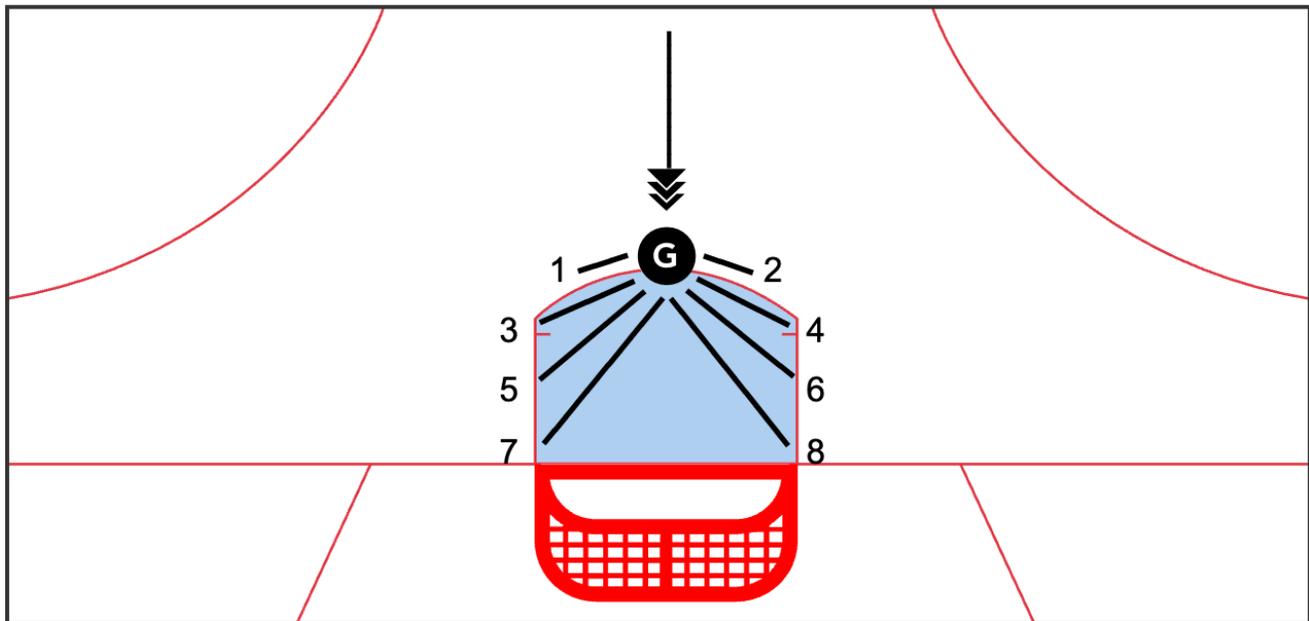


Description

Warm up skating drill that is not only good for the goalies edge work but also helps to understand the importance of eyes down on the puck and not guessing. Goalie starts on the post, drives to the 45 degree angle where the coach has his stick. The coach at any time will move his stick along the ice to the middle of the rink. Goalies will follow the stick with their eyes first and push to position. This continues back to the 45 degree angle they were just at. From there it is a long t-push to the opposite 45 degree angle. To the middle. Back to the 45 degree angle and then to the opposite post of the one they started on.

Key Points

- Eyes down
- Patience
- Not guessing when the coach will move their stick.



Description

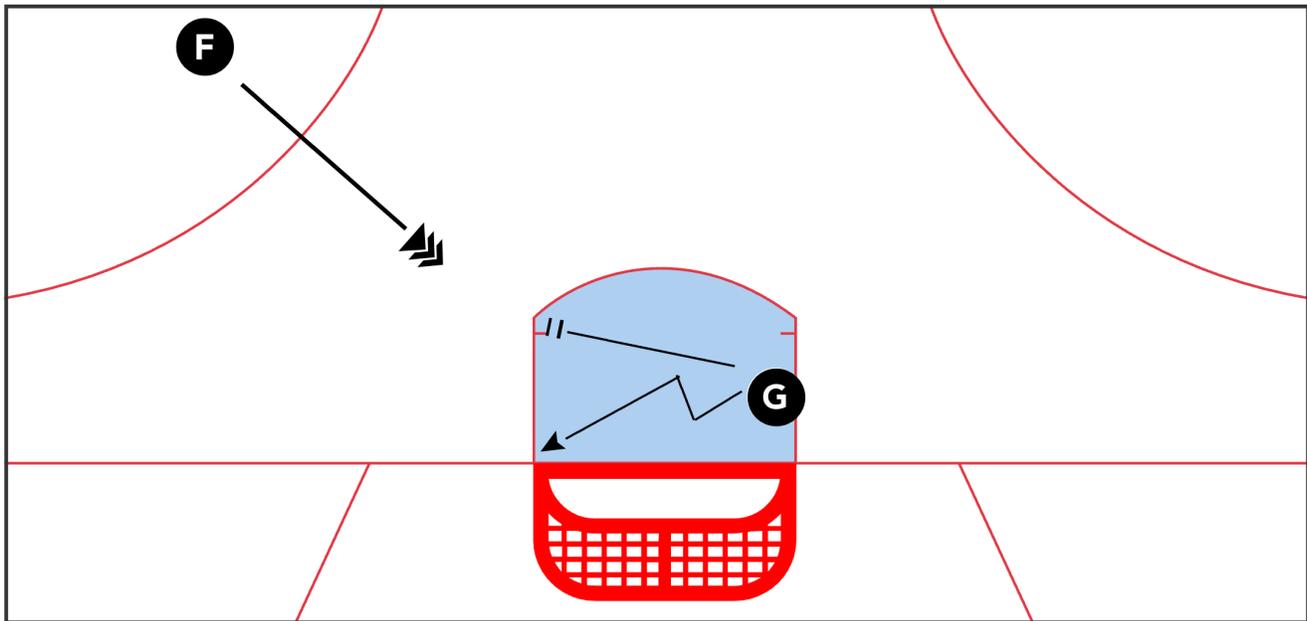
Warm up shots not only to get the goalie feeling pucks but to work on eyes down on the release. Goalies will start at point 1 looking forward, when the coach says go or taps their stick the goalie will drive to position. The coach depending on what they want to do can shoot right away or hold for a couple seconds. The goal is for the goalie to get to position and then trust reading the release and not to guess when the release will happen. You can see goalies guessing when they knees start to come together or shake. Coach shoots the puck, if it is a high shot we want to the goalie to hold his feet, if it is low they will butterfly. After the shot, if there is a rebound the goalie will follow it out. Repeats from point 2 through 8

Key Points

Eyes first movement

Eyes down on the release

Timing the release and being able to accurately read high and low shots, allowing for good timing on their butterflies. This helps to keep goalie from reaching up on shots, causing trouble with rebound control.



Description

Goalie starts on the wall hash mark angle. On the coaches "go" the goalie leads with his eyes first down through a simulated pass and drives to position. Shooting is shooting to score at this point. Do this 4 to 6 times. The second step is the goalie will rotate and recovery slide towards the back post. The shooter will need to time the shot, not too quick but not late so the goalie can make the natural save. The final progression is the goalie will have to make a read on if they do a full recovery or a sliding recovery. The shooter can mix it up. When the shooters stick is on the ice it means full recovery and if the stick is in the air (like a one timer) the goalie will slide. Make sure to go after all rebounds and if it goes into the corner, get organized into the post quickly.

Key Points

- Simulating rebound recovery habits
- Hockey sense, taking in information
- Eyes first habits
- Elimination of counter rotation