

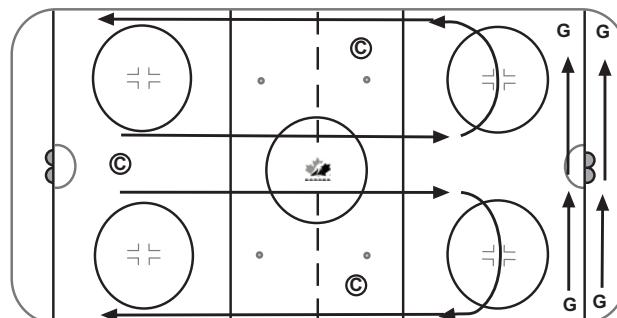
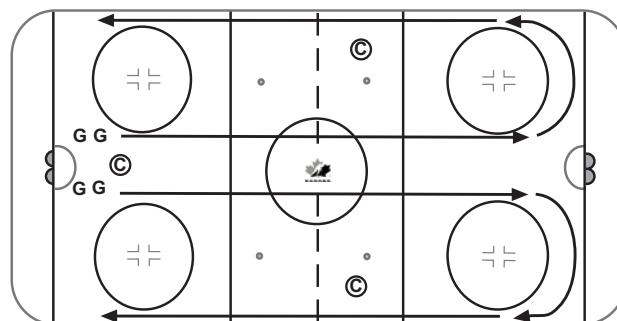


Player Development

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Goaltending Level 1 Ice Plan

Time	Description
Skating – Goalie Warm Ups (No Pucks)	
COACHES: 1 with the line of Goaltenders and 2 Coaches positioned on the face-off dot on either side of the neutral zone (these are safe zones).	
GOALIES: Positioned at the crease on 1 side.	
DRILL: Goaltenders in athletic stance - begin moving forward using both heels at the same time to move down the ice - when arrived at the circle, Goaltender will apply repetitive c-cuts on one side until around the bottom of circle and along boards - Goaltender will return to c-cuts using heels back to line. Goaltender will change sides. When team is doing skating drills, Goaltender can join and do this goalie warm up drill with the same skating pattern as the team. Team can also leave room at one end for goalies to do their own goaltender-specific skating.	
PROGRESSIONS: Use of C Cut in following progressions	
1. Heels: moving in a forward direction (both at same time).	
2. Toes: moving in a backward direction (both at same time).	
3. Single Heels: using 1 skate at a time.	
4. Single Toes: using 1 skate at a time.	
5. Use of all the above with a 360 degree turn on Blue, Red and Blue Lines.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
1. Strong athletic stance. 2. Gloves in front of the body. 3. Stick 1 Goalie stick blade length in front of the skates.	<ul style="list-style-type: none">• Slightly arched back and bent legs to produce balance & power in stride.• Use of the edges of the skates and the extension of the legs for maximum stride.• Lead with eyes, hands and stick.

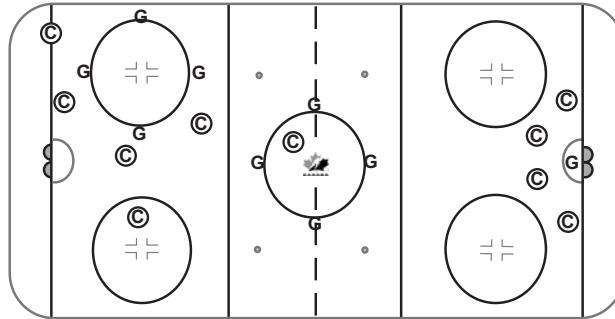




Player Development

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Time	Description
Athletic Stance	
COACHES: Positioned in each of the assigned face off circles for close interaction & shared viewing of all of the Goaltenders for combined learning.	
GOALIES: 3-4 goalies are assigned to each coach in each circle.	
DRILL: Coach will guide the Goaltenders through the athletic stance process, showcasing the different points to an athletic stance.	
PROGRESSIONS:	
1. Start in athletic stance. 2. Correct each goalie's stance.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
1. Skates shoulder width apart. 2. Stick on the ice 1.5 goalie stick blade lengths in front of skates. 3. Knees are bent and skates are balanced (weight on toes but skates on the ice). 4. Gloves are forward, open glove and strong positioned blocker face plate. 5. Slight arch in back to match shin angle.	<ul style="list-style-type: none">• Goaltenders look for comfortable strong balance in position.• Look around partner left and right side without a major shift in weight from left skate to right skate.• Maintain a strong pressure on front 1/2 of skates.

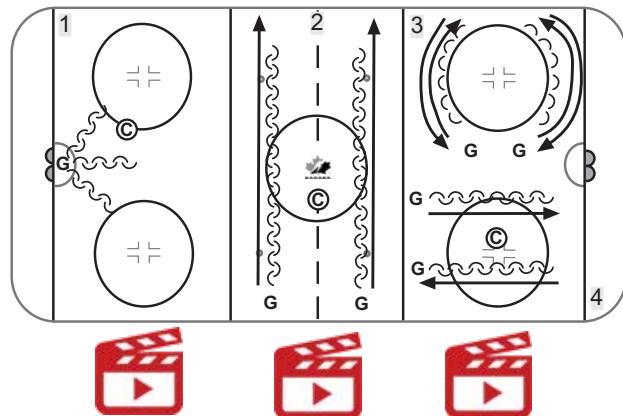




Player Development

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Time	Description
C-Cuts	
COACHES: Positioned in the assigned areas with their Goaltenders.	
GOALIES: Positioned in one of the 4 sections with their Coach.	
DRILL:	
1. Goaltenders positioned mid crease. 3 pucks positioned (1 on the left and right face-off dots and 1 mid slot.). Goaltender will use rapid c-cuts moving forward to the edge of the circle and back to the middle of the net.	
2. Goaltender will start on the wall between the blue lines and will follow lines focusing on forward c cuts and backward c cuts.	
3. Goaltender will start at the bottom of the circle in section 3 and c-cut from the bottom of the circle to the top ensuring that the Goaltender uses a single foot stop and compact stance both at the bottom and top of the circles. This drill will be executed 1 line forward and 1 line backward.	
4. Goaltender will start inside the blue line and will focus on forward c-cuts and backward c-cuts towards the goal line.	
RECOVERY: Goaltender will focus on quick mini transitions from c-cut to single foot stop to balanced stance.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">Establishing a solid flow forward and backward.Ensuring that the Goaltender has a quiet upper body throughout the movements.Use of a single foot stop and start using the front 1/2 of the skates.	<ul style="list-style-type: none">Goaltender will move on Coach's command.Goaltender should attempt to move at medium speed during these drills.Be sure to use the single foot stop and start ensuring that the Goaltender corrects to a compact/athletic stance.Forward: using the heels of the skates.Backward: using the toes of your skates.

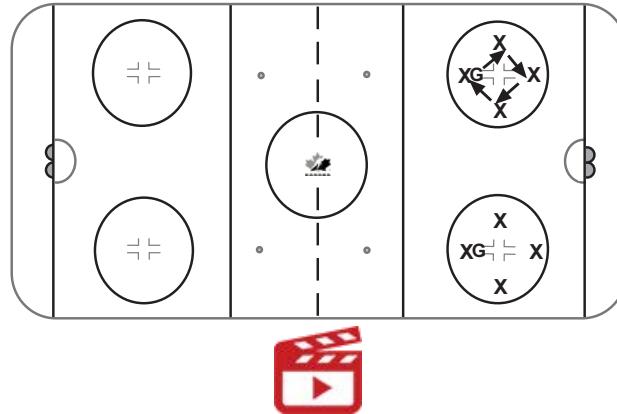
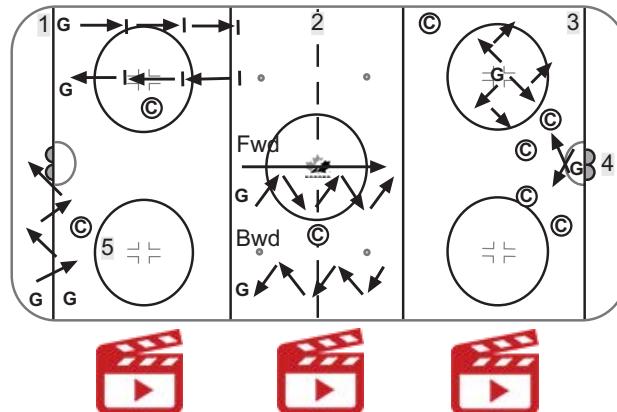




Player Development

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Time	Description
T- Push #1 / T-Push #2	
COACHES: Positioned at one of the assigned zones with their Goaltenders.	
GOALIES: Positioned within the zones with their assigned Coach.	
DRILL 1: in all zones, Goaltender will start in an athletic stance and on command by the Coach will move to a position to their left or right using the T Push & single foot stops. Goaltender will use the LOCATE, ROTATE & ACTIVATE principles.	
DRILL 2: Goaltender will use 4 pucks in box formation as point of reference and T-push to each puck in a circle.	
RECOVERY: While executing the butterfly, Goaltenders will use the LOCATE, ROTATE & ACTIVATE principle and the LOOK LEAN LOAD principle.	
PROGRESSIONS:	
1. Start in stance, T Push Left, Left, Left, Left (full circle).	
2. Start in stance, T Push Left, T Push Right.	
3. Start in stance, T Push Right, Right, Right, Right (full circle).	
4. Start in stance, Butterfly Recovery T Push Left, Butterfly Recovery, T Push Right.	
5. Start in stance, T Push Left, T Push Right along the goal line.	
• Goaltenders are positioned with backs facing face-off dot.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">• Athletic stance position.• Strong directed T-Pushes with single foot balanced stops.• Lead with eyes and stick.• From the butterfly position use the LOOK, LEAN & LOAD principle.	<ul style="list-style-type: none">• Use the Coach's voice as the release of the "passing puck".• Quick eyes, quick hands and quick feet.• Recoveries should be executed with a "quiet upper body".

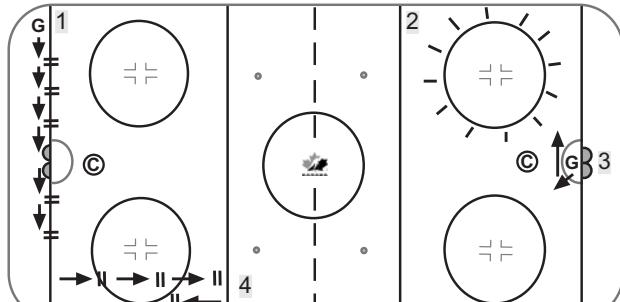




Player Development

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Time	Description
Shuffles	
COACHES: Positioned at the assigned crease with their Goaltenders.	
GOALIES: Positioned in the assigned zone.	
DRILL: Goaltender can do various shuffle drills in different areas of the ice depending on what is available:	
1. Shuffles along the goal line back and forth. 2. Shuffles around the face off dots in a circle facing inwards towards the dot or outwards back to the dot. 3. Shuffle in the crease, along the crease line in a semi-circle. 4. Shuffles in a line one way then the other.	
RECOVERY: Always return to a balanced and athletic stance.	
PROGRESSIONS: Use pucks as a reference for Goaltenders to move towards and alternate from short shuffles to long shuffles.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">Athletic stance.Apply pressure with the drive skate and release ice pressure with the glide skate.Return skates to the balanced position on inside edges with stick in front.Do not allow the body to elevate while moving laterally. Maintain an even lateral movement.	<ul style="list-style-type: none">Start in an athletic stance position.Look first move second and establish position.Start shuffle by looking at the puck and applying pressure to the drive skate and releasing some downward pressure on the glide skate.Always promote being ready for a shot and feeling the confidence to execute saves.

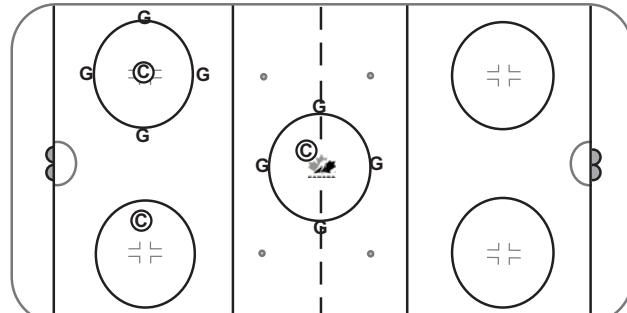




Player Development

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Time	Description
Butterfly Basics	
COACHES: Positioned within the face off circles with their assigned 3-4 goaltenders.	
GOALIES: Positioned with their coach in the assigned face-off circle.	
DRILL: Goaltenders will start off in their athletic stance and move into a basic butterfly position. The Coach will explain the use of the butterfly position (low coverage) for in close pucks with hands low followed by the active hands butterfly position for plays where the puck is positioned further away from the goaltender.	
RECOVERY: The Coach will explain the LOCATE, ROTATE & ACTIVATE principle and the LOOK LEAN LOAD principle.	
PROGRESSIONS:	
1. Athletic stance to butterfly (low coverage). 2. Athletic stance to butterfly (active hands). 3. Athletic stance to butterfly (active hands) with post save recovery forward - push. 4. Athletic stance to butterfly (active hands) with post save recovery backwards to post. 5. SOG to the left and right pads of the goaltenders. Controlled shots including post save recovery.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
1. Movement from athletic stance to butterfly with minimum upper body movement. 2. Track pucks downward into the body (visualize) or use a distance puck & a puck in front of the goalie. 3. Commit to blocking and tracking pucks in this position. 4. Post save recovery using the above principles and maintaining strong visual connection to the puck.	SHOTS ON GOAL <ul style="list-style-type: none">Coach shoot to slight Left and slight right of the Goaltender.Goaltender will redirect puck toward the corner.After several shots, the Goaltender will be encouraged to recover post save into the compact stance positioned with a t-push into position or back to post depending on puck position.Be sure to maximize each rep for butterfly and positional and directional skating.

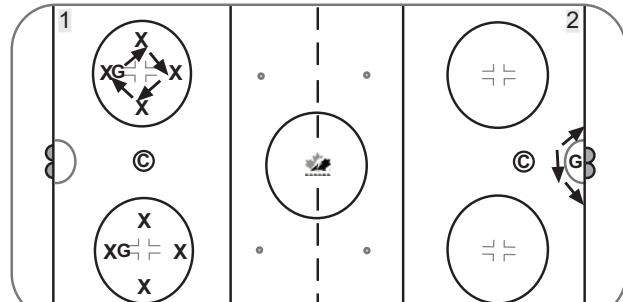




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Time	Description
Butterfly Slide	
COACHES: Positioned at the assigned circle with their Goaltenders.	
GOALIES: 3-4 Goaltenders with their Coaches.	
DRILL: Goaltenders will use the butterfly slide to 4 designated areas within the circles. Goaltenders will move on command from their Coach. Goaltender starts in an athletic stance, on command the Goaltenders will begin to push into sealing the ice with a butterfly slide and recovering into the athletic stance at the desired destination.	
PROGRESSIONS:	
1. Goaltender will move to their Left for 4 commands followed by the Right for 4 commands.	
2. Goaltender will move to the Left for 1 command and to the Right for the second command.	
3. Goaltender will move to the crease on either side of the ice (or others pending number of stations). Goaltender will start at the top of the crease and butterfly slide to the post finishing on their skates in an athletic and compact stance. This is repeated from the top of the circles to the post. (Pucks will be used as visual alignment only). Pucks will be positioned 1 stick length away from the goalie (in line with both individual face off dots and 1 in the slot).	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">• Apply pressure to the drive skate and slightly rotate the body.• The eyes, stick and skate should drive the process.• The left pad begins to seal the ice positioning on its inside edge while the stick covers the 5 hole throughout the movement.• The right pad joins the left sealing the ice down low completely while the stick defends the 5 hole.• During the recovery, the Goaltender's left knee will begin to lift, causing the inside edge of the left skate to catch the ice. Beginning the recovery stage, the right pad knee will begin to break the seal and return to stance.• Stick is always in the 5 hole defending position to eliminate chances through the legs along the ice.	<ul style="list-style-type: none">• Goaltenders must have a goal of having this as 1 continuous movement.• The goaltender must maintain strong visual connection to the puck in case of a directional change (even if visualizing).• Goaltender needs to have a strong commitment to maintaining a "seal" along the ice.• Master the butterfly and recovery transitions prior to attempting the butterfly slide and recovery positions.

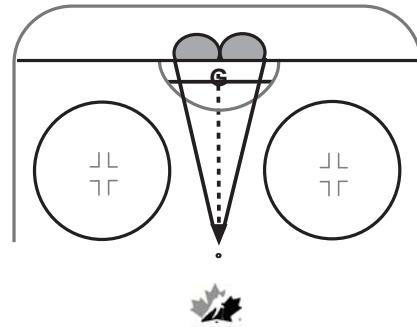




Player Development

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Time	Description
Angles	
COACHES: Positioned in each end assisting each other with the explanation of the angles presentation.	
GOALIES: 1 Goaltender in the net with the other Goaltenders at the blue line. Pucks will be positioned to be in line with the “marker points” outlined within the diagram.	
DRILL:	Goaltender will be positioned in the middle of the net. This can be highlighted with a dog leash attached to both elbows of the crossbar OR a “bingo marker” line created from the centre of the net to each of the points outlined within the drill (blue line, neutral zone face-off dots, centre ice dot, and blue line). <ul style="list-style-type: none">• Goaltender will start in the centre of the net along the goal line and move to the top of the crease. The bingo marker line should split the Goaltender in equal halves.• If dog leashes are available the Coach can have a second Goaltender hold both leashes to create a shot line. If no dog leashes are available a different colored bingo marker can also create the shot line for every puck.
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">• Goaltender should have toes at the edge of the crease for all of the 5 points on the ice.• Goaltender should shuffle or t-push to each of the points on the ice to manage their movement and positional accuracy.• Lead with eyes, stick hands and feet.• Special focus should be on how far the outside of the shot line is (puck to post as outlined by the leashes or bingo marker lines).• A dog leash can create a visual for the vertical and horizontal angle of the pucks trajectory.	<ul style="list-style-type: none">• This is a drill of theory so minimal action is required in this drill. The power is in the demonstration and including all of the goaltenders in the experience of seeing from a player’s perspective and the Goaltender perspective.<ul style="list-style-type: none">• Emphasize positioning is the key to consistency.• Beating the pass with strong directional skating skills will enable Goaltender to be in position prior to the shot or release.• Having the puck on their jersey logo or using the visual cues, such as the head, chest and stick, are always at the center of the puck’s position.

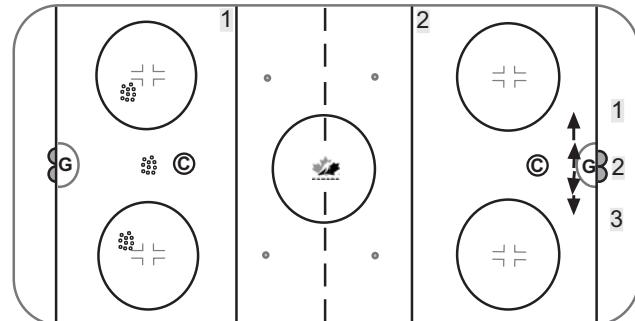




Player Development

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Time	Description
Depth / Middle of Shot Lane / Windows	
COACHES: Positioned at the assigned locations with their assigned Goaltenders.	
GOALIES: Will be assigned an end to work in but all Goaltenders will go through the same drill on both sides of the ice.	
DRILL: 1. DEPTH MANAGEMENT (6 PUCKS): Place 3 pucks: 1 on the face-off dot of both circles and 1 in the mid slot above the hash marks. Goaltender will start on the Post and move to toes at the edge of the crease position aligning mid body with the puck. Coach will shoot the puck along the ice mid 5 hole and Goaltender will direct the puck to the corner. Goaltender will butterfly and use the LOOK LEAN LOAD principle to return to the pass block position on the post. Repeat to middle and then far side and repeat from the right post. 2. BELOW THE GOAL LINE: Goaltender will start with skate on post, movement to the middle of the net and finally the (voluntary blind spot/head turn) and opposite post. Goaltender will start in the pass block position. Player or Coach will be below the goal line with puck moving in various spots. Goaltender will move accordingly to the puck's position while tracking. RECOVERY: Important to move into a balanced, compact and athletic stance quickly and with strong visual connection on the puck. Goaltender is in the pass block position while on the post.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">Visually connect to the puck positioned behind the goal line, then immediately change focus to the puck on the Coach's stick.Use LOCATE, ROTATE & ACTIVATE principle when moving into position on the shots.Move quickly into the shot line while maintaining a strong compact and athletic stance. <p>DRILL 2</p> <ul style="list-style-type: none">Start in a pass block position and have strong visual connection to the puck behind the goal line.Use the lines in the ice as timing mechanisms or decision points on when to move to a better defending position.Minimize the need to turn eyes/head away from the puck.	<ul style="list-style-type: none">Strong visual connection to the pucks. Be sure to align body with the puck in the shot line.Do not rise out of the athletic stance when moving from the post to the shot line. Maintain a compact athletic stance.Have a beat the pass mentality. Be set in position while witnessing the players receive the puck.Ensure that you manage your push skate power and maximize your leg extension when reaching for the cross crease movements. <p>DRILL 2</p> <ul style="list-style-type: none">Strong point to point skating with single foot and balanced stops.Use the timing points to best prepare for your movements.Minimize head turn away from puck to avoid missed passes, shots or offensive options.Ensure that a compact athletic stance is used in this area with strong positioning of the skate against the post.

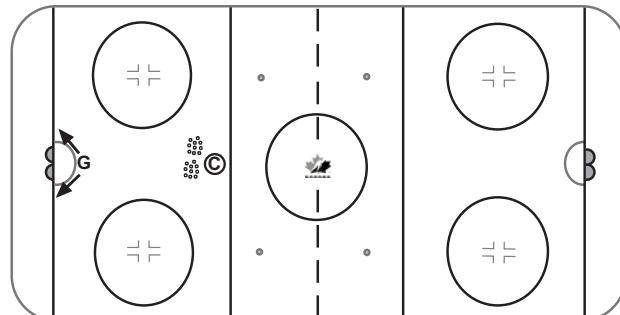




Player Development

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Time	Description
Stick Saves	
COACHES: Positioned at an assigned crease with their 3-4 goaltenders. GOALIES: Positioned with their coach in the assigned crease.	
DRILL: Goaltender will start off in their athletic stance and move into a basic butterfly position with their stick in front of their pads deeper within the shot line. The Goaltender will track the puck from release and redirect the puck into the corner from a butterfly stance position followed by a strong Post Save Recovery using the LOCATE, ROTATE & ACTIVATE or the LOOK LEAN AND LOAD principles. Goaltender will track the puck to the corner and begin the process again. RECOVERY: The Coach will explain the LOCATE, ROTATE & ACTIVATE principle and the LOOK LEAN LOAD principle. PROGRESSIONS: <ol style="list-style-type: none">1. Stationary Stance position on the shot line, standing redirects to the corner. Watching the puck to the corner. No additional movements.2. Stationary Stance position on the shot line, butterfly redirects to the corner. Watching the puck to the corner. No additional movements.3. Goaltender starts on the post looking at a puck, Goaltender visualizes a pass to the slot, Coach pretends to receive pass then shoots along the ice, on the shot line, Goaltender butterflies and directs puck into corner. Post save recovery and targets post. REPEAT.	
Key Teaching Points (KTP)	
<ul style="list-style-type: none">• Strong commitment to visually connecting to the puck.• Beat the pass to the shooter.• Ensure that stick is positioned in vision so Goaltender can see the puck, stick and gloves in the same frame of vision.• Track the puck through the 3 phases of the save cycle: 1) pre save set up and pass, 2) shot/save 3) post save recovery.	
Key Execution Points (KEP)	
<ul style="list-style-type: none">• Beat the pass or pretend pass. Coach will backhand stick handle to a forehand position to mimic pass reception.• Strong single foot stops to balance and maintain strong connection to the puck.• See the puck, stick, and gloves in the same frame of vision when facing the shot.• Have awareness of where open players or additional threats exist and attempt to redirect puck to non-populated areas.• Return to a strong compact stance with pass blocking ability if required.	

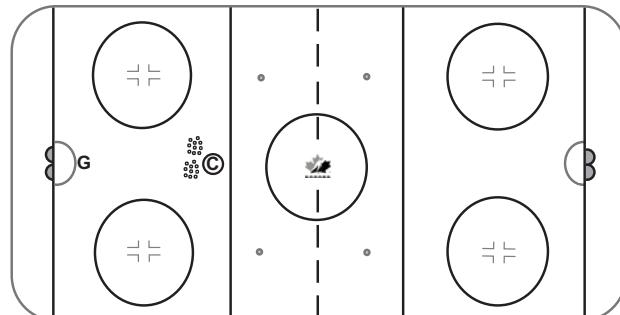




Player Development

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Time	Description
Glove Saves	
COACHES: Positioned at the assigned section with their Goaltenders. GOALIES: 1 Goaltender with the Coach and 1 off to the side collecting pucks for the Coach.	
DRILL: 1. Goaltender starts in the butterfly position to eliminate any additional balance issues or movement. Coach shoots the puck from approximately 30-40 feet with Goaltender tracking the puck from release to the glove. After catching the puck the Goaltender places the puck down flat onto the ice in a playable position and leaves it there. PROGRESSIONS: 2. Athletic stance position same as above. Shot focus should be outside of the elbow. 3. Goaltender at the post with visual connection to puck behind the goal line. Fake pass to Coach, Coach uses backhand to forehand stick handle to mimic pass reception, Goaltender goal is to beat the pass with final set up for shot. All pucks are caught and placed flat onto the ice in a playable position. Puck is shot above waist, Goaltender stands. 4. Goaltender at the post with visual connection to puck behind the goal line. Fake pass to Coach, Coach uses backhand to forehand stick handle to mimic pass reception, Goaltender's goal is to beat the pass with final set up for shot below the Goaltender's knee. All pucks are caught in a butterfly position and placed flat onto the ice in a playable position. Goaltender returns to the post for the next shot. REPEATED ON THE GLOVE AND BLOCKER SIDE WITH BLOCKER SHOTS DIRECTED INTO THE CORNER.	
Key Teaching Points (KTP) Key Execution Points (KEP)	
<ul style="list-style-type: none">• Strong visual connection to the puck and move into position quickly, beat the pass.• Goaltender sees the release and has gloves and stick in the same visual frame.• Goaltender will catch or deflect the puck while tracking the pucks down to the gloves below sight-lines.• Control is the key in this drill. <ul style="list-style-type: none">• Move with a quiet upper body.• Maintain a strong visual connection to the puck through the 3 phases of the save cycle: 1) pre save set up/pass reception, 2) shot/save 3) post save recovery.• 6-8 repetitions max to remain fresh.	

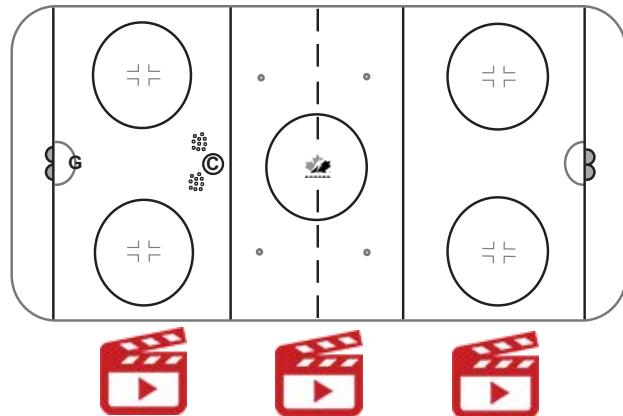




Player Development

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Time	Description
Freezing Pucks	
COACHES: Positioned at the assigned drill with their Goaltenders.	
GOALIES: 1 in the net with Goaltenders on either side of the net feeding pucks for the Coach.	
DRILL: Coach shoots the puck on the ice with soft to medium pressure. Goaltender will butterfly and stop the puck with the stick, cushioning the puck and covering the puck quickly.	
RECOVERY: Goaltender will move from a stance position to a butterfly back to a stance position.	
PROGRESSIONS:	
1. First segment of shots would be shot at the Goaltender with the Blade of the Goalie Stick to cushion the puck and cover it.	
2. Shot to the blocker side where the Goaltender will use the angled paddle down position to cushion and cover the puck.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">• Goaltender in compact athletic stance with stick and gloves in the same frame of vision at the puck.• Track the puck from release from the player's blade and move into the butterfly position to seal the ice and protect the lower sections of the net.• Cushion the puck and cover the puck and protect glove with stick in a paddle down position to ensure the puck does not squeak through body.• In a paddle down save position in drill progression 2, be sure to have an angle so that the puck hits a natural angle and travels down the paddle to the blocker for easy coverage.	<ul style="list-style-type: none">• Maintain a strong visual connection to the puck through the 3 phases of the save cycle: 1) pre save set up/pass reception, 2) shot/save, 3) post save recovery.• Be sure to have awareness of traffic driving the net and avoid puck exposures to threats.• Coach shoots the puck with soft to medium pressure.• 6-8 repetitions max to remain fresh.

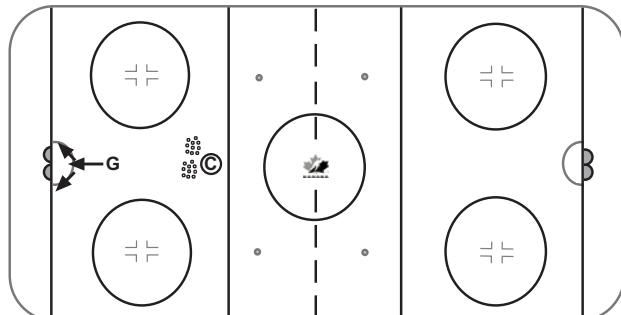




Player Development

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Time	Description
Breakaway Routine	
COACHES: Positioned at the assigned net with their Goaltenders.	
GOALIES: 1 Goaltender in the net with the other prepared to watch the in goal goaltender.	
DRILL: Coach positioned 40 feet away above the top of the circles with a straight on path. Goaltender will:	
1) Move out to the top of the crease (heels on top of the crease).	
2) Square up to puck.	
3) Back up when puck reaches first hash mark closest to the crease.	
4) Explode to the side the player moves to or make the save on the shot on goal.	
5) Post save recovery. Look for trailing players as threats.	
PROGRESSIONS:	
1. Straight on breakaway deal (left or right side).	
2. Straight on breakaway shot from above hash marks.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">Follow the 5 steps in the breakaway process.Watch the player's stick.Is the puck directly in front and moving from left to right?Is the puck to the shooting position (open blade) and in front of the shooter (usually a high shot)?Is the puck to the shooting side (closed blade) and behind the body (usually means low shot)?Patience during the breakaway process. The closer that the player gets to the Goaltender the lower the shot will be.	<ul style="list-style-type: none">Coach moves with the puck and the Goaltender moves out once Coach is in line attack to the net.Coach will use the slot to attack the goalie first.Have a predetermined pattern of attack.Example: first the Coach will deke to the left along the ice, then the right along the ice, then a shot above the hash marks, then a shot below the hash marks once the Goaltender understands the process:<ul style="list-style-type: none">Introduce dekes from the dot drives using the edge of the circle as a timing point to back up.Focusing on the far side as increased distance increases difficulty for the Goaltender.





Player Development

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Time	Description
Basic Puckhandling	
COACHES: Positioned at the assigned circle with their Goaltenders. GOALIES: Should be positioned 2 stick lengths from other Goaltenders.	
DRILL: Coach will pass the puck to the Goaltender from 10 feet. Goaltender will move from stance to inverted glove passing position, receive the puck and pass the puck back to the Coach, returning to stance position. Goaltender will learn to use the stick the following way: <ul style="list-style-type: none">• Inverted glove hand passing for distance (passing forwards and backwards).	
PROGRESSIONS: Start in athletic stance, <ol style="list-style-type: none">1. Move to an inverted glove position, receive the pass then look and distribute puck back to the Coach accurately while returning to the compact athletic stance position.2. Move to an inverted glove position, receive the pass then look to set up puck for the Coach on either side of the net, behind the goal line and available for a left handed player to pick up.3. Move to an inverted glove position, receive the pass then look to set up puck for the Coach on either side of the net, behind the goal line and available for a Right Handed player to pick up. RECOVERY: Goaltender will pass the puck and move into position while using the moment of the pass to begin the movement for recovery.	
Key Teaching Points (KTP)	Key Execution Points (KEP)
<ul style="list-style-type: none">• Use inverted glove position to receive and pass pucks.• Always return to stance position as quickly as possible.• Keep stick blade flat on the ice and in front of the body so you can see the puck and your receiving stick.	<ul style="list-style-type: none">• Keep all of your tools in front of you. See the puck and the receiving stick in the same frame of vision.• Keep your knees bent, that is where your balance, mobility and control comes from.• Pass the puck in a sweeping motion towards the target. In the next phase goaltenders will learn to use the flex of their stick to pass the puck with more power and less stick movement.

