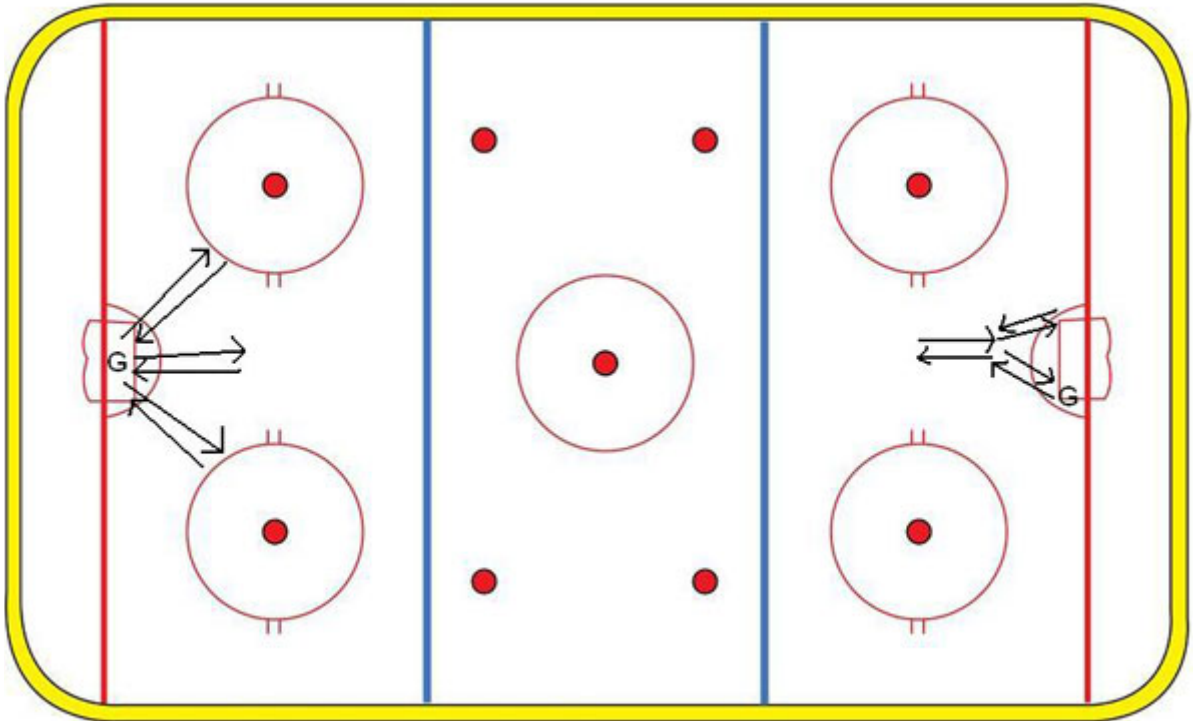


Practice Planner

Skating for goalies

September 24, 2008 4:28 PM



Letter drills - W and Y

Purpose: To work on a goalie's conditioning and skating.

- Have the goalie either skate in the pattern of a W or Y in and around the crease (U, V and X are other options)
- These drills should run for 30 seconds at full pace and can include backwards skating.

The W:

- Goalie begins at the post
- He/she moves towards the faceoff dot at the bottom of the circle, then back to the post
- After stopping at the post the goalie moves to the top of the crease, and pivots back to the other post
- Repeat on the other post
- Pivots can be stacked pads or butterfly position.

The Y:

- Goalie begins at the post
- He/she moves to the top of the crease, then out above the top of the crease
- After stopping the goalie skates back to the top of the crease and pivots to the opposite post
- Repeat on the other post
- Pivots can be butterfly position or stacked pads.