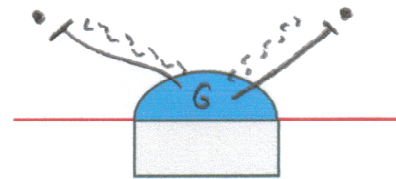


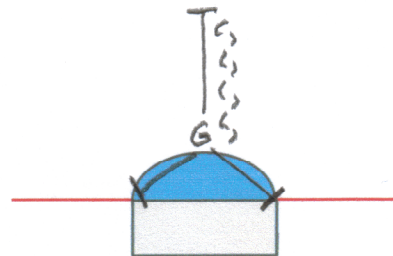
“V” Movement

Goalie starts in the middle. Goalie does 1/4 pivot to right. Push on right skate out to puck, stop on right skate and push backward on right skate to middle of net. Next pivot to left and repeat.



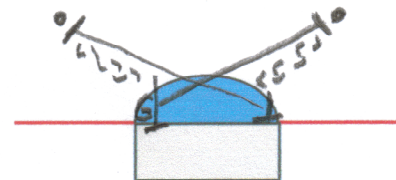
“Y” Movement

Goalie starts at the top of the crease.
Goalie moves forward 6 to 8 feet
Stop with either skate and go backward to top of crease.
Pivot 1/4 turn and parallel slide to post.
Repeat movement back to top of crease.
Pivot 1/4 turn to opposite side and parallel slide to post.
Continue pattern at least five times.



“X” Movement

Goalie starts at one post and moves out on an angle to puck on opposite side. Stop at puck and move backward to crease and parallel slide to near post. Repeat movement to opposite side.



“Box” Movement

Maintain basic stance throughout

- S to #1 - forward glide
- #1 to #2 - Parallel slide
- #2 to #3 - Backward glide
- #3 to #4 - Parallel slide

