



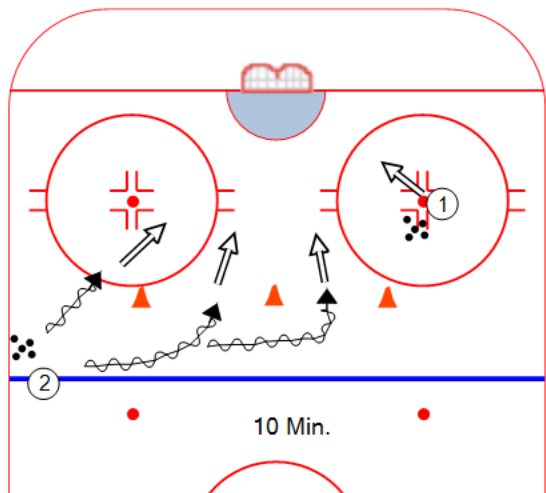
Title : Goalie Technical Drill 1

Category : Age 10 to 20

Content : Angle shot drill

Drill description :

- 1) The goalie will have a series of movements to do before getting the first shot.
- 2) Shooter 1 will shoot when the goalie stops in front of him.
- 3) Shooter 2 will wait for the goalie to stop and then he has the option to go around 1 of the 3 pylons and shoot. Rebound only after the second shot.

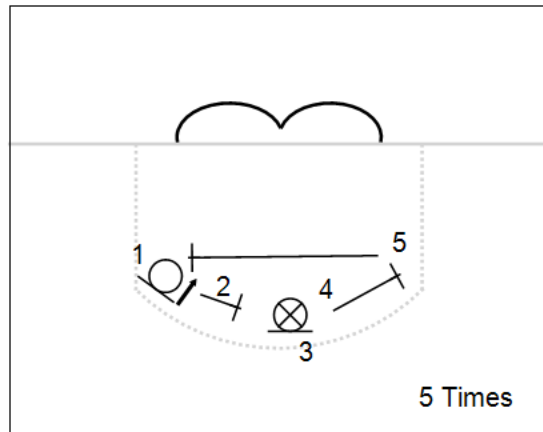


Key points

- Stay square to the puck
- Challenge the shooter
- Strong T-push
- Jump high to challenge yourself

Goalie movements

- 1-
- 2-
- 3-
- 4-
- 5-
- 6-
- 7-
- 8-
- 9-
- 10-



Notes

Symbols legend :

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

