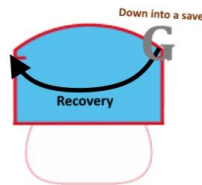
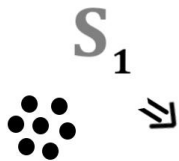
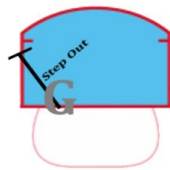
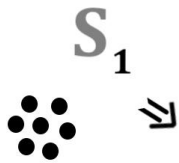


Tech1: Drill 1

Recoveries



Phase 1 Description

- G starts on the same-side post as the shooter
- On “Go”, G steps out to the near-side
- Shooter shoots to the far-side to attempt creating a rebound
- G follows the rebound, then resets to the far-angle

Phase 2 Description

- G is positioned on the far-side angle.
- On “Go”, G goes down into a simulated save to the far-side of their body
- G recovers from their down position to the far-side angle
- Once G has established position on the puck, shooter releases the puck on net

3 reps **per side**

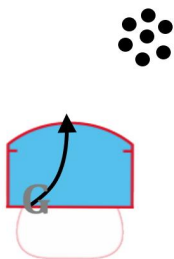
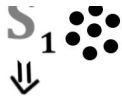
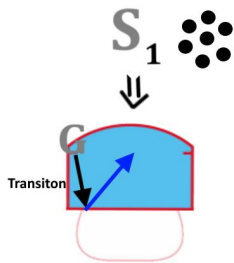
Scored **out of 10**

Key Points

1. **Patience from feet** is crucial to enact a strong and controlled save attempt.
2. A strong first save attempt is the first step in enabling a dynamic post-save response.
3. Remaining North/South to the puck is a key ingredient for a dynamic post-save response.

Tech1: Drill 2

Mid-Ice DOM



4 reps **per side**

Scored **out of 10**

Phase 1 Description

- G starts on the angle
- On “Go”, G transitions into his near-side post
- On 2nd “Go”, G activates to the middle
- Shooter releases a puck on net from a tighter proximity
- The shot can be before/as/after G establishes position on the puck
- G follows the rebound (if any), then recovers back to the post

Phase 2 Description

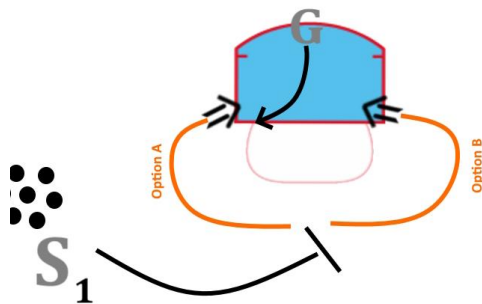
- G is positioned on post
- On “Go”, G moves to the middle
- After G establishes position, shooter releases a puck on net from a further position

Key Points

1. **Direction of Movement (DOM):**
Side-to-middle - combination of
Angle/Depth
2. The back-leg affects the DOM
3. North/South alignment throughout the
complete Save Process

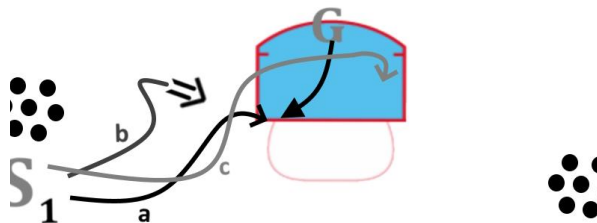
Tech1: Drill 3

Goal-Line Attacks



Phase 1 Description

- G starts on top of the crease
- On “Go”, G t-pushes or shuffles to the same-side post as the shooter
- Shooter activates behind the net
- Shooter may go for a quick wrap-around or stop behind the net
- If the shooter chooses to stop behind the net, they can then wrap on either side



Phase 2 Description

- G starts on the top of the crease
- On “Go”, G establishes position on the same-side post as the shooter.
- Once position on post has been established, shooter attacks below the goal-line
- Shooter can
 - a. Jam the puck on net
 - b. Pull above goal-line to shoot
 - c. Drive to the far-side

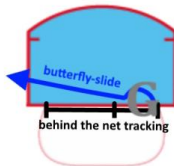
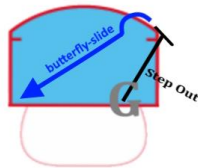
3 reps **per side**

Scored **out of 10**

Key Points

1. **Proper integration** into post on arrival enables multiple positional options and unlocks all vertical lanes.
2. Base should be adjusted depending on the technique/tactic preferred.
3. An active stick can create time and space for G to handle the attack.

Lateral Feeds



Phase 1 Description

- G starts on the opposite-side post of the shooter
- On “Go”, G steps out to the near-side
- On 2nd “Go”, G butterfly-slides high-to-low to the far-side
- Shooter releases puck on the net as or before G establishes position
- G follows the rebound (if any), then resets to same-side post as the shooter

Phase 2 Description

- G is positioned on the same-side post as the shooter
- On “Go”, G moves post-to-post while tracking behind the net
- On 2nd “Go”, G butterfly-slides low-to-low to the far-side
- Shooter releases the puck on net as or before G establishes position

4 reps **per side**

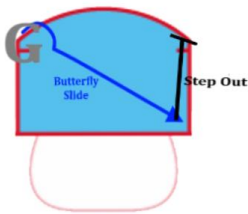
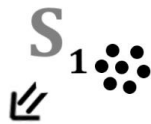
Scored **out of 10**

Key Points

1. **Angle** is the required positional priority on a far-side DOM.
2. A movement is not a save attempt, it is a mode of transportation.
3. An extension can only occur after a retraction, and vice versa.

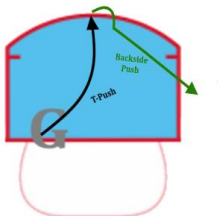
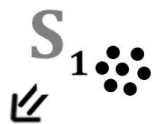
Tech2: Drill 1

Lateral Details



Phase 1 Description

- G starts on opposite-side angle from the shooter
- On “Go”, G butterfly slides to far-side and recovers to their feet
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers to whichever post they are closest to.



Phase 2 Description

- On “Go”, G will t-push to the top of the crease
- On “Go”, G will activate down into a save, then backside-push to regain position on puck
- While G is moving, the shooter will release a puck on net

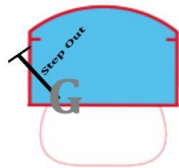
4 reps **per side**

Scored **out of 10**

Key Points

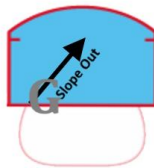
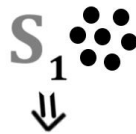
1. **Blocking (compact butterfly)** is only effective when all three Positional Elements are acquired.
2. A slide is not a save, it is a movement. Maintaining the ability to react while in motion is crucial.
3. Proper Direction of Movement is critical when moving laterally.

Vertical Corridors



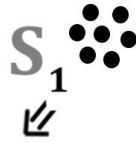
Phase 1 Description

- G starts on the same-side post as the shooter
- On “Go”, G steps out to the near-side
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers back to the same post they started from



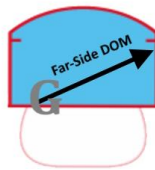
Phase 2 Description

- On “Go”, G slopes out to the mid-ice lane
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers back to the same post they started from



Phase 3 Description

- On “Go”, G will direct his movement to the far-side
- Shooter releases puck on net
- After a save is made, G follows the rebound, then recovers to the opposite post to repeat sequence in the opposite direction



Key Points

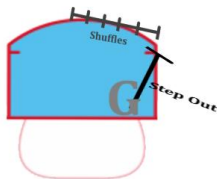
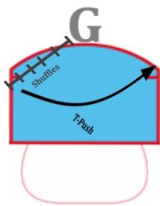
2 sets **per side** (shooter at further distance)

2 sets **per side** (shooter in tight proximity)

Scored **out of 10**

1. **Proper Direction of Movement (DOM)** is key in all three sequences.
2. DOM to the near-side must be geared towards Depth, while far-side is towards Angle.
3. On mid-Ice DOM, goaltenders must slope out by combining Angle & Depth.

Angle Tightening



Phase 1 Description

- G starts on top of the crease
- On “Go”, G begins shuffling in the opposite direction of the shooter
- On 2nd “Go”, G t-pushes across the crease to establish position on the puck
- Shooter releases puck on net
- After a save is made, G follows the rebound, then positions on the same-side post as the shooter

Phase 2 Description

- On “Go”, G steps out to the near-side
- Shooter carries the puck towards the middle, and then releases a shot on net
- G must maintain position on the puck and activate into a strong save attempt

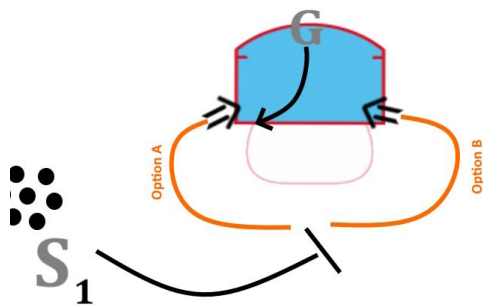
3 reps **per side**

Scored **out of 10**

Key Points

1. **Maintaining** the ability to move and make saves, when shuffling is key.
2. Goaltender must remain patient and reactive from their feet, to enable stronger save attempts and puck control.
3. All three Positional Elements must be maintained when shuffling.

Behind The Net Tracking



Phase 1 Description

- G starts on top of the crease
- On “Go”, G t-pushes or shuffles to the same-side post as the shooter
- Shooter activates behind the net
- Shooter may go for a quick wrap-around or stop behind the net
- If the shooter chooses to stop behind the net, they can then wrap on either side

Key Points

1. **Maintaining visual attachment** on the puck when it is located behind the net is critical, no matter which behind the net tracking system the goaltender utilises.
2. Stick details are important to control space.
3. Foot alignment will increase consistency, when exiting off the post.

3 reps **per side**

Scored **out of 10**