

WARM-UP

Drill Name & Description

Warm up Zone Skating Drill

- G starts on goal line
- Does forwards c-cuts to BL
- Lateral move on BL to centre of ice
 1. Shuffle
 2. T-push
 3. Butterfly recovery to feet
 4. Butterfly slides
 5. Recovery while down

Stations #1

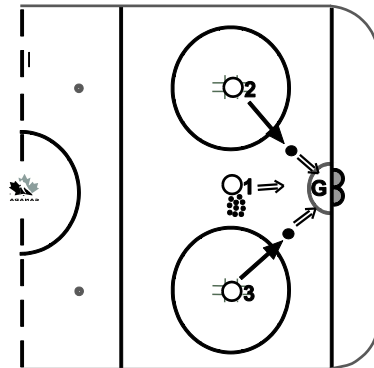
Drill Name & Description

1-a Double Rebound (Neutral Zone)

- Shooter shoots low shot from slot at the goalies right foot
- O2 who is on the right side skates into set puck and shoots
- G must use power slide to get to shooter O2
- After O2 shoots, G must use power slide to get to O3 who skates into set puck to shoot

Key points

- Lead with hands
- Good low ice coverage
- Strong pushes
- Battle mindset



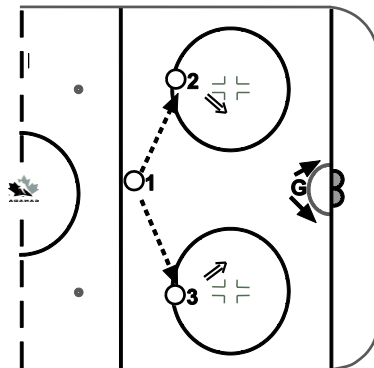
Drill Name & Description

1-b Butterfly Drill (Neutral Zone)

- Pucks in middle, G fronts player from top of crease in middle
- Pass to players at tops of circles
- No one timers-low shots
- G butterfly save

Key Teaching Points:

- G must shuffle or T-push to get to shooter
- Good hip rotation with strong push
- Follow rebound
- Idea is to get goalie set in stance for shot



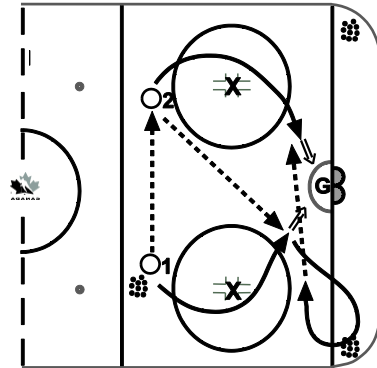
Drill Name & Description

1-c Lateral Tactics (End Zone)

- O1 will make a pass to O2 then drive down around the pylon and to the backside post
- O2 will pass back to O1 for a one time shot then proceed to drive around the opposite side pylon and to the backside post
- O1, after taking the shot, will cycle to the corner and make a pass to O2 for a one time shot
- G will start facing O1 and track the puck throughout the sequence
- One rebound is live off of the second puck

Key Teaching Points

- G should be quick to position on initial pass
- Awareness of the weakside should be exercised if possible
- G may use backwards flow to get momentum
- A proper butterfly slide will be the most common lateral response with a visual lead, strong rotation and power / control coming through
- G should recognize early whether the body's positioning following the butterfly slide, is sufficient or if a more aggressive response is required
- One through the first save, G must be quick to recover in order to fully play the second puck



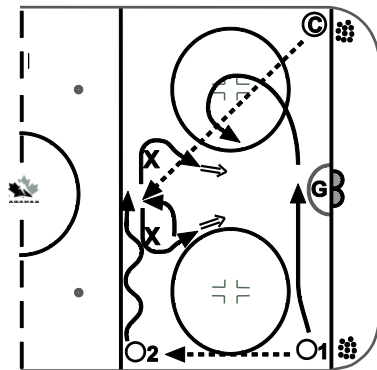
Drill Name & Description

1-d Gap Control and Traffic Management (End Zone)

- O1 passes to O2 at the point, O2 will drag the puck towards the center of the blue line before using some deception and stepping around either pylon
- In no circumstance, should O2 shoot before there is a confrontation at the net between O1 and G
- O2's shots should be wrist shots
- Once the shot is taken and G either covers the puck up or tracks it, coach will hit O2 with a second puck (O2 will be standing at the blue line in the middle of the two pylons to receive the pass)
- O1, meanwhile, will arc away from the net and then, with good timing, come back towards the net for a tip or rebound on the second puck

Key Teaching Points

- G should have quick-to-position movement in order to establish his position – making O1 form to G's position not vice versa
- G maintains the strength of this position without getting excessively tangled up with O1
- G can use the gloves to find a sight line or look above the traffic using partial flexion
- G must keep battling for vision in this traffic instance
- For the second puck, again, G must move into position with speed and must now anticipate the upcoming play



- If it is likely deflection then G may have to slide towards the new trajectory and also be prepared to react if necessary

Stations #2

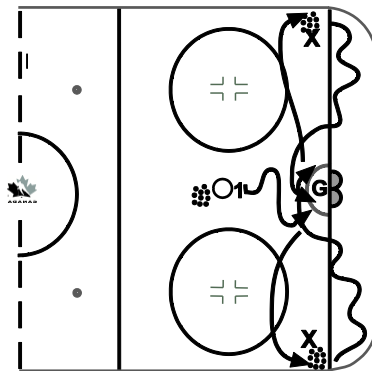
Drill Name & Description

2-a Active Stick Use (Neutral Zone)

- O1 will start with a puck in the slot, skate in on a short breakaway and execute a deke
- Next, O1 will skate into the corner, pick up a puck, curl around an under the cone and execute a net drive – O1 must travel across the net at least to the mid point of the net
- O1 will then proceed to do the same thing from the opposite corner
- G will track O1 throughout the sequence getting set properly on each puck
- The final puck is played out one-on-one between G and O1

Key Teaching Points

- When in a butterfly, G is at the whim of the skilled player and the idea behind an active stick is to regain some advantage over the speed and skill of O1's hands in tight
- An active stick can take many forms – clutter space, pokecheck the puck, jam the space are examples
- When using an active stick, G must maintain all of their other resources – this requires, specifically, that G stay above their thighs
- Staying above one's thighs – i.e. not lunging or extending – ensures that G maintains mobility to respond despite the stick's activity

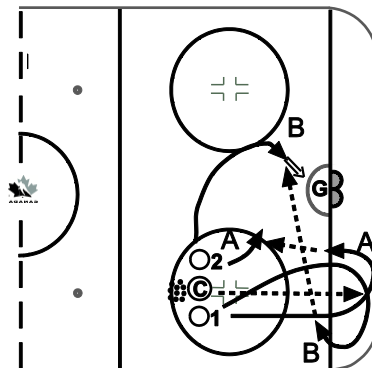


Drill Name & Description

2-b Pass out Tactics (Neutral Zone)

- Coach dumps puck into the corner and O1 retrieves
- O1 on retrieval has two options, to swing towards the net or to swing towards the corner
- O2 delays and reads O1's directions, if O1 swings to the net O2 stays on the nearside and receives the pass; if O1 swings to the corner O2 jumps to the back door and receives the pass
- Phase 1: no one timed attempts
- Phase 2: one timed shot attempts allowed
- Rebound is played live

Key Teaching Points



- G must have excellent ice awareness and anticipation skills
- When the passout occurs on the nearside, G should have a depth focus and get off their post
- When the passout occurs on the farside, G should have an angle focus to their positioning
- When the passout occurs to the mid slot, G should get off post and not drift toward shooter
- Regardless of passout type, a visual lead is vital
- G should look to set up whenever possible to maximize control

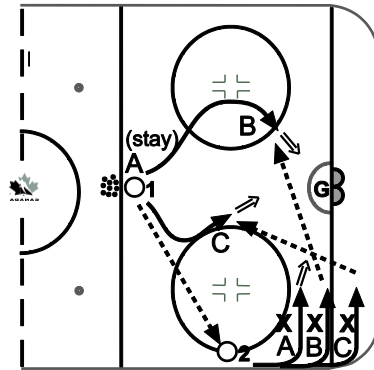
Drill Name & Description

2-c Zone Awareness (End Zone)

- O1 starts drill by passing to O2 on the half wall
- O2 begins to walk low in to the zone towards the pylons – O1 is patient up top during O2's selection
- O2 has three lane options (low slot – cut under first pylon, goal line – cut under second pylon, board – cut under third pylon) and selects one of them
- If O2 selects a low slot lane, he drives the net and makes a play on the net; if O2 selects a goal line lane then O1 reads this and jumps backdoor (O2 can pass or shoot); if O2 selects a board lane then O1 jumps down on the nearside and looks for a pass from either side of the net
- Repeat on both sides

Key Teaching Points

- Zone awareness provides the goaltender with simple rules of thumb for their post positioning
- When the goal line is attacked by a puck carrier, VH is the preferred method
- When the board lane is attacked, G must stay on their feet to track the puck effectively
- When the low slot line is attacked, G will tend to separate from the post and square up before responding to the play
- Nearside passouts will be handled with a depth move by getting off the post .
- All plays, regardless of type or position, require a visual lead



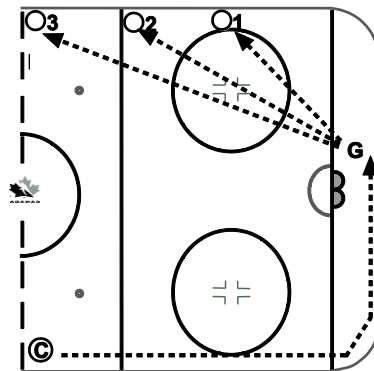
Drill Name & Description

2-d Playing the Puck (time) (End Zone)

- Coaches with pucks at redline hard rim puck
- G stops hard rim, turns and gives outlet pass to O1
- Repeat hard rim
- G gives outlet pass to O2
- Repeat rim
- G gives stretch pass to O3
- Do 3-5 reps for each pass

Key Teaching Points

- Stopping hard rim, turning and looking up ice
- Hard tape to tape passes
- Checking shoulders before going behind net



Drill Name & Description**2-d Playing the Puck (with pressure) (End Zone)**

- Hard rim or soft dump on G
- O1 forechecks
- O2 and O3 move to wall for outlet pass

Key Teaching Points

- G must look
- Hard pass tape to tape
- Shoulder check

