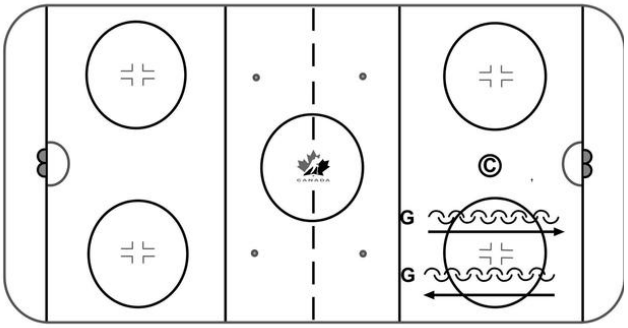
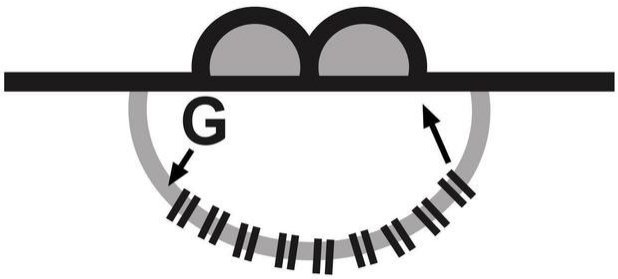
Canadian Player Pathways
OHF U9 Pilot – Goaltending Plan #1

Practice Plan 1

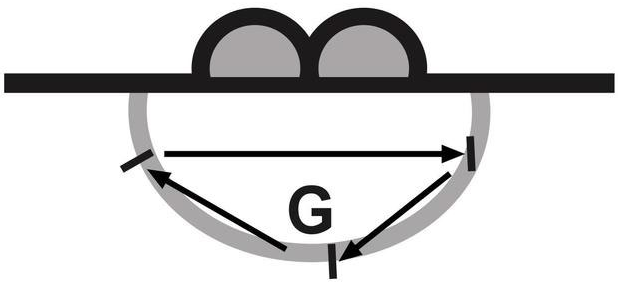
Drill Name & Description
3 mins – Goaltending – Skating – C Cuts
- G starts inside the blue line in athletic stance - Follow straight line towards the goal line - Focusing on forward C-cuts (weight on heels of skates) and then alternatively backward C-cuts (weight on balls of feet) - Skate blades stay on the ice, using inside edges to generate speed and power **Key Teaching Points** - Establishing a solid flow forward and backward - Ensuring that the G has a quiet upper body throughout the movements - Use of a single foot stop and start using the front ½ of skates



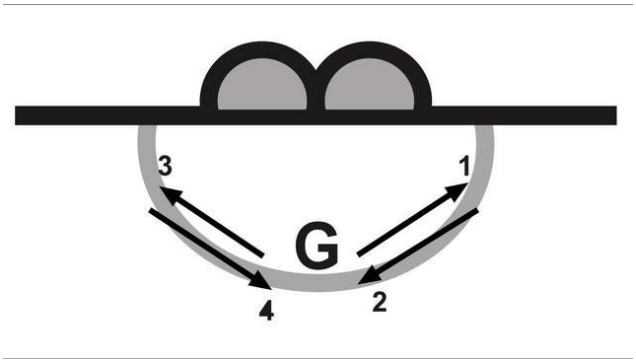
Drill Name & Description
3 mins – Goaltending – Skating – Shuffles - Crease
- G starts at the post in athletic stance - Shuffles along the crease line in a semi-circle - G repeats starting on opposite post **Key Teaching Points** - Apply pressure with the push skate on inside edge and release pressure with the glide skate - Maintain quiet upper body - Return to athletic stance with weight on inside edges



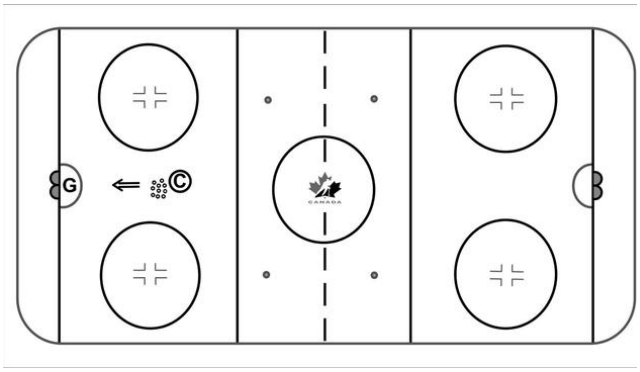
Drill Name & Description
3 mins – Goaltending – Skating – T-Push Crease
- G starts in athletic stance at the top of crease - T-pushes to one face-off dot, then to the opposite face-off dot and back to the top of the crease - G repeats starting in opposite direction **Key Teaching Points** - Lead with eyes and stick - Knees bent for stronger push, quiet upper body - Strong directed T-pushes with single foot balanced stops - Don't over skate target destination



Drill Name & Description
3 mins – Goaltending – Movement – Power Slide – Crease
- G starts at the top of the crease in athletic stance, drops to a butterfly - Rotates and power slides to a face-off dot (LOOK, LEAN, LOAD) - G recovers to standing stance with lead leg, then drops to a butterfly again and power slides back to top of the circle - G recovers to standing stance again and repeats to opposite face-off dot - G continues for 4 repetitions each side (alternating directions) **Key Teaching Points** - Lead with eyes, stick and skate (LOOK) - Rotate shoulders, gloves and stick (LEAN) - Load leg pushes with inside edge and front ½ of skate (LOAD) - Lead pad begins to seal the ice while the stick covers the 5 hole, the load pad extends and joins the lead pad to completely seal the ice - Maintain quiet upper body



Drill Name & Description
3 mins - Goaltending – Glove-Blocker Saves – Standing
- G starts at the center of the crease in athletic stance with a player at the top of the slot with pucks - Player shoots pucks to the glove then blocker - G must follow the puck with eyes from the release to the contact with the glove and blocker **Key Teaching Points** - Strong commitment to visual connection to the puck all the way - G can lean and bring shoulders towards the puck - Blocker is positioned so that the G can focus on the puck but see the glove in their secondary vision, rotate wrist to angle the puck to the corners upon impact - In line netting of glove with the puck and prepare to receive, close glove when the puck is in the glove



Drill Name & Description
3 mins - Goaltending – Glove-Blocker Saves – Butterfly
- G starts at the center of the crease in butterfly stance with a player at the top of the slot with pucks - Player shoots pucks to the glove then blocker - G must follow the puck with eyes from the release to the contact with the glove and blocker **Key Teaching Points** - Strong commitment to visual connection to the puck all the way - G can lean and bring shoulders towards the puck - Blocker is positioned so that the G can focus on the puck but see the glove in their secondary vision, rotate wrist to angle the puck to the corners upon impact - In line netting of glove with the puck and prepare to receive, close glove when the puck is in the glove