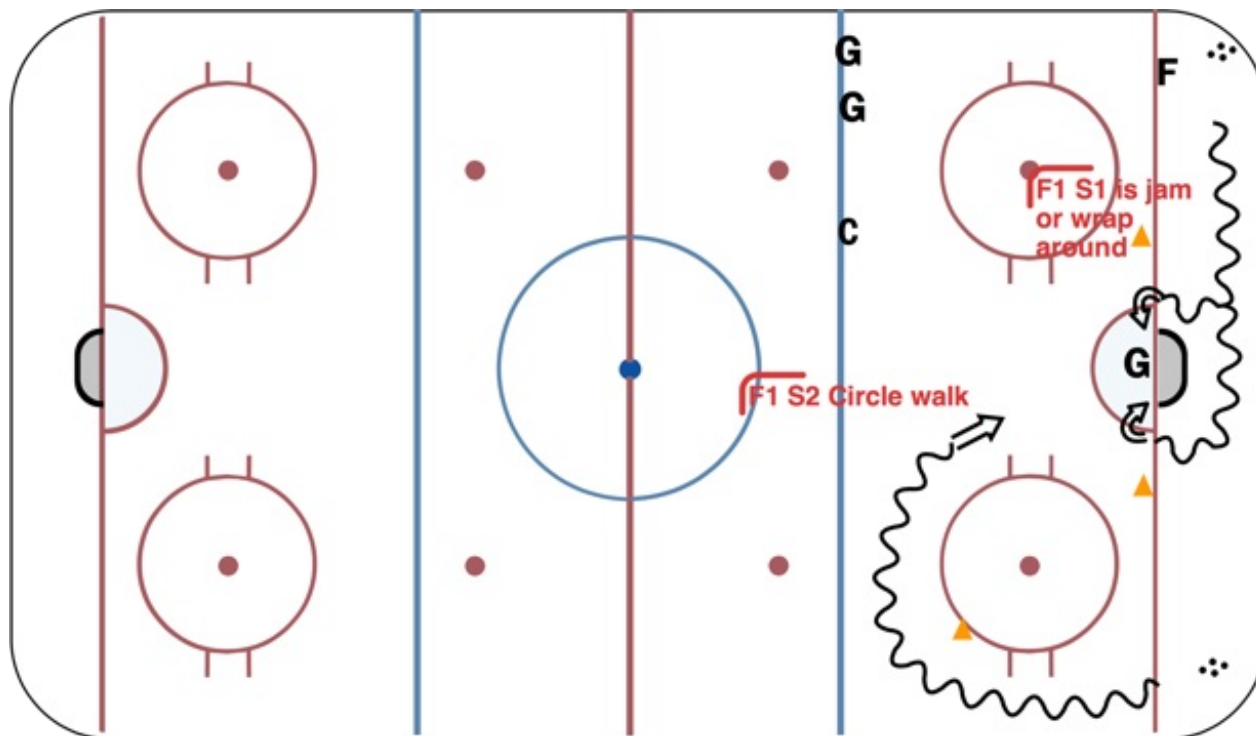


## EVALUATIONS/ JAM OR WRAP WITH CIRCLE WALK



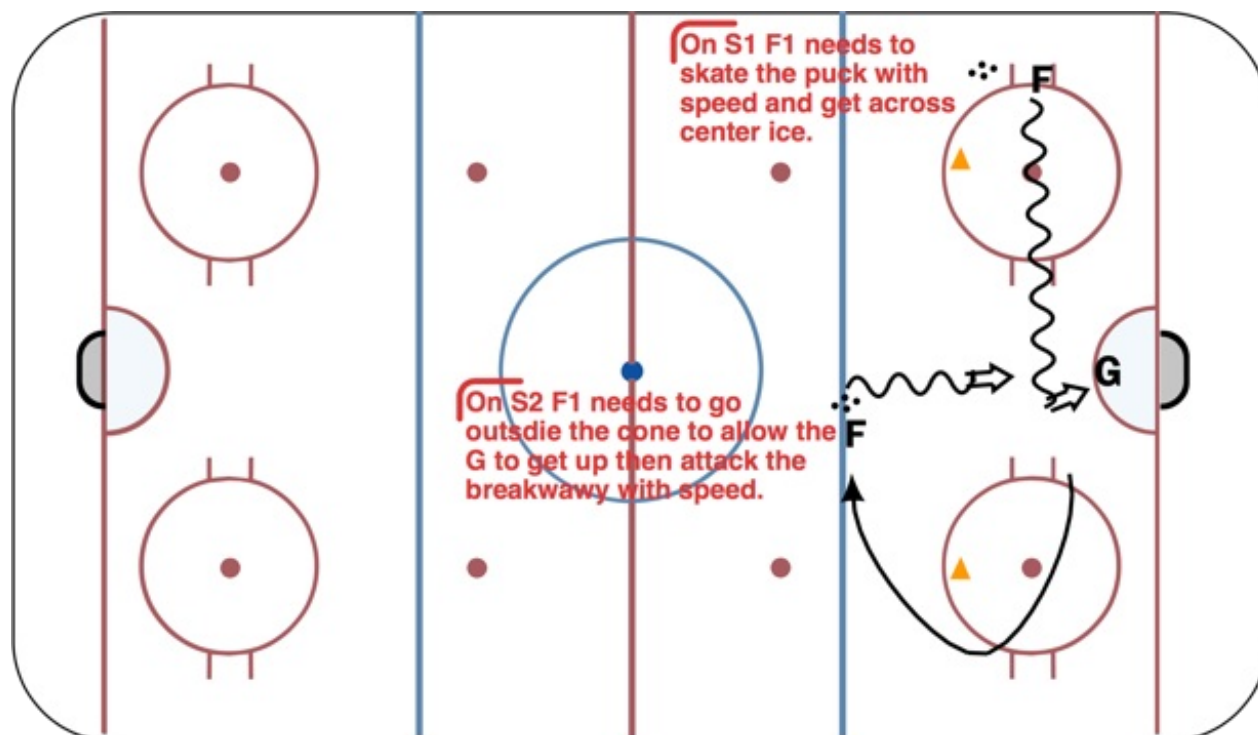
### Description

- Only the goalie that's getting evaluated is in the zone. All other goalies must be behind the blue line.
- 3 reps from each corner (6 total). If you're doing the drill in both end zones you can do 4 reps per side (make sure the drill is done on opposite sides in each end zone).
- F1 starts with a puck in the corner and attacks under the goal line. F1 can jam on the short side post or wrap around to the far post for S1 (F1 needs to take the puck between the cone and the post). The goalie must demonstrate their sharp angle/post integration techniques.
- F1 then picks up a puck in the opposite corner, skates up the wall, and skates around the top of the circle for S2. Goalie must demonstrate positional adjustments while staying in their stance.
- F1 needs to go to the net and play any rebound that stays above the goal line within 15 feet of the net (2 rebounds max). Goalie needs to recover and compete on the rebound.

### Notes: Focus Areas:

- Does the goalie have a good understanding of sharp angle positioning and post integration on S1?
- Does the goalie demonstrate save ability on S1?
- Can the goalie make proper lateral and depth adjustments on S2?
- Does the goalie demonstrate save ability on S2?
- Does the goalie compete on the rebound off S2?

## EVALUATIONS/ LATERAL WALK WITH BREAKAWAY



### Description

- Each Goalie can do 6 reps alternating sides every time or they can do 4 reps in one end zone and do 4 reps (other side of the drill) in the other end zone.
- The forward is standing on the outside hash mark with a puck and skates it with speed (at least to the mid point of the slot) and either shots it or takes the puck to the far post for S1. Goalie needs to make lateral adjustments at the same speed as the player and close off the far side if the player takes the puck across.
- The same forward skates around the cone, picks up a puck on the blue line, and attacks on a breakaway. The Goalie needs to recover from S1 and display proper timing and save ability on the breakaway.

**Notes:** -On S1 (lateral drive) can the goalie stay square?

-On S1 (lateral drive) can the goalie shuffle and stay on pace with the shooter?

-Can the goalie make an effective save and push to the far post if needed?

-On S2 (breakaway) can the goalie recover from S1 and setup on time?

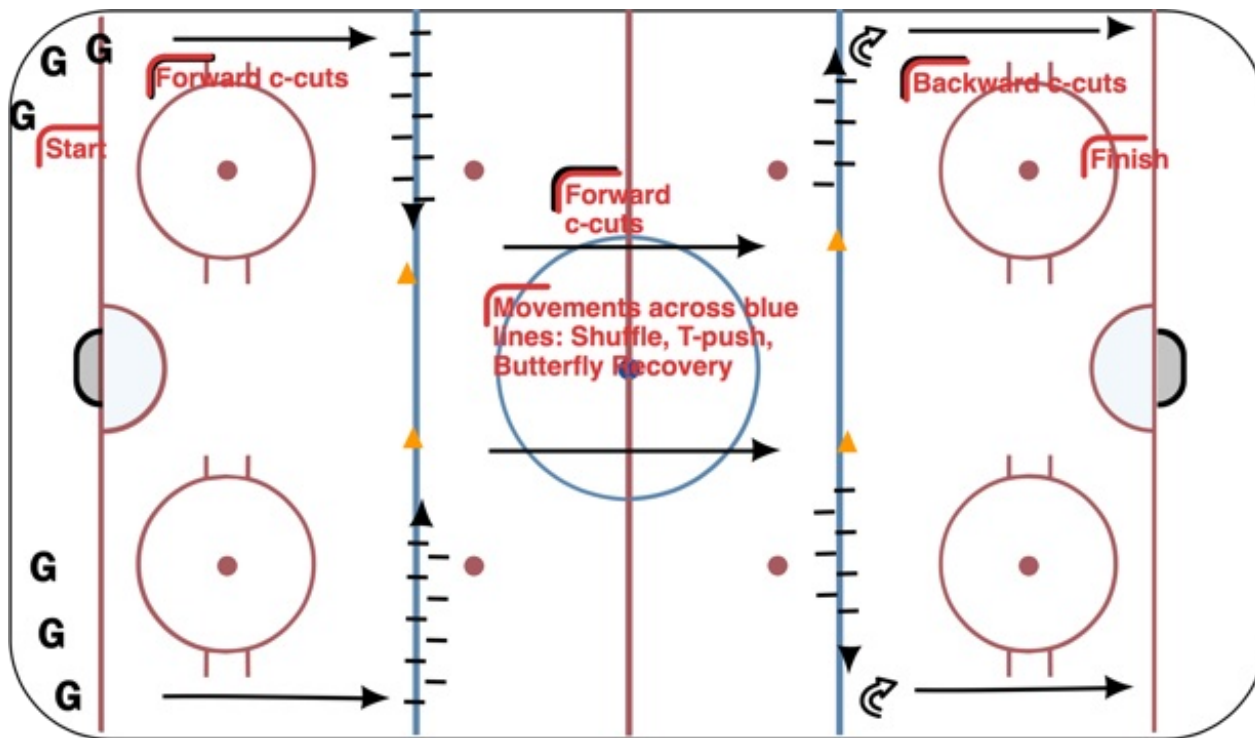
-On S2 (breakaway) can the goalie stay square?

-On S2 (breakaway) does the goalie display proper timing and depth?

-On S2 does the goalie show good save ability?

**Tags:** -This drill needs to be done with speed, -No cut backs on S1, -No fancy or slow breakaways on S2

## EVALUATIONS/ MOBILITY



### Description

- Depending on skill level or time you can move the cones along the blue line to increase or decrease the distance of each lateral movement.
  - Make sure on ice evaluators are in a good position to see all the goalies.
  - Using your roster sheet break the goalies into 2 groups (alternate each corner) from lowest to highest jersey number.
  - Goalies need to be wearing a numbered jersey that lines up with the score sheet
  - Once the kids are ready make sure you have a coach demonstrate the pattern and movement (if you have access to a demo goalie use them).
  - On the first whistle the goalie with the lowest jersey number goes. On the second whistle the next lowest jersey number goes from the other corner (alternating will allow you to space the goalies out).
  - When you get to the opposite end of the arena demonstrate the next lateral movement and repeat this until the movements are all completed.
- Sequence: Forward c-cuts to blue line wall, movement from wall to cone, forward c-cuts to cone on the blue line, lateral movement to blue line wall, and backward c-cuts to the corner.
- Movements: Shuffle, t-push, and butterfly recovery.

### Notes: Focus points:

- Can the goalies maintain their stance during the skating patterns?
- Can the goalies perform clean forward and backward c-cuts?
- Do the goalies bobble up and down during their lateral mobility patterns across the blue line?
- Do the goalies complete the drill properly (no shortcuts)?

**Tags:** -Make sure score sheets and jersey numbers are ready before the ice session, -Shooters stay on the bench until mobility is finished.

