



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## TRIPLE OPTION READ

### Drill Description:

X1 passes to X2 and goes to the net; X2 passes to X3 while goaltender tracks puck and is aware of X3's options.

Goaltender positions at the top of the crease and uses a quick T-Push to adjust on passes from X1 to X2 to X3.

X3 has three options:

1. Shoot
2. Hit X1 back door
3. Drive around tire and hit X2 in high slot

Goalie must be aware of all options while maintaining good depth at the top of the crease.

X1 plays the rebound on X3's or X2's shot.

Begin next repetition from the opposite side.

### Key Teaching Points:

Goalie maintains good depth at the top of crease.

*X3 Shot:* Calm feet and good rebound control on long shot.

*Backdoor to X1:* Butterfly slide back to just outside of post on pass from X3 to X1.

*X2 High Slot Shot:* Move from post with quick T-Push or C-cut to top of crease and set feet for shot.

In tight rebounds, use on-ice recovery over to 2nd shot. On outside rebounds, use full recovery and get into position for 2nd shot.



