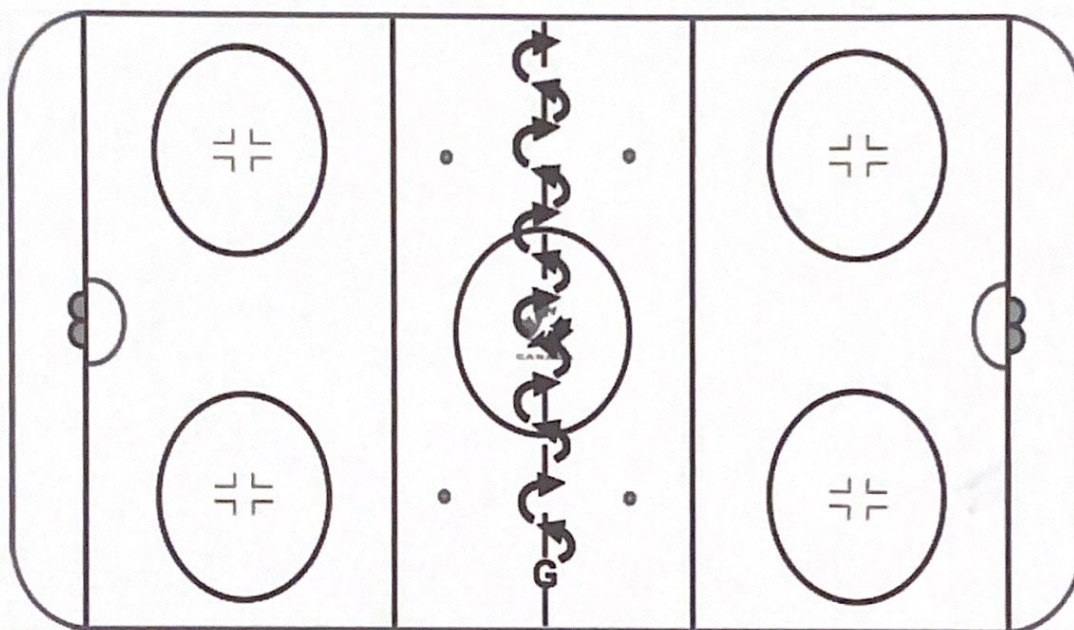


C-CUT



Goalie to stand on line at the boards (all three lines will be used)

U-11 & U-13 Goalie will skate forwards using both feet at the same time utilizing a C-Cut stride.

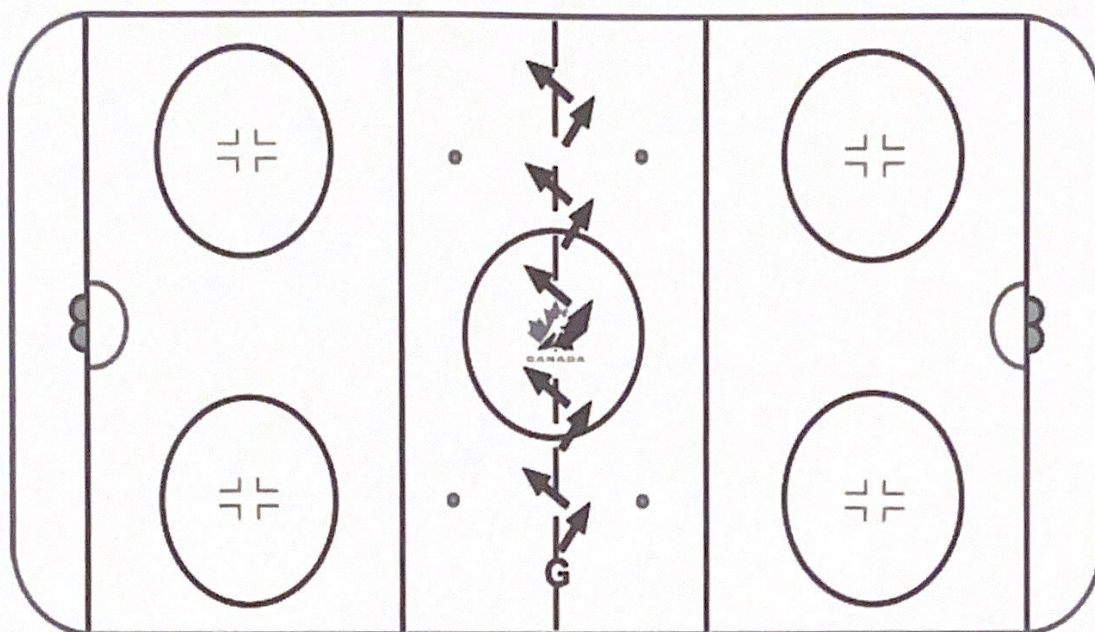
Goalie will return backwards using a C-Cut stride

Goalie will then do the same using right foot only followed by the left foot.

U-15 & U-18 Goalie will double C-cut (both feet at the same time) for first stride then alternate left and right foot for second and third stride.

Goalie will continue this all the way across the ice.

T-Push and Shuffle



U-11 Goalie will start on boards moving forward and will T-Push on angle all the way across

Goalie will then do the same returning except backwards T-Push

Goalie will then do the same using a shuffle

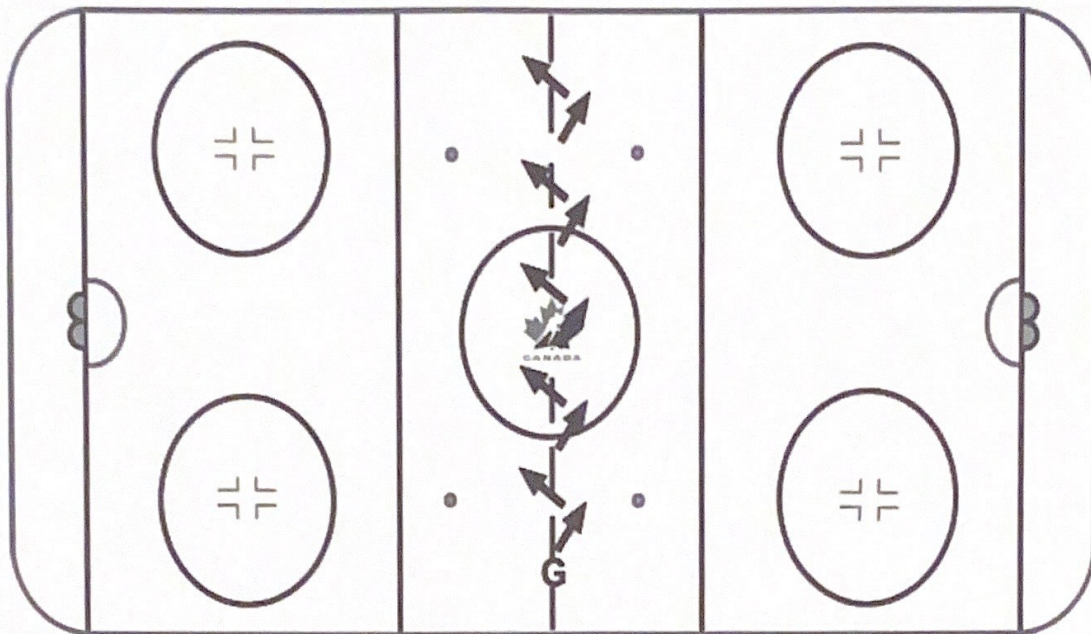
U-13 as above but will shuffle back to line on each T-Push

Goalies will do the same in reverse

U-15 & U-18 as U-13 except will butterfly after each shuffle

Goalies will do the same in reverse

Butterfly slide & Backside edge



U-11 & U-13 Goalie will only butterfly slide on an angle, first going backwards then going frontwards.

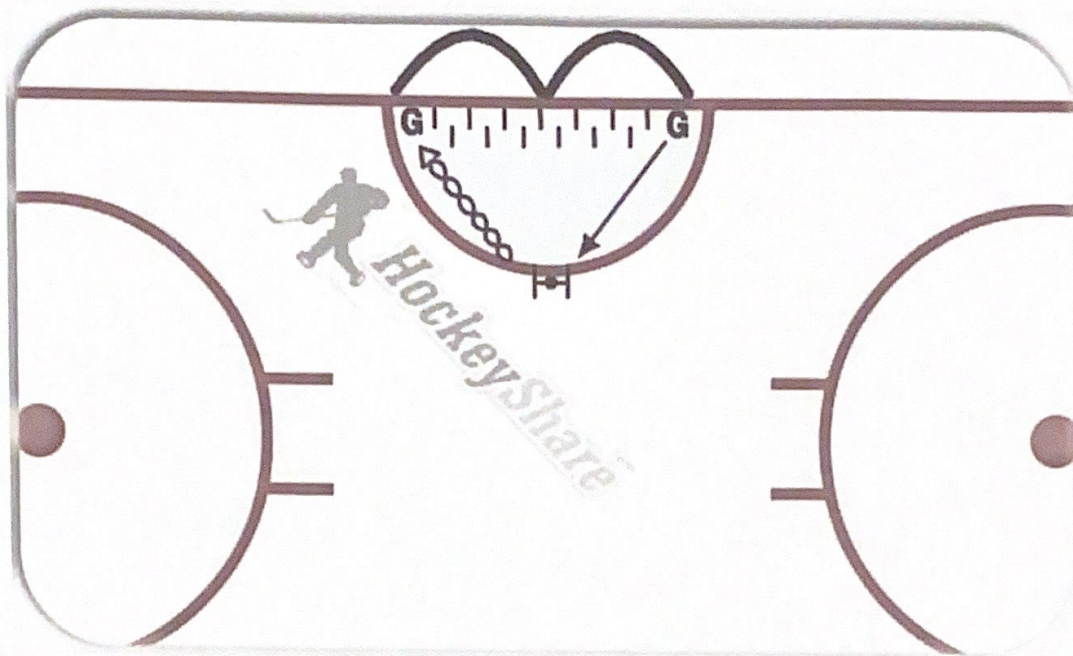
Goalie will then do the same with a backside edge getting set on feet after each push.

U-15 & U-18 Goalie will butterfly slide first and immediately go to a backside edge then recover to feet.

Goalie will do this going backwards first followed by the same frontwards.

POINTS TO REMEMBER

- move head first followed by stick then feet.
- Keep in proper stance with knees always bent and stick is to remain on the ice at all times.
- ensure proper angling at all times.
- when skating ensure the upper body is still, only legs should be moving.



Goalie to start on post.

Goalie to go thru windows on goal line.

Goalie to push to top of crease.

Shot 1: goalie to stay on feet.

Shot 2: goalie to be going into butterfly.

Shot 3: goalie to remain in butterfly and follow rebound.

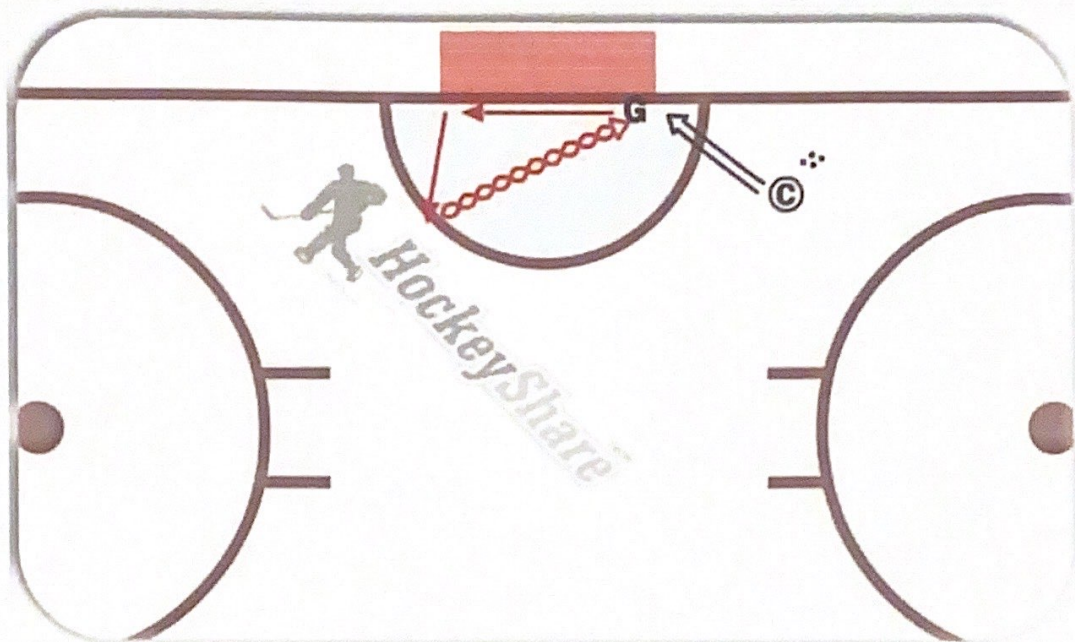
Points to remember: follow puck with eyes

ensure stick stays on ice

keep gloves in front with bent knees

get to top of crease

remain square to the shooter throughout



Shooter is able to vary depth for each shot.

SHOT 1: Lateral Release:

- goalie to start on near post and complete windows as if puck is going behind net.
- goalie to step up to square to face off dot.
- Goalie is then to shuffle to middle of crease
- goalie is then to shuffle to shooter
- shooter is to take low shot forcing goalie into butterfly to make
- save at the U-15 and U-18 levels, shooter is able to walk to middle of the ice and also at the U-18 level, shooter is also able to move puck lower.

SHOT 2: Butterfly slide

- goalie to recover to near post
- goalie to T-Push to square up to opposite face off dot
- goalie to rotate to slide in butterfly to shooter
- shooter is to take a shot along the ice. At the U-15 and U-18 levels, shooter can shoot the puck higher

SHOT 3: Backside Edge (may be difficult for younger goalies ie U-9 and U-11 levels)

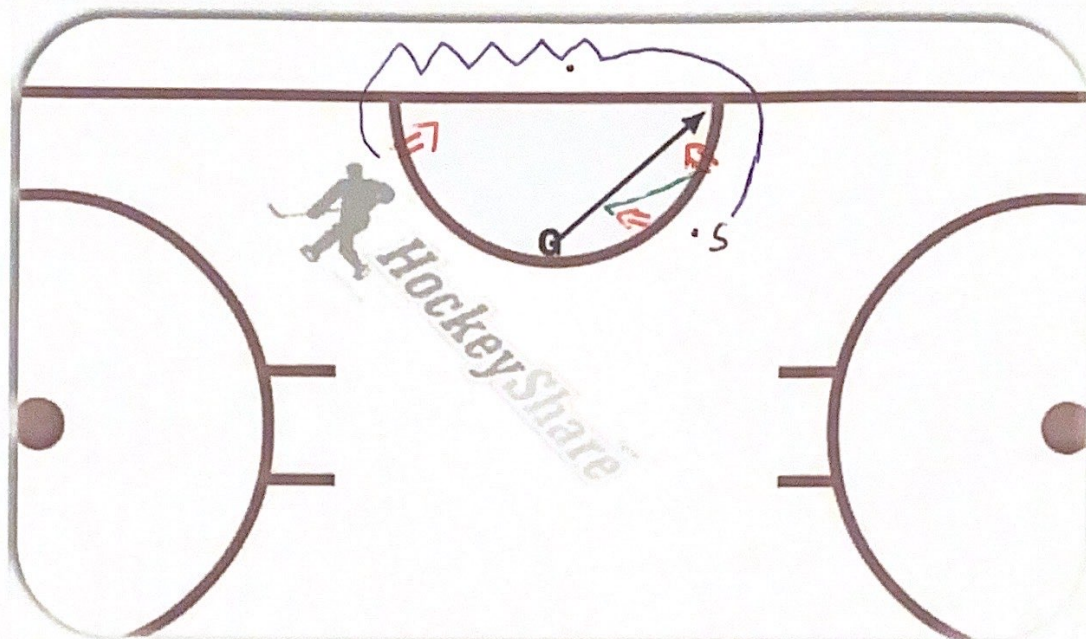
- Goalie to recover to far post
- goalie to push to top of crease and butterfly at the U-15 and U-18 levels, goalie is to square to opposite face off dot
- goalie to rotate to shooter and push
- shooter to move close to net as displayed on diagram to shoot

puck

-goalie is to follow rebound

Points to remember:

- always square to puck when making a save.
- keep in stance when moving including glove position
- ensure when moving along goal line, you look thru the net
- keep stick on the ice and all low shots should be stopped with the stick
- ensure proper utilization of a shuffle vs a T-push
- use post to help both pushing and stopping
- FOLLOW REBOUND on third shot.



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- goalie to start in butterfly looking straight ahead (puck will be placed at the top of crease for goalie to square to.
- shooter will put a puck off the goalie's left pad.
- when goalie feels puck hit pad, she will move to stop the rebound.

U-11 drill will end here

U-13 play out one rebound if available

U-15 shooter will pick up a second puck behind net and wrap around meaning goalie will have to move to opposite post to make save playing one rebound.

U-18 as with U-15 except shooter will have option to bring puck to either side playing one rebound

Points to remember:

- goalie should use post when possible to help in movement
- positioning of hands is important as glove or blocker should lead
- stick is to remain on the ice and between knees at all times
- goalie should be going into RVH on post(s)
- ensure goalie tracks puck after making the save at all levels