GET BETTER

POWERED BY SUBURBAN HOCKEY SCHOOL & POWER SKATING

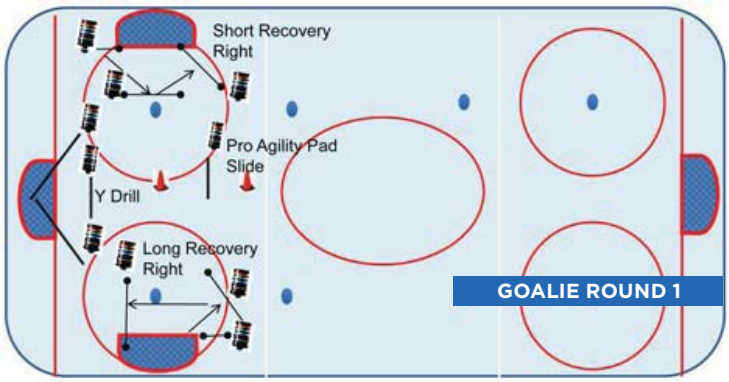
ON-ICE DRILLS FOR GOALTENDERS

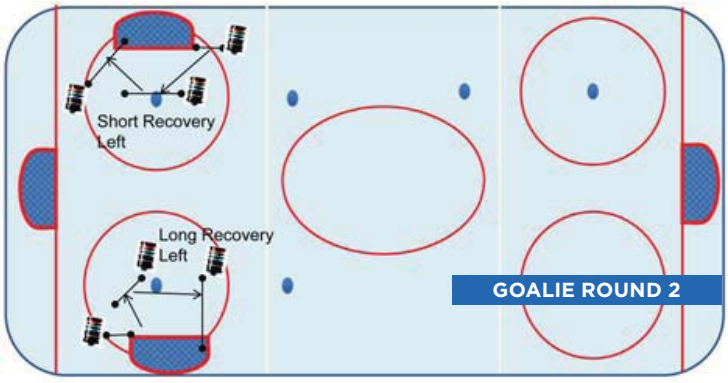
THE FOLLOWING DRILLS FOCUS ON THESE SKILLS AND FITNESS AREAS:

1. Speed *(both forwards and backwards)*
2. Reaction Time
3. Transition
4. Agility
5. Endurance

TESTS TO BE COMPLETED:

1. 'Y' Drill
2. Pro Agility Pad Slide
3. Long Recovery – Right and Left
4. Short Recovery – Right and Left





DRILLS COURTESY OF THE ONTARIO HOCKEY LEAGUE

GOALIE ROUND 1

- Long Recovery Right
- Short Recovery Right
- Y Drill Reaction Pad Slide
- Pro Agility Pad Slide

GOALIE ROUND 2

- Long Recovery Left
- Short Recovery Left