

NRS DRILL OF THE WEEK

Goalie Drills

www.thenrs.com

Overview:

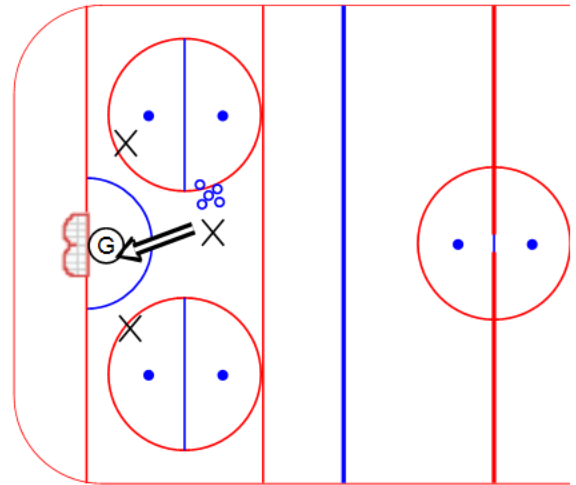
Rebound Drill- A fun game for goalies and players. Goalies work on rebound control and players work on passing and picking up rebounds close to the net. This drill can be done with all age groups. When the rebound drill is being done the rest of the players can work on passing or checking near the neutral zone.

5 Points- This drill is for just the goalie and one coach. The goalie works on movement through the crease using a decision training technique.

Double Pass- This is a good goalie warm up drill for goalies and players. The goalie has to move quickly to follow the passes and takes 2 quick shots.

Double Barrell- This drill has 6 shots in one round, helping the goalie work on staying focused and ready after each shot.

Use 3 - 5 skaters. The skaters form a triangle in front of the crease, with the top player around the hashmarks with rings. She takes a stationary shot at the goalie. She wants to score or create a rebound. If the goalie keeps the ring in the crease or the ring hits the boards at anytime (from a missed shot/pass or the goalie clears it) the goalie gets one point. If the player scores off her shot the players get a point. If a rebound is given any of the skaters can pick it up, make passes (no skating around) and shoot when they have a good opportunity. The players only receive a point if one of them scores. Keep going until one side earns a point. Keep track and play to 5 points. Players rotate after each point the goalie earns.



Key points:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

Drill no. : _____ Duration : _____ Minutes From : _____ To : _____

Title : 5 Points Category #1 : Category #2 :

Description

Show the goalie 5 points around the crease.

1/5- at the post

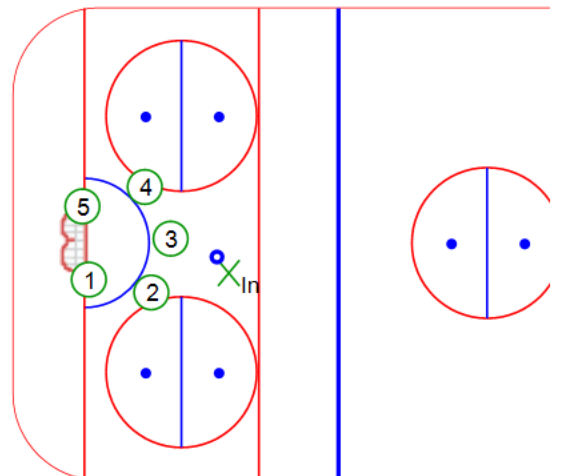
2/4-lined up for the shot from the free pass circle

3- top of the crease

The instructor calls out numbers and the goalie has to move between the numbers using shuffles and T-pushes. Once in a while the instructor can take a shot while the goalie is moving.

It is important to make sure the goalie is facing out of the crease and staying low in goalie stance.

To make this drill more advanced you can add calling out a movement (sliding butterfly, push while down, ect.) the goalie has to do between the numbers.



Key points:

<input type="text"/>	<input type="text"/>
<input type="text"/>	<input type="text"/>

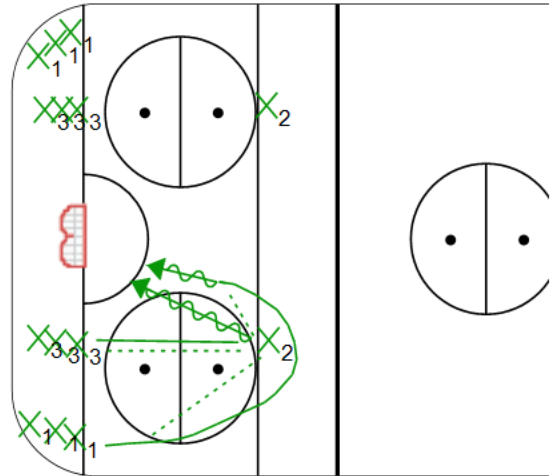
X1 skates and passes to X2, continues to skate around X2, receives a pass back and goes in to shoot.

X3 then passes to X2 and X2 goes in to shoot.

X3 follows their pass and replaces X2.

As soon as both shots are taken the opposite corner goes.

Run drill out of all four corners.

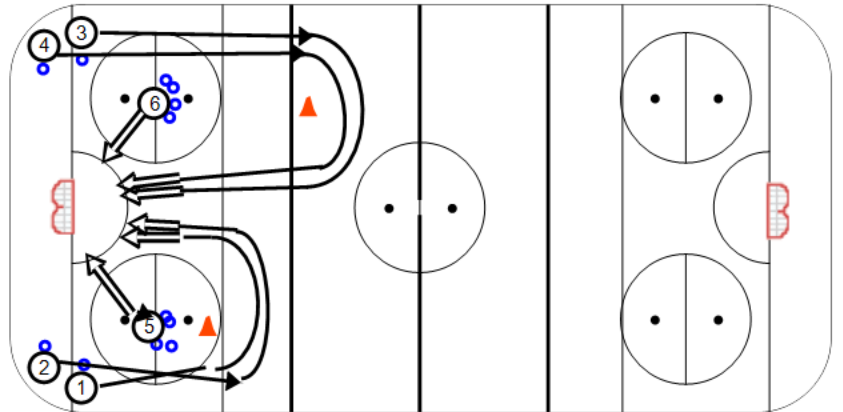


Key points:

Goalie Warm Up	Passing
Communication	Shooting

Players #1,#2,#3, and #4 leave at the same time. #1 and #2 skate around pylon at top of circle and shoot one after another. #3 and #4 skate around pylon at blue line and shoot one after another. As soon as player #4 has shot, #5 shoots and then #6 shoots.

#5 and #6 stay in for about 5 shots and then switch out with other players in line.



Key Points :

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
----------------------	----------------------	----------------------	----------------------