



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

Middle Out & T- push

Drill Description:

1. T - push or C - cut out to the middle of the top of the crease and set feet.
2. After setting feet the goaltender T- pushes back to the opposite post from where he/she started.

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. T- push – The goaltender should rotate hips, lead with stick and gloves, and push hard with the inside edge of the drive leg.
3. T- push: – Lift drive leg slightly off the ice after initial push.