



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

ZONE WORK WITH SHOT

Drill Description:

1. X1 carries puck into any of the 4 zones and makes a pass out to either X2 or X3.
2. X2 and X3 are standing at the bottom of the face-off circle near the net. They shoot quickly after receiving pass.
3. The goaltender follows X1 into the zone X1 carries the puck into. After a pass is made the goaltender makes a small movement into position to make a save.

Repeat the drill 4X each way (total of 8 reps.)

Below Goal Line Zones:

When the play and puck are below the goal line the goaltender needs to break the ice into four 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. Once pass is made the goaltender makes a small movement into position to block shot. The goaltender does not have to come out far towards the shooter, he/she needs to move over to block shot and have shallow crease depth in case of a rebound. Both shooters are in tight so shallow crease depth covers net.

