



MAKE SURE GOALIE HAS ENOUGH TIME BETWEEN SHOTS TO:

- 1) Get in position to make save
- 2) Make save
- 3) Track puck / rebound

This means watch timing between both groups.

### **Warm-Up Drill**

X1 – Starts drill by skating into zone with puck. Pass to X2 from high slot and continues around circle

X2 – Makes pass to X3 at point

X3 – Leaves area pass to X1 coming around circle

X1 – Picks up pass from X3 and shoots on net.

### **As soon as X1 shoots;**

X4 – Skates into zone with the puck, makes a pass to G2 in corner and continues around circle.

G2 – Bounce pass off boards to X4.

X4 – Receives pass from G2 and continues around circle and shoots.

### **Rotation:**

- X1 to X2
- X2 to X3
- X3 to X4
- X4 to X1

### **Alternate:**

For teams with 1 dressed goalie – make G2 into X5. Change Rotation to:

- X4 to X5
- X5 to X1