



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.

