Goalie Drills



Wrap the Boards

Coach wraps pucks around the boards from different angles and the goaltender steps out to play the puck.

Work both sides.



Line—up three pucks on each side as shown.

Goaltender skates out to the first puck and chips it to the near wall. He skates back to the crease.

Next he skates out to the first puck on the opposite side Continue this pattern until all pucks have been played.

Breakout Pass

The coach and two skaters can perform this drill.

The coach makes a pass into the goaltender.

The wing skates up the boards and the goaltender makes an outlet pass to the winger as he skates up the wall.

Alternate sides and position of the wingers.

Deflecting Shots

Coach shoots pucks at the goaltender. The goaltender must deflect the shots to the wall or corner based on the shot location.



