



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## ZONE WORK BUTTERFLY SLIDE

### Drill Description:

1. Start on post with head looking over right shoulder into zone 1. One small shuffle push into middle of net.
2. Look over right shoulder into zone 2, pause, and then turn head and look into zone 3.
3. One small shuffle push to post, head turned looking into zone 4.
4. Butterfly slide to the middle of the top of the crease.
5. Catch edge and butterfly slide to the corner of the top of the crease.

Repeat the drill 2X each way (total of 4 reps).

### Below Goal Line Zones:

When the play and puck are below the goal line the goaltender needs to break the ice into 4 zones. This allows the goaltender to track the play, make small movements if pass is made, and places goaltender in the best position to cover most of the net. The goaltender must follow the puck from zone to zone. In zone 1 & 4 the goaltender is positioned on the post. In zone 2 and 3 the goaltender is positioned in the middle of the net with his/her head looking over his/her shoulder into the zone where the puck is located.

### Key Teaching Points:

1. Goaltender looks over right shoulder in zone 1 & 2 and left shoulder in zone 3 & 4.
2. Butterfly slide - The goalie should push body to middle of the net while sliding out and catch the inside edge of the outside leg in order to on ice recover over to corner angle.

