



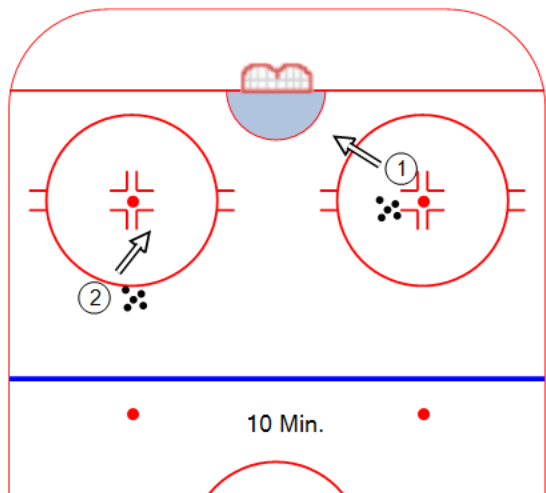
Title : Goalie Technical Drill 3

Category : Age 10 to 20

Content : Butterfly slide recovery rebound

Drill description :

- 1) Shooter 1 will shoot when the goalie slides to the post. (no rebound)
- 2) After the goalie recovers shooter 2 will need to wait for the goalie to stop, shoot and then both shooters can go for the rebound.

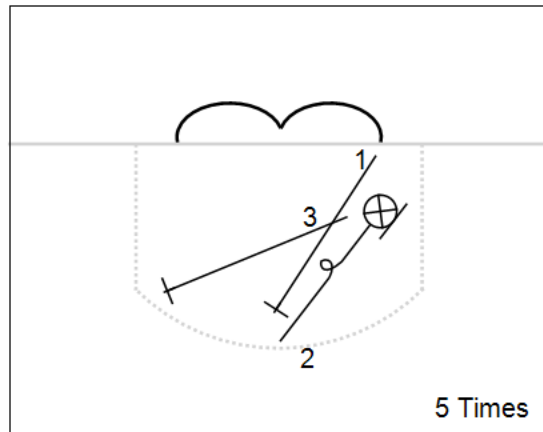


Key points

- Stay square to the puck
- Strong T-push
- Battle for rebounds
-

Goalie movements

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



Notes

Symbols legend :

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

