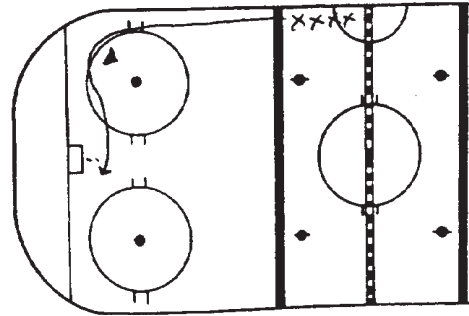


SHUFFLE MOVEMENT DRILL

PURPOSE: To work on moving laterally across the ice as a puck carrier cuts to the middle.

SET-UP: Players start outside the blue line along the boards with a puck. On the whistle, the player moves down the boards around the cone and cuts to the middle of the ice to shoot. The goaltender moves laterally (shuffle step) with him to try to make the save. Emphasize quick closing of the “five-hole” and staying square with the puck as the goaltender moves.



goalies/#9 shuffle