

Goaltending



2000 Play Right
International Coaches' Conference
Vancouver, British Columbia
Delegate Drill Manual





2000 PLAY RIGHT
INTERNATIONAL COACHES' CONFERENCE
Vancouver, British Columbia



Coach: **Enio Sacilotto**

Team: **Bracknell Bees**

Country: **Great Britain**

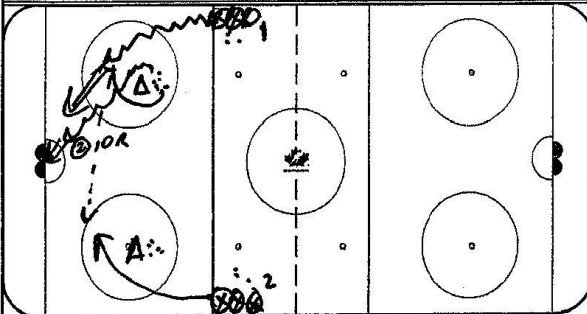
DRILL THEME: **GOALTENDING**

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
⊙	Pucks	—	Defensive Pressure	

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME:



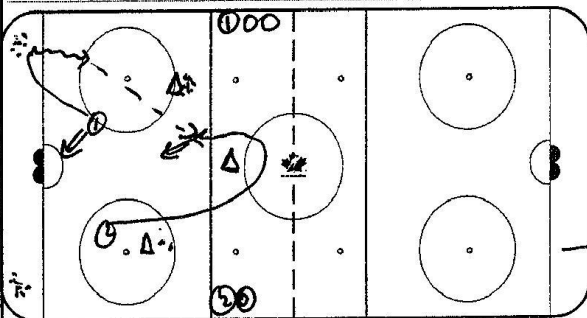
KEY TEACHING POINTS:

GOALIES: - Angle shots
 - lateral movement
 - recovery for 2nd shot

SKATERS: - outside shots
 - going to net
 - lateral pass.
 - 2nd effort (2nd puck)

DRILL DESCRIPTION:

① skates in with puck + has the option to shoot or pass to ②
 The player who does not shoot, gets a second puck for a ~~second~~ second shot. Example: ① passes to ②, ② shoots, ① gets a second puck for shot or deke.



ADDITIONAL TEACHING POINTS:

⑤ - recovery from ①'s 2nd shot.
 - hugging the post + tracking puck (watching ① pick-up puck from corner.
 - exploding out to puck/covers ①'s 2nd shot
 - skating technique / rebound control
 ⑥ - pass-out from corner ①
 - ② timing & quick release
 - rebounds.

PROGRESSION / OPTIONS:

- after ① takes 2nd shot (② times his skating) he takes puck out of corner + passes to ② (who timed his skating) for his 2nd shot!



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Coach: DONALD GRAY

Team: RICHMOND HILL STARS M Atom "AAA"

Country: CANADA

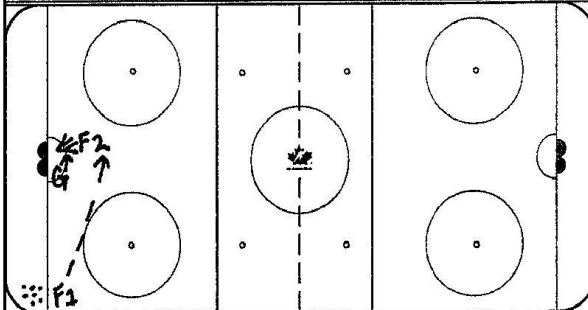
DRILL THEME: GOALTENDING

LEGEND	⊙	Coach	→	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⊙	Pucks	—	Defensive Pressure

○ OFFENSIVE

○ DEFENSIVE

DRILL NAME: BUTTERFLY - LATERAL SLIDE

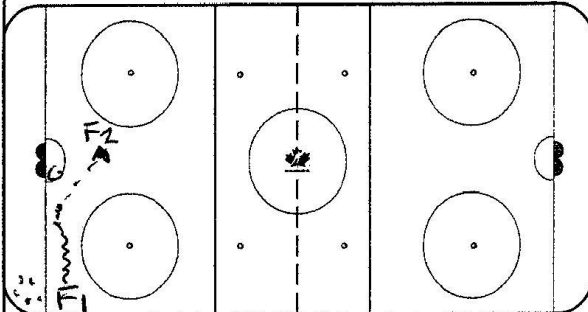


KEY TEACHING POINTS:

- G MUST PUSH OFF HARD FROM POST INTO LATERAL SLIDE WHILE MAINTAINING TIGHT BUTTERFLY
- OBJECTIVE IS TO END UP IN GOOD BUTTERFLY POSITION SQUARE TO F2 AT TOP OF CREEK.

DRILL DESCRIPTION:

- F1 IN CORNER PASSES ACROSS NET TO F2 IN LOW SLOT FOR 1-TIMER.
- G STARTS TIGHT TO NEAR POST - AT PASS (NOT BEFORE) G PUSHES OFF INTO SLOWLY LATERAL BUTTERFLY - WORK DRILL FROM BOTH SIDES
- F1 SHOULD MIX OCCASIONAL SHOT TO PREVENT G LEAVING EARLY



ADDITIONAL TEACHING POINTS:

- MAINTAIN STICK POSITION ON ICE TO COVER 5-HOLE

PROGRESSION / OPTIONS:

- (1) HAVE F2 PLAY REBOUNDS
- (2) HAVE F1 DRIVE NET FOR REBOUNDS OR TO CREATE 2 ON 0.



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Coach: Paul Butcher

Team: North Island Eagles

Country: Canada

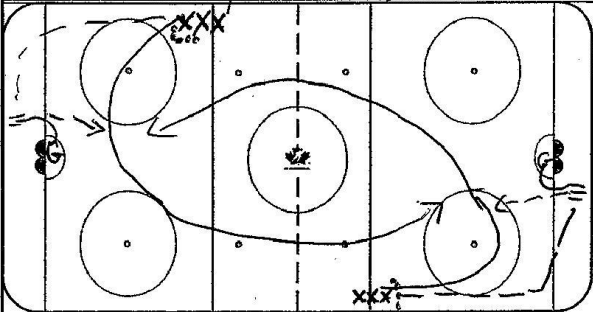
DRILL THEME: GOALTENDING

LEGEND

⊙	Coach	→	Puck Carrying
○	Forwards	⇒	Shooting
△	Defenders	⇄	Pass
G	Goalie	⇄	Drop Pass
—	Stop	⇄	Backward Skate
X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure

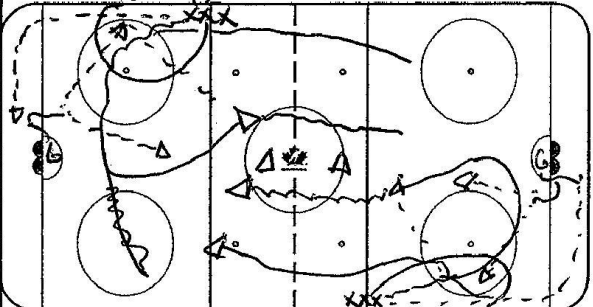
OFFENSIVE DEFENSIVE

DRILL NAME: Stop + Pass



KEY TEACHING POINTS:
Teaches Goaltender how to stop puck behind net and pass puck for quick transition.

DRILL DESCRIPTION:
Players at Blue line on opposite sides. One player from each line shoots puck around boards. Goaltender stops Puck ~~and~~ behind net. After shooting puck, player cuts through circle and receives pass from goalie who has retrieved puck from behind net. Players from both side skate with puck for shot on goal at far end.



ADDITIONAL TEACHING POINTS:
Progression off 1st Dr. 11
add 2nd option for Goaltender
X2 reverses on the boards
G can pass quick up middle or to X2 option
Split ice in half - stay on half while control

PROGRESSION / OPTIONS:
21



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Coach: DEREK HAAS	LEGEND ○ Coach ● Forwards ▲ Defenders G Goalie Stop X Pylon Pucks ~ Puck Carrying → Shooting → Pass ~ Drop Pass ~ Backward Skate Lateral Movement — Defensive Pressure ○ OFFENSIVE ○ DEFENSIVE
Team: "LES DUCS" ANGERS	
Country: FRANCE	
DRILL THEME: GOALTENDING	

DRILL NAME: SLY DRILL

KEY TEACHING POINTS:
GOALIES - STOPPING PUCK
TECHNIQUES, PASSING CUTTING
DOWN ANGLES AND WALK
OUT SHOTS.

DRILL DESCRIPTION: O RIMS PUCK, G STOPS PUCK AND PASSES
BACK TO O. O SHOTS, STAYING ON SAME ANGLE
AND THEN SKATES BEHIND NET. (C) SPOTS 2ND PUCK
AND O WALKS OUT OF CORNER FOR 2ND SHOT.

ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: Dave Griffith

Team: Wawa Travellers Jr. B

Country: Canada

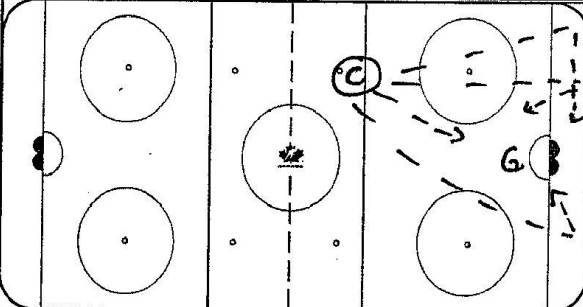
DRILL THEME: **GOALTENDING**

LEGEND

⊙	Coach	→	Puck Carrying
○	Forwards	⇒	Shooting
△	Defenders	⇄	Pass
G	Goalie	⇄	Drop Pass
	Stop	↺	Backward Skate
X	Pylon		Lateral Movement
⊛	Pucks	—	Defensive Pressure

OFFENSIVE DEFENSIVE

DRILL NAME: Control and return the Puck

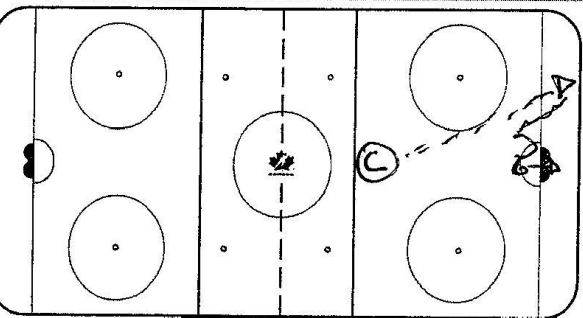


KEY TEACHING POINTS:

- for the goaltender to learn how to control the puck in various locations around the net

DRILL DESCRIPTION:

The coach shoots the puck to various locations around the net for the goaltender to retrieve and make a return pass



ADDITIONAL TEACHING POINTS:

- Quick response to Gues
- agility - quick to puck
- Balance, edges

PROGRESSION / OPTIONS:

Have goaltender face the net as respond to spotted puck. Coach slap stick and move puck. Goaltender turns on stick slap and responds to a puck. Can start goalie on his/her knees as a 3rd option.



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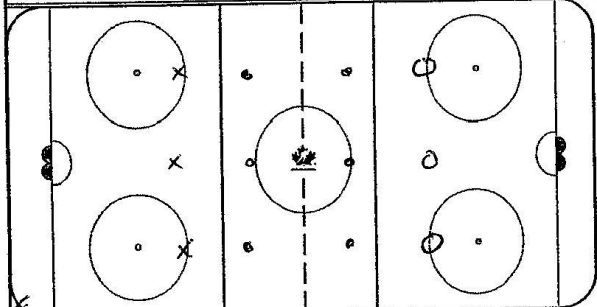
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Coach: DOUG RINGROSE	LEGEND ○ Coach ~ Puck Carrying ● Forwards → Shooting ▲ Defenders → Pass G Goalie → Drop Pass Stop ~ Backward Skate X Pylon Lateral Movement P Pucks Defensive Pressure
Team: EDMONTON MINOR HOCKEY	
Country: CANADA	
DRILL THEME: GOALTENDING	

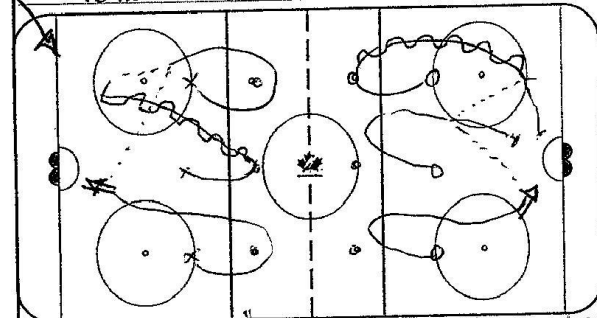
○ OFFENSIVE ○ DEFENSIVE

DRILL NAME: **WILD THREE SHOT CHALLENGE**



KEY TEACHING POINTS:
GOALIES - BE AGGRESSIVE!
 - GOOD LATERAL MOVEMENT
SITUATIONS - QUICK PASSES
 - COMMUNICATION
 - TRIANGULATION

DRILL DESCRIPTION:
 X's vs. O's. PLAYERS START ON THE RINGETTE LINE.
 PUCKS SPOTTED OUTSIDE THE BLUE LINE. ONE PUCK AT
 A TIME IS PICKED UP BY THE PLAYERS WITH RETURN
 TO THE ZONE AND ATTEMPT TO SCORE. THE FIRST
 TEAM TO SCORE WITH ALL 3 PUCKS AND THEN



ADDITIONAL TEACHING POINTS:
 CROSS THE BLUE LINE
 INTO THE NEUTRAL ZONE
 WILL SCORE A POINT.
 BRING ON THE NEXT
 3 PUCKS ON EACH
 TEAM AND GO AGAIN.
 FIRST TEAM TO 5
 WINS.

PROGRESSION / OPTIONS: START ON THE WHISTLE
 RULES: ① PLAYERS MUST STAY INSIDE
 ② EACH PLAYER MUST TOUCH THE PUCK
 AT LEAST ONCE
 ③ GOALIES MAY FREEZE PUCK BUT MUST THROW IT IN



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Calgary, Alberta



Coach: **RON MAYS**

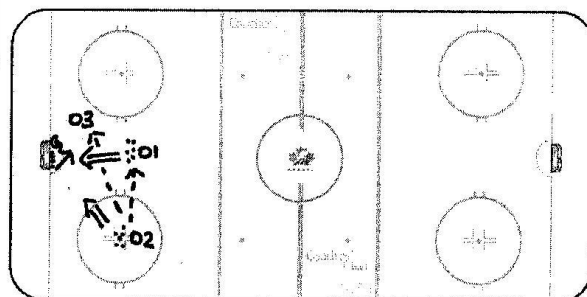
Team: **GOALTENDING COACH
MISSISSAUGA ICE DOGS, OHL**

Country: **CANADA**

Drill Theme: **Goaltending**

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

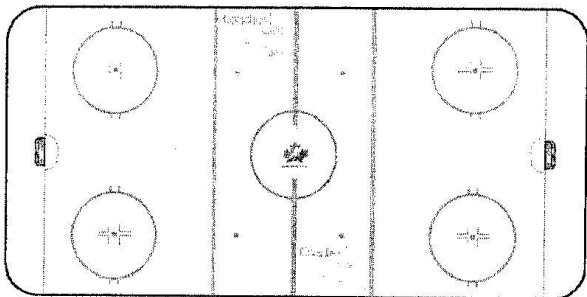
Drill Name: **2 SHOT BUTTERFLY + RECOVERY W/ MULTIPLE OPTIONS**



KEY TEACHING POINTS:
 ① ANGLERS: CENTERED POSITION TO NET, CENTERED OR SQUARE POSITION TO PUCK, DEPTH POSITION AT TOP OF CREASE OR JUST INSIDE CREASE.
 ② ROTATE STICK IN SEMI-CIRCULAR MOTION TO STEER REBOUND TO CORNER
 ③ RECOVER ON BACK SIDE LEG, LEG FURTHEST AWAY FROM PUCK

DRILL DESCRIPTION:

G STARTS ON POST + SHUFFLES POST TO POST TO START DRILL. G THEN T-PUSHES TO TOP OF CREASE + ACHIEVES A CENTERED POSITION TO NET, A SQUARE POSITION TO PUCK + A DEPTH POSITION AT TOP OF CREASE. 01 SHOOTS LOW TO G'S RIGHT (BLOCKED SIDE) G DESCENDS INTO HALF-BUTTERFLY BLOCKER SIDE + ROTATES STICK TO STEER REBOUND TO CORNER. G THEN



EXECUTES A FULL RECOVERY
 KEY TEACHING POINTS:
 (UP TO FEET) T-PUSHES ACROSS + SQUARES UP TO PUCK ON 02'S STICK. 02 HAS OPTION OF SHOOTING, PASSING TO 01 (RIGHT HAND SHOT) OR PASSING TO 03 (RIGHT HAND SHOT). G READJUSTS POSITION ACCORDINGLY

DRILL DESCRIPTION:

TO MAKE SAVE. ONCE THE SHOT IS RELEASED THE OTHER 2 SHOOTER DRIVE THE NET FOR A REBOUND



Coach: **RON MAIS**

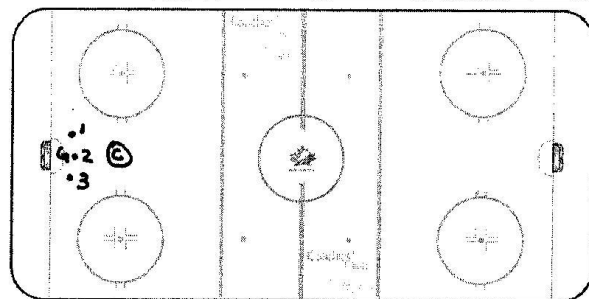
Team: **GOALTENDING COACH
 MISSISSAUGA ICE DOGS, OHL**

Country: **CANADA**

Drill Theme: **Goaltending**

LEGEND	⊙	Coach	~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

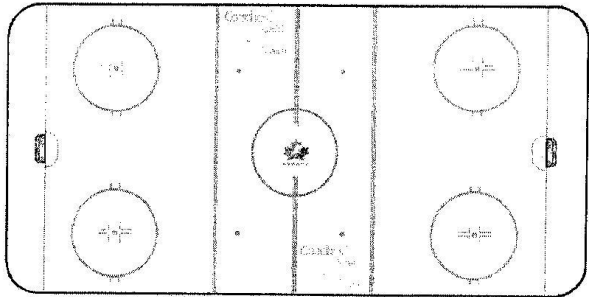
Drill Name: **3 PUCK RECOVERY ON ⊙ SIGNAL**



KEY TEACHING POINTS:
 ① DRIVES KNEES TO ICE TO ENSURE COMPACT POSITION IN FULL BUTTERFLY.
 ② RECOVER ON BACKSIDE LEG (LEG FURTHEST FROM PUCK)
 ③ ROTATE SKATE + POINT TOE AT TARGET. EXPLODE OFF INSIDE EDGE OF BACKSIDE SKATE TO ACHIEVE SQUARE POSITION TO PUCK.

DRILL DESCRIPTION:

SET-UP 3 PUCKS AS SHOWN. G STARTS AT TOP MIDDLE OF CREESE ⊙ CALLS OUT A # 1, 2 OR 3. G DESCENDS INTO A FULL BUTTERFLY EXECUTES A FULL RECOVERY (UP TO FEET) T-PUSHES + SQUARES UP TO PUCK CALLED OUT BY ⊙. G THEN T-PUSHES BACK TO PUCK 2 TO REPEAT DRILL. WHEN 1 OR 3 IS CALLED OUT G MUST



RECOVER ON BACKSIDE LEG.
KEY TEACHING POINTS:
 (LEG FURTHEST AWAY FROM PUCK) BEFORE INITIATING RECOVERY. IF ⊙ CALLS 2, G CAN RECOVER TO FEET ON EITHER LEG.
PROGRESSION: REPEAT DRILL WITH PARTIAL RECOVERIES.

DRILL DESCRIPTION:



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Coach: RON CHATELAIN

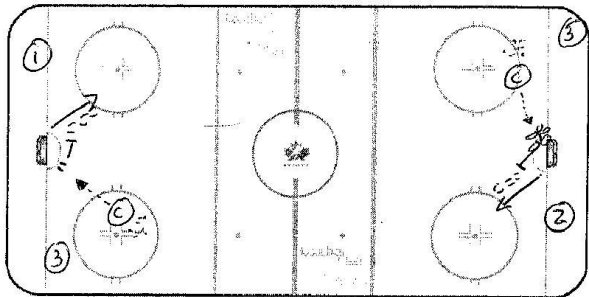
Team: _____

Country: CANADA

Drill Theme: **Goaltending**

LEGEND	○	Coach	→	Puck Carrying
	●	Forwards	⇒	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

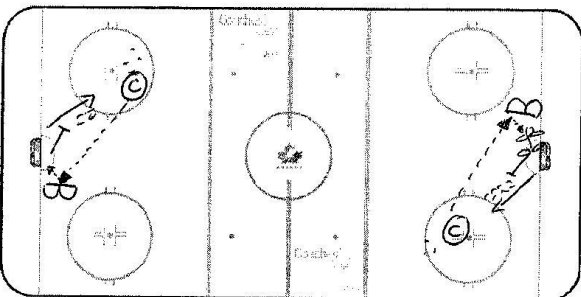
Drill Name: "OFF THE NET" (COMPLIMENTS OF YORK UNIVERSITY)



- KEY TEACHING POINTS:**
- TELESCOPE OUT & BACK IN BASIC STANCE
 - THINK "QUICK FEET"
 - T-PUSH ACROSS IN BASIC STANCE
 - * KEEP SHOULDERS SQUARE TO SHOOTER
 - * DON'T SACRIFICE TECHNIQUE TO MAKE THE SAVE
 - BUTTERFLY, GLOVE UP, STICK COVERING 5 HOLE, SEAL POST

DRILL DESCRIPTION:

(1) WARM-UP, "OUT, BACK, AND OVER FOR SHOT" - (C) SKATES OUT TO BOTTOM OF CIRCLE, THEN BACKWARDS, THEN T-PUSH ACROSS TO TOP OF CREASE ON OTHER SIDE - REPEAT FROM BOTH SIDES (2) PROGRESS TO T-PUSH BACK TO FAR POST INTO BUTTERFLY
 (3) OPTION: MAY ADD SHOT FROM (C) AT VARIOUS ANGLES



- KEY TEACHING POINTS:**
- STRONG T-PUSH
 - TRY NOT TO SLIDE PAST THE POST
 - USE TOE/PAD TO STOP YOU FROM SLIDING PAST, SEAL POST
 - ACTIVE GLOVES, BE READY
 - STICK COVERS 5 HOLE ON BUTTERFLY

DRILL DESCRIPTION:

PROGRESS TO "OFF THE NET" - LAY NET DOWN ON THE ICE (WITH THE CROSSBAR ON ICE FACING (C)) REPEAT SAME PATTERN, THOUGH WHILE GOALIE IS SKATING BACKWARDS THE (C) SHOOTS A PUCK OFF THE CROSSBAR - PUCK REDIRECTS TO THE FAR SIDE - MOVE NET AROUND IN/OUT, TO GET REDIRECTION COMING FROM DIFFERENT ANGLES



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Coach: *Richard McNish*

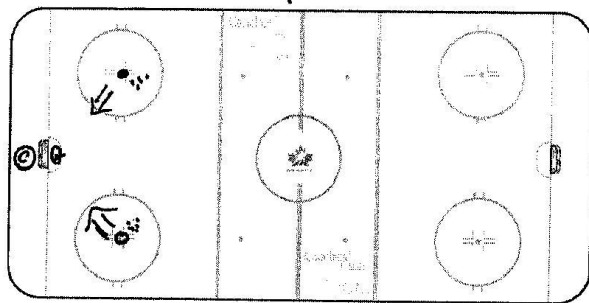
Team: *Cold Lake Freeze*

Country: *Canada*

Drill Theme: **Goaltending**

LEGEND			
⊙	Coach	→	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	⇄	Pass
G	Goalie	⇄	Drop Pass
—	Stop	↔	Backward Skate
X	Pylon		Lateral Movement
⋯	Pucks	—	Defensive Pressure

Drill Name: *Blind Angles*

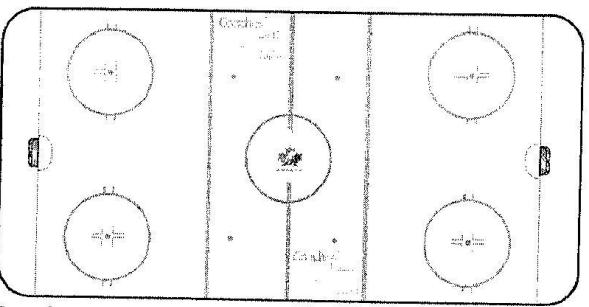


KEY TEACHING POINTS:

- *setting up in stance*
- *lateral movement*
- ~~angling~~ *angling*

DRILL DESCRIPTION:

- *goalie starts facing net, on whistle goalie turns around and pushes to top of crease. Coach signals which side shoots. Goalie must react by movement to indicated side to execute save.*



KEY TEACHING POINTS:

DRILL DESCRIPTION:



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Coach: *CRAIG DE SAVOYE*

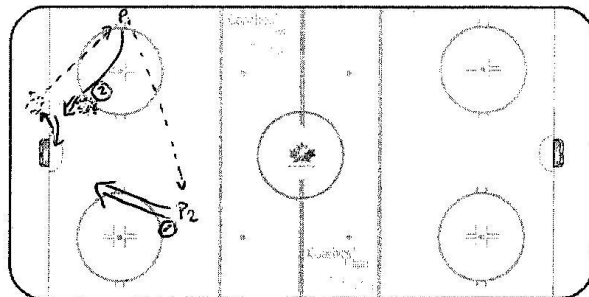
Team: *HOLLYBURN MIDGET 'AA'*

Country: *CANADA*

Drill Theme: **Goaltending**

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	⇄	Pass
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	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

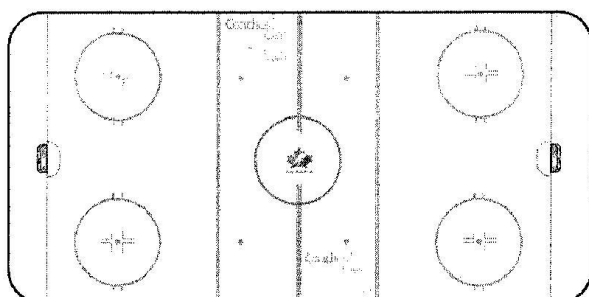
Drill Name: *Hi-Lo WITH PASS*



- KEY TEACHING POINTS:
- Puckhandling + Passing
 - Skating & agility
 - Power Movements / Explosive Skating
 - Angles
 - Lateral Movement
 - rebound control

DRILL DESCRIPTION:

- Goalie starts in crease / Passed to P₁ / P₁ Pass to P₂
- Goalie back to crease, tracks to P₂ / P₂ shoots ~~from~~ (P₁ moves in to tight position)
- Quickly after save, P₂ shoots from close-in - goalie has to move laterally to make save and control rebound.



- KEY TEACHING POINTS:
- _____
 - _____
 - _____
 - _____
 - _____

DRILL DESCRIPTION:

- _____
- _____
- _____
- _____



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Coach: OSCAR MARX

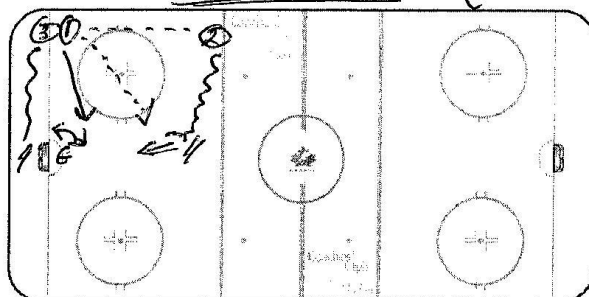
Team: JUNIOR B

Country: WINNIPEG, MB

Drill Theme: **Goaltending**

LEGEND	⊙	Coach	~	Puck Carrying
	○	Forwards	⇒	Shooting
	△	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~	Backward Skate
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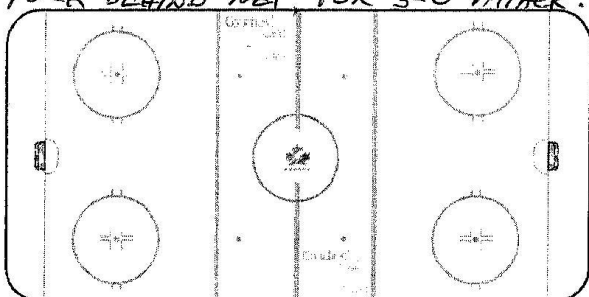
Drill Name: "1-2-3 DRILL" (OBJECT: PENALTY KILLING FOR GOALIES!!)



- KEY TEACHING POINTS:
- * ② TRACKS PUCK FROM CORNER TO HIGH POINT TO MID POINT
 - * ② PASSES LONG SHOT & MUST CONTROL REBOUNDS
 - * ② PASSES SLOT SHOT THRU TRAFFIC WITH OPTION OF TIPS & 2ND/3RD SHOTS
 - * BEHIND NET THREAT
 - * TRACKING, REBOUND CONTROL, RECOVERY FOR 2ND SAVE, DIRECT & INDIRECT ATTACK.

DRILL DESCRIPTION:

① PASSES TO ②, ② SLIDES @ PUCK ON BLUE LINE & TAKES WRISTSHOT FROM MID POINT, ② THEN SINKS INTO SLOT AREA FOR 2ND PASS FROM ① & ② NOW WRISTS IT ONLY WHEN ① IS IN POSITION IN FRONT OF NET (I.E. AFTER ① PASSES TO ② THE 2ND TIME, ① SKATES OFF PUCK & GOES TO THE NET); ① & ② NOW BECOME OFFENSIVE OPTIONS, AS ③ SLIDES WITH PUCK BEHIND NET FOR 3-0 ATTACK.



- KEY TEACHING POINTS:
- VARIATIONS:
- * ① PASSES TO ② ON 2ND SHOT;
 - * ② 1 TIMES IT RATHER THAN WAIT FOR ①; ① PLAYS OFF TO THE SIDE TO PLAY REBOUNDS (RATHER THAN SCREEN)
 - * ③ TAKES PUCK & PLAYS A 2-1 RATHER THAN 3-0, WITH THE DEFENSIVE PLAYER BEING PLAYER 2.
 - * USE 6 PLAYERS & 2 G'S

DRILL DESCRIPTION:

N.B. * USE ALL PLAYERS FOR THE ①, ②, OR ③ ROLE (EITHER F OR D)

* ENCOURAGE/CORRECT TECHNICAL SKILLS FOR G & MATCH THE DRILL'S SPEED TO THE LEVEL OF THE G.

* INCREASE DRILL'S SPEED AS REQUIRED: GOAL IS GAME SPEED.



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Coach: **RON MAVS**

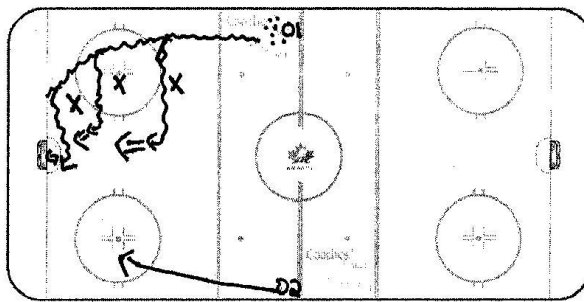
Team: **GOALTENDING COACH
 MISSISSAUGA ICE DOGS, ONL**

Country: **CANADA**

Drill Theme: **Goaltending**

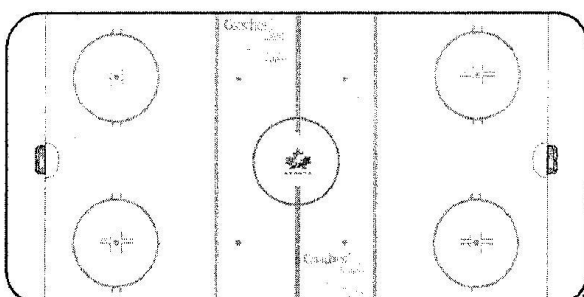
LEGEND	⊙	Coach	~	Puck Carrying
	○ ●	Forwards	⇒	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	~	Backward Skate
	X	Pylon		Lateral Movement
	⋯	Pucks	—	Defensive Pressure

Drill Name:



KEY TEACHING POINTS:
 ① ANGLES: USE INSIDE-OUT ANGLE APPROACH
 ② USE SHORT SHUFFLES TO MOVE LATERALLY + MAINTAIN SQUARENESS
 ③ HEAD ON A SWIVEL; ALWAYS AWARE OF BACKSIDE THREAT.

DRILL DESCRIPTION:
 D1 STARTS IN NZ, G STARTS ON GOAL LINE + MOVES OUT ON ANGLE USING INSIDE OUT ANGLE APPROACH. D1 DRIVES OUTSIDE LANE WITH SPEED AND HAS OPTION OF SHOOTING FROM OUTSIDE LANE OR CUTTING AROUND 1 OF 3 PYLONS TO MIDDLE LANE FOR SHOT. G ACHIEVES DEPTH POSITION 2-3' BEYOND TOP OF CREESE + THEN



RETREATS TRYING TO TIME RETREAT SO THAT G IS AT TOP OF CREESE WHEN D1 SHOTS. G MUST USE SHORT SHUFFLES TO MOVE LATERALLY AND MAINTAIN SQUARENESS.
 PROGRESSION: D2 DRIVES FAR OUTSIDE LANE + IS A PASSING OPTION.

DRILL DESCRIPTION:



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Vancouver, British Columbia



Coach: Paul DeVellis

Team: Ridley College Tigers

Country: CANADA

DRILL THEME: **GOALTENDING**

LEGEND

⊙	Coach	→	Puck Carrying
○	Forwards	⇨	Shooting
△	Defenders	⇨⇨	Pass
G	Goalie	⇨⇨⇨	Drop Pass
—	Stop	⇨⇨⇨⇨	Backward Skate
X	Pylon	~~~~~	Lateral Movement
⊛	Pucks		Defensive Pressure

OFFENSIVE DEFENSIVE

DRILL NAME: Two-shot; Two-on-zero @ (BL)

KEY TEACHING POINTS:

- Shots low & on net (try to generate a rebound @ score)
- Try to develop angle 1st / body / depth 2nd
- "cues" review i.e. "stride to glide"
- lateral movement
- G₂ faces 2-D
- "play big"

DRILL DESCRIPTION:

- drill starts with two shots staggered time-wise allowing G₁ to position on-net low
- peel towards board around cone & receive @ pass
- evolve to 2-1 @ (BL) communication bet D + (BL) key
- switch G's + lines location

ADDITIONAL TEACHING POINTS:

Low Hard shot of G's pass stick
 (Goalie to try & contain shot w/ rebound)

PROGRESSION / OPTIONS:

- Progress to 1 shot that generates a 2nd stationary rebound & have player from other line follow & look to obtain the rebound



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Vancouver, British Columbia



Coach: *Richard Dewilde*

Team: *The Dutch National Team (Prorecht)*

Country: *The Netherlands.*

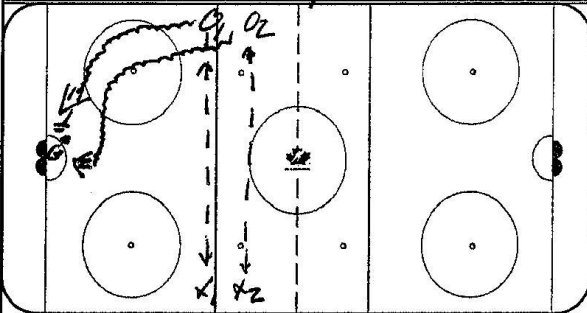
DRILL THEME: **GOALTENDING**

LEGEND

⊙	Coach	~>	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	→	Pass
G	Goalie	⇄	Drop Pass
	Stop	~>	Backward Skate
X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure

OFFENSIVE DEFENSIVE

DRILL NAME: *Goalie Angle Drill*



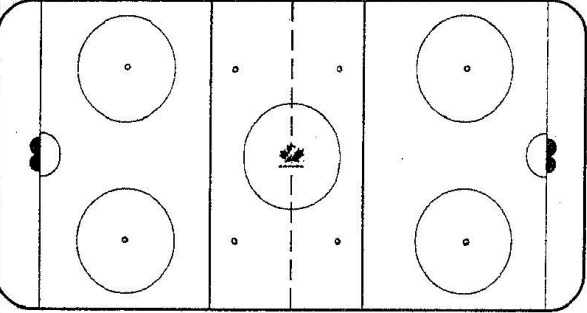
KEY TEACHING POINTS:

- * T-Glide following puck movement.
- * Challenging start angle.
- * Lateral movement.
- * Rebound control.

DRILL DESCRIPTION:

The drill is a 1 on the goalie.

The starts by O1 and X1 passing back and forth across the Blue line. ON whistle puck carrier drives to net, shot on short side, player stops at net side. meanwhile O2 and X2 passing, ON whistle Attack net and Sweep across the front slot - shot or pass to player O1.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:



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Coach: Curtis Hunt

Team: Grand Rapids Griffins, IHL

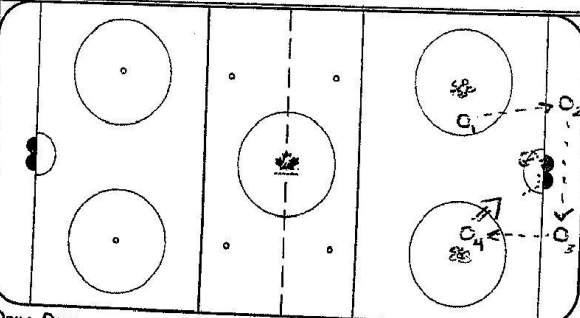
Country: Canada

DRILL THEME: **GOALTENDING**

LEGEND	⊙	Coach	~>	Puck Carrying
	○	Forwards	→	Shooting
	△	Defenders	⇄	Pass
	G	Goalie	⇄	Drop Pass
	—	Stop	↔	Backward Skate
	X	Pyton		Lateral Movement
	⊛	Pucks	—	Defensive Pressure

○ OFFENSIVE ⊙ DEFENSIVE

DRILL NAME: ① Tub

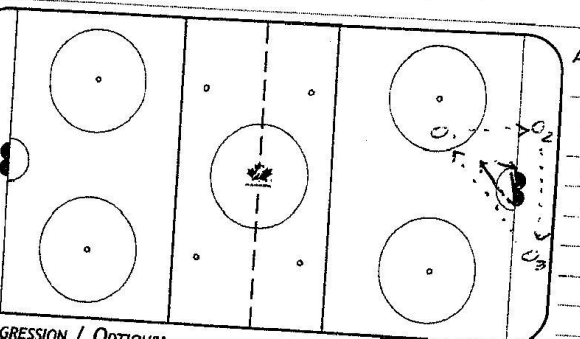


KEY TEACHING POINTS:

- Goaltender starts at top of crease.
- 3 good pushes from
 - ① top to post
 - ② post to post
 - ③ post to top
- Square to puck vs. shot

DRILL DESCRIPTION:

Player 1 starts with puck passes to player 2; to 3; to 4 who shoots the puck from inside circle. Goaltender follows puck and attacks aggressively the shooter then follows the rebound if any.



ADDITIONAL TEACHING POINTS:

- goaltender ~~is~~ uses an active stick to try to obstruct pass

PROGRESSION / OPTIONS:

Cross - Same set up as the tub except player 3 passes cross crease to player 1 for shot.



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Coach: BRENT PETERSON

Team: NASHVILLE PREDATORS

Country: USA

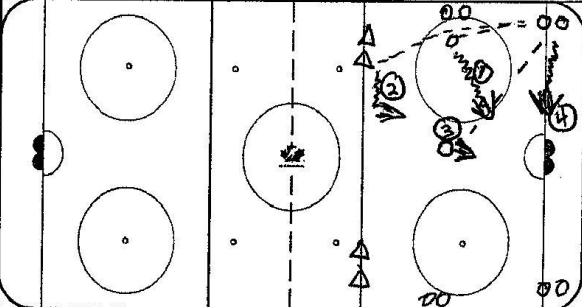
DRILL THEME: GOALTENDING

LEGEND

⊙	Coach	~>	Puck Carrying
○ ●	Forwards	⇒	Shooting
△ ▲	Defenders	⇄	Pass
G	Goalie	⇄⇄	Drop Pass
	Stop	~>	Backward Skate
X	Pylon		Lateral Movement
⊗	Pucks	—	Defensive Pressure

OFFENSIVE DEFENSIVE

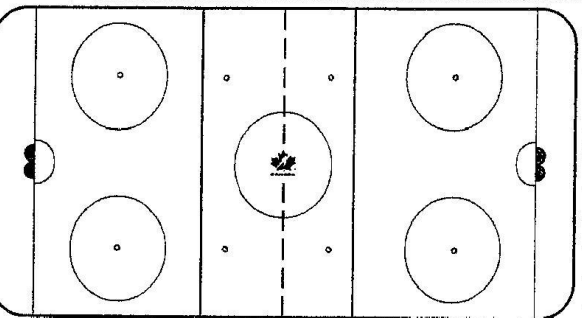
DRILL NAME: 4 SHOT DRILL



KEY TEACHING POINTS:

- PASSING TIMING PATIENCE
- QUICK RELEASE SHOTS
- GOALTENDERS ANGLES AND REACTIONS (CONDITIONING)

DRILL DESCRIPTION:
HALF THE FORWARDS IN CORNER, HALF ON 1/2 WALL. DEFENCE ON BLUE LINE.
PLAYER IN CORNER HAS 4 PUCKS, THE 1ST PASS IS TO PLAYER ON 1/2 WALL HE WALKS TO MIDDLE, SHOOT AND GOES TO NET. THE 2ND PASS IS TO D. ON BLUE LINE, HE WALK TO MIDDLE AND SHOOT WITH FORWARD IN FRONT FOR SCREEN AND REBOUND. THE 3RD PASS IS TO FORWARD IN FRONT WHO



ADDITIONAL TEACHING POINTS:
HAS BACKED INTO SLOT FOR SHOT. THE 4TH SHOT IS FROM THE CORNER PASSES WHO WALKS OUT OF CORNER FOR STUFF. THE GOALIE GETS 4 DIFFERENT TYPES OF SHOTS IN SUCCESSION

PROGRESSION / OPTIONS:



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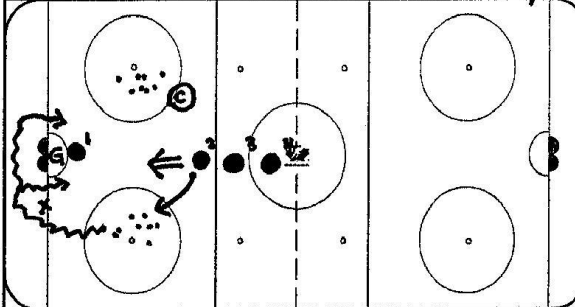


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Vancouver, British Columbia



Coach: MERV SCOTT	LEGEND ○ Coach ● Forwards ▲ Defenders G Goalie Stop X Pylon Pucks Puck Carrying Shooting Pass Drop Pass Backward Skate Lateral Movement Defensive Pressure ○ OFFENSIVE ● DEFENSIVE
Team: SAANICH PEE WEE REP.	
Country: VICTORIA, BC, CANADA	
DRILL THEME: GOALTENDING	

DRILL NAME: **TURF WAR (SCREENS & DEFLECTIONS)**

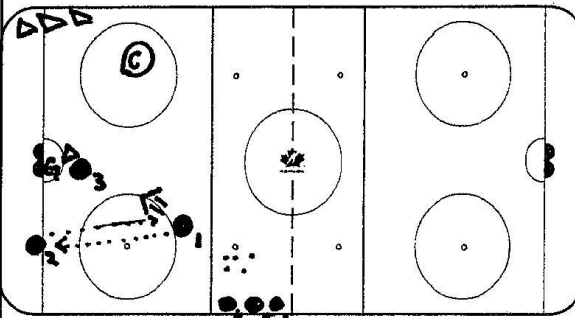


- KEY TEACHING POINTS:
- KEEP ●' OUT OF YOUR ZONE (YOUR CREASE)
 - STAY LOW & CONCENTRATE ON BEING THE PUCK
 - USE PROPER SAVE MOVEMENT
 - NO REBOUNDS
 - TIGHT TO NEAR POST TO PROTECT AGAINST WALK OUT
 - BODY AHEAD, HEAD ON

DRILL DESCRIPTION:

- ₂ SHOOTS WHILE ●₁ SCREENS/DEFLECTS
- ₂ PICKS UP PUCK AND DOES WALK OUT OR WRAP AROUND OR PASS TO ●₁
- ₂ MOVES TO ●₁; ●₁ TO ●₄

SWIVEL, WATCH PLAYER BEHIND NET.
STRONG INSIDE EDGE ACROSS TO COVER WRAP AROUND.
- USE STICK TO COVER PASS



- ADDITIONAL TEACHING POINTS:
- CONCENTRATE
 - MOVE TO CHALLENGE SHOOTER OR,
 - OR TIGHT TO POST & USE STICK TO COVER PASS
 - DEFENSE TO MOVE ●₃ OUT OF WAY ON SHOT OR TIE UP STICK ON PASS

PROGRESSION / OPTIONS:

ADD DEFENSEMAN. ●₁ BACK & FORTH PASS WITH ●₂; THEN ●₁ SHOOTS OR ●₂ PASSES TO ●₃ IN FRONT.

●₁ → ●₂ → ●₃ → ●₄



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Vancouver, British Columbia



Coach: *Richard DeWilde*

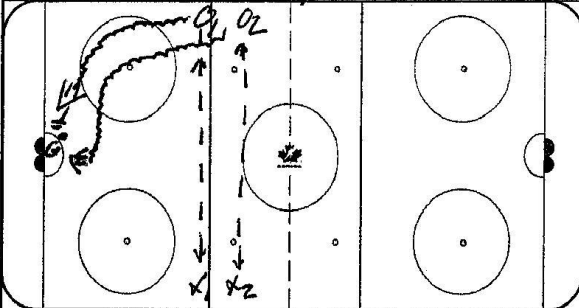
Team: *The Dutch National Team (Dordrecht)*

Country: *The Netherlands*

DRILL THEME: **GOALTENDING**

LEGEND	⊙	Coach	→	Puck Carrying
	○ ●	Forwards	→	Shooting
	△ ▲	Defenders	→	Pass
	G	Goalie	→	Drop Pass
	—	Stop	→	Backward Skate
	X	Pylon		Lateral Movement
	⊗	Pucks	—	Defensive Pressure
	○	OFFENSIVE	○	DEFENSIVE

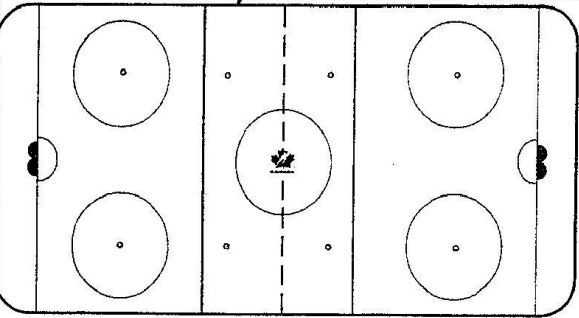
DRILL NAME: *Goalie Angle Drill*



KEY TEACHING POINTS:
 * T-Glide following puck movement.
 * Challenging shot angle.
 * Lateral movement.
 * Rebound control.

DRILL DESCRIPTION:
The drill is a 1 on the goalie.

The starts by O1 and F1, passing back and forth across the Blue line. ON whistle puck carrier drives to net, shot on short side, player stops at net side. meanwhile O2 and F2 passing, on whistle attack net and sweep across the front slot - shot or pass to player O1.



ADDITIONAL TEACHING POINTS:

PROGRESSION / OPTIONS:

