

Warm Up Skate

- Goal line to blue line - goalies will line up in number order, smallest to largest.
 - o Shuffles
 - o T Pushes

Station 1

Evaluation Points: Rebound control, positioning, following a shooter

1. Shooter will start at top center of slot - they will shoot low to either stick side
2. Goalie starts lined up with shooter; focusing on rebound control they direct the shot into corner
3. Goalie follows their rebound into corner (or wherever it goes)
4. After following rebound, reset on shooter at top center of the slot
5. When goalie resets, shooter will pull/push puck to either dot for a shot. Goalie to follow shooter and control rebound of this second shot

[Video of Drill](#)

****Needed:** 2 shooters, net, pgs. Drill can be done in neutral zone. Crease to be drawn on ice.

Station 2

Evaluation Points: Positioning, rebound control

1. Shooter 1 starts at top of circles with pucks. Shooter 2 starts below opposite circle with pucks.
2. Shooter 1 takes low shot. Goalie makes save
3. Goalie recovers to shooter 2 who has the option to take a shot or wrap the puck around
4. Both shooters play rebound until puck is covered, under goalie line, in the net



****Needed:** 2 shooters, net, pgs. Drill to be done in end zone closest to locker rooms

Station 3

Evaluation Points: Positioning, rebound control, high shots, low shots, lateral movements

1. Shooter 1 and shooter 2 start at neutral zone dots, each with pucks.

2. Shooter 1 and shooter 2 take off at the same time towards the

net, shooter 1 carrying puck

3. Shooter 1 has the option to shoot or pass to Shooter 2

**shot must be taken before the player reaches the slot and

limit to 1 pass

4. Both shooters play rebound until puck is covered, under goalie

line, in the net



**Needed: 2 shooters, net, pgs. Drill to be done in end zone near scoreboard/tiger on wall

Station 4

Evaluation Points: Lateral Movement, low saves, positioning, rebound control

1. Shooter 1 located at face off dot with pucks.

Shooter 2 in high slot with pucks.

2. Goalie starts square to shooter 1.

3. S1 shoots low to far side

4. After save, goalie recovers to middle and squares up with

shooter 2 (can recover to feet or on knees, needs to read the play)

5. S2 shoots low

6. Back to Shooter 1 to start over



**Needed: 2 shooters, net, pgs. Drill can be done in neutral zone. Crease to be drawn on ice.