

U12/U14/Girls Goalie Drills

Movement Drills - designed to help the goaltender become familiar with moving around the crease area, developing awareness of where they are in relation to the net and using the right technique to ensure they are in proper position to make a save. Movement drills can be done on any area of the ice but ideally in the crease.

Out, Over and back

Description

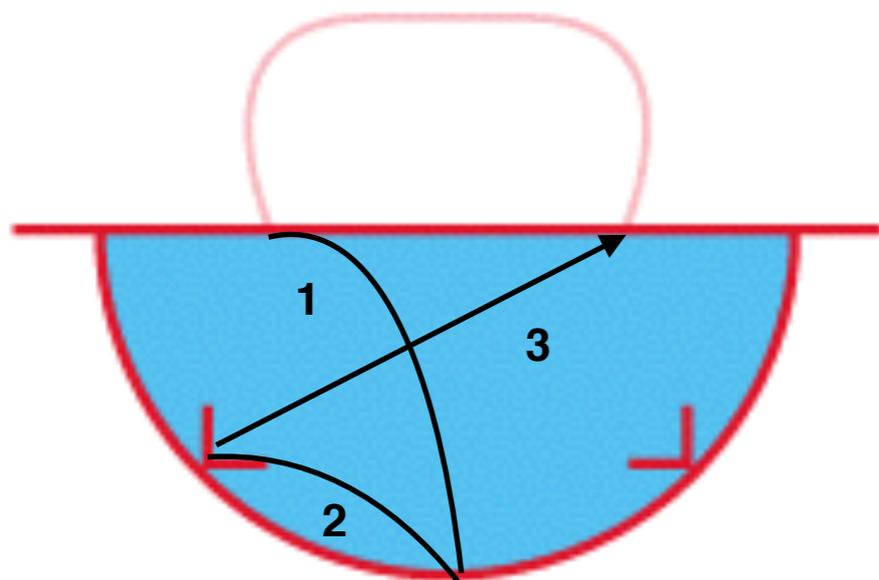
1. Start on post, goalie T-Pushes or C-Cuts to middle top of the crease.
2. Goalies sets feet at top of the crease and small T-pushes to corner angle on top of the crease.
3. Goalies sets feet, rotates hips and T-pushes back to opposite post.

Teaching Points

1. Rotate hips, lead with stick and gloves, push hard with post side leg toward top of crease
2. Make sure goalie is square and in proper stance after each move. Stick on the ice, gloves up and in front of the body at all times.

Comments:

Have goalies do this drill two or three times each way. Mix it up by having the goalies drop to a butterfly after the first move. When doing this, make sure they make a full recovery to their feet by lifting the leg opposite of the next move first. So if the goalie is moving to their right, the left leg should be the first one up when making the full recovery.



Out, Over and Butterfly slide back

Description

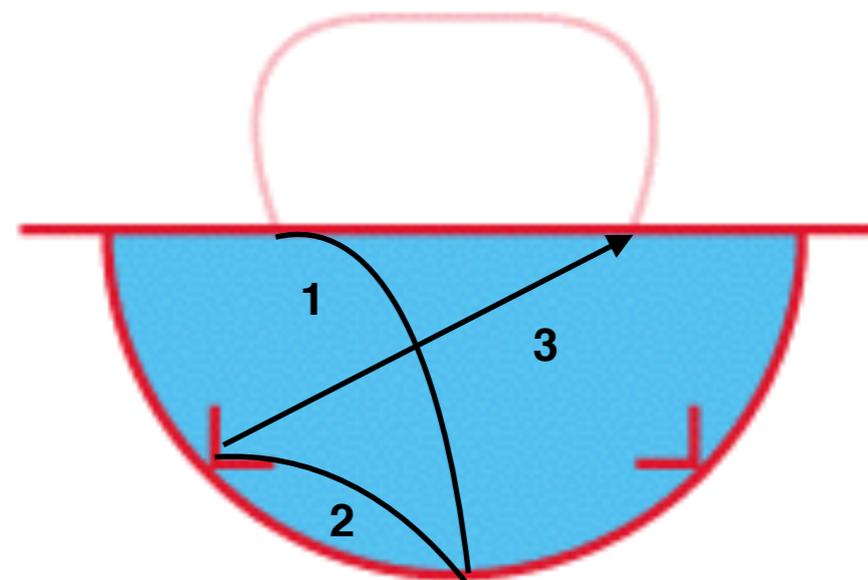
1. Start on post, goalie T-Pushes or C-Cuts to middle top of the crease
2. Goalie sets feet at top of crease and small T-pushes to corner angle on top of crease from where they started.
3. Goalies sets feet, rotates hips and butterfly slides to far post

Teaching Points

1. Rotate hips, lead with stick and gloves, push hard with post side leg toward of the crease.
2. Make sure goalie is square and in proper stance after each move. Stick on the ice, gloves up and in front of the body at all times.
3. At end of the butterfly, goalies should catch edge of their skate just outside the post, NOT hitting the post.

Comments:

Have goalies do this drill 2 or 3 times each way. For more advanced goalies, have them butterfly slide in movement 2 as well.



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Gloves & Tracking

Description

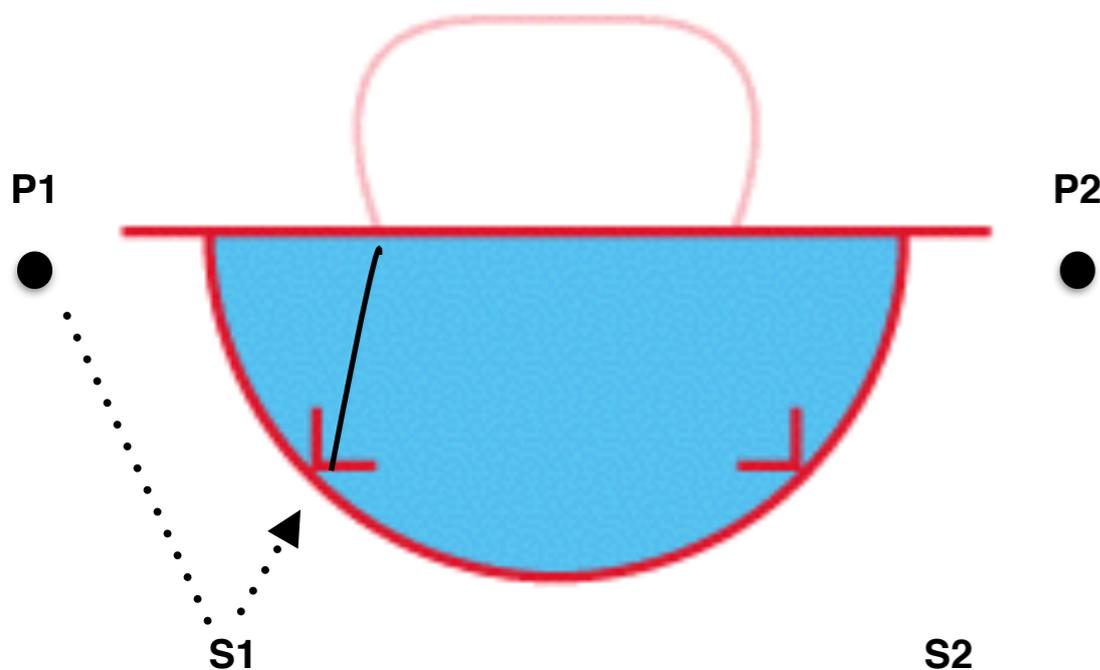
1. P1 and P2 are behind the goal line and below the face off dot.
2. S1 and S2 are at the top of the circle in line with where the wing would position themselves for a face off.
3. P1 makes a pass to S1, S1 receives the pass and shoots and attempts to score by shooting mid to top of the net.
4. Focus on goalies using gloves to make the save.
5. P2 and S2 do the same from the other side.

Teaching Points

1. Goalies should be out with heels on the crease line to cut down the angle.
2. Make sure stick stays on the ice, gloves are up and out in front.
3. Goalies should lean into the save not away from the puck when making the save.
4. The goalie should cover the puck or deflect it a corner as to leave no rebound. Make sure the goalie tracks the puck all the way following the save.

Comments:

Focus on speed of the goaltender getting in position, challenge the players to complete the drill at a faster pace as they continue doing it. Make sure goalie is set and ready before having P2 begin. If rebounds are consistently left, change up the drill and have P1 and P2 come out to get the rebound and attempt to score. For more advanced goalies have P1 or P2 (whoever makes the pass) come out and screen the goalie.



Cross Body Save

Description

1. S1 stands a few feet above the hash marks just inside the circle.
2. Goalies starts on the right corner at the top of the crease.
3. On coaches command the goalie small T-pushes to the middle top of the crease and sets feet.
4. S1 shoots high to the glove side where the goalie started.

Teaching Points

1. Don't let the goalie get ahead of the drill.
2. Make sure they're tracking the puck with their eyes and body.
3. Makes sure shots are deflected into the corners, caught in the glove or covered after the save.

Comments:

Repeat the drill from the opposite side. Don't let the goalie cheat. The point is to get them into position high in the crease, cutting down the angle and making sure there are no rebounds.

