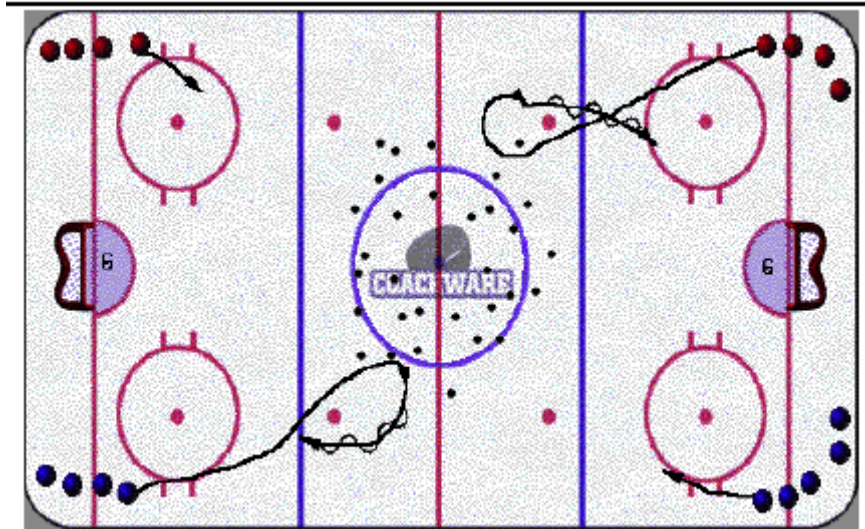


## Goaltender Warm-up



### Description

Players to divide into 4 groups into corners; pucks at center ice; one side at a time coming up to center and picking up a puck and going back in for shot; pivoting at top when picking up puck; driving down around pylons for outside shot; opposite corner will go when player beside has just picked up a puck and started pivot

### Key Teaching Points

- Pivots picking up puck
- Always facing the puck and driving to net
- Goaltender focus, movement

### Key Execution Points

- Use of edges
- Shoots on net
- Goaltender movement, positioning