- Goal line to blue line goalies will line up in number order, smallest to largest.
 - 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, pegs. Drill can be done in neutral zone. Crease to be drawn on ice.

Station 2

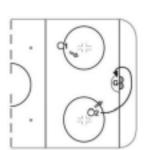
Evaluation Points: Positioning, rebound control

- 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, pegs. 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

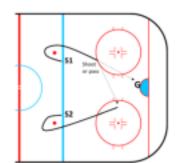
net, shooter 1 carrying puck

- 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, pegs. 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, pegs. Drill can be done in neutral zone. Crease to be drawn on ice.