



Goalie Practice Drills



Body Control

- 1) Five blocker saves, eyes follow puck
- 2) Five catch glove saves, eyes follow puck
- 3) Five full-butterfly saves with recovery
- 4) Five half-butterfly saves to glove side with recovery
- 5) Five half-butterfly saves to blocker side with recovery
- 6) Five butterfly slides to glove side with recovery
- 7) Five butterfly slides to blocker side with recovery

Skating/movement drills

Skate figure 8's around end face-off circles, in goalie position using c-cuts
- Three times forwards and three times backwards

Facing the sideboards - move from goalie line to top of face-off circle, across the zone to top of other face-off circle, pivot and move back towards goal line
- Do two times through with shuffle technique
- Do two times through with t-push technique
- Do two times through with butterfly slide and recover technique

Zig-zag - from side boards to side boards, goalie makes three shuffle moves to left, pivots, then three shuffle moves to right, pivots, and repeats until reaching far side boards

Zig-zig - from side boards to side boards, goalie makes butterfly slide and recovers to glove side, pivots, butterfly slides to blocker side. Repeats until reaching far side boards

Crease movements - Goalie starts at post, skates out to edge of crease, then shuffles around crease to other side, returns to post and repeats two times each way.

Y-Drill - Goalie starts at hash marks between end face-off circles, skates backwards towards top of the crease, then pivots to the pipe with stand-up slide, and just outside the pipe with butterfly slide technique. Repeat three times each direction.

X-Drill - Goalie starts at right post, slides across goal line to left post, t-pushes out diagonally towards end face-off circle, stops, skates backwards to left post, slides across goal line to right post then out diagonally towards end face-off circle. Repeat three times each direction.

Takes about 15-20 minutes to complete

Skill development should be a priority during every practice!

Steve Carroll
USA Hockey's Minnesota District - Goalie Coach-in-Chief
scarroll@minnesotahockey.org - 612-869-2719