



GOALIE MOVEMENTS

PROGRESSION #1

1. BACKWARDS
INSIDE EDGES
2. BACKWARD
SHUFFLE- PIVOT-
SHUFFLE

PROGRESSION #2

3. FORWARD CHARGE
4. FORWARD PIVOT-
ANGLE- CHALLENGE

PROGRESSION #3

5. BACKWARDS:
PIVOT- REVERSE V
SLIDE TO STOP,
RECOVER - PIVOT
REPEAT

PROGRESSION #4

5. BACKWARDS
SKATING WITH AN
INSIDE EDGE TURNS,
THEN OUTSIDE EDGE
TURNS

