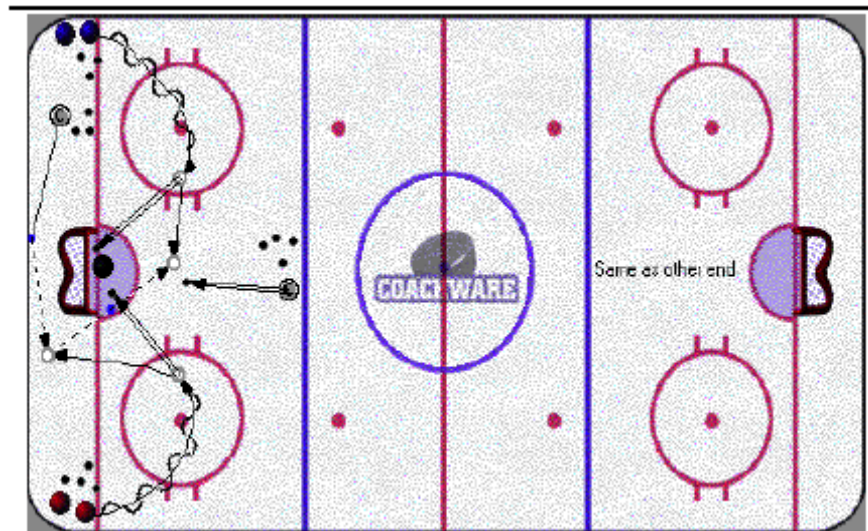


Goaltender Chaos



Description

"Goaltender Chaos" forces goaltenders to practice mobility, agility and playing the angles. In addition, the goaltenders must track the puck and play screen shots. This drill can be run out of one or both ends of the ice. The first player skates around the face-off dot, shoots and plays the rebound and then stays in front of the net and waits for the next player from the opposite corner to skate around the face-off dot, shoot and play the rebound. A Coach then spots a puck behind the net for the players to retrieve and play 2 vs 0 against the goaltender. Play the puck until it is smothered, cleared or a goal is scored. Once this occurs the Coach yells "point shot" and shoots on goal with the two players providing a slot pass option and/or deflection. All rebounds are played until smothered, the puck is cleared or a goal is scored. On the whistle, the skaters hustle back to the end of the opposite line and the goaltender prepares for the next two skaters.

Key Teaching Points

- To keep all players active, Coaches have the option of adding a neutral zone activity (ie simple passing, agility skating or competitive game).
- Switch goaltenders regularly or provide short rest breaks.
- The Coach uses the whistle or a voice command to determine how long players play rebounds.
- When the first player finishes playing the rebound, the second player pauses to let the goaltender come across the net to hug the post and then leaves from the goal line.

Key Execution Points

SHOOTERS: Be deceptive (fakes), shoot in stride, quick release and stick is always on the ice in front of the net.

GOALTENDERS: Short and long shuffles, telescoping, poke check, control rebounds and track the puck behind the net.