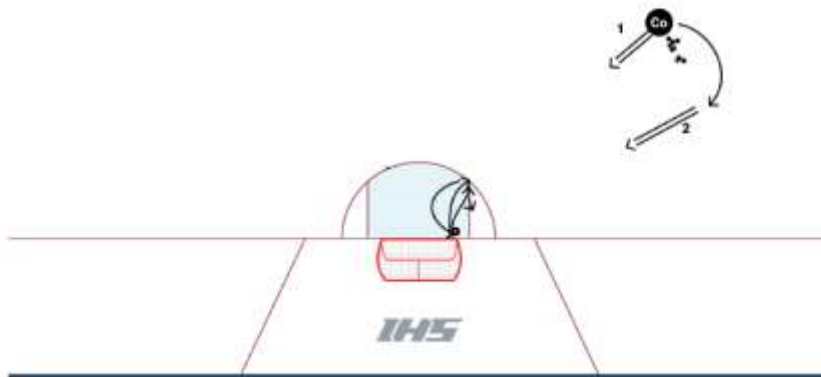




U15/U18 Goalie Evals SESSION 1 // DRILL 1

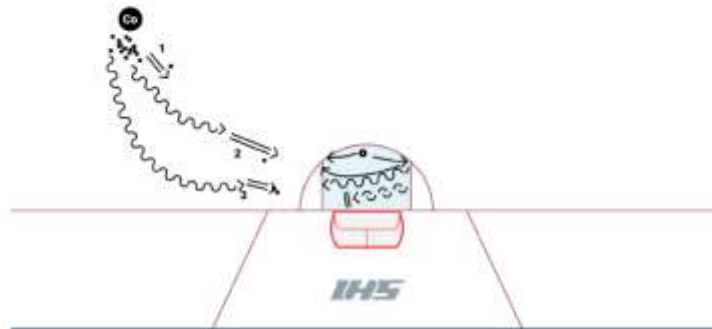


Description

Theme: Rebound Control
Goalie on Near side post
Goalie then steps out to near the side dot on feet
Coach shoots first shot anywhere shortside
Goalies must make a save, then recover to the post
Goalie then steps out to near the side dot for second shot
Coach will then take step down and shoot second shot to the goalies body
Goalie should eliminate any rebound on the second shot



U15/U18 Goalie Evals SESSION 1 // DRILL 2

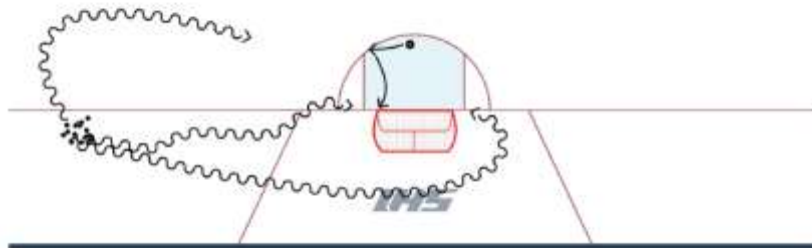


Description

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.
Part 3:
Goalie starts top of crease
Goalie then pushes to the dot opposite of the coach
Goalie then goes down into butterfly and if backside push for the save
Coach will begin driving and then as goalie is sliding will shoot.



U15/U18 Goalie Evals SESSION 1 // DRILL 3



Description

Theme: Post Play

Goalie starts top of crease

Goalie then pushes to the dot

Goalie then pushes into post

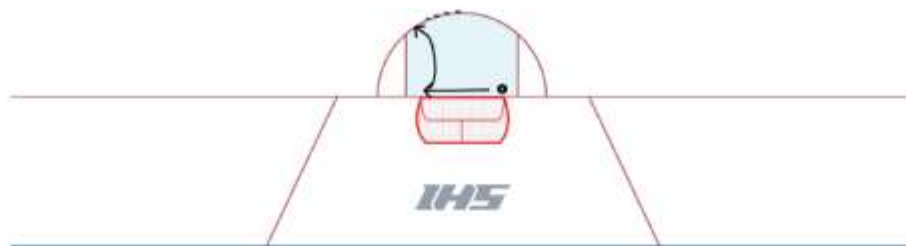
Once the goalie hits the post the coach now has 3 options

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



U15/U18 Goalie Evals SESSION 1 // DRILL 4



Description

Theme: In Zone Tracking

Goalie starts down in RVH on the opposite post from the coach

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

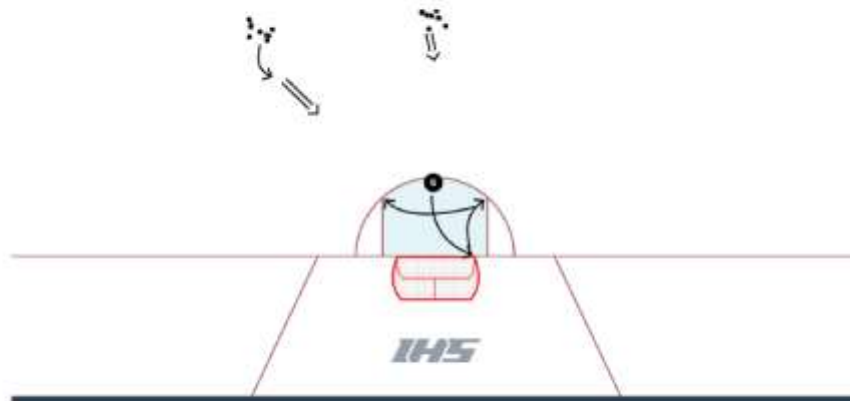
Coach then walks towards the middle and can shoot at any point

Goalies must stay square and then react into save

Goalie encouraged to follow rebound



U15/U18 Goalie Evals SESSION 2 // DRILL 1



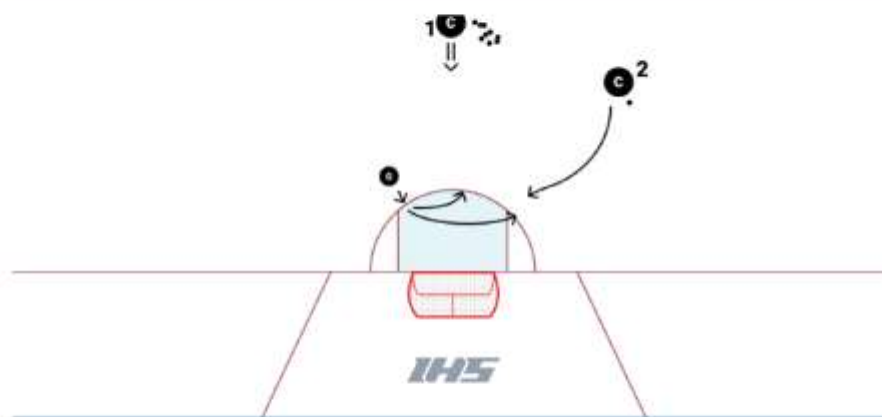
Description

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



U15/U18 Goalie Evals SESSION 2 // DRILL 2



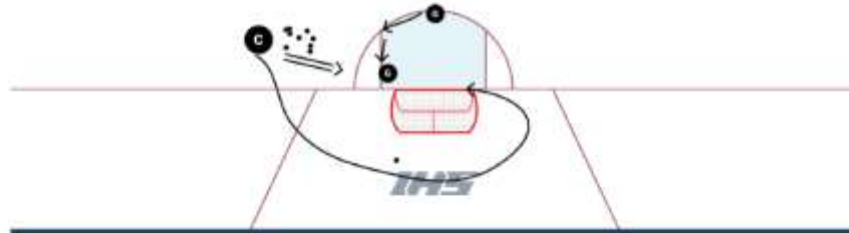
Description

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



U15/U18 Goalie Evals SESSION 2 // DRILL 3



Description

Theme: Rebound Control and Foot Speed

The goalie starts top of crease

Goalie shuffles to dot then goes down into butterfly

Goalie then backside pushes to coach to make save

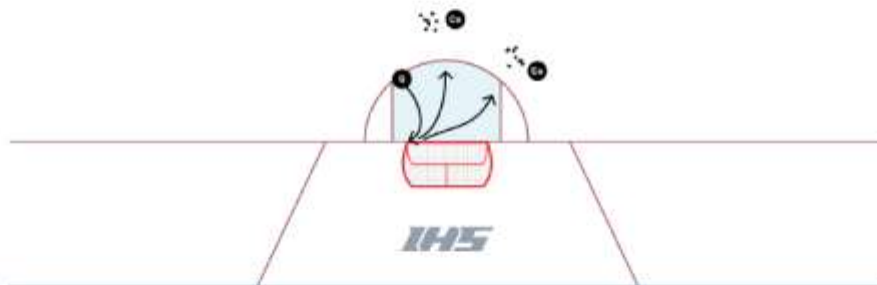
As soon as the goalie makes a save, the coach leaves for the puck behind the net

This now becomes a race to the far post.

The goalie is trying to get there and seal the post while the coach is trying to wrap it around.



U15/U18 Goalie Evals SESSION 2 // DRILL 4



Description

Theme: Below the Goal line Pass Out

The goalie starts down on the angle

Then the goalie pushes while down into RVH

Coach will either be middle or far dot

Goalie anchors and scans

Then they bump off the post to make an in-tight save, the rebound is then live.