# Off-Ice Drills for Goaltenders

*Balance and agility is a key to developing a good goaltender. Here are a few drills that may be done off the ice to help develop those skills.*

## Balance on Soccer Balls

Take two soccer balls and have the player stand on them with one foot on each. Attempt to balance for up to 10 minutes per day. As the player becomes proficient at it, have another person toss a tennis ball to him, making him catch it with his catching hand.

## Ball Toss

Two goaltenders line up approximately 10 feet apart, facing each other. Have them maintain a good stance, maintaining a 90 degree knee bend. Each will have two tennis balls, one in each hand. They toss them, simultaneously to each other. Use various options (i.e. underhand, overhand, bounce off floor, etc.)

## Soccer Ball Twist

Place a soccer ball between the feet (around the ankle area) and jump from side to side, twisting and turning without losing the ball.

## Double Dribble

A player will run (either in a straight line or in any direction) dribbling a soccer ball in their feet and dribbling a basketball with their hands. If on a surface that you can't dribble the basketball, toss it in the air, pass it from hand to hand, around his back, etc.