



Northeast Minor Hockey Association GOALTENDING CLINIC #1



Practice Plan

Objectives:

Stance & Movement – Develop proper stance and fundamentals while moving using T- push, shuffles, full recovery, and butterfly slide.

Fundamental Saves – Continued development of movement while working on proper use of gloves, chest and zone work.

Shooting drills – Angle work, depth and recoveries.

Reminder: As we will be using a puck shooting machine goalies and players will not be allowed to remove their helmets under any circumstances while on the ice.

Practice Time:

80 Minute Practice (7:30 - 8:50pm)

We will require the following

- 5 coach “facilitators”
- 8 shooters
- 4 nets
- Pylons
- Additional basket of pucks

Practice Structure:

	Time
Stance / Movement Drills and Stretching	15/15 –(7:30 - 7:45pm)
Fundamental Saves	10/25 – (7:45 -7:55pm)
Demonstration of Drill Stations	8/33 – (7:55 - 8:03pm)
Shooting Drills (stations) 5x8mins	40/73 – (8:03 -8:43pm)
Cool Down	7/80 – (8:43 – 8:50pm)

Stance & Movement Drills

15/15

“Red Army” Circles (3x1 reps)

- Puck on a pylon at centre ice
- Goalie stance while doing the 5 half circles
- Always face the puck

Goal Line Skating

1. **Sprint to far end** (2 reps)
2. **Change direction on each line** (in goalie stance) (2 reps)

- a. Face the benches when turning
- 3. Shuffles between the lines**
 - a. Blue to red – facing benches
 - b. Red to blue – facing the penalty boxes
- 4. Short lines in stance with butterfly (2 reps)**
 - a. Red line/blue/far blue/red/sprint to goal line

Fundamental Saves

10/22

Glove & Blocker Tracking 1 (2 x 10 reps)

Low Zone Work with Chest Shots (2 x 10 reps)

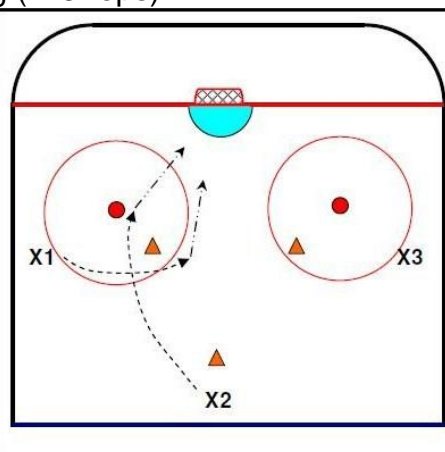
Drill Stations

40/73

1) Three Cone Angle Shooting (4x3 reps)

Key Teaching Points:

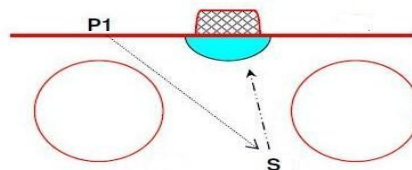
1. The goaltender needs to maintain depth while moving.
2. Movements must be short and compact.
3. Goaltender must stay square to the shooter.
4. Control rebounds.
5. Follow and finish all shots and rebounds.



2) Post to Challenge Drill (10 reps)

Key Teaching Points:

1. The goaltender should move middle out while moving to the top of the crease in order to get 'on angle' quickly.
2. The goaltender must gap out as far as possible to the top of the crease. However, the goaltender must set feet before the shot is taken.
3. The goaltender must do a great job tracking the puck off the stick and reacting.



3) Box Drill (Skating) (2-3 reps at 20 seconds per)

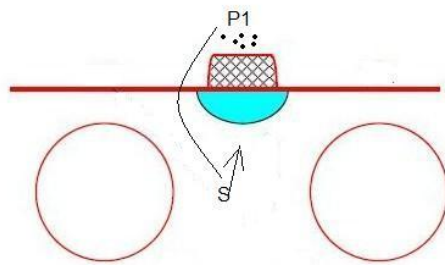
Here the goalies will get a chance to work on their forward and Backward Skating, Lateral Movements and recovery. 4 Pylons are set up in a box shape slightly larger than the size of the net and the depth of the crease.

- Shuffles/Tpushes
- Sliding butterflies
- Step-outs and drop steps

4) Pass out from behind net (10 reps)

Key Teaching Points:

1. Goalie tracks the passer behind the net and reacts to pass out front.
2. Shooter will take shot from the slot and attack for the rebound.
3. Goalie needs to isolate or control their rebound to counteract the pressure.



5) Knees/Butt/Belly Recovery Drill (8 reps)

- Goalie starts centre of his net
- Shooter in the slot will call one of three commands KNEES, BUTT, or BELLY
- The goalie will go down as directed and recover as quickly as possible
- Once recovered, shooter will take a shot and play the rebound
- The goalie should isolate the puck, meaning no rebounds go back to the front of the net

