



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## GLOVE AND TRACKING TWO

### Drill Description:

1. Shooters S1 and S2 set up on the face-off dots with pucks.
2. The goaltender begins the drill 'on angle' with S1 at the top of the crease.
3. On command S1 slaps stick on ice and the goaltender moves across the crease executing a butterfly slide to make a save on shot from S2.
4. The goaltender fully recovers and lines up on angle with S2 at the top of the crease.
5. S2 shoots the puck quickly and high forcing the goaltender to make a glove or blocker save.

Repeat the drill 4 times from each side for a total of 8 reps.

### Key Teaching Points:

1. The goaltender should slide back towards the post to get 'on angle' quickly.
2. The goaltender's first move should be to turn head, find the puck and then track the puck with the eyes.
3. The goaltender needs to keep the blocker and glove up through the movement to execute the save.

