



## NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

### OUT, OVER, FULL RECOVERY & BACK

#### Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender small T - pushes to the corner angle of the top of the crease on the side from where he/she started from, sets feet, butterfly's, and fully recovers.
3. The goaltender then rotates hips and T – pushes back to opposite side post.
4. Repeat drill from opposite post.

Repeat drill 2X each way 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 heels should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle.
3. Butterfly – Goaltender's knees should drive into ice, butt and chest are up.
4. Full Recovery – Drive leg foot needs to be brought out in front of lead leg.
5. Movements should be crisp and explosive.
6. T – push – Slightly lift drive leg off the ice after pushing off.

