

DISTRICT 9 HOCKEY

GOALIE DRILLS (http://www.youtube.com/watch?v=89a9mz_UdJI)—**Do these every day.**

1. **FORWARD** (http://www.youtube.com/watch?v=89a9mz_UdJI) & **BACKWARD** (<http://www.youtube.com/watch?v=12M4x4d8s>) ACROSS RINK IN SET POSITION—
Variation: with Butterflies (<http://www.youtube.com/watch?v=13b1v0u4d>)
2. SKATE FIGURE 8'S **FORWARD** (<http://www.youtube.com/watch?v=3Dpawv8Bk>) AND **BACKWARD** (<http://www.youtube.com/watch?v=3Dpawv8Bk>) IN SET POSITION
3. **X DRILL** (<http://www.youtube.com/watch?v=8361AA-2G54>)
 - a. Skating technique is critical—then speed
 - b. Add timing when learned—30 seconds hard
4. **Y DRILL** (<http://www.youtube.com/watch?v=4M678DQ6u4>)
 - a. Proper skating technique most important – to the post
 - b. Go with skate to the post and ½ pad to the post
5. **LARGE BOX DRILL** (<http://www.youtube.com/watch?v=4W7V198s>)—for correct skating techniques
6. **SMALL BOX DRILL** (<http://www.youtube.com/watch?v=U4C4C4d8s>)—for speed and conditioning
7. **LARGE V-DRILL** (<http://www.youtube.com/watch?v=85y72AGs>)—for skating correctness and flow
8. **SMALL V-DRILL** (<http://www.youtube.com/watch?v=K41N1-Yu2G>)
 - a. Skate to the post
 - b. **Half-Pad Slide** (<http://www.youtube.com/watch?v=CH1-0P6s>) to the post
9. **ZIG ZAG ON GOAL LINE DRILL with Shuffle Step** (<http://www.youtube.com/watch?v=ATrdTee8E>)
10. **ZIG ZAG IN ½ BUTTERFLY DRILL** (<http://www.youtube.com/watch?v=2DQ68A>)
11. ½ PAD SLIDE ACROSS ICE—BOTH WAYS
12. **Z DRILL** (<http://www.youtube.com/watch?v=3Dpawv8Bk>)—Post To Post To Post To HIGH—Attack the play—GET OUT!

You can **add pucks** (<http://www.youtube.com/watch?v=8361AA-2G54>) to many of these drills when appropriate but remember—stopping them is not critical—proper movement is critical

Goaltending is piracy—everything's shared or stolen—but I'd like to thank Steve Carroll in particular for some of these drills. –Doug Voss

Thanks also to demonstrators Eric Wobschall and Brody Voss

Links at http://www.youtube.com/watch?v=89a9mz_UdJI