

# U8/U10 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

## Middle out T-Push

### Description

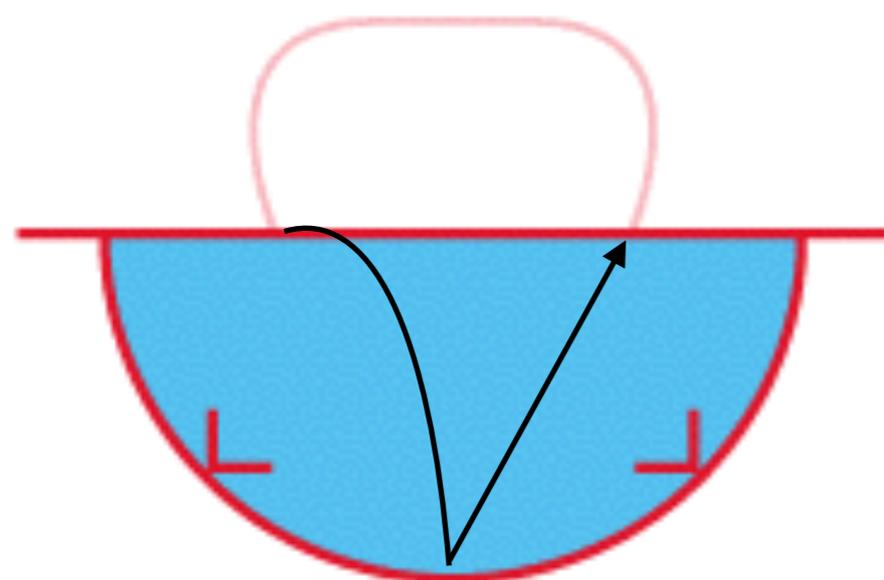
1. Start on post
2. T-Push out to the middle top of the crease and set feet
3. After seating feet T-Push back to opposite post
4. Repeat from opposite post

### Teaching Points

1. Rotate hips, lead with stick and gloves, push hard with post side leg toward top of crease
2. Lift post side leg slightly off ice after initial push
3. Make sure goalie is square to center ice at top of the crease

### Comments:

If net/crease area is not available for the drill, a T-Push can be practiced in any area of the ice. Limit length of the T-Push, do some full stride and some half stride. For each T-Push, make sure the goalie rotates their hips, leads with the stick and gloves and comes to a full ready position after each T-Push. The goalie should be square and not cheating or leaning toward the direction they moved.



## Off Post Shuffle

### Description

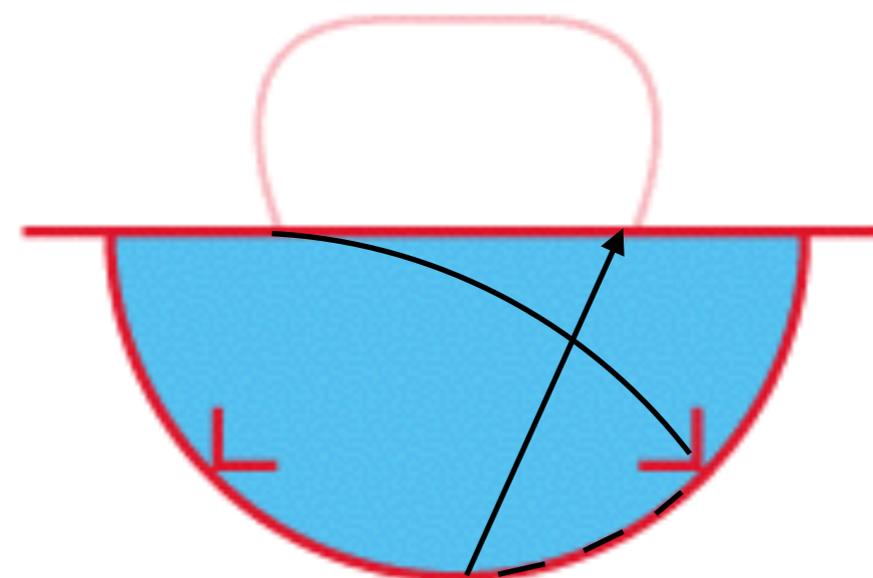
1. Start on post
2. T-Push through the middle of the crease to the top corner angle opposite from where the goalie started.
3. Small shuffle across the top of the crease until square with the middle slot.
4. From center slot, T-Push back to opposite post from where they started.
5. Repeat

### Teaching Points

1. Rotate hips, lead with stick and gloves, push hard with post side leg toward opposite top corner angle.
2. Feet should be set and body square before shuffle.
3. Make sure small shuffles are used, stick remains on the ice and gloves stay in position (up and out in front)

### Comments:

If net/crease area are not available practice shuffle along boards. Make sure stick stays down and gloves stay up and out in front of the body. Watch posture, make sure the goalie is not too hunched over.



# U8/U10 Goalie Drills

**Movement Drills with Pucks** - the focus is to simulate a game like situation where the movement drills can be used. Focus on the goalies technique and getting them in the proper position. Allow them to get in the right position before taking the shot, as their technique and agility improve the speed of the drills should increase.

## Middle Out Stick Save

### Description

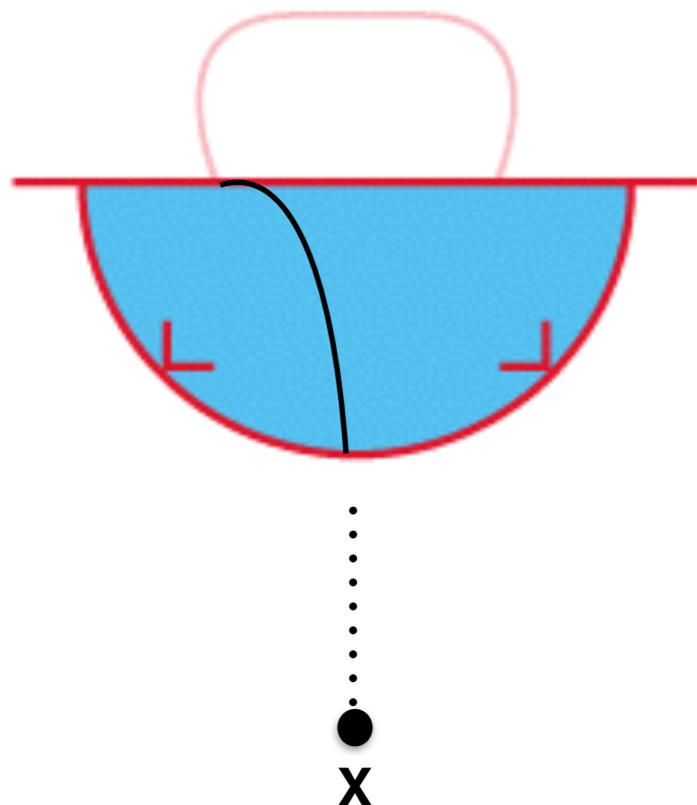
1. Goalie starts on post
2. T-Push out to the middle top of the crease and set feet.
3. Player **X** shoots puck ON ICE toward goalies five hole.
4. Goalie directs puck with stick into the corner

### Teaching Points

1. Rotate hips, lead with stick and gloves, push hard with post side leg toward top of the crease
2. Goalie should be square to shooter at top of the crease
3. There should not be a lot of arm movement during the save, a turn of the wrist will direct the puck.
4. Goalie should follow the puck after the save

### Comments:

Make this fun or competitive by using the small nets at Shea. Place them on either side of the net close to the goal line and encourage goalie to direct puck into the small net. This will help them direct shots to a specific location and makes it more like a game situation where a potential opponent could be higher in the crease waiting for a rebound.



## Off Post Shuffle Save

### Description

1. **X1** Lines up with puck on the goal line below the face off dot and makes a pass to **X2**
2. **X2**, positioned at the top of the opposite circle in line with the face off dot, receives the pass and skates toward the cones.
3. **X2** shoots on the goalie from high in the slot.

### Teaching Points

1. Rotate hips, lead with stick and gloves, push hard with post side leg toward top of the crease
2. Goalie should be square to shooter at top of the crease and follow X2 to the middle using short, compact shuffle steps.
3. Make sure stick stays on the ice, gloves stay up and out in front of the body.

### Comments:

The shuffle movement will be hard for U8's and newer goalies, be patient with them. If they struggle with the shuffle, use more time to practice it outside of the crease area. Mix the drill up by adding passers and shooters to both sides of the net and alternate. Don't let the goalie cheat by moving off the post before a pass is made!

