

SIDE-TO-SIDE SHOOTING

PURPOSE: To work on a goaltender's lateral movement, positioning, angle recognition and save technique.

SET-UP: Two coaches are stationed on the faceoff dots with pucks. There are many possible variations to this drill – coaches can alternate shooting with the goalie moving side-to-side; they can pass to the other coach and the goalie will move across and set up to make another save on shot; the coach can pass across for a one-timer and the goalie has to move for the quick save; or the coach can skate laterally through the slot, showing the shot and the goalie has to move with him as the coach will shoot if there is an opening. Be creative, these are just a few variations.

