

SQUARE PASSING WITH SHOT OR STUFF

PURPOSE: To improve goaltenders' movement skills and balance while working on stickwork (blocking passing lanes) and stuffs from behind the net.

SET-UP: Four players set up in a square, two behind the net and two in front. Players pass around the square, while the goaltender moves with the puck. The shot will come from one of the two players in front or one of the players behind will attempt to walk out from behind for a stuff. Coaches should make sure that the goaltender is able to keep up with the puck movement and is moving to the correct spots as the puck moves.

