



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

LATERAL CUT DRILL

Drill Description:

In both ends five cones are placed on the ice as shown below.

Phase 1

1. Shooter begins at the red line and skates down the boards.
2. Just before the first cone (along boards) the shooter cuts to the middle and shoots somewhere prior to arriving at the second cone (middle cone).

Phase 2

1. Shooter begins at the red line and skates down the boards.
2. Just before the first cone (along boards) the shooter cuts to the middle. The shooter has the option to shoot between the first and second cone (middle cone) or to continue the path and shoot at some point between the second and third cone (low cone).

Alternate sides with the drill.

Team drill that can be done at both ends at the same time. Have shooters lined up at the red line on both sides of center ice.

Key Teaching Points:

1. The goaltender sets up on the shooter as the shooter moves down the wall and across the ice.
2. The goaltender must be patient and stay on feet at the top of the crease taking away as much net as possible.
3. In phase two, when the puck is carried between cones 2 and 3 the goaltender must continue to stay on his/her feet and be patient moving with the puck.

