

Initiation Goalie Drills

Basic stance:

Knees bent, balanced, head up, stick positioned in front and covering five hole, and glove hand up.

T-Pushes:

Move in one direction, 3-4 feet at a time, saying “push” and “stop”. Look for stance to remain even with little head bob. Repeat in the opposite direction to get comfortable on both skates.

Shuffle:

Used for small movements and adjustments. Have player face coach and the goaltender will stay in their stance moving sideways at all times. They do this by sliding their outside skate along the ice while pushing with the opposite foot. Repeat in the opposite direction.

C-Cuts:

Forwards/Backwards – in stance

Up/Down:

On the coach's signal, they should drop to their knees and wait for the coach's cue to get back to their feet. When they do drop, it is important to look for these certain things:

1. Their hands do not have to move much when dropping into the butterfly, they may come down a little, but have them avoid dropping them completely and have them at a ready position at their sides.
2. The pads should not be face down; rather, they should be on their sides with the inside roll of the pad along the ice.
3. It should be a smooth motion with limited head bobbing or arm movement.
4. Stick should be covering five-hole.
5. Chest needs to be in an upright position leaning slightly forward. We never want our goalies falling backwards; always teach your goaltenders to fall forward if they happen to lose their balance.

3 Pucks:

Have goalie stand in center of three pucks that are placed in a triangle 5-6 feet apart from one another. Move between pucks

Follow Puck (V Drill):

Goalie starts on the post, T-pushes to middle, sets up in stance, then T-pushes to far opposite post. Follow this pattern in the opposite direction. When comfortable, add a shot in the middle when the goalie is set up and in stance.

Follow Puck:

Two players or coaches pass side to side. Goalie must follow puck and be ready in stance. Allow goalie to get set up before making the next pass. After several passes, take a shot at the goalie.

Follow Puck in:

Have goalie start out of the net and back in with shooter, keeping stance and focus on the puck. After a few times, shoot at the goalie.

Shootout:

Give the goalie a variety of shots (slot, angle, far out, in closer, etc.) Have goalie track puck, stay in stance, and not drop down too early.