

Placements Day #1 Goalies

Equipment Needed:

- 5 tires, 2 nets, stop watches

All – Butterfly

- 5 goalies at a time
- On whistle, the goaltenders complete as many butterfly dropdowns to goalie position as they can in 20 seconds.

#1 – Iron Cross – Forwards/Backwards

- Starting from dot facing Coach
- Forward to top, backwards to dot
- Pivot to right to go forward to circle edge, backwards to dot
- Continue around circle at bottom and right and finish at dot

#1 – Iron Cross – Butterfly

- Starting from dot facing Coach
- Forward to top, drop to butterfly, immediately up, backwards to dot
- Butterfly slide to right to goalie position until reach edge of circle – should be two slides or more
- Butterfly slide back to left finishing at dot finishing in goalie position
- Backwards from dot, drop to butterfly, immediately up, forwards to dot.
- Butterfly slide to the left to goalie position until reach edge of circle – should be two slides or more
- Butterfly slide back to right finishing at dot finishing in goalie position

#2 – 3-puck chase forward

- From goal post in goalie position – either post
- On whistle, race out to top of circle, turn and shoot puck back to net.
- Return to post as quick as possible in good position.
- After touching post, repeat by shooting the remaining pucks in the net.
- Drill is complete when goaltender returns to post.

#2 – 3-puck chase poke check

- From goal post in goalie position – either post
- On whistle, race out to top of circle and do a full diving poke check on puck (on belly)
- Get back to feet and return to net skating backwards to find post
- After touching post, repeat by poke checking the remaining pucks.
- Drill is complete when goaltender returns to post.

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#3 – T- push

- Starting in goalie position on the blue line
- On whistle, goaltender T-pushed to the left until reaching the other blue line
- Goaltender will immediately return with T-pushes to the right until back at blue line.
- Return to good goalie position momentarily after each T-push – goalie should not 'glide'

#3 – Butterfly Slide

- Starting in goalie position on the blue line
- On whistle, goaltender butterfly slides to the left until reaching the other blue line
- Goaltender will immediately return with butterfly slides to the right until back at blue line
- Return to good goalie position momentarily after each butterfly slide. (slide, get up)

#4 – 5 puck Position drill

- 5 Pucks set up 2 feet outside of crease at 10,11,12,1 and 2 o'clock positions
- Goaltender starts drill from his/her right post
- On whistle, goaltender pushes off post and squares up with first puck.
- Goaltender returns to same post as drill began
- Goaltender will continue to square up with each puck and return to the same post except the 5th puck where they return to their left post.
- The goaltender will complete the drill in reverse ending up at their right post again.

#4 – 5 puck Handling Drill

- 5 Pucks set up 2 feet outside of crease at 10,11,12,1 and 2 o'clock positions
- Goaltender starts drill from his/her right post
- On whistle, goaltender goes to first puck and shoots it behind the net
- Returns to net (right post) and goes to second puck and shoots it into the right corner
- Returns to net (right post) and goes to thirds puck and diving poke checks it (on to belly)
- Returns to net (left post) and goes to fourth puck and shoots it into left corner
- Returns to net (left post) and goes to fifth puck and shoots behind the net.
- Drill is complete when goaltender returns to net.

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#5 – Transition Drill

- Goaltender starts drill from blue line near boards
- On whistle, the goalie skates forward to the cone and transition around it to go backwards to next cone.
- Goalie with transition from backwards to forwards on the next cone and continue.
- Goaltender always faces forward.
- When next blueline is reached they repeat the drill going back the other way.

#5 – Transition Drill with Butterfly

- Goaltender starts drill from blue line near boards
- On whistle, the goalie skates forward to the cone and comes to a complete stop.
- Once stopped, goalie drops to the butterfly and immediately recovers
- Goalie will skate backwards to the front of the next cone and stop, drop recover
- Forward to next cone, backwards to next, etc
- Goaltender always faces forward.
- When next blueline is reached they repeat the drill going back the other way.

ALL – Agility – can do out of both corners

- Goaltender starts lying flat on back with feet on goal line
- On whistle, goaltender gets to feet and skates through course
- Top and bottom of first circle facing far end of the ice at all time
- Around circle to blue line cones – forward and backward through cones always facing end of ice
- Once through cones, superman slide at redline and back to feet to next blue line
- Stop at next blue line cone and shuffle slide to the left
- Forward to top and bottom of far circle facing end of ice at all time
- Stop on goal line, shuffle slide to the right until completion at cone.

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