



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

BERARD BACK DOOR

Drill Description:

Begin with two lines of shooters with pucks inside the blue line and a pile of pucks 10 feet from the goal below the goal line on both sides of the net.

1. X1 starts by passing to X2 and then attacks the net as a return pass option for X2.
2. X2 takes a step towards the net and then passes back to X1 near the hash marks.
3. X1 collects the return pass and shoots on net, one timer if possible.
4. After shooting, X1 picks up a second puck from below the goal line and attacks the net above the goal line. X2 will stay high and delay movement until X1 retrieves the second puck and then X2 drives to the weak side post.
5. X1 hits X2 with flat back door pass for a one touch shot on goal.
6. X1 and X2 play out any rebounds.

Repeat the drill with the puck starting on the opposite side.

Variation: Allow the passers to either shoot or pass in order to keep the goaltender honest and square to the play.

This drill works on the goaltender's movement on staggered and flat passes. It also forces the goaltender to read the play and be aware of the threat that exists away from the puck.

Key Teaching Points:

1. The goaltender must stay square to X2 initially and move on staggered pass to X1. Butterfly slide used, turning head to track the puck, leading with gloves & stick, pushing diagonally to angle (post).
2. After first shot, goaltender recovers to post and squares up to the puck. On pass, butterfly slide to play second shot.
3. It is important to turn head to track the puck (lead with eyes). Use proper rotation of the body, strong push with inside edge of the drive leg and then bring pads flush on the ice and together in slide to regain compactness.

