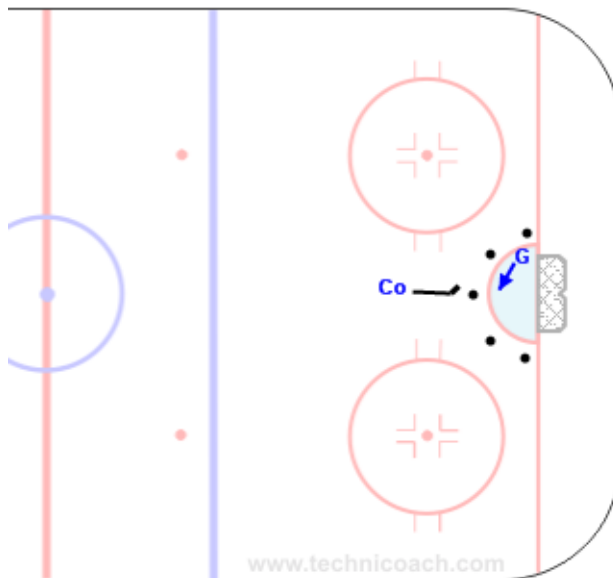


Goalie Five Puck Shuffle

9/5/2008



Description:

Place five pucks in an arc just outside the crease. Goalie skates in the arc stopping and centering on each puck, using a controlled shuffle skate, for about 20 seconds. On coaches whistle the goalie now skates from one puck to the other, using a t-glide. The coach decides which puck the goalie moves to always changing the goalies course, always stopping to be centered and square on the puck.

KeyPoints:

Shuffle skate, T-glide, Body control, Transition skating.