



Date: September – Practice 1.5 (page 2) **Number of Goalies:** 4 to 6

Practice Theme / Goals: Basic movement technique

Equipment Required / Set-up: Soccer ball

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 B.1:

The goaltender does this drill without a stick. While holding a ball with two hands, the goaltender will do alternating knee touches the length of a full size net (6 feet). When the goaltender gets to the end of the net he or she will hand the ball to the coach and then skate backward always ready for the coach to throw the ball back. At some point the coach throws the ball and the goalie catches it and immediately starts their return back to the coach doing alternating knee touches. The only way the goalie moves forward is while doing alternating knee touches. Try backward knee touches if the goaltender can handle it.



Goalie Movement Drill B.2:

Place pucks in a diamond formation. Goaltender will T-push to each puck, completely rotating and pushing to a square position on each puck. Goaltender stays within the diamond at all times. Make sure the pucks are close enough together that the goaltender can get there in one push. Repeat in opposite direction.

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 goaltender focuses on leading with eyes, stick and gloves for each movement. The goaltender will set their feet at each puck then look to the next puck in the diamond. Drill should be done with hard t-pushes, and a good stance and pause at each puck.

