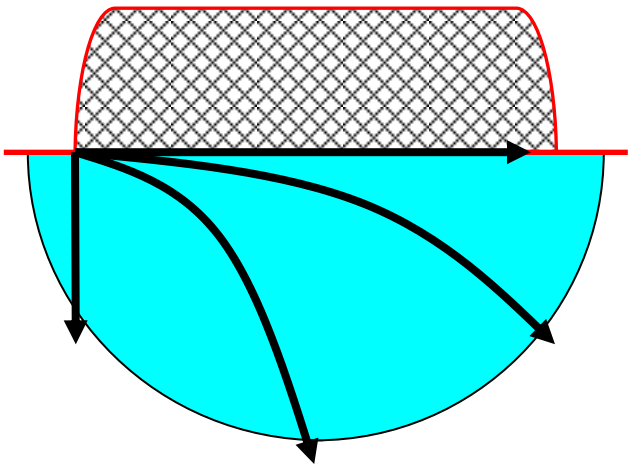
NATIONAL TEAM DEVELOPMENT PROGRAM
GOALTENDER DRILLS

LA MOVEMENT & READ 3

Drill Description:
Coach only triggers movements from the to of the crease using the word "GO"
When the goaltenders feet are set they turn their head to read the play.

1. 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 one shuffle pushes back to the starting post.
3. Once arriving at post 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 T - pushes back to the starting post.
5. Once arriving at the post 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 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. Once arriving at the post the goaltender should quickly explode out to the next angle.
4. Movements should be crisp and explosive.
5. T – push – Slightly lift drive leg off the ice after pushing off.