



Goaltending Development Cheat Sheet

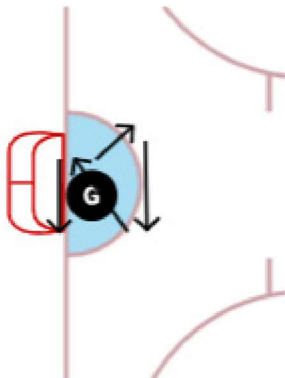
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Warmup Movements

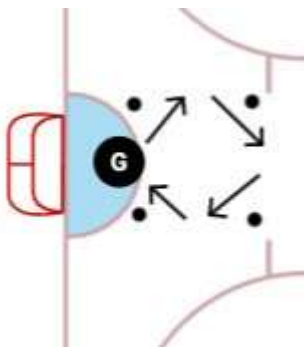
Key focus: Don't make your goalie skate circles! If your team is working on edgework and edge control there are better drills for goalies to work on their edgework. A coach should always be present and attentive to show commitment to your goalies practice and interest in making sure the drills are done properly.

Goaltending has three primary movement types: Shuffle, T-Push, C-Cut. These movements are the fundamental building blocks to build to other more advanced movements such as butterfly slides, lateral adjustments, and post hinges. Our warmup movements always want to include one, if not all, of these movements into the drill.

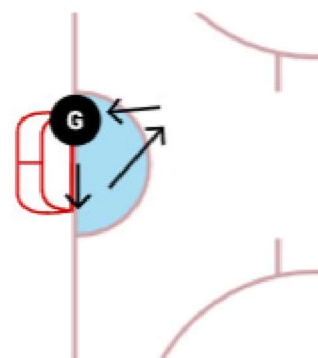
STAR PATTERN MOVEMENT



BOX PATTERN MOVEMENT



POST MOVEMENT



Star pattern movement: Goalies start on the goal line in the center of the net. Start by C-cutting out to a top diagonal. Shuffle over to opposite diagonal, T-push to far post, T-push post to post, C-cut to top middle of crease and then c-cut back to center home along goal line. Repeat in both directions. Drill can be modified by swapping out T-pushes and shuffles for one another and incorporating butterflies or RVH's for more advanced goalies.

Box movement: Goalies start aligned in the center of two pucks facing outward. Goalies then rotate their head, hands, then hips and t-push or shuffle to the center of the next two pucks, re-squaring each time. Repeat all the way around the box and then back in the other direction. Interchange uses of t-pushes, shuffles, slides, etc. to vary the drill and change the difficulty.

Post movement: Similar to star movement but focuses on moving into and out of post coverage. Rather than using a c-cut out like the start pattern movement, goalies begin with a strong T-push off of the post to go post to post, and then another t-push out to the opposite top diagonal. They should then shuffle or t-push back into the short side post. Repeat in various directions always integrating into the post every second movement to keep focus on post entry/exit.

Line movement: Working across a blue line, goal line, etc. from boards to boards to incorporate conditioning in a goalie setting. Start on one side of the boards and don't stop until you've reached the other side. Mix movements between shuffles, T-pushes, slides, butterflies, etc. Examples could be 3x shuffles left, 1 t-push right, butterfly up/down, and then another 3x shuffles left, always working towards the far boards.



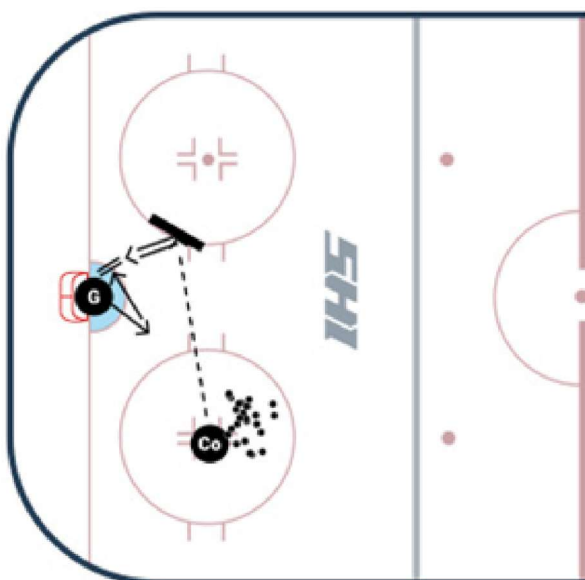
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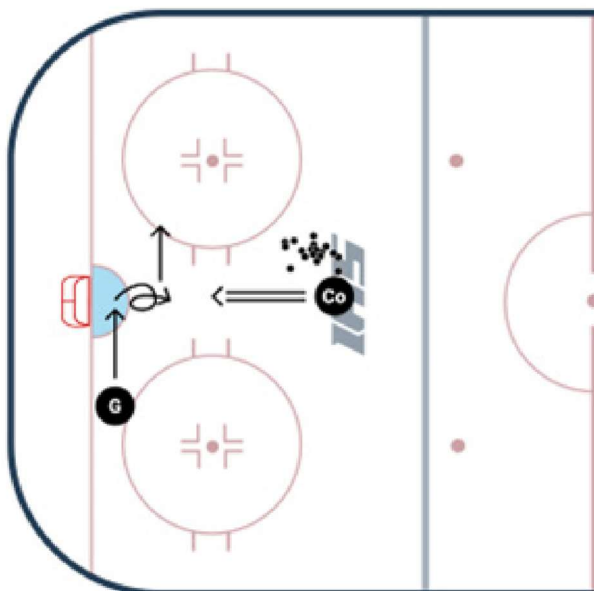
Unopposed 'Static' drills

Key focus: Unopposed static drills are drills where coaches/shooters are not playing out the rebounds and a goalie has no "opposition". These types of drills should be used to isolate a specific skill or function for your goalie to focus on, such as glove saves, rebound control, etc. Slower pace drills to allow intense focus on specific items and proper time for recovery/reset between each rep. This should only be a small portion of your practice plan as shooters/players would have a lot of down time between reps, HOWEVER, these drills are critical for goaltending and should be included in each practice in some fashion.

BUMPER SHOT/PASS



PUSH THE PACE

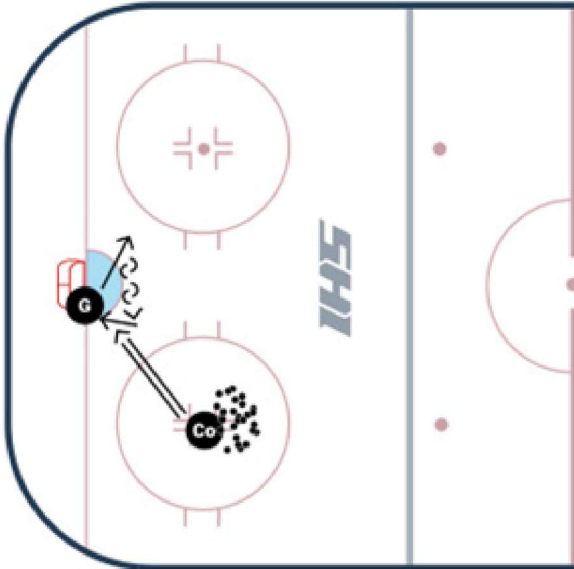




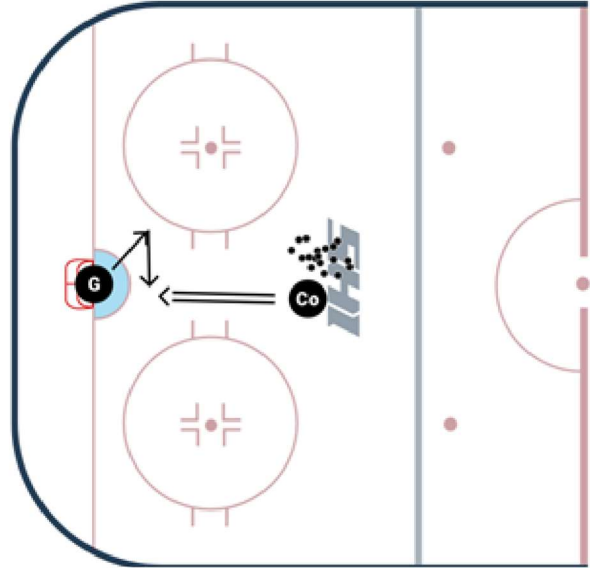
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POST ENTRY/EXIT



CLIMB THE CREASE



Bumper shot/pass: Utilizing a bumper pad the coach will either pass the puck to the bumper and back to himself, and then shoot on net, or use the bumper to pass to and re-direct a 'one-timer' onto the net. This drill should focus the goalie on keeping up with the movement of the puck as well as working across the crease diagonally towards their post to remain square to the puck.

Push the pace: The goalie starts outside of their crease facing away from the puck. On a 'go' call or stick tap the goalie will use a strong T-Push or butterfly slide (age dependent) to move into the middle of the crease. They will then utilize either a c-cut hip rotation or a hinge rotation if in the butterfly to face the coach. They should regain their feet and challenge to the top of the crease for a shot. After the shot they should T-Push or butterfly slide out of the crease the opposite way and perform another pivot to reset the rep from the other side. Repeat continuously for 3-5 shots before rest

Post entry/exit: The goalie will start in either a standing post hold or an RVH post hold. To start the rep the goalie should explode in a fast strong movement to the opposite top corner of the crease. Shuffle across the top of the crease and then explode back into a post coverage while making a save. The shot should be towards the post to focus the goalies on getting to the post on time and with a good integration with the post. Repeat multiple times ensuring that goalies are starting from both posts.

Climb the crease: Similar to the post entry/exit but the focus here is to 'climb' out of the crease with fast strong movements and staying aggressive at the top of the crease. The goalie can start in the middle of the net or on a post, explode to a top corner and then shuffle to center to make a save. This drill can be expanded upon to add screeners, or rebound play, etc. to integrate it into a more team friendly practice plan.



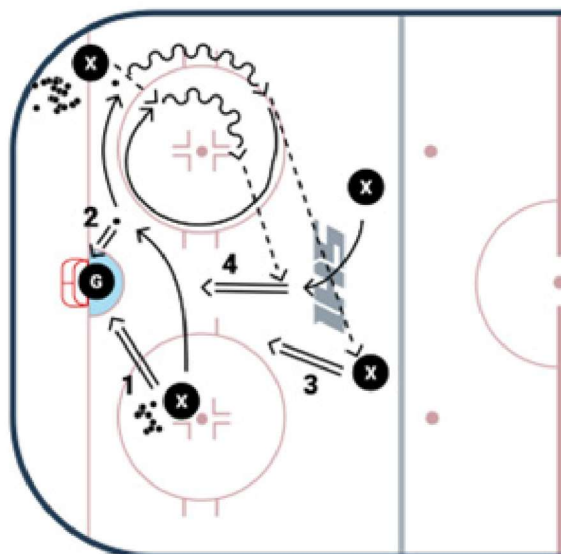
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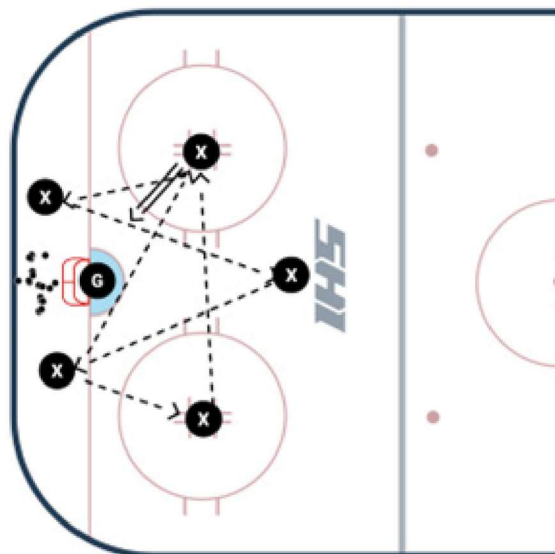
Opposed 'Fluid' drills

Key Focus: Opposed fluid movement drills are game-like scenario drills where the goalie is working on game management and hockey IQ while facing opposition. These drills should allow for un-structured "fluid movement" from the goalie similar to how they would move in a game. This allows them to use critical thinking and analyze the rep to make their own decisions on movement. These drills can be easily integrated into a station-based practice and are equally productive and adequate for player development as well. It is important to give enough time in each rep to play out a rebound and enough time for a goalie to reset after each rep before another shot comes or rep starts. **ONLY USE 1 PUCK AT A TIME!** In a game a goalie never has to face two pucks at the same time and is at increased risk of injury with multiple pucks. If two pucks are needed to keep the pace of practice add a second net off to the side where the second group can shoot on a shooter tutor, there's no reason a goalie should be required to face multiple shots, we have plenty of extra nets at our disposal.

AVALANCHE 4-SHOT



STAR PATTERN PASSING

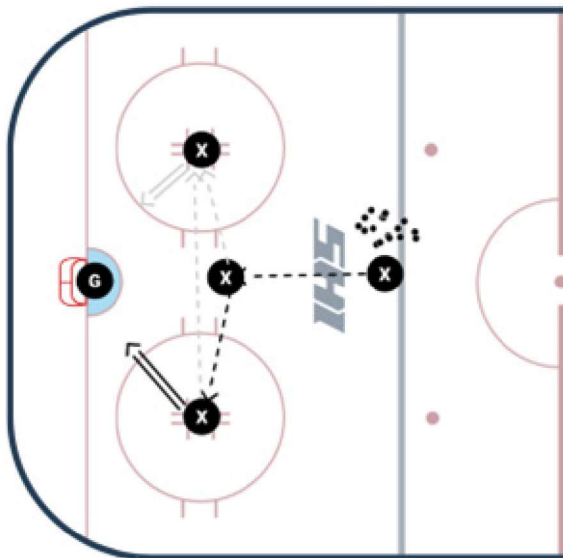




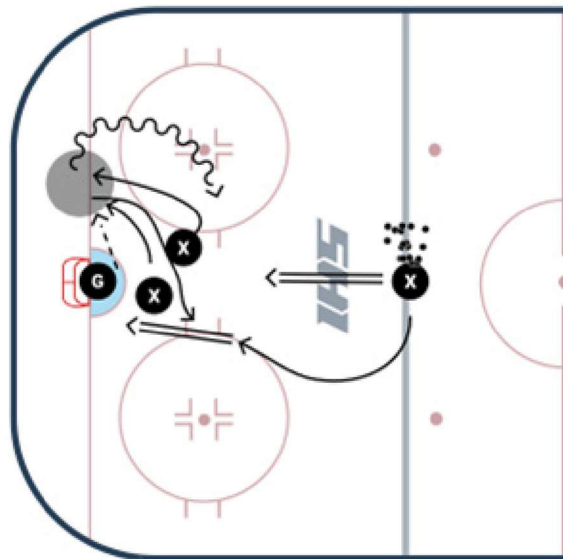
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ROONEY Y-SHOT



COLUMBUS CHAOS



Avalanche 4-shot: Utilizing 4 forwards in the positions shown, X1 starts with a hard shot on net. They then skate hard in front of the crease and shoot a puck pre-placed in the high slot on the short side, which requires the goalie to move with the forward and seal the short-side post. The same forward then curves under the circle picking up a puck from the corner and passes it up to X3 who takes a hard one-timer shot on net. X1 continues to curl around the circle to catch a pass from the forward in the corner. Finish the circle and pass to X4 who works towards the center of the ice while X1 crashes the net. X4 gets a hard shot on net while X1 plays out a rebound.

Star pattern passing: This is a 'goalie-friendly' replacement to around the horn which typically has too many pucks moving at once. In this drill forwards make a random number of passes to each other and then shoot on net. Once the shot occurs, have everyone crash the net for some fun 5 on 0 rebound play, if the puck is cleared out of the house by the goalie reset the rep. Coaches can add in some player movement to add variety and changing environment to the drill.

Rooney Y-Shot: The player at the top of the zone passes a hard shot to the player in the middle, this player decides if they want to re-direct the pass left or right to a winger who can then either pass across the ice for a shot or can shoot directly on net. This drill focuses the goalie on staying in front of the puck and to get their feet set before the shot comes. This drill can also add some player variety and movement and can introduce a defender to the house forcing the first forward to read the play before passing to either winger.

Columbus chaos: The player at the top of the zone shoots a strong hard shot on net through the 2 screening players. The goalie needs to control the rebound towards a corner, giving themselves time to reset. The two players in front of the net battle for possession of the puck. Once possession is determined, the player who has the puck is on offense with the player at the top of the zone who can now crash the net and join the play. The player who battled and lost possession is now on defense. This drill can be varied by adding players, moving the net to the corner to force the players to have board battles, etc.



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I have many other drills; these are just a few good ones that give a quick comprehensive “cover all the bases” for goalies to get a good solid workout and coaching session at practice. Any drill that utilizes consistent game-like movement and drills that utilize shots from their teammates are always a better drill than sitting stationary in net taking shots from a coach. As goalies we spend so much of a game by ourselves in net away from our team that it’s important to integrate them into your practice where they can be around their teammates talking and having fun rather than off on their own doing goalie things.

If anyone has questions or would like additional drills or wants me to ‘review’ existing drills that you have for your goalies I am always more than happy to!

-Coach Andrew