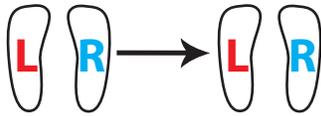
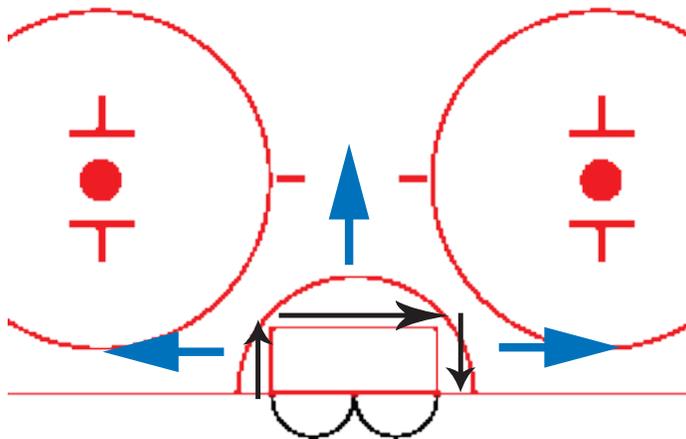


SHUFFLE: The goalie's skating motion when he/she moves side to side without turning the skate. This move is used to consistently stay "square" to the puck. Smaller shuffles are better.



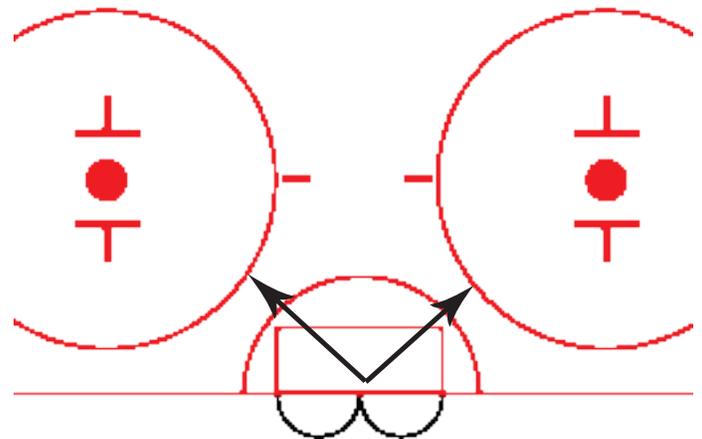
the **left foot** would push while the **right foot** scraps across the ice or vice versa to move the opposite direction.

T-GLIDE: The goalie's skating motion used laterally to get across the net or back to the post. The momentum is created by putting the feet into a T with the back foot pushing hard and then dragging to follow the path of lead foot.

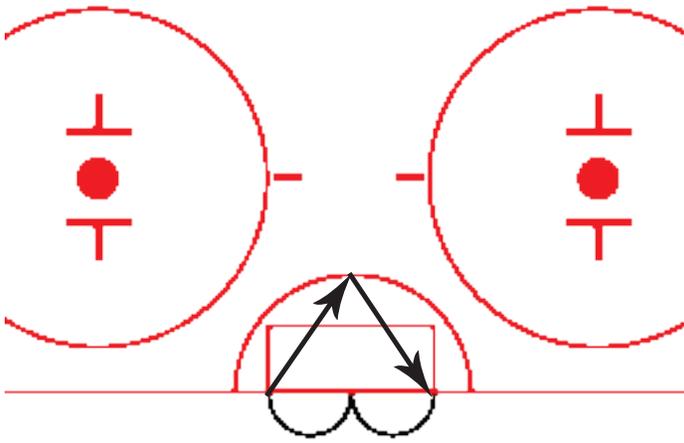


BOX DRILL - the goalie shuffles, in their stance, the box within the crease. The goalie starts on the post facing away from the net and square to the boards, then shuffles the box shape inside of the crease to the other post and back again. Blue arrows indicate the direction the goalie should be facing

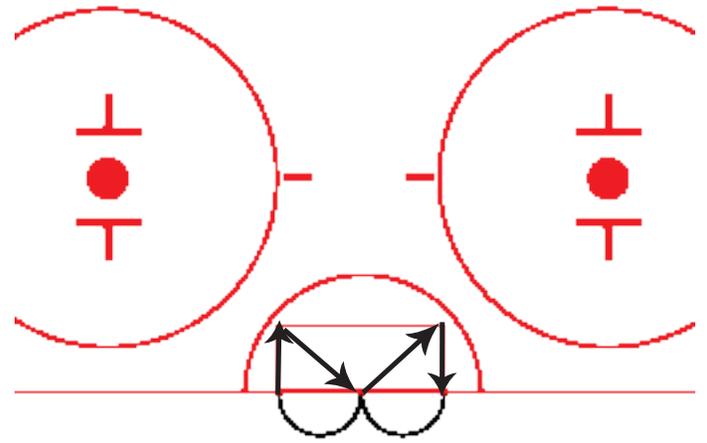
HALF - MOON DRILL - the goalie starts at one end of the crease arc and shuffles all along the crease arc to the other side and then back again. Make sure the goalie stays in their stance and faces out away from the net according to the blue arrows.



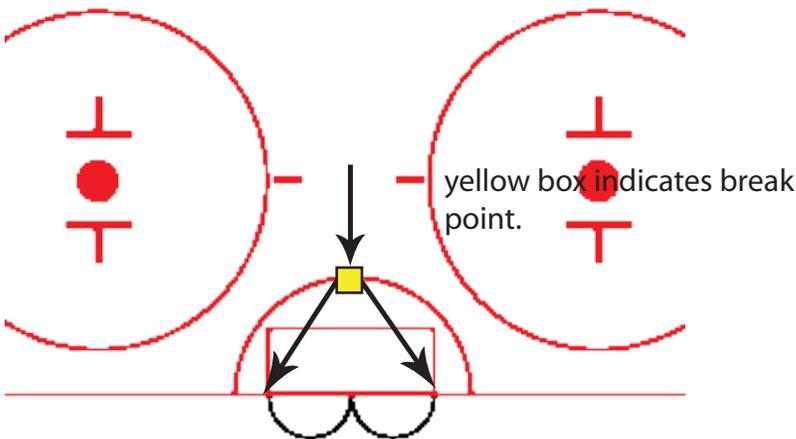
V-DRILL - the goalie should start in the center and move forwards, in their goalie stance, to the bottom of circles along the path of the arrow. The goalie then returns backwards (facing out to circle and in stance) to the center of the net and repeats to the opposite circle. This drill should be done fast with emphasis on staying in their stance and making quick transitions from one direction to the next. The goalie should be using C-cuts to move forwards and backwards.



INVERTED V - the goalie starts on a post and then moves (shuffles or t-gildes in stance) to top-center of crease arc and the back to other post. Repeat to starting position.



W DRILL - the goalie starts on one of the posts and steps out to corner of the crease box, back to the center of the net, out to opposite crease box corner and back to post. Repeat back to starting position. The goalie should face out to the blue line through all movements.



Y - DRILL - the goalie can start in the center of the net and then come out to just below the hash marks, get set in their stance and then c-cut backwards to the roughly the top of the crease and then move to either post. You can set the movement; such as shuffles, t-glides, butterfly slide or half V slide. Think of this drill as penalty shot or shoot-out were the goalie starts in his/her crease comes out challenges the shooter and follows them back to a post or a shot. Have them repeat several times to each side with the same movement. For instance, have the goalie shuffle 3 times to each side (or post) following the Y pattern. Remember the goalie will C-cut until they reach the break point and then they will begin their shuffles (or other assigned movement).