



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

ON ICE BUTTERFLY RECOVERY DRILL

Drill Description:

On Ice Recovery - After leaving feet goaltender moves to next shot while maintaining on ice body position. The goaltender uses the inside edge of the drive foot to move quickly while maximizing net coverage.

B1 is standing in the middle of the slot at the top of the circle.

B2 is standing 3 feet above the top of the crease to the goaltender's left.

B3 is standing 3 feet above the top of the crease to the goaltender's right.

All shooters have pucks.

B1 shoots low to the goalie's left side. Goaltender makes save in ½ butterfly then on ice recovers over to B2. B2 shoots when goaltender pushes off of his/her drive edge. Goaltender makes save then recovers to his/her feet. The goaltender will then T-push back to the middle for the next shot from B1.

B1 shoots low to the goalie's right side. Goaltender makes save in ½ butterfly then on ice recovers over to B3. B3 shoots when goaltender pushes off of his/her drive edge. Goaltender makes save then recovers to his/her feet. The goaltender will then small T-push back to the middle for the next shot from B1.

Key Teaching Points:

For the 2nd shot the goaltender should slide back towards the post. This will take away net from the shooter.

After extending leg to make 1st shot save, the goaltender needs to recover with the foot of the drive leg in front of the extended knee. This rotates goaltender on angle. While recovering, continue to keep the lead leg extended and flush on the ice in order to fill space. Weight should be placed on the inside edge of the drive leg.

After pushing off of the inside edge of the outside leg the goalie must bring the outside leg flush onto the ice.

