



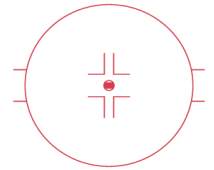
The Goalie Stance, Hands in the Ready Position

The Butterfly, Hands in the Ready Position

When I refer to a "one leg slide": In the butterfly position, the goalie hands are in the ready position, one skate is used to push while the other pad stays flat on the ice in preparation for another save. If the goalie is sliding to the right, then the left leg is used to push and the right leg is used to push to go left. Always in a hockey ready position.

Here are some **DRILLS** that I have thought of:

Center Ice Circle Drill: (look at the circle as a clock) Have 2 goalies on the edge of the circle both facing in to each other. One at 12 o'clock one at 6 o'clock. In the goalie stance they move to the faceoff dot. When they get to the face off dot they go down to the butterfly position. They then one leg slide to their right until they get to the edge of the center ice circle. Then they one leg slide in the reverse direction back to the face off dot. When they get back to the face off dot they get back up into the goalie stance and skate backwards to the edge of the center ice circle where they started from. 2 different goalies can go next while the first group take a break.



Faceoff circle: This drill helps the goalies move around in their goalie stance. Looking at any of the face off circles next to a net, the circles have hash marks where the centers line up for face off. Use this for a small area drill. They stay in the "center's" hash marks, they don't go out to the "wing's" hash marks.

1) Have 2 goalies (12:00 / 6:00) in their stance where the centers would be on a face off. Their backs are to the faceoff dot and their feet are at the top of the hash marks. Staying in the goalie stance they then explode to the hash marks behind them and to the right, stop, explode to the next hash marks, stop, etc etc. They continue doing this several times around the hash marks. Eventually stop and do the drill again but going in the different direction.

2) In the goalie stance, start on the faceoff dot. Quickly move out to the top of the hash mark, then go backwards to the faceoff dot, stop, turn to the right, move out to the top of the hash marks, stop, go backwards to the face off dot, stop, turn right, move to the top of the hash marks, stop, go backwards to the faceoff dot..... This can be done several times and then stop and go in the opposite direction. Rotate another goalie into the drill to allow for breaks.

Pushing off in Butterfly position: This can be done in a group. In the butterfly position have the goalies push off with only one skate. They push off with the skate with a "C" cut on the ice. The leg that is not pushing off stays on the ice in a ready position to make a save. The end results will be the goalie spinning on the ice in a 360 degree motion.stop and do the same thing with the opposite leg, spinning in the opposite direction. Again, in a butterfly hockey ready position at all times

2 Goalie / Butterfly / Slide saves : Using a net, about 5 feet away from the boards. In the goalie stance have the goalie shuffle to the right past the post, then move back behind the net, then shuffle to the left past the post, then come to the front of the net to take a shot, making a butterfly save, then do the shuffle again all the way around the net.

2 Goalies can do this drill at the same time. One starts in front of the net and one starts behind the net. As one takes the shot, the other goalie is shuffling his way towards the net to take a shot. The goalies take the shots while they are in motion. They don't stop to plant their feet, they keep on moving. The shooters can fire low on the ice as soon as the goalie comes towards the net. This is a fast pace drill so the goalies have to move quick. The shooters are there to fire the puck low on the ice!!

Rope on the Net: I have a 30 foot rope, I tie each end to the cross bars of the net. I then hold onto the middle of the rope and form a triangle from the net to where the shooters would be shooting from. This shows the goalie what their angles are and where they need to be in the net compared to where the shooter is on the ice. One goalie can be in the goalie stance and another goalie and be moving around with the rope. The 2 goalies can switch positions every couple of minutes.

Follow the Rebound: 3 shooters are lined up side by side about 10 feet apart from each other in the slot. The goalie starts on one of the post. Goalie moves out to the middle shooter for a shot, goalie makes a save, and then butterfly slides to whichever side the rebound went to for another shot from the shooter on that side. STOPDo it again starting from the other post. Each goalie can take 5 shots then rotate in another goalie. Shooters are trying to keep the shots low so that goalies can control the rebound.

Goalie Screens: Have one goalie screen another goalie while shooters take shots. 3 shooters can be about 20 out into the slot and shooting hard shots. Goalies need to control the rebound but don't worry about covering up the rebound.....get ready for more shots

2nd Baseman saves: Every goalie gets beat with a soft shot from 50 feet away !!!! They get beat because they figure "this is the easiest save , don't worry about it"....WRONG!!! This save needs to be played like a 2nd baseman: down on one knee, paddle of the stick down on the ground, catching glove ready, and body in front of the puck.

One net can be in front of the penalty box and the shooters can be in front of the team bench, shooting from across the ice. Shooters should flip shots so that they land about 5-10 feet in front of the goalie. Once the puck hits the ice it becomes a "knuckleball" and it will start flipping all over the place. 2 goalies can be involved in this drill and the goalie who isn't getting shot on can go retrieve the pucks on the side of the net

Butterfly saves / sliding with rapid fire: One net at crease - 5 shooters 3 pucks each shooting one puck at a time. Shooters are in a semi circle about 15-20 feet in front of net. Goalie takes first shot, then butterfly slides to the next shooter, takes a shot, butterfly slides over to next shooter, takes shot, etc.....after the last shooter, move back over to the first shooter and take the shots again. When all 5 shooters have taken 3 shots then rotate goalies. This is a rapid fire drill but the shooter just need to wait a beat after the previous shooter fires.

Controlling Rebound with the Blocker Glove: One net on the boards, 2 shooters - Shooter are aiming for the blocker. Goalie is making save with blocker and angling the puck into the corner. The rebound is NOT to be angled so that it lands in front of the net. If the shooters can't hit the blocker (squirts) then someone can toss the puck (just like a Frisbee) The second goalie can retrieve the pucks standing on the side of the blocker.

HERE ARE SOME SKATING DRILL: These drill can be done with all Goalies as one big group. Skating needs to be a very important goalie skill.

Heel Touch: All goalies can do this as part of the group skate. In the goalie stance, both feet make a "C" cut, so that the knees eventually come together to touch. Then do the same "C" cut going backwards so that the heels of your skates touch. This is a very "small space" drill. The goalie is only moving a couple of feet. Once they get the hold of this drill in can be done quickly ...knees...heels..knees...heels etc etc

Crab Walk: In a butterfly position have the goalie "walk" forward on their knees about 20 feet. Then have them "walk" backwards. **STAYING IN A BUTTERFLY / HOCKEY READY POSITION** at all times. The little kids might have a little trouble going backwards, but oh well

Skate Around Goalie Stick: Drop the stick on the ice. In a goalie stance have the goalies skate around the stick. Always face one direction and don't hit the stick. This drill is designed so that you stay in the goalie stance and to know the presence of where you are compared to the stick.

They can also jump over stick. In goalie stance have them hop over stick and land in goalie stance. This can be done either standing still or while they skate towards the stick on the ground.

Toe Touches: Hold the goalie stick with two hands straight out at shoulder height. Goalies line up on the goal line and eventually will be skate to the red line. Rotating feet you want to kick the stick with one foot then kick with the other foot while skating the entire time.

Shuffle glide: In the goalie stance your two feet are flat on the ice. You want to slide to your right in quick short spurts. This can be done from red line to blue line then back to the red line. In a game the shuffle is used as you quickly move around the crease.

T glide: In the goalie stance your two feet are flat on the ground. One foot is then placed on the ice so that your feet form a tee. (one foot pointing forward and the other foot pointing to the side) The foot that is pointing forward will now be the foot that you push off with. The foot that is pointing to the side will be the foot that guides you along. From the redline T glide several times to the Blue line, then go back to the red line. This glide is used for when you have to travel a long distance in the crease. Like when the pass is made from one defenseman to the other defenseman on the point.

Butterfly Pivot: Starting at the goal line the drill will eventually take you to the blue line. Staying in the goalie stance explode to right for about 5 feet, stop, butterfly down, up, explode to the left for about 5 feet, stop, butterfly down, up.....then to the right....then to the left all the way to the blue line (or red, or the entire ice)

Shuffle Butterfly Slide: From the red line to blue line. Shuffle glide from red line to blue line, butterfly down, then one legged slide back to red line

Goalie Stance: from red line to blue line and then backwards to red line

Board to Board: This is a good drill for the last 3 minutes of practice. Line up all the goalies along the boards (team benches), spread them out. first group is between the goal line and the blue line. The second group is between the blue lines. The third group is between the blue line and far goal line. On the whistle the first group skates full speed to the opposite boards (penalty box side) and back, stop/rest. When they get back, the second group goes, when they get back, the third group goes, then the first group... etc etc. Goalies need stamina too, just like forwards. This drill helps out for late into the 3rd period and into overtime.