

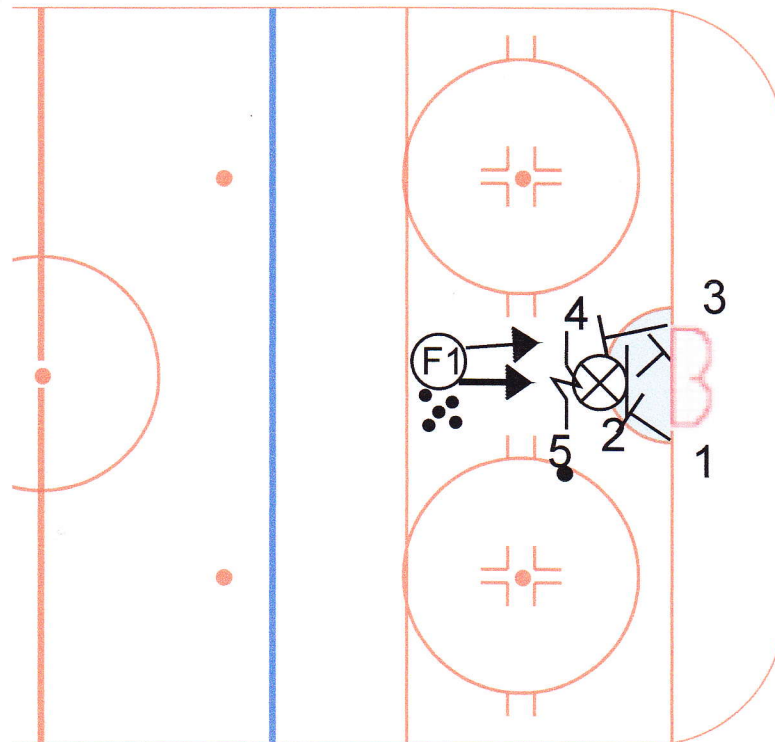
Category #1 :

Title : 3 Shot Control

Category #2 :

Content elements: Adding Depth, Controlling Low Save, Controlling Body Save

Components : 2 Shooters



Key Points :

Description

- 1) Goalie t-pushes off blocker (left post) and sets in the middle.
- 2) Once the goalie sets S1 is low on the ice to the blocker side.
- 3.)Goalie recovers to blocker post.
- 4)Goalie t-pushes to the top of the crease and makes body save 3 while going into the butter fly on S2.
- 5)Goalie pushes over and covers up the spotted puck.

Does the goalie challenge and set on S1?
 Does the goalie put the puck to the corner on S1?
 Does the goalie recover to the post quickly and effectively after S1?
 Does the goalie make a body save without giving up a rebound?
 Can the goalie cover up a spotted puck?

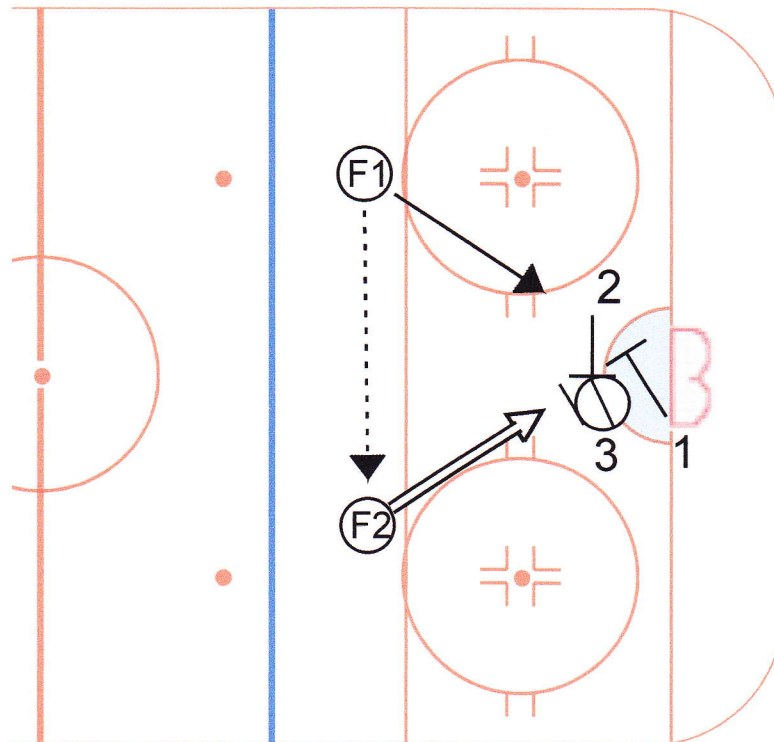
Category #1 :

Title : Dot to Dot Lateral Movement With Rebound Control

Category #2 :

Content elements: Lateral Movement, Battle

Components : 2 Shooters



Key Points :

Description

- 1)Goalie starts on blocker post and t-push's to F1
- 2)Once Goalie is set to F1 he (F1) passes across to F2 and goalie must t-push through the crease and set on F2
- 3)F2 takes S1 low to the far side trying to create a rebound back to F1. F1 drives the net for rebound and goalie must battle to save it (if the goalie doesn't control it).

- Does the goalie move off the post quickly and set?
- Does the goalie get square or cheat on F1?
- Does the goalie move across the crease quickly with control?
- Does the goalie set on F2?
- Does the goalie make a controlled save on S1 and recover the puck?
- Does the goalie battle on the rebound?

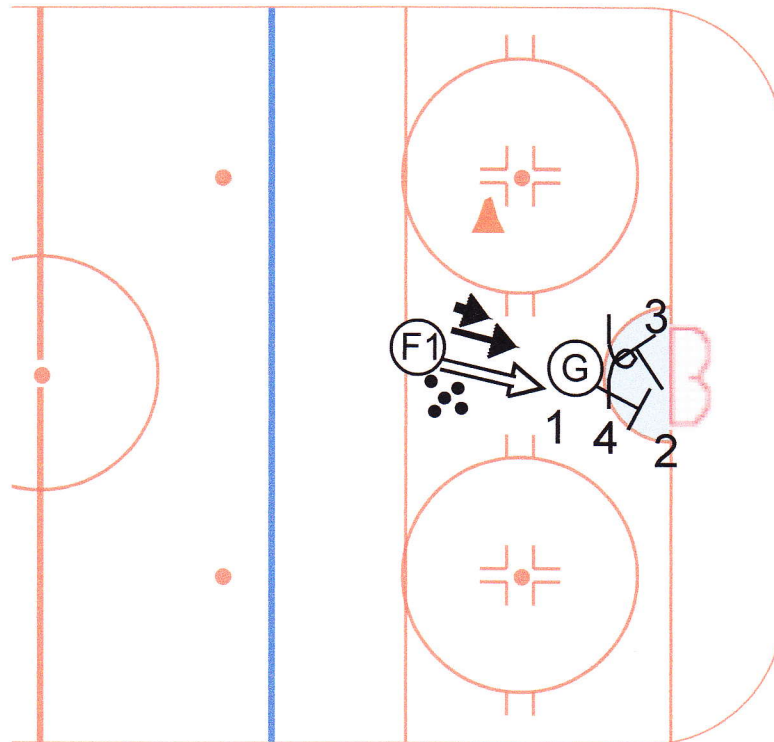
Category #1 :

Title : Glove and Blocker Saves

Category #2 :

Content elements: Standing Glove Save, Butter Fly Glove Save, Butter Fly Slide Save

Components : 2 Shooters



Key Points :

Description

- 1.) Goalie makes a standing glove save on S1 from the top of the crease. Goalie goes down as S2 is coming in and makes the butter fly glove save.
- 2.) Goalie recovers back to blocker post
- 3.) Goalie t-pushes off glove post and gets square to the cone.
- 4.) Goalie butter fly slides to the middle of the ice (left side) and makes a glove save.

Does the goalie have his glove up in front in a good ready position?
Does the goalie watch the puck all the way in?
Does the goalie move his glove towards the puck and lean towards it when going into the butter fly?
Does the goalie recover to the post quickly and controlled?
Does the goalie butter fly side smoothly with the ability to make a save from the slide?

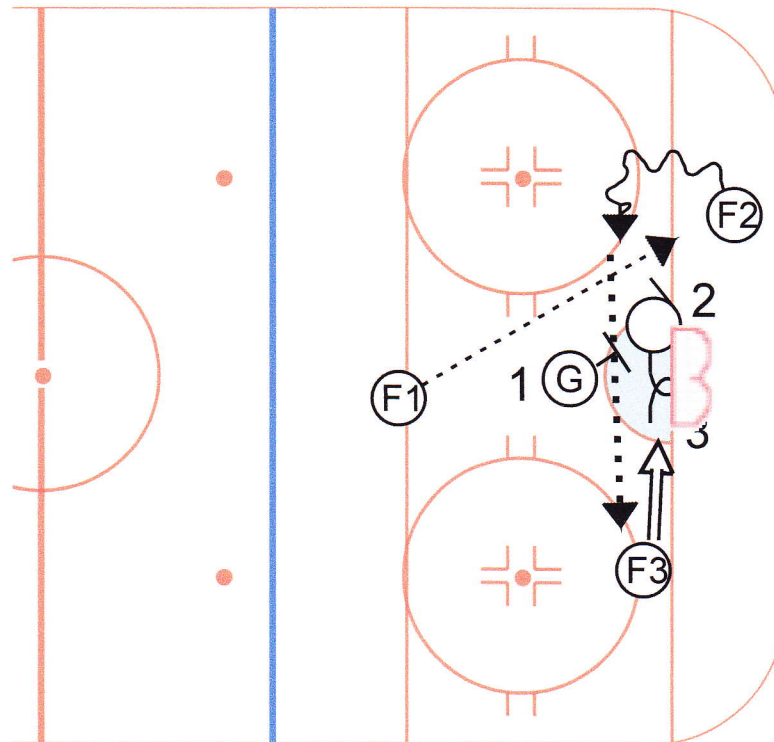
Category #1 :

Title : Cross Ice Butter Fly Slides

Category #2 :

Content elements: Lateral Movement with Slides

Components : 3 Shooters



Key Points :

Description

1)Goalie is at the top of the crease and set.
 2)F1 passes to F2 (whom is below the goal line) and the goalie must t-push back to post coverage focusing on F2 (whom has the puck).
 3) Goalie tracks F2 out of corner and butter fly slides as F2 passes to F3 for the low in tight one timer.

Does the goalie pivot and t-push back to post from the top of the crease (as F1 passes to F2)?
 Does the goalie play the sharp angle well as F2 walks out?
 Does the goalie read the play well and push to the right angle for the one timer from F3?
 Can the goalie slide quickly and in control?