

Track daily shot totals, shot type, and confidence. One page can represent one week or one training block.

Rule: Quality first. Count only shots taken with full focus, good posture, and a clear target.

Day 1	Day 2	Day 3	Day 4	Day 5	Day 6	Day 7
Shots / Type / Best target						
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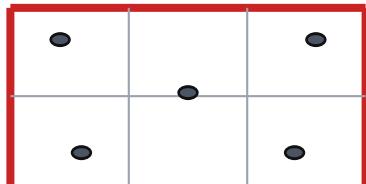
Weekly Shot Goal: _____

Summer Shot Goal: _____

Total Shots This Page: _____

Best Shot This Week: _____

TARGET MAP



Reflection

What improved this week? _____

What felt uncomfortable? _____

What shot needs the most work? _____

Use these as 15-25 minute maintenance sessions. Stay fast, mobile, durable, and fresh for games.

WORKOUT A - LOWER BODY + CORE

- Goblet squat - 3 x 8
- Reverse lunge - 3 x 6 each
- Single-leg RDL - 2 x 8 each
- Side plank - 2 x 30 sec each
- Hip flexor stretch - 2 x 30 sec each

WORKOUT B - UPPER BODY + POSTURE

- Push-ups - 3 x quality reps
- Band rows - 3 x 12
- Shoulder Y/T/W - 2 x 8 each
- Dead bug - 2 x 8 each
- Chest opener - 2 x 30 sec

WORKOUT C - SPEED + MOBILITY

- Jump rope - 5 x 45 sec
- Lateral bounds - 3 x 6 each
- Sprint starts - 6 x 10 yards
- Copenhagen plank - 2 x 20 sec each
- Ankle/hip mobility flow - 5 min

WEEKLY TRAINING MENU

Day	Mon	Tue	Wed	Thu	Fri	Sat/Sun
Practice/Game						
Workout						
Mobility						
Sleep Goal						
Notes						

In-Season Rules

- Keep two reps in the tank. Do not chase soreness during the season.
- On game day: mobility, breathing, light activation only.
- If legs feel heavy for two days in a row, reduce volume and prioritize sleep.
- Training should support performance - not compete with practice or games.

My weekly training priority: _____

Recovery focus: _____

5-DAY OFF-ICE STICKHANDLING PROGRAM

50+ clean touches for faster hands and better control

Complete one session per day. Each session should take 12-18 minutes. Use a ball, puck, or training puck.

DAY 1

Control Base

- Wide dribbles x 60 sec
- Narrow dribbles x 60 sec
- Toe-pull repeats x 40
- Finish: 3 sets of 20 fast touches

DAY 2

Reach + Separation

- Outside reach x 45 sec each
- Pull across body x 40
- One-hand control x 45 sec each
- Finish: protect puck around 4 cones

DAY 3

3-Puck Pattern

- Middle puck taps x 60 sec
- Left-right exchange x 60 sec
- Triangle puck movement x 5 rounds
- Finish: 30 sec max clean touches

DAY 4

Head-Up Handling

- Soft hands while looking forward
- Call out numbers/colors during reps
- Figure-8 around objects x 5 rounds
- Finish: 5 perfect reps, no looking down

DAY 5

Game-Speed Combo

- Wide-narrow-wide x 5 rounds
- Toe pull to release x 30
- Fake, pull, push x 30
- Finish: 2-minute test for clean speed

PROGRESS TEST

Clean touches in 30 seconds: _____

Longest head-up streak: _____

Fastest perfect 3-puck round: _____

Best game-use move this week: _____

Coach Note: The goal is not fancy hands. The goal is clean control, eyes up, and game-speed confidence.

WEEKLY GOAL SETTING CHART

Plan the week, measure the week, improve the next week

Week of: _____ Primary skill focus: _____

Games / practices: _____ Off-ice sessions: _____

WEEKLY TARGETS

Area	Goal	Done?	Score 1-5
Shooting			
Stickhandling			
Strength / mobility			
Hockey IQ / video			
Recovery / nutrition			

WEEKLY SCHEDULE

Day	On-Ice	Off-Ice	Skill Work	Notes
Mon				
Tue				
Wed				
Thu				
Fri				
Sat				
Sun				

END OF WEEK REVIEW

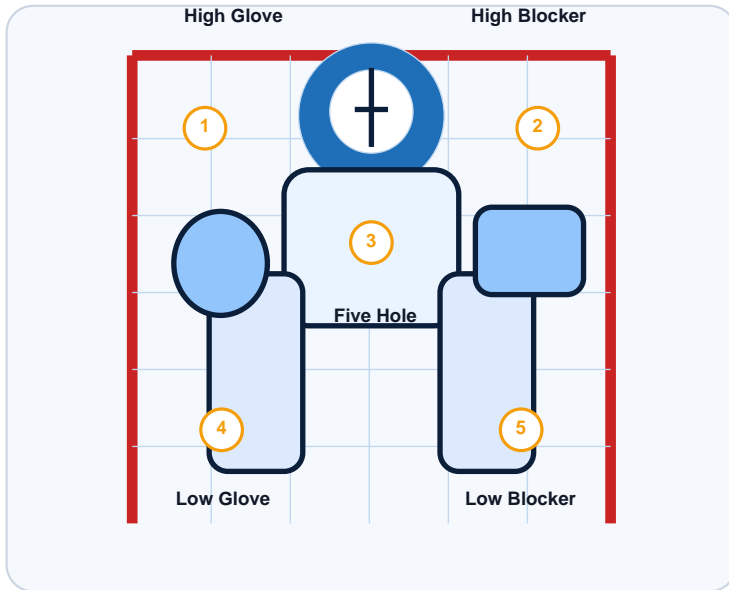
Biggest win: _____

Biggest lesson: _____

What needs to change next week: _____

Confidence score (1-10): _____

After each game, mark the numbered location on the goalie image and log the shot type below.



Goal Location Key

- 1 - High glove
- 2 - High blocker
- 3 - Middle / five-hole
- 4 - Low glove pad
- 5 - Low blocker pad

Pattern Notes

GAME GOAL LOG

Goal #	Period	Location #	Shot Type	Situation	Teaching Point

GOALIE DEVELOPMENT REVIEW

Most common scoring area against me: _____ Shot type I need to handle better: _____

One practice focus for this week: _____ Confidence after review (1-10): _____