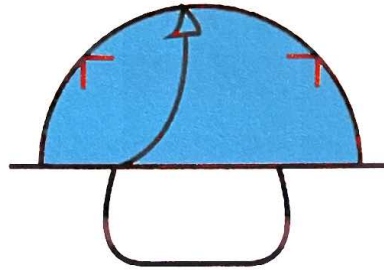


WORLD PRO GOALTENDING

Post and Out

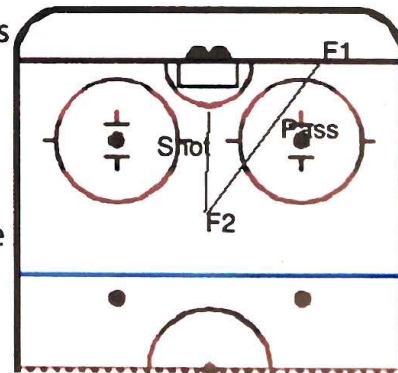


Goalie starts down at top of crease and recovers to same post as F1.
Goalie follows pass from F1 to F2 and sets at top of crease.
Goalie faces shot from F2

Player Movements and Key Points

F1 starts below goalline with pucks. When goalie arrives at the same post as F1, F1 makes pass out to F2 who is in the high slot. F2 receives the pass and then takes a low shot on the goalie.

Note: F2 does not take a one time. The goalie should be set for the shot.



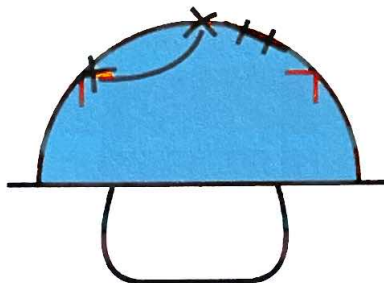
Legend

△ - Butterfly

— - T Push

WORLD PRO GOALTENDING

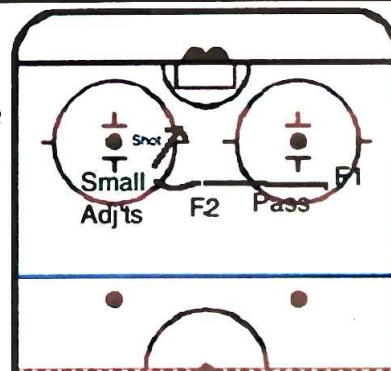
Small Adjustments



- Goalie starts square to F1 at face-off dot.
- Goalie follows pass to slot with t-push.
- Goalie follows F2 with small adjustment shuffles.
- Goalie faces shot.

Player Movements and Key Points

Pucks starts with F1 at top of circle in line with face-off dot. F1 makes pass to F2 who is in the high slot. F2 moves laterally away from F1, far enough so that goalie makes two shuffle adjustments. F2 takes shot.



Legend

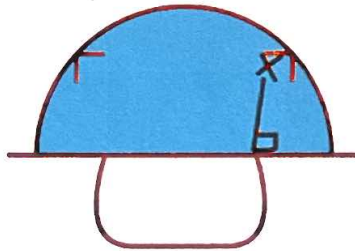
X - Stance

++ - Small adjustments (shuffles)

— - T Push

WORLD PRO GOALTENDING

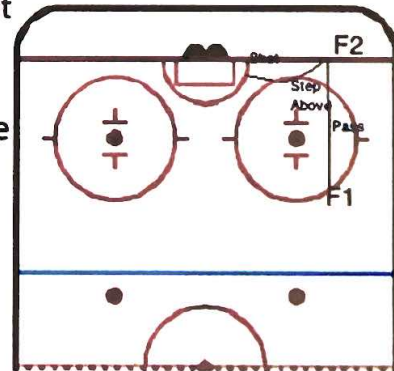
Walk Out



Goalie starts in stance at face-off dot on the same side as F1.
Goalie pushes to near side post.
Goalie meets F2 at post for play at the post. Goalie must determine most suitable save selection. (Can use knee drop or post jam)

Player Movements and Key Points

F1 at the top of the circle with puck and F2 is in straight line with F1 but below goalline. F1 make pass to F2.
Once F2 receives puck the forward steps above the goalline to take a shot, prepared to play any immediate rebound.



If goalie is not square, potential for injury does exist.

Legend

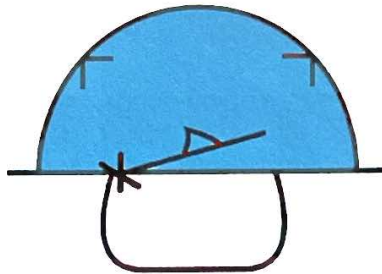
— - T Push

□ - Knee Drop

X - Stance

WORLD PRO GOALTENDING

Back Door Play



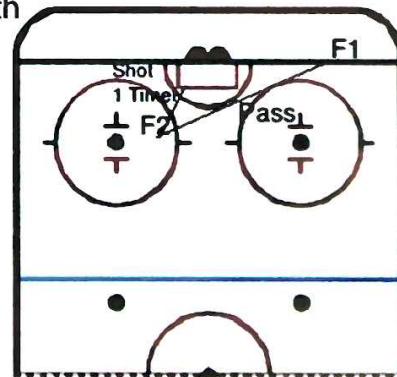
Goalie starts on post on the same side as the shooter.

As pass is made across goalie will butterfly slide to make one-timer save.

Player Movements and Key Points

F1 starts below goalline on same side as goaltender with F2 on opposite side approximately one stick length from face-off dot. When the goalie is set, F1 makes pass to F2 for a one-timer. Goalie must slide a cross square and tight so that knees are not exposed and no holes are presented to shooter.

If goalie is not square or tight, potential for injury does exist.



Legend

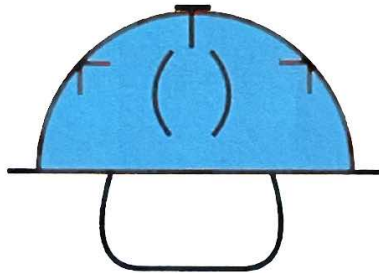
△ - Butterfly

—△— - Butterfly Slide

× - Stance

WORLD PRO GOALTENDING

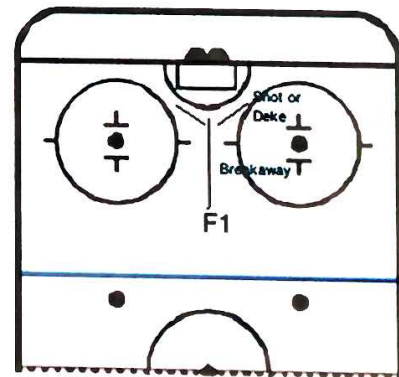
Breakaways



Goalie starts at top of crease and pushes out to challenge forward for breakaway. Goalie glides back to keep proper distance with shooter and follows play to either side

Player Movements and Key Points

F1 starts in high slot with pucks. When goalie pushes out from top of crease, F1 comes straight in as the goalie backs in with shooter. When the shooter reaches top of crease the shooter has to pick left or right side and make his/ her move.



Legend

— - T Push

() - Glide