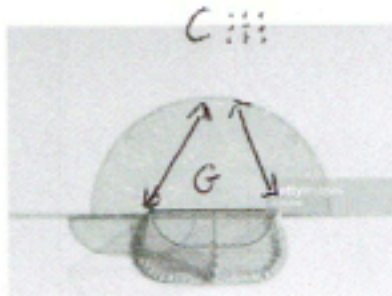
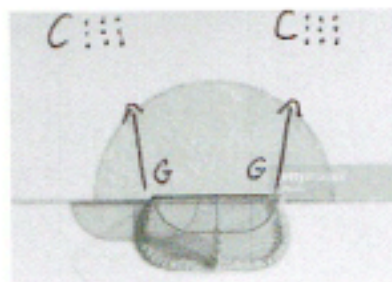


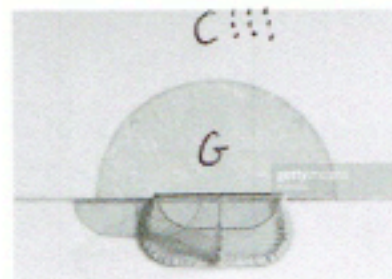
# Goalie Drills - Shooting



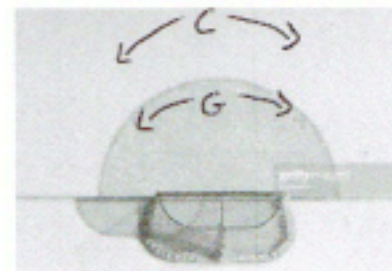
1. Straight on Shooting - goalie starts on a post, pushes to the top of the crease for a shot. Returns to the opposite post then pushes to the top of the crease for another shot - 4-6 shot reps (pushes from 1-3-5-3-1-3-5 from the 5 points drill)



2. Angle Shooting - many of the shots a goalie will face will be at an angle - get them used to pushing off a post to an angled shot. Goalie pushes from the post to the corner of the crease for a shot - 4-6 shots per side, then repeat from the other side (pushes 1-2 & 5-4 from the 5 points drill)

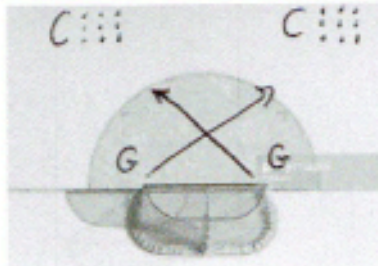


3. Shots to glove & blocker - goalie stands mid crease and the coach shoots to the general area of the glove (5-10 shots) then the blocker (5-10 shots). Drill can be repeated with the mid crease but in a butterfly position with same shot pattern. Goalie should be tracking the puck into their glove & blocker. Shots to the blocker should be directed (not punched) to the corner by a simple angling of the wrist



4. Walk the Dog - goalie squares up to the coach - coach will stick handled back and forth and can shoot at any time. Goalie must move with the coach, staying square and in their stance ready to react to the shot

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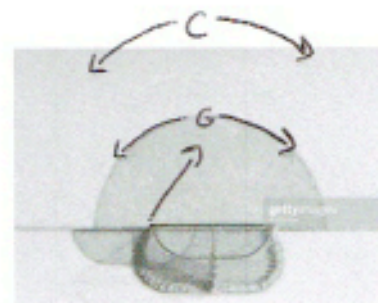
5. Cross crease push - goalie starts on the post - the coach has pucks on the opposite side of the crease - when prompted the goalie pushes off the post and over to the shot - pattern is repeated from the opposite post (5-10 shots per post - pushes 1-4 & 5-2 from the 5 points drill)



6. Butterfly recovery push - goalie starts on the side of the crease in a butterfly position - when prompted they recover to their feet & push across to the coach on the opposite side of the crease for the shot. The goalie's recover should go - Head (turns to locate the puck), Body (trunk/upper body rotates towards the puck), Push (feet push towards the puck) goalie recovers to their feet - once the goalie arrives the coach shoots the puck (5-10 pucks per side - pushes 2-4 & 4-2 from the 5 points drill)



7. Butterfly push to shot - goalie starts in a butterfly position - they push across the crease in that butterfly position to another shot. Goalie should follow the same Head, Body, Push progression from the last drill, the only difference is they do NOT recover to their feet - once the goalie arrives the coach shoots the puck (5-10 pucks per side - pushes 2-4 & 4-2 from the 5 points drill)



8. Angled distance shooting - goalie starts on the post and pushes beyond the top of the crease - the coach is high slot with a puck - once the goalie pushes out the coach will skate either left or right then shoot the puck as they approach the net - the goalie has to stay out beyond the crease and track the puck at an angle as the coach approaches (5-10 pucks)