

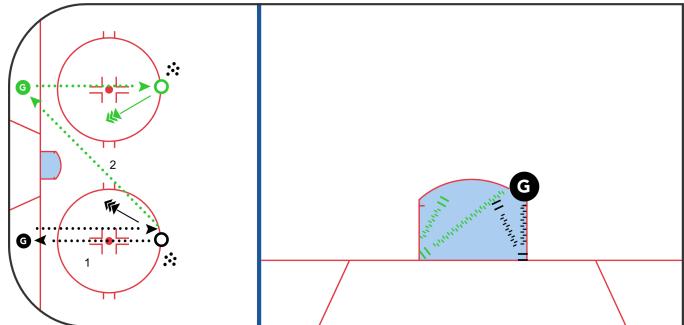


The Square Set Up - Practice Plan

Intended for goalies from U16 and up

P35 - The Squadre Set Up Drill - Part 1

15 mins



This drill is designed to recreate *in-zone play* situations with multiple **High-Low** and **Low-High** passing options. In this first stage the pace is intentionally **controlled and very static**, allowing the goalie to focus on technical details without game-like chaos. The main goals are: **explosive lateral movement** (strong pushes and clean recoveries), **precise positioning** (arriving square, balanced, and set), and **rebound control** (absorbing, steering, and “killing” second chances).

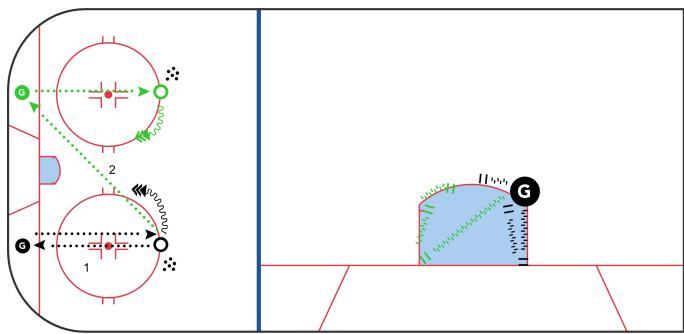
Shooters are at the top at the circle and Goalies are below goal line and on the outside of the trapezoid.

1. Player passes the puck to the Goalie (Straight High to Low) -
Activ goalie => follow the puck with proper technique (Shuffle)
2. Goalie passes the puck back to the player => Shot. => follow the puck with proper technique (Shuffle)
3. When Goalie (in the net) is ready, Player (black) passes to the opposite Goalie (diagonal pass)
4. Goalie Passes up (low-High) to Green Player => Shot

The same starting from the opposite side.

Key Points

- Skating
- Explosivity / beat the pass
- Precision
- Rebound control



This drill is designed to recreate *in-zone play* situations with multiple **High-Low** and **Low-High** passing options. In this second stage the pace is intentionally controlled and static with just a small lateral movement at the end to make the goalie adjust on the shooting zone, allowing the goalie to focus on technical details without game-like chaos. The main goals are: **explosive lateral movement** (strong pushes and clean recoveries), **precise positioning** (arriving square, balanced, and set), and **rebound control** (absorbing, steering, and “killing” second chances).

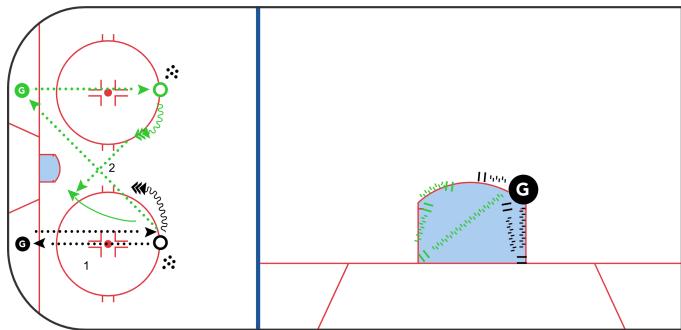
Shooters are at the top at the circle and Goalies are below goal line and on the outside of the trapezoid.

1. Player passes the puck to the Goalie (Straight High to Low) -
Activ goalie => follow the puck with proper technique (Shuffle)
2. Goalie passes the puck back to the player => move toward the middle & Shot. => follow the puck with proper technique (Shuffle)
3. When Goalie (in the net) is ready, Player (black) passes to the opposite Goalie (diagonal pass)
4. Goalie Passes up (low-High) to Green Player => move toward the middle & Shot

The same starting from the opposite side.

Key Points

- Skating
- Explosivity / beat the pass
- Precision
- Rebound control



This drill is designed to recreate *in-zone play* situations with multiple **High-Low** and **Low-High** passing options. In this third stage the pace is a bit more dynamic, allowing the goalie to focus on technical details with a bit more game-like pace. The main goals are: **explosive lateral movement** (strong pushes and clean recoveries), **precise positioning** (arriving square, balanced, and set), and **rebound control** (absorbing, steering, and “killing” second chances).

Shooters are at the top at the circle and Goalies are below goal line and on the outside of the trapezoid.

1. Player passes the puck to the Goalie (Straight High to Low) -
Activ goalie => follow the puck with proper technique (Shuffle)
2. Goalie passes the puck back to the player => move toward the middle & Shot. => follow the puck with proper technique (Shuffle)
3. When Goalie (in the net) is ready, Player (black) passes to the opposite Goalie (diagonal pass)
4. Goalie Passes up (low-High) to Green Player => move toward the middle & Shot / pass across for support skating in.

The same starting from the opposite side.

Key Points

- Skating
- Explosivity / beat the pass
- Precision
- Rebound control