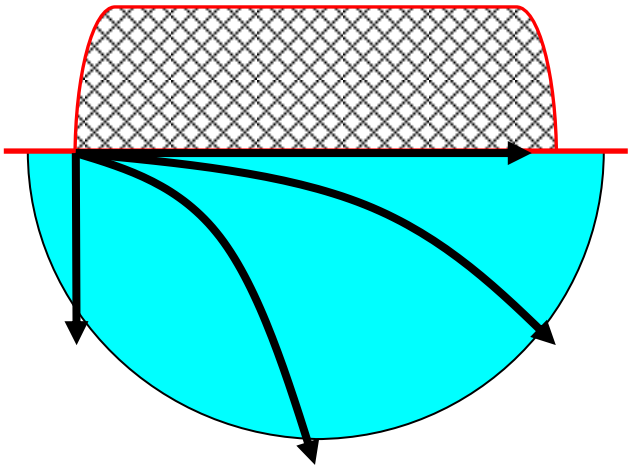
NATIONAL TEAM DEVELOPMENT PROGRAM
GOALTENDER DRILLS

LA MOVEMENT & READ 2

Drill Description:
Coach triggers all movement with the word “GO”
When the goaltenders feet are set they turn their head to read the play.

1. On coaches command goaltender C - cuts out to the near side corner of the top of the crease, sets feet, and turns head to evaluate play.
2. On coaches command goaltender butterfly’s, fully recovers, and one shuffle pushes back to the starting post.
3. On coaches command goaltender T - pushes or C - cuts out to the middle of the top of the crease, sets feet, and turns head to evaluate play.
4. On coaches command goaltender butterfly’s, fully recovers, and T - pushes back to the starting post.
5. On coaches command goaltender T – pushes out to the opposite side corner of the top of the crease, sets feet, and turns head to evaluate play.
6. On coaches command goaltender butterfly’s, fully recovers, and T - pushes back to the starting post.
7. Once arriving at post goaltender 1 shuffle pushes across to opposite post and begins sequence from opposite side.

Repeat the drill for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender’s heals should be on the red, feet should be set, and goaltender should turn head to read puck holders options.
3. *Full Recovery:* When moving to the right, get up with left leg. When moving to the left, get up with right leg. The goaltender needs to recover with the foot of the drive leg in front of the lead leg.
4. Movements should be crisp and explosive.
5. T – push – Slightly lift drive leg off the ice after pushing off.