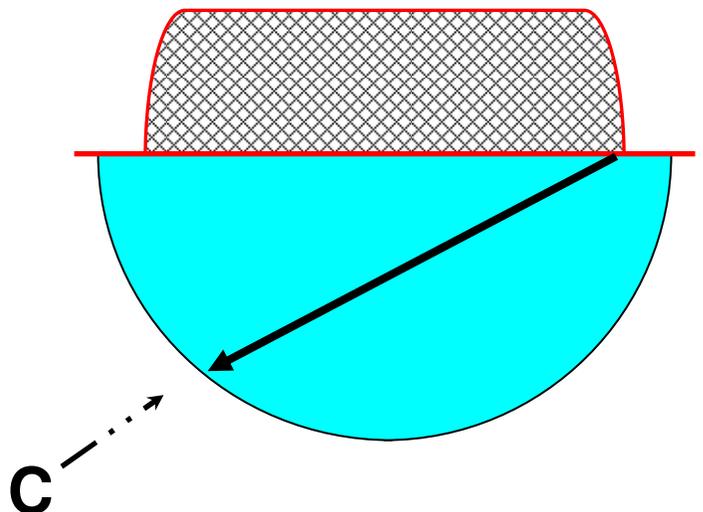
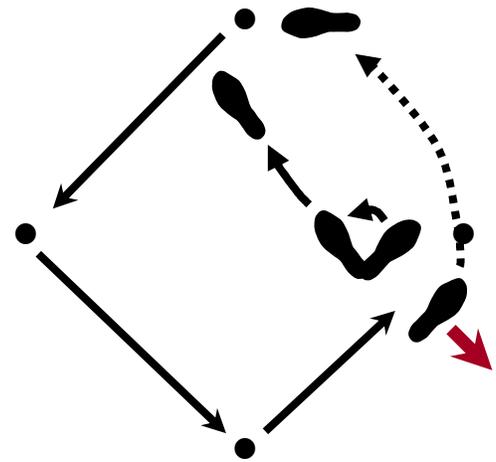
**Goalie Movement Drill B.2:**

Place pucks in a diamond formation. Goaltender will T-push to each puck, completely rotating and pushing to a square position on each puck. Goaltender stays within the diamond at all times. Make sure the pucks are close enough together that the goaltender can get there in one push. Repeat in opposite direction.

A proper t-push has key elements; lead with the eyes stick and gloves, the upper-body stays in position and the goalie does not drag their drive leg. Once the drive leg is fully extended it should be brought back to stance position as quickly as possible. In this drill the goaltender focuses on leading with eyes, stick and gloves for each movement. The goaltender will set their feet at each puck then look to the next puck in the diamond. Drill should be done with hard t-pushes, and a good stance and pause at each puck.

**Goalie Movement Drill C.2:**

Coach has a ball, Goaltender does not have stick. Goaltender starts on post (or simulated post) pushes across to the corner angle, as soon as the goaltender pushes they square their shoulders and hips to the coach. The coach tosses the ball to the goalie, once the goalie catches ball, the stop with lead foot. Toss the ball back to the coach. Push to opposite post and repeat to other direction.





**Date:** September – Practice 1.8 (page 2)    **Number of Goalies:** 4 to 6

**Practice Theme / Goals:** Butterfly save technique

**Equipment Required / Set-up:** None

Goalies rotate with their groups and participate in the groups activities unless there is a net for them to take shots. This allows the goalies to increase their athletic abilities (ABCs') and incorporate auxiliary skills like puck control and passing.

### Goaltender Station Drill #3: Fundamental Save Drill - Extended Butterfly Save

'S1' has pucks in center of slot. 'S1' Passes to 'S2' at the corner angle. Goaltender pushes to proper position for a shot from 'S2.' 'S2' shoots low. Goaltender uses proper Extended Butterfly or Butterfly Save. Shooter must try to pick low corner. Goaltender tracks rebound and drill starts from center again.

#### Butterfly Body Position:

In a proper butterfly the goaltender's shoulders, hips, and knees are in line with each other. The pads are flush to the ice, with the front of the pads facing the puck. The goaltender's pant legs are together, and his or her feet are flared out as far as comfortably possible to maximize width and net coverage. Upper body, gloves and arms should be in the same position as the basic stance. When the puck is within 3 feet of the goaltender, the gloves and arms should be tight to the body to eliminate holes.

Remind the goaltender to "Drive their knees to the ice" when using a butterfly. Flexibility and strength improve the width of the butterfly, comfort within the butterfly is more important than width at this age.

