GOALTENDER BEGINNER LEVEL PLAN

Session Objective(s)

- 1. Continue development of forward/backward movement, shuffle and stance
- 2. Continue emphasis on basic depth
- 3. Introduce horizontal angles

10 min

MOVEMENT WARM UP

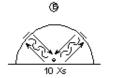
A. Forward/Backward Step Outs - Straight

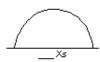
G starts in the middle of the goal line. On "Go" G sculls out to the top of the crease and sets. On "Go" G sculls backwards to the start point.

B. Forward/Backward Step Outs - Angle

G starts in the middle of the goal line. On "Go" G sculls out to the top of the crease facing the glove-side dot and sets. On "Go" G sculls backwards to the start point. On "Go" G sculls out to face the opposite dot. Then returns.









KEY EXECUTION POINTS

- As improvement is made additional emphasis on body and stick control should be applied
- · When doing step outs, alternate starting and stopping feet
- When stopping, G should use a single-edge rotation

5 min

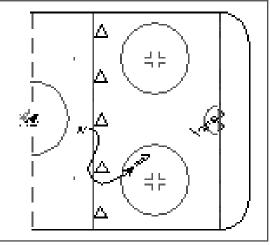
PRIMARY DRILL

Angle Introduction

- · Pucks start outside the blue line
- · Pylons are placed across the rink, slightly inside the blue line
- · G starts on the goal line
- X1 picks up a puck and randomly selects a pylon to drive around
- Once G recognizes which pylon has been selected, G steps out on angle with the attacker
- Once around the pylon, X1 takes a few strides towards the net and releases a shot



- In this introductory drill, G stays deep in the middle of the net until the pylon has been selected
- This allows G to gain a familiarity with proper angle positioning
- G should attempt to step out to the FSP on each sequence, before the shot is released





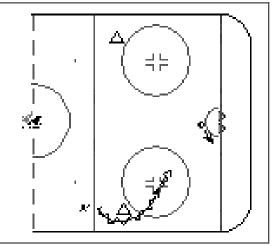
SECONDARY DRILL

Angle + Depth Work

- Pucks are placed outside the blue line on each side as indicated
- · Pylons are placed at the top of the circles as indicated
- X1 picks up a puck and skates into the zone
- · G starts at the top of the crease in the middle
- As soon as X1 begins to drive, G should shuffle to gain an on-angle position
- Notice the difference in this drill vs. the similar drill in the last session here, G shuffles into an angle position as opposed to stepping out from a middle-net position

KEY EXECUTION POINTS

- G should work on controlled but quick shuffle steps to get into an on-angle position
- Once G gets to the first position, G may have to make more minor shuffle adjustments to keep a strong angle
- Do not allow G to fade back during the attack





POST-PRACTICE DISCUSSION

- 1. Review progress on shuffle movement and stance positioning
- 2. Review goaltender's understanding of the FSP and its importance
- 3. Introduce the importance of the three positional ingredients: stance, angle and depth