



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

POST TO POST BUTTERFLY SLIDE

Drill Description:

1. One shuffle push across to opposite post.
2. One shuffle push across back to starting post.
3. T- push or C – cut out to the near side corner of the top of the crease and set feet.
4. Butterfly slide back to just outside the far post. Catch skate edge with the leading leg, recover on feet to near side post.

Key Teaching Points:

1. Butterfly slide – The goalie should rotate hips, lead with stick and gloves, and push hard with the inside edge of the outside leg.
2. Butterfly slide - Goalie should catch skate edge just outside of the post. This will keep goaltender square to the shooter and in position to move in another direction. If the goaltender hits the post it will push him/her off angle and limit his/her ability to move in another direction while also causing a small opening on the post side for the shooter.

