



Title : Goalie Technical Drill 6

Category : Age 10 to 20

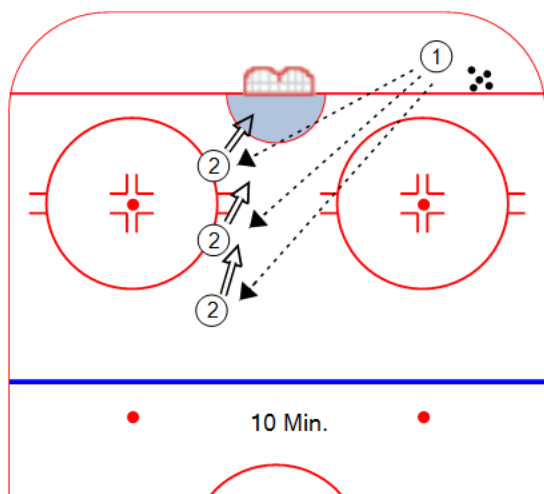
Content : 3 options low - middle - high plays

Drill description :

- 1) Shooter 1 will wait for the goalie to get to their post and the goalie should read the play in front of him.
- 2) Shooter 2 will have the option to stay high, middle or low and shooter 1 will make the pass for a shot and a rebound.

The goalie will have to read the play and make the right decision based on where the shooter is.

Low = butterfly slide
 Middle = T-push and butterfly right away
 High = T-push and react accordingly

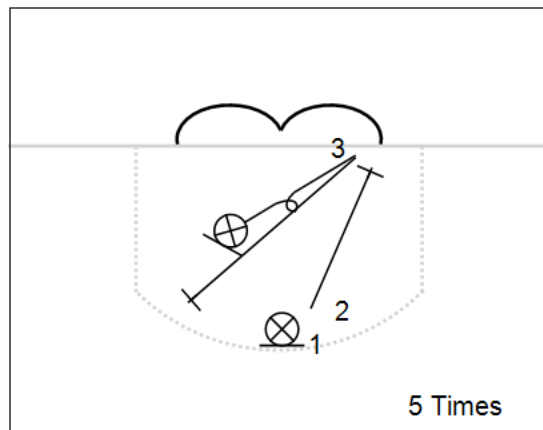


Key points

- Read and react
- Stay square to the puck
- Challenge the shooter
- Beat the pass

Goalie movements

- 1- The goalie will start in a butterfly
- 2- T-push recovery to the post
- 3- Read and react to the play (T-push or butterfly slide)
- 4- _____
- 5- _____
- 6- _____
- 7- _____
- 8- _____
- 9- _____
- 10- _____



Notes

Symbols legend :

	Basic position		Butterfly
	Post positioning (left)		Half-butterfly (left)
	Power Push		Jump
	Slide		180 rotation
	"T" push		360 rotation
	Butterfly slide		Cross over
	2 pad stack		Roll
			1/2 butterfly slide
			"C" cut

