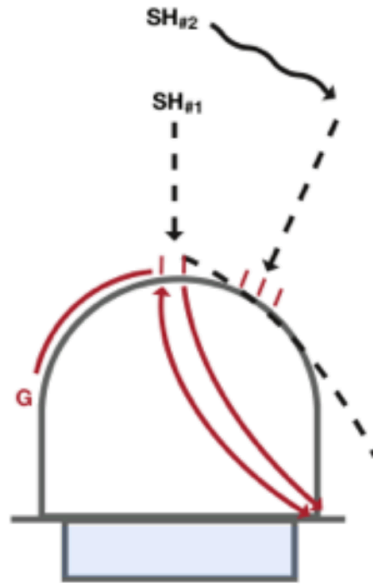


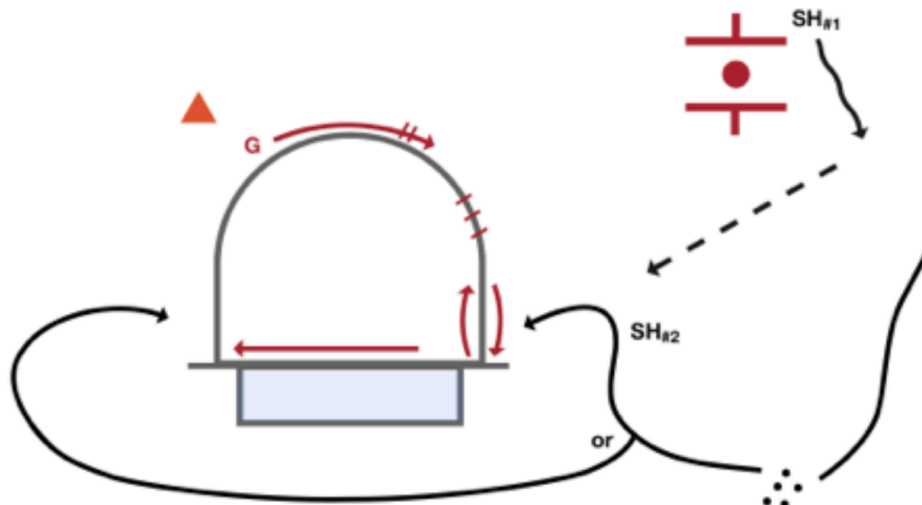
Drill #1

Goalie starts lined up on a cone. On the shooter's command they move out line up of the shot which will be placed to create a controlled rebound. Goalie will then follow the rebound towards the post of whichever side the shot was directed. Upon arriving at the post after a brief pause the goaltender will then quickly telescope out of the shooter again for a second and final shot. Goalie will alternate sides in which they start from.



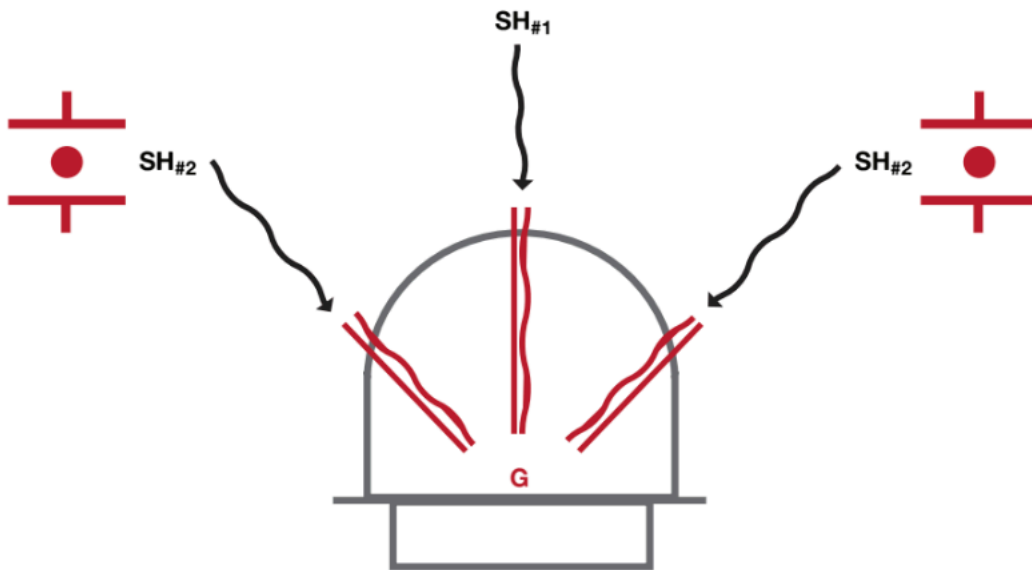
Drill #2

Goalie starts lined up on a cone. On shooter's command goalie will move out the shooter near the opposite face-off dot. Once the goalie gets set that will activate the shooter to move towards the goal line and shoot a low angle shot. After the first shot the goaltender will then follow the same shooter (using a second puck) to defend either a goalmouth attack or a wrap around attempt on the other side. Any close rebounds on the second shot will be played out. Goalies will see shots from both sides.



Drill #3

Goalie starts on the goal line prepared to face a breakaway. On shooter's command goaltender will telescope out to face a straight on breakaway attempt. After the first attempt the goaltender must gather themselves to face a second breakaway attempt from a shooter starting at the dot. Finally the goaltender must gather themselves to face a final breakaway attempt from the opposite dot. Second and third breakaway attempt will be at random, but identified clearly in the drill. All breakaways will begin once the goalie is set and facing the shooter.



Drill #4

Goalie starts on the post closest to the shooter. On the shooter's command the goalie will telescope out to face a shot. The goaltender will then follow the shooter to a second shot and play out any rebound that occurs.

