



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

ON ICE BUTTERFLY RECOVERY DRILL

Drill Description:

On Ice Recovery - After leaving feet goalie moves to next shot while maintaining on ice body position. The goaltender uses the inside edge of the outside foot to move quickly while maximizing net coverage.

B1 is standing in the middle of the slot at the top of the circle.

B2 is standing 3 feet above the top of the crease to the goalie's left.

B3 is standing 3 feet above the top of the crease to the goalie's right.

All shooters have pucks.

B1 shoots low to the goalie's left side. Goalie makes save in $\frac{1}{2}$ butterfly then on ice recovers over to B2. B2 shoots when goalie pushes off of his/her outside edge. Goalie makes save then recovers to his/her feet. The goalie will then T-push back to the middle for the next shot from B1.

B1 shoots low to the goalie's right side. Goalie makes save in $\frac{1}{2}$ butterfly then on ice recovers over to B3. B3 shoots when goalie pushes off of his/her outside edge. Goalie makes save then recovers to his/her feet. The goalie will then T-push back to the middle for the next shot from B1.

Key Teaching Points:

For the 2nd shot the goalie should slide back towards the post. This will take away net from the shooter.

After extending leg to make 1st shot save, the goalie needs to recover with the foot of the outside leg in front of the extended knee. This rotates goalie on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the outside leg.

After pushing off of the inside edge of the outside leg the goalie must bring the outside leg flush onto the ice.

