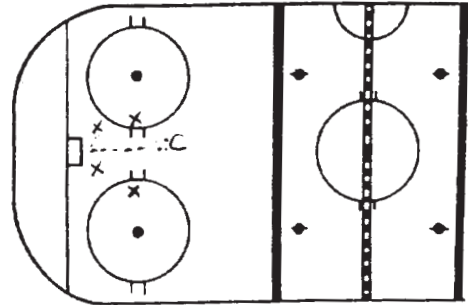


REBOUND DRILL

PURPOSE: To allow goaltenders to work on controlling rebounds and getting into good position to make the save when they give up a rebound.

SET-UP: A coach or player sets up in the slot area with pucks. Two players stand on either side at the crease for close rebounds while two more set up further out for longer rebounds. The coach shoots at the goaltender (shoot to cause a rebound – hitting the pads is the best spot) and the rebounders work to score. The drill ends when the goaltender covers the puck, it is in the net or ends up in the corner.

Goalies should be able to handle 7-10 repetitions before they are tired and replaced. A player may also be added in front of the net to act as a screen on the initial shot.



goalies/#8 rebound