

BETWEEN THE POSTS Goalie Evaluations

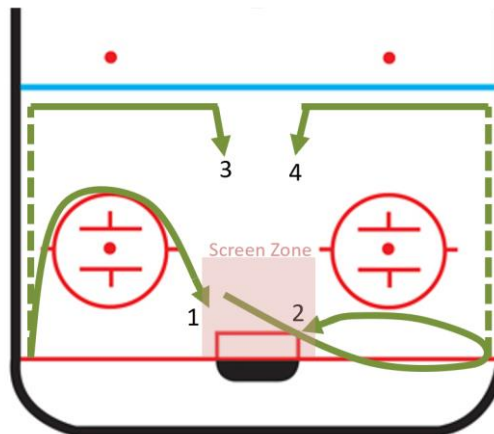
SESSION #1

Skating:

- 7 Movements: C cuts forward & backwards, T-Pushes, butterfly slide and recovery, down slide to stop, down slide to recovery, butterfly to standing recovery.

Station#1 Situational/Positional:

- Player starts in corner and walks the net for a high shot. Then skates and does a low shot. If there are enough skaters, they stay in front for a screen.
- Pass goes to the point, walk the middle, and shot – both sides.
- If not enough skaters, skater skates to corner to make pass. Repeat from opposite corner.



Station #2 Battle Drill:

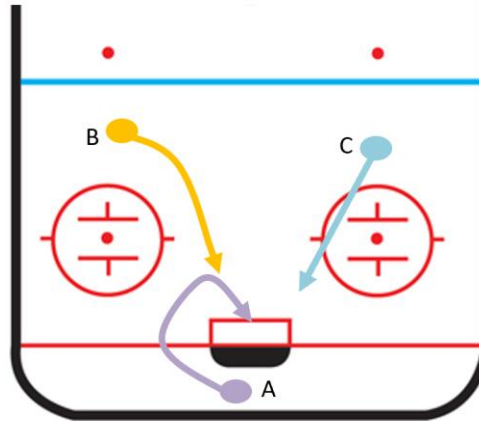
- Player A starts with a puck behind the net and goes 1-0 until he scores, or play is dead.
- Goalie squares up to Player B. He goes in 1-0 for the first shot. Then Player A joins to make it a 2-0 until they score, or the play is dead.
- Goalie squares up to Player C. He goes in 1-0 for the first shot. Then Player A and Player B join to make it a 3-0 until they score, or the play is dead.
- Drill finishes at the end of the play and goalies rotate

{diagram found on the next page}

Note: Between the Posts Goalie Evaluations reserves the right to alter the session format and drills for reasons such as ice conditions, limited nets, number of shooters, etc.

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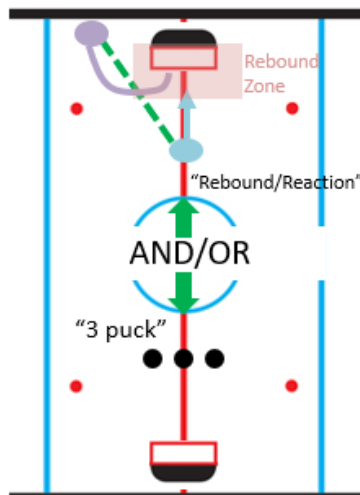


Station #3 (Rebound/Reaction):

- Player stands in the middle.
- Gets pass from player from side of the net. He shoots and the 2 players beside the net go for a rebound.
- Repeat 4 times (2 passes from each side)

AND/OR

Station #3 (3 Puck): From hashmarks. 1 shot, then 1 deke then skater picks a shot or a deke.



Note: If the arena does not have a third net to run all three stations then the skating drill will be completed in the middle in lieu of station #3.

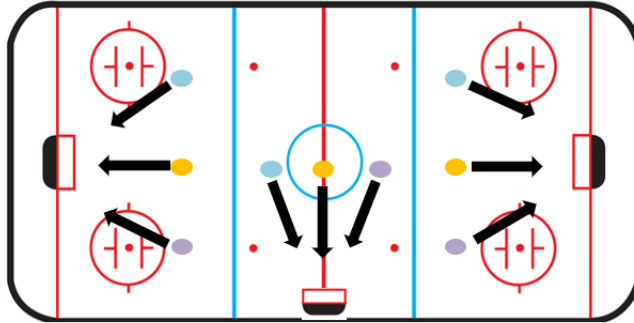
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SESSION #2

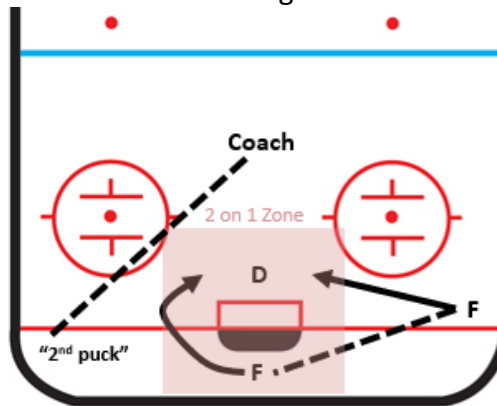
Warm-up:

- 3 lane shooting for warm up **or** movement skating



Station 1 (2 vs 1 low):

- D starts in front of the net
- F passes behind the net to the other F.
- 2 F's attack the goalie and 1 D. Go until the play is dead.
- 2nd puck dumped in the corner and 2 F's attack again



Station 2 (2 vs 2 corner drill):

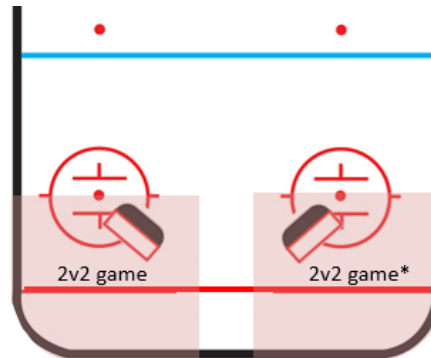
- In tight game of 2 vs 2 (game may be altered to a 2 vs 1 game)
- Coach dumps puck in and game is live
- Puck goes in, or is shot out of the playing area, new puck dumped in

{diagram found on the next page}

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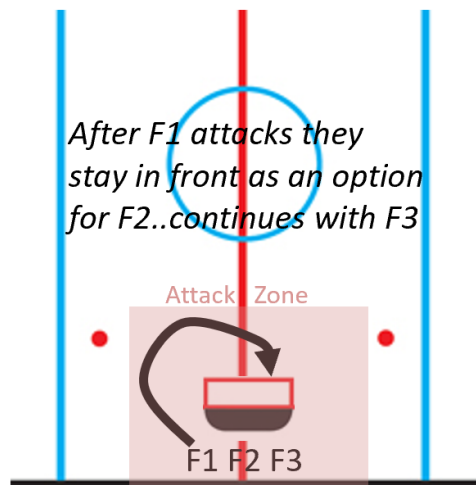
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*if enough nets and shooters are available, two games may be played

Station 3 (Wrap attack 1-2-3):

- F1 attacks the net by wrapping around from behind the net. After the play is dead (goal scored, puck scored or puck leaves attack zone) F2 attacks with the option to pass to F1. Again, when the play is dead F3 attacks with the option of passing to F1 or F2.
- Only one pass can be made per attack. A new attack is determined after the goalie touches the puck with no cover.



Note: If the arena is not able to provide enough nets to have all three stations running, station 3 will be altered to be a crease movement skating drill.

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