

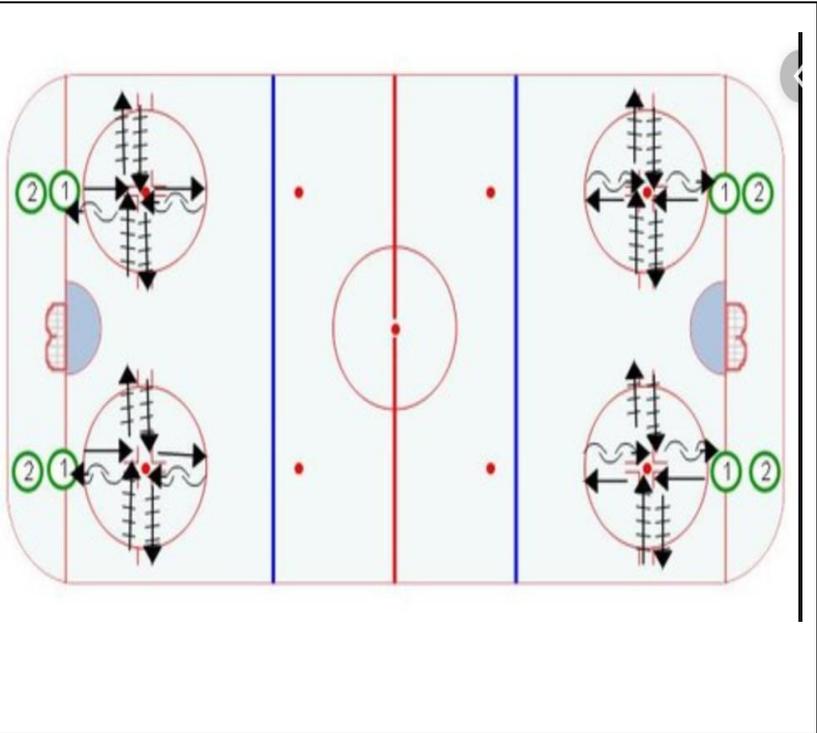
**1.. Butterfly Warmup** – 2 mins – Not drawn in  
Hard down the middle and easy down the walls.

**2.. Skating** – FW c-cuts, BW c-cuts, shuffles, butterfly / recovery

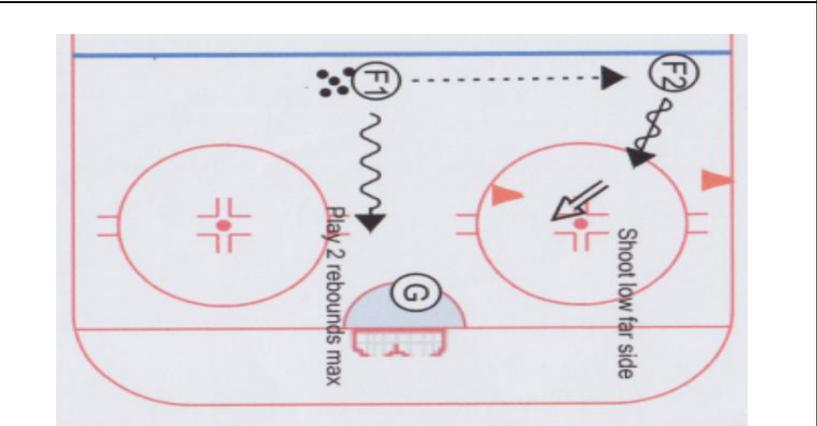
**Iron Cross Part 1** – 3 mins  
Goalie starts at bottom or top of the circle. C-Cut skate forwards to the faceoff dot, stop & 3 shuffles towards the boards & back to the dot. C-cut backwards to edge of circle, C-cut forward to faceoff dot & repeat the other direction,

**Iron Cross Part 2** – 3 mins  
Goalie starts at bottom or top of circle. C-cut skate forwards to the faceoff dot. Stop & do 3 t-pushes towards the boards & back to dot. C-cut backwards to edge of circle, c-cut forward to the faceoff dot & repeat the other direction

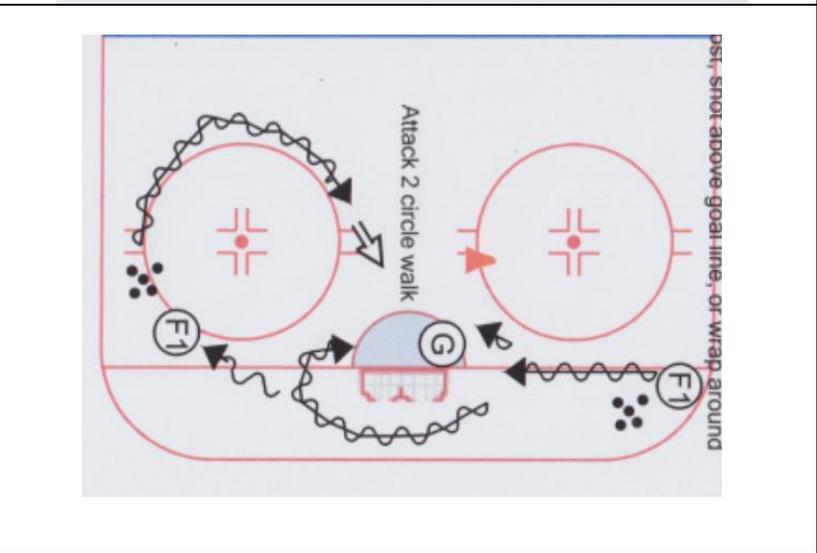
**Iron Cross Part 3** – 3 mins  
Goalie starts at bottom or top of circle. C-cut forwards to the faceoff dot, stop and do 3 butterfly slides towards the boards & back to the dot. C-cut backwards to edge of circle. C-cut forward to faceoff dot & repeat the other direction but with a butterfly crawl.



**3.. Lateral pass with Save Control** –Both Ends 15mins  
F1 passes to F2 on the blue line wall / G starts square to F1 and moves to get square to F2  
F2 walks in – shoots between cones low for a rebound / G uses butterfly to make save  
F2 picks up rebound and tries to score (2 rebounds max)  
/ G now needs to show battle and poise  
F2 can join in to make it a 2-0 but only 1 pass per shot  
Focus  
Can goalie get square to first pass effectively?  
Can goalie make the first save and control their rebound  
Does the goalie recover to their rebound with urgency and battle to make saves on the rebounds?



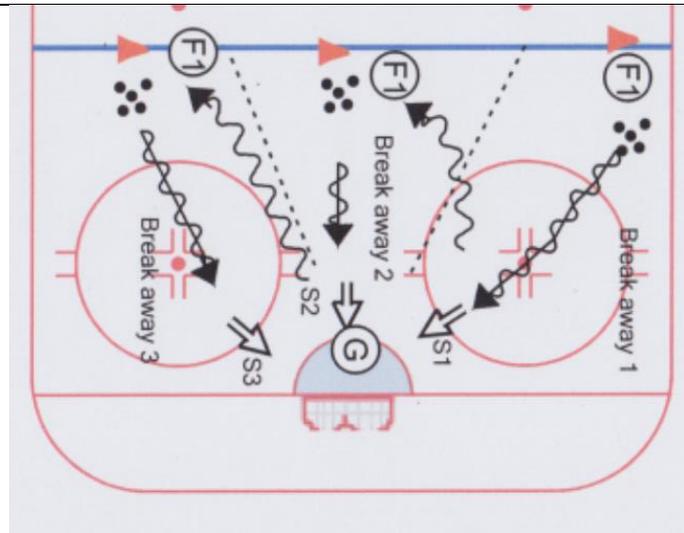
**4.. Sharp angle saves & Lateral Walk** – 4 reps per net  
– 10-15 mins – both ends  
F1 starts in corner and stays within 2' above or below goal line as they attack net/G performs sharp angle save  
F1 can shoot above goal line, jam the short side post, or wrap to far side (don't go past middle of crease)  
F1 grabs puck on far hash mark wall and walks the circle for the 2<sup>nd</sup> attack with shot /G adjusts positioning and depth and makes their save  
F1 can play 1 rebound after the 2<sup>nd</sup> attack / G battle to keep the puck out  
Focus  
Does the goalie have good understanding of sharp angle positioning and save the puck from here?  
Can the goalie make good positional adjustments on the 2<sup>nd</sup> attack and show good save ability on a prime scoring area shot?  
Does the goalie battle on the rebound?



**5.. Three (3) Angle Breakaways** – both ends – 10-15 mins – rotate goalies in after set

F1 Starts at blue line cone and comes in on a breakaway staying in the outside lane / G takes away depth and adjusts positioning before making the save  
 F1 quickly skates to middle cone and takes breakaway 2 staying in the middle lane / G takes away depth and adjusts positioning before making the save  
 F1 quickly skates to far blue line cone and takes breakaway 3 staying in the outside lane / G takes away depth and adjusts positioning before making the save

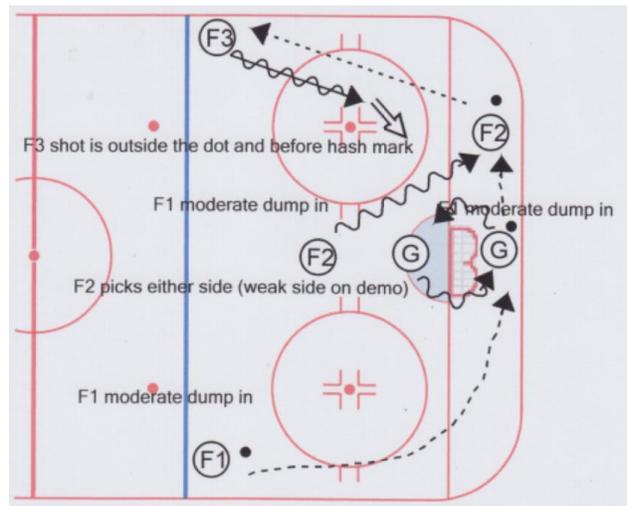
**Focus**  
 Does goalie have good idea how to play a breakaway (timing, patience, pushing to post)  
 Does the goalie stay determined to make next save if they get scored on S1 or S2?  
 Does goalies have good ability and battle on every shot even if down and out?



**6.... Puck Handling Tracking** – 10-15mins 4 reps alternating sides x both ends

F1 dumps puck in - moderately  
 Goalie stops puck and passes to whatever side F2 goes  
 F2 waits for the goalie to get to their post before passing to strong side blue line  
 F3 walks in and shoots outside dots / hash marks

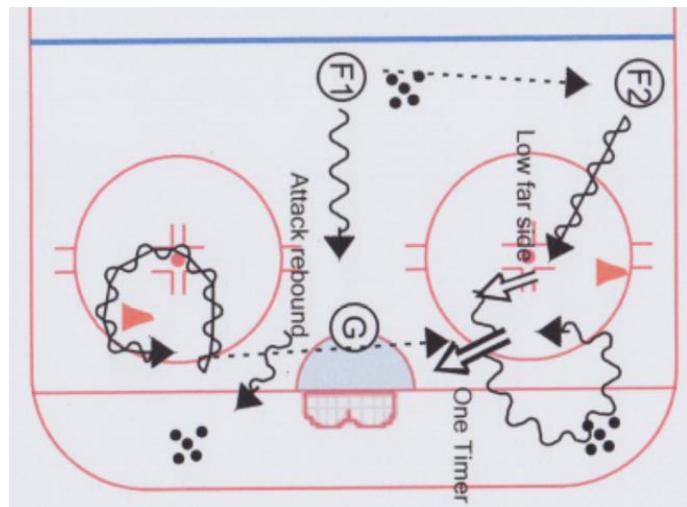
**Focus**  
 Can goalie set the puck?  
 Can goalie make a clean pass?  
 Can the goalie handle an outside shot with control?  
 Does the goalie track the puck well?



**Ban-Midget group instead of #4** – 10-15 mins

Rebound Control / Lateral movement – 4 reps per  
 F1 passes to F2 / goalie gets square to F2  
 F2 takes a few strides and shot 1 is low far pad for rebound / goalie butter flies and tries to control rebound  
 F1 shoots rebound if it comes out otherwise picks up puck below goal line / G recovers to shot 1  
 F1 goes inside out and can shoot or pass to F2 for the one timer / G squares up and makes save or pushes to make back door sav -PLAY REBOUND

**Focus**  
 Does goalie get square to F2 on first pass  
 Does the goalie control the rebound on shot 1  
 Does the goalie recover to their rebound and track it  
 Does the goalie honor the shot and stay square on low attack (2<sup>nd</sup> attack)  
 Does the goalie have good lateral mobility and compete on the rebound



**Ban-Midget group instead of #5 – 10-15 mins**

**3 Angle Attack – low net attack, circle walk, breakaway**

F1 attacks from corner below goal line and stays within 1' of goal line (options below)

Shot above goal line, short side jam, or wrap around (no going past elbow of crease)

Goalie makes sharp angle save

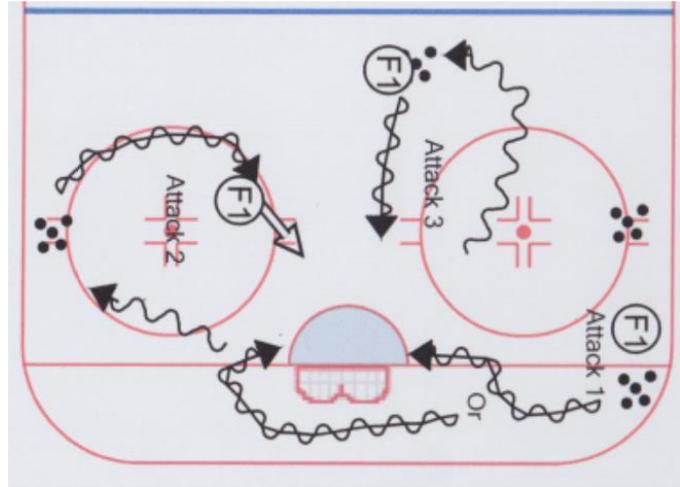
F1 picks up puck on far half wall and walks the circle and shoots to score / G shuffles and makes save

F1 picks up puck high in the zone and goes in on full speed breakaway / G takes away depth and takes on play Focus

Does the goalie use effective sharp angle save techniques?

Does the goalie stay in good position on the lateral circle walk?

Does the goalie have good positioning and timing on the breakaway?



**Ban-Midget group instead of #1 – 8-10 mins**

Mobility – Zone Skate

Split goalies into 2 groups and line them up in corners on whistle, 1 goalie will start at a time alternating corners

G will C-cut to blue line wall and perform the required lateral movement to the cone on the middle of the blue line

G will perform the required lateral movement to the blue line wall

G will C-cut all the way to the goal line corner

Movements – Butterfly with T-push recovery, Butterfly slide, inside edge push (pushing while down)

Focus areas

Do they have good level of fitness?

Do they move with control?

Do they have lateral power?

Do they take short cuts?

