

Hockey Evaluations

Goalie Drills

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

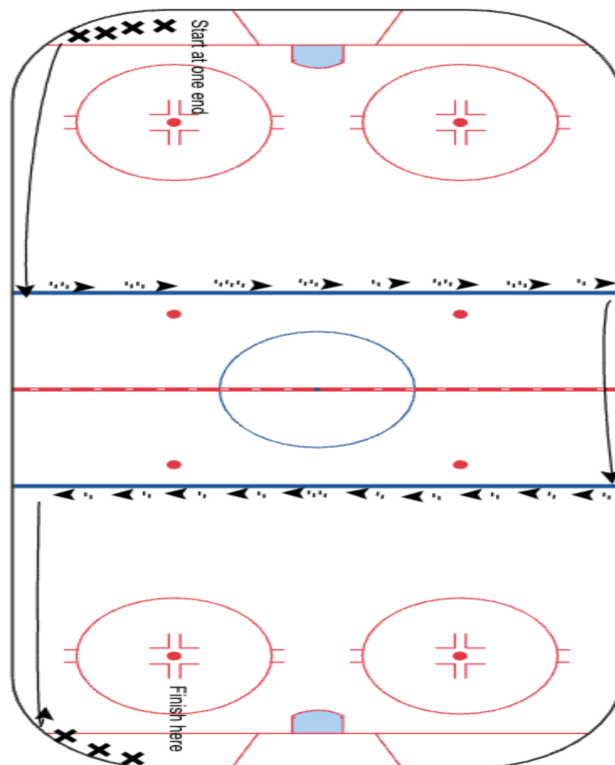
2. Skating – 10-12 mins

Goalie skates forward c-cuts to blueline from Goal line
Next goalie leaves when goalie gets to blue line
Goalie stops at blue line and does the sequence all the way to the other side of rink across blue line
Goalie then skates forward to far blueline
Skates across going other way across blueline and stops
Goalie then skates to far corner and waits for all goalies to finish. Repeat same sequence to other end.

**Every sequence is 2 times, there and back.

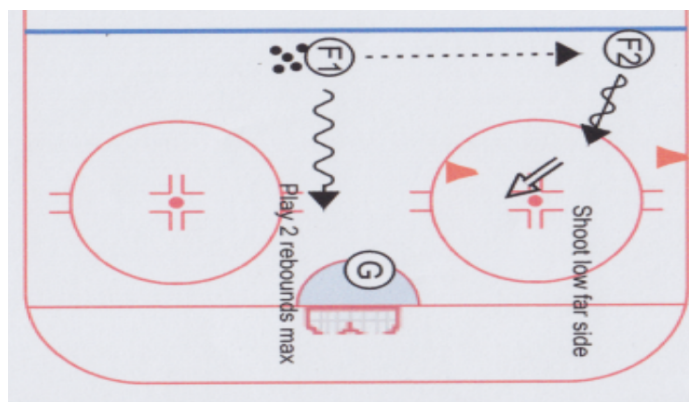
Sequences x2

1. Side shuffle – stay standing
2. T-Push and Set / stop – finish in stance with glove/blocker up
3. Lead leg on ice while pushing with other leg – stay down the whole way across blueline
4. Sliding butterfly to upright stance in set position



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?

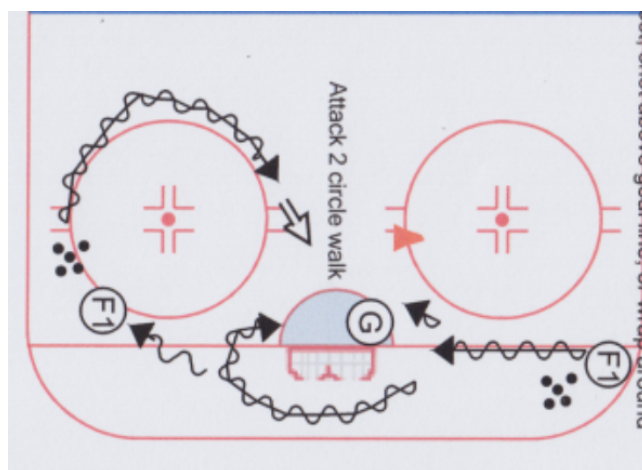


4.. Sharp angle saves & Lateral Walk – 4 reps per net
– 10-15 mins – both ends

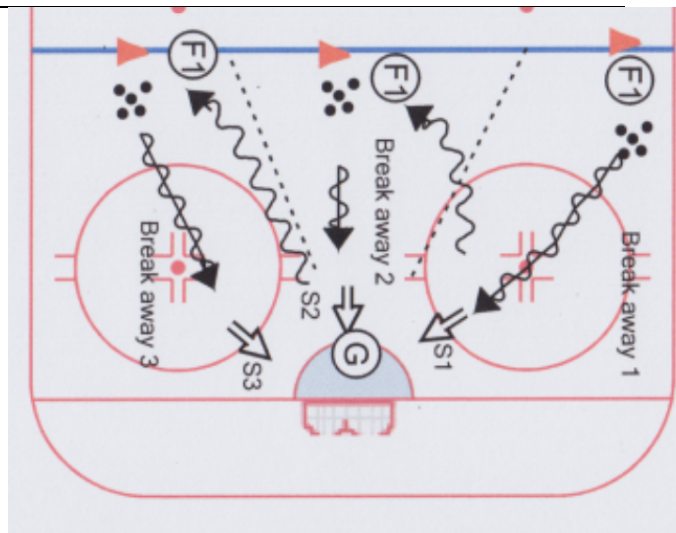
F1 starts in corner and stays within 2' above or below goal line as they attack net/G performs sharp angle save
F1 can shoot above goal line, jam the short side post, or wrap to far side (don't go past middle of crease)
F1 grabs puck on far hash mark wall and walks the circle for the 2nd attack with shot /G adjusts positioning and depth and makes their save
F1 can play 1 rebound after the 2nd attack / G battle to keep the puck out

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 2nd attack and show good save ability on a prime scoring area shot?

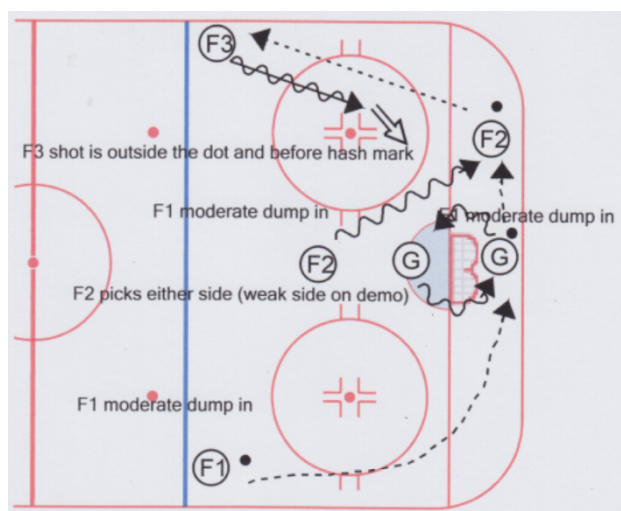
Does the goalie battle on the rebound?



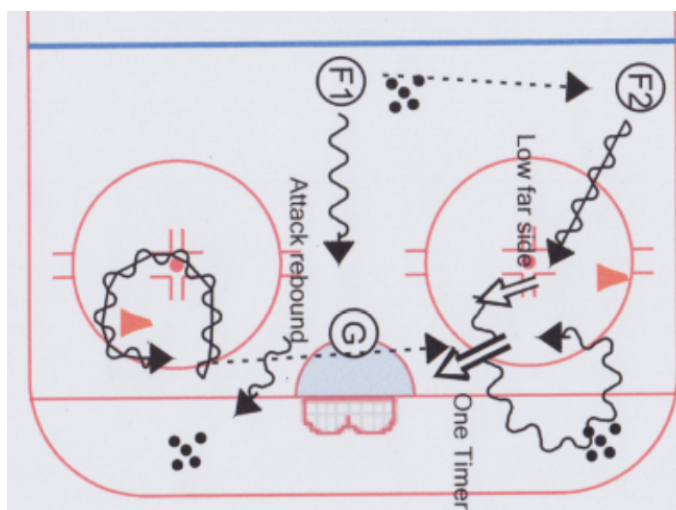
5.. Three (3) Angle Breakaways – both ends – 10-15 mins – rotate goalies in after set
 F1 Starts at blue line cone and comes in on a breakaway staying in the outside lane / G takes away depth and adjusts positioning before making the save
 F1 quickly skates to middle cone and takes breakaway 2 staying 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?



U15-U18 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 (2nd attack)
 Does the goalie have good lateral mobility and compete on the rebound



U15-U18 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

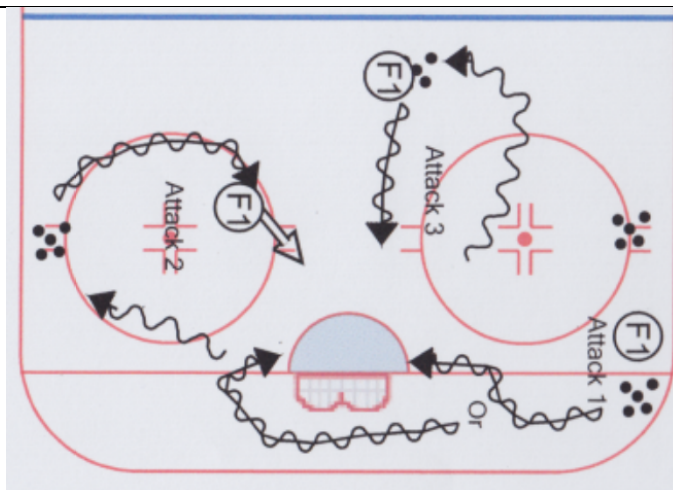
F1 picks up puck high in the zone and goes in on full speed breakaway / G takes away depth and takes on play

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?



U15-U18 group instead of #1 – 8-10 mins

Mobility – Zone Skate

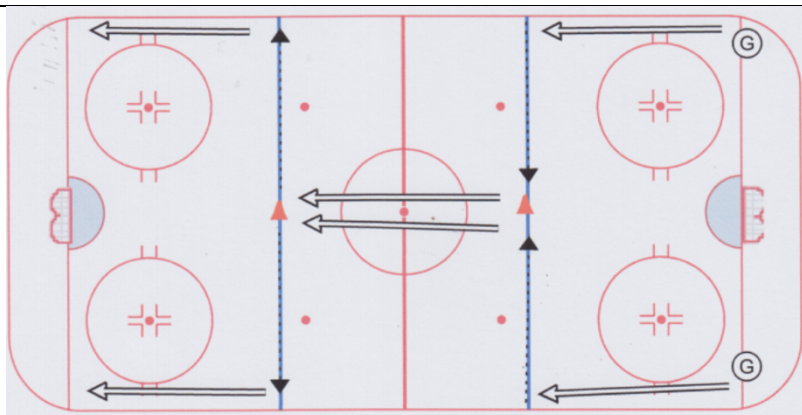
Split goalies into 2 groups and line them up in corners on whistle, 1 goalie will start at a time alternating corners

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)



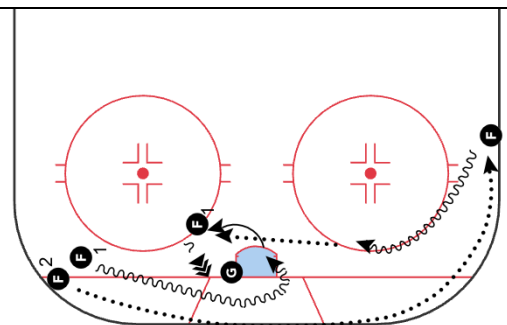
Extra Drills

F2 rims to F3

F1 skates behind net and does a wrap around

F1 then goes to weak side and waits for pass from F3

F3 skates down wall and towards net and passes to F1 for one timer



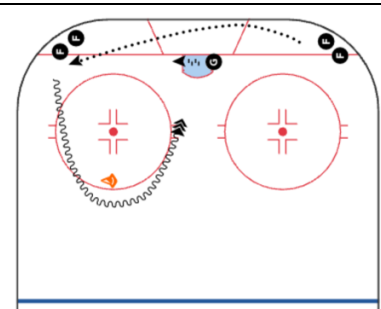
Extra Drills

F1 pass to F2

F2 skates up around cone and comes down and shoots

G starts at close post, goes across and plays shooter

Switch sides each time



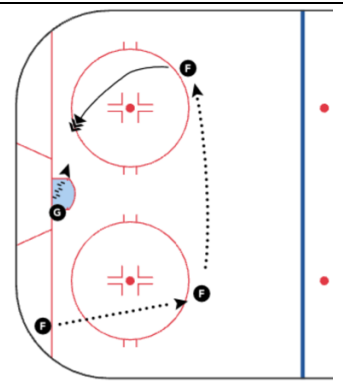
Extra Drills

F1 passes out of corner to F2

F2 passes to F3

F3 goes down and shoots

Goalie plays puck at each point for angle and moves across

**Extra Drills**

F1 take high shot for goalie

Then F1 takes 2nd puck and skates to either side and shoots on goalie

Goalie must track puck / skater

