

GOALIE'S TRIANGLE

PURPOSE: To work on the goaltender's footwork, lateral movement, positioning and conditioning.

SET-UP: The goalie starts on the right post. On the whistle, the goalie sprints out to the puck on the faceoff dot and shoots it out of the zone. He then proceeds to the opposite faceoff dot doing t-pushes. When he reaches the dot, he goes down into the butterfly save position five times quickly then skates backward to the left post. He then comes directly out to the top of the crease where he faces a shot from the coach. The goalie does this drill again immediately, this time starting at the left post and going in the opposite direction.

