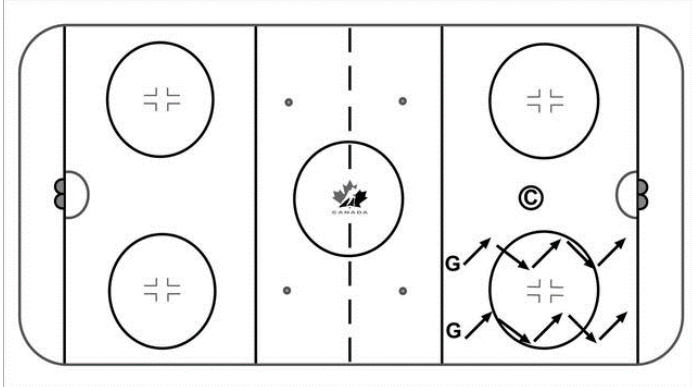




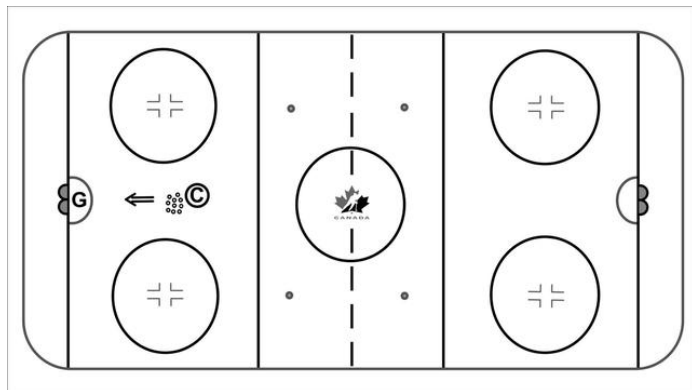
Goaltending Practice Plan #4

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

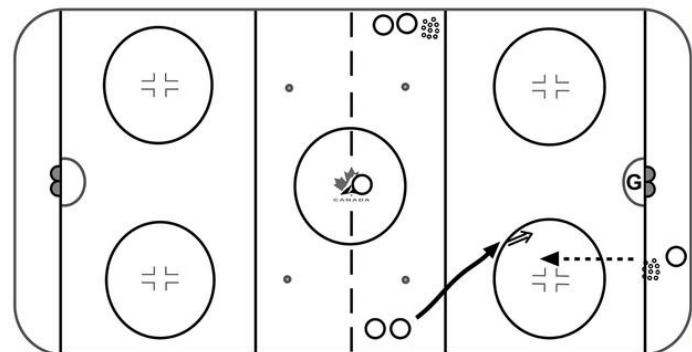
Drill Name & Description	
Movement Warm-up	[15]
<ul style="list-style-type: none"> • Skating: Partner Circle Shuffles • Skating: Basic T-push - Crease • Skating: Basic T-Push - Face to Face • Skating: Diagonal T-push • Skating: T-push - Box Drill <p>Repeat each progression minimum of 4 times each</p>	



Drill Name & Description	
Warm-up Shots : Hands & Stick	[10]
<ul style="list-style-type: none"> • Hands: Lateral Release Hands • Hands : East/West T-Push <p>8-10 shots for each side and variation</p>	



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



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

