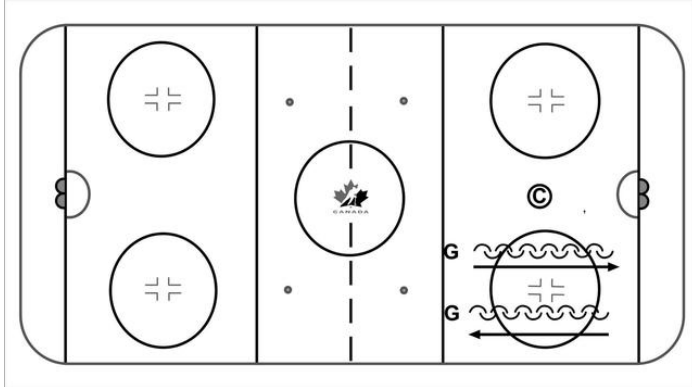




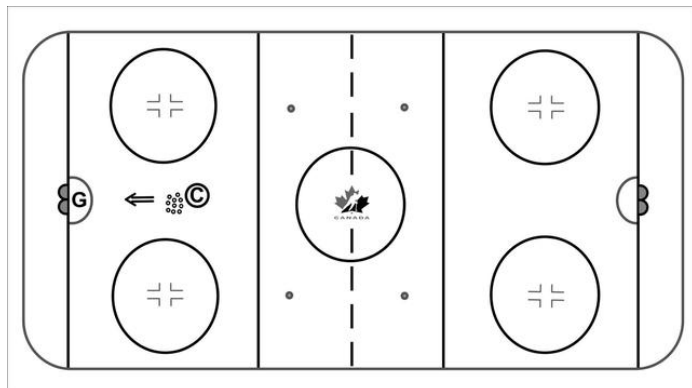
Goaltending Practice Plan #1

**all drills can be found on the Hockey Canada Network under Skills Development → Goaltending

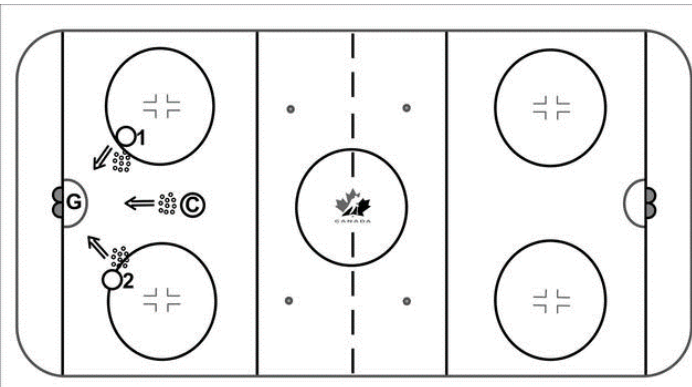
Drill Name & Description	
Movement Warm-up	[15]
<ul style="list-style-type: none"> • Skating: C-Cuts • Skating: C-Cuts One Leg • Skating: C-Cuts Alternating • Skating: C-Cuts Long Strides • Skating: C-Cut Bubbles <p>Repeat each progression minimum of 4 times each</p>	



Drill Name & Description	
Warm-up Shots : Hands & Stick	[10]
<ul style="list-style-type: none"> • Save Selection: Glove & Blocker Saves - Standing • Save Selection: Glove & Blocker Saves - Butterfly <p>8-10 shots for each side and variation</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • Save Selection : Stick Saves – 2nd Shot <p>8-10 repetitions</p>	



Drill Name & Description	
Goaltender Specific Drills	[15]
<ul style="list-style-type: none"> • Clear Shot: Entry Hold <p>8-10 shots for each side</p>	

