



COACHES EDUCATION PROGRAM DRILLS AND GAMES SUPPLEMENT

Drill Name: The rope trick

Skills Practiced and introduction:

- Goalie Positioning within the crease

Suggested Equipment: 2 long ropes (15 yards each) or 1 long rope (30 yards)

Space needed: Area in front of the goal

Players needed: goalie and a coach

Set – up and execution: (see diagram)

- Tie one end of each rope to either goal post.
- The coach should hold the other ends of the rope at a distance that one would normally warm up a goalie.
- The goalie should center himself in between the V that the rope will make.
- Move around the shooting area and point out to the goalie that he is in perfect position if from every angle he is centered in the V the rope makes. You no longer have to tell the goalie to hug the pipe, the rope will do that for you.

Figure 1

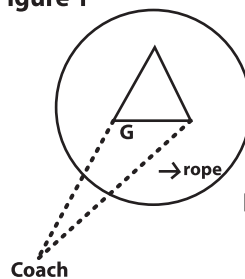


Figure 2

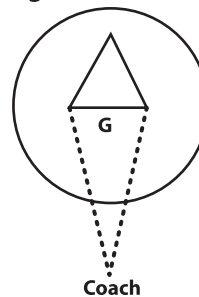
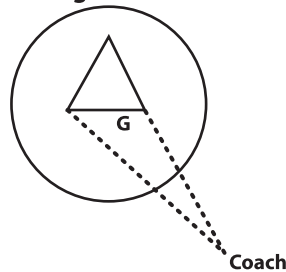


Figure 3





Coaching tips:

- Quiz the goalie on whether he is out of position or not when moving around the shooting area.

Variations/Progression:

As your goalie improves with the rope:

- Drop the rope and just use your hands and arms to make a V.
- When warming a goalie up for practice or a game, if the goalie is out of position drop your stick and hold your arms out in a V – your goalie will see that he is out of position and correct himself.

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