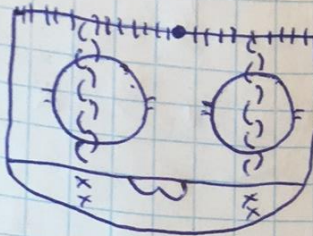


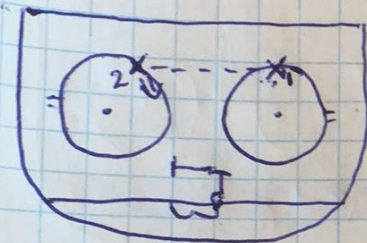
EVALUATIONS

GOALIE SESSION DRILLS



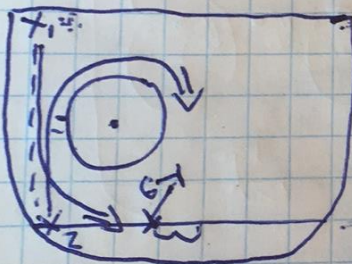
10 mins
skate

- c-cut to blue line, shuffle to middle then to wall, over back to middle, ~~start~~ backwards c-cut back to start.
- repeat with
 - T-push
 - Butterfly slide
 - on-ice slide.



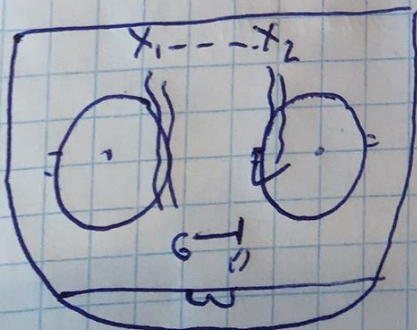
10 mins
warm-up
drill

- goalie pushes out to X₁
- X₁ passes to X₂
- X₂ shoots low (first 4 reps)
- Alternate sides
- After 4 reps shooter shoot to score.



10 mins
high-low
drill.

- Goalie starts top of crease
- X₁ passes to X₂
- X₂ skates above circle for shot in the slot
- After save X₁ skates down towards and net drives with red angle shot
- X₁ and X₂ play out rebound.



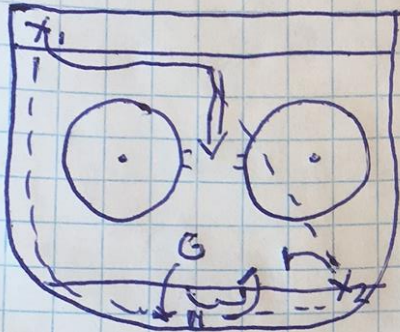
10 mins
2-0
drill

- Goalie starts facing X₁
- X₁ passes to X₂
- X₂ and X₁ go in on 2 on 0.
- Only one pass is allowed on 2 on 0
- X₁ and X₂ play out rebound
- alternate sides.

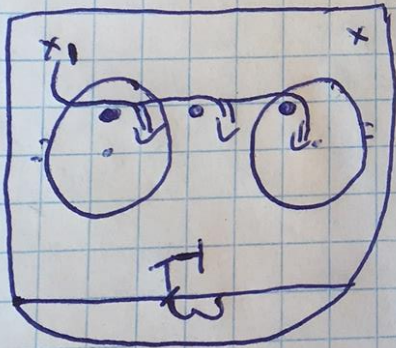
GOALIE SESSION PAGE #2



- 10 mins
wrap/
pass-out
- Goalie starts on post facing X₁
 - X₁ passes to X₂ behind net.
 - X₂ skates behind net
 - X₁ skates to slot
 - X₂ has option to wrap or pass to slot.
 - X₁ and X₂ play out rebound.



- 10 mins
goalie
puck handle
(pee-wee,
bantam
midget)
- X₁ dumps puck in on goalie
 - goalie passes puck to X₂
 - X₂ passes puck up to X₁ at blueline in middle.
 - X₁ skates into slot for shot
 - X₂ plays rebound.



- 10 mins
lateral
cone drill.
(atom only)
- goalie passes off post to X₁
 - X₁ skates in and cuts across top of circles.
 - X₁ picks between 3 cones where to shoot from.
 - X₁ can fake shot
 - ~~X₂~~ alternate sides.

- if time still available, goalie session will finish with a shootout.