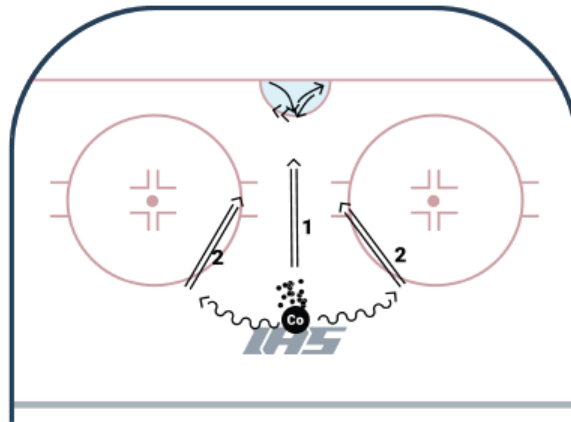


U11/U13 Goalie Evals Drill #1 - Session 1



Description

Theme: Rebound Control & Recoveries

Goalie starts on post

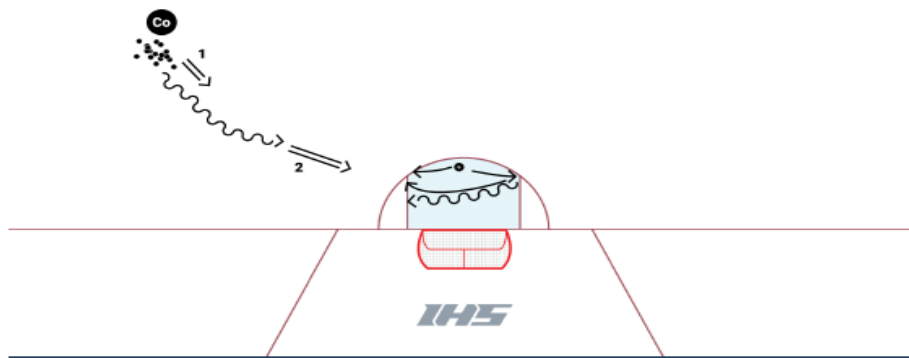
Goalie then pushes on feet to top of crease

Coach shoots shot low to opposite side goalie came from

Goalie should make stick save and control rebound to corner, they recover to the post

Goalie then pushes back out to the top of the crease where the coach will then move left or right and shoot another shot to the gloves or body.

U11/U13 Goalie Evals Drill #2 - Session 1



Description

Theme: Slides and Lateral Plays

Part 1:

Goalie starts top of crease

Goalie then pushes to the dot opposite of the coach

Goalie then pushes across to coach on feet for save

Coach shoots from stationary position

Part 2:

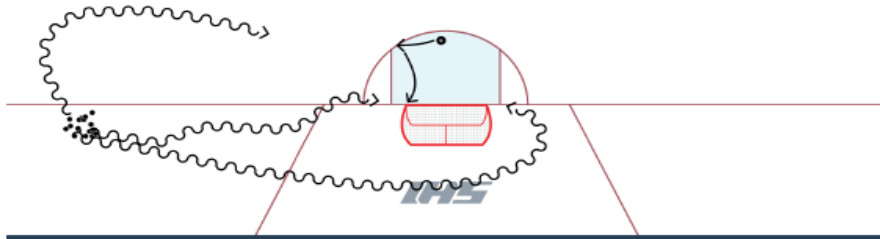
Goalie starts top of crease

Goalie then pushes to the dot opposite of the coach

Goalie then slides across to make save

Coach will begin driving and then as goalie is sliding will shoot.

U11/U13 Goalie Evals Drill #3 - Session 1



Description

Theme: Post Play

Goalie starts top of crease

Goalie then pushes to the dot

Goalie then pushes into post

Once the goalie hits the post the coach now has 3 options

1. Wrap Around
2. Near side Jam
3. Step out and dead angle attack

Goalie must read the play and execute save selection based on the coach pattern

U11/U13 Goalie Evals Drill #4 - Session 1



Description

Theme: In Zone Tracking

Goalie starts on the opposite post from the coach

Goalie works post to post and then steps out to near the side dot

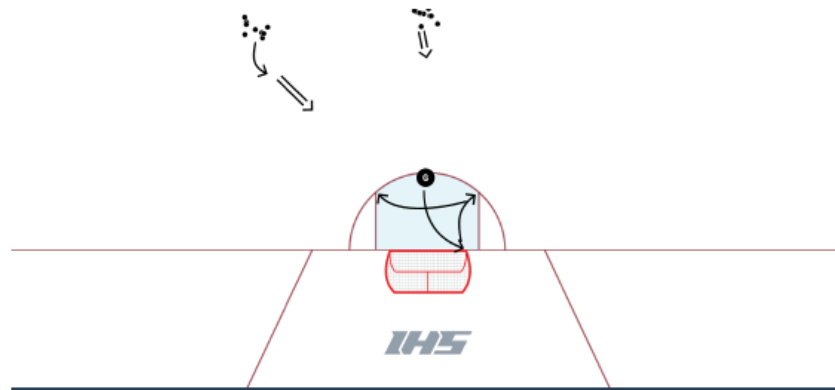
Coach then walks towards the middle and can shoot at any point

Goalies must stay square and then react into save

Goalie encouraged to follow rebound



U11/U13 Goalie Evals Drill #1 - Session 2



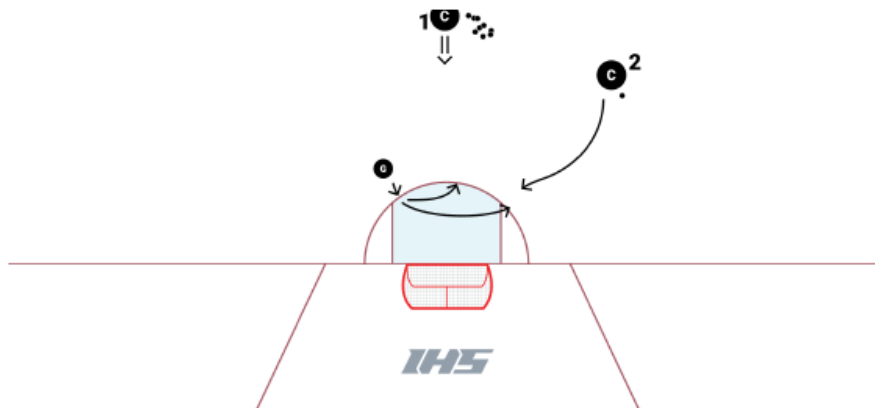
Description

Theme: Rebound Control and Foot Speed

The goalie starts top of crease
Drill begins with a shot low far side
Goalie makes the save and then recovers to the post
Goalie then steps out to the near side angle and then T-pushes dot to dot
Coach then takes a step towards the goalie and can shoot to score



U11/U13 Goalie Evals Drill #2 - Session 2

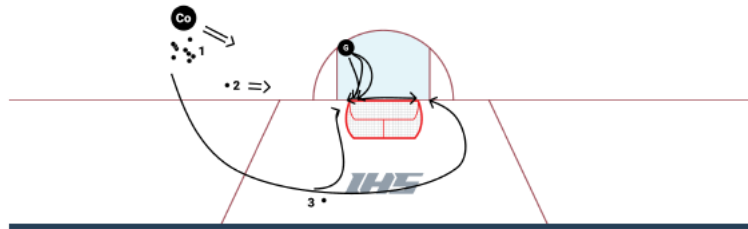


Description

Theme: Rush Play Scenario

Goalie begins by gaining depth at blueline angle
Goalie then begins to simulate rush by losing depth
Play #1 Goalie then pushes to coach in the middle where the coach takes step and shoots
Goalie Resets then repeats steps 1 and 2 before second shot
Play #2 Goalie then pushes to far dot and coach attacks the net dot angle

U11/U13 Goalie Evals Drill #3 - Session 2

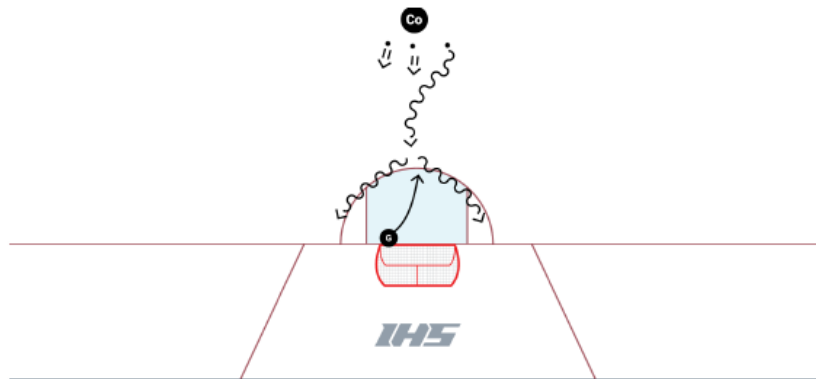


Description

Theme: Post Play Execution

- Goalie begins on the dot
- Goalie then pushes into overlap positioning for first shot
- Goalie Resets
- Coach slides lower.
- Goalie then pushes into post and drops into RVH Save
- Goalie Resets
- Goalie then pushes into post and coach attacks near side post or can wrap around far side
- Goalie must remain patient on this drill
- Play #1 Goalie then pushes to coach in the middle where the coach takes step and shoots
- Goalie Resets then repeats steps 1 and 2 before second shot
- Play #2 Goalie then pushes to far dot and coach attacks the net dot angle

U11/U13 Goalie Evals Drill #4 - Session 2



Description

Theme: Breakaway Challenge

- Goalie begins on the post
- Goalie then pushes to the top of the crease
- First Shot goes blocker
- Second shot goes glove
- Third shot is a breakaway
- Simple Drill but would like to see goalies execute the saves they know are coming then be aggressive on breakaway