

# BETWEEN THE POSTS

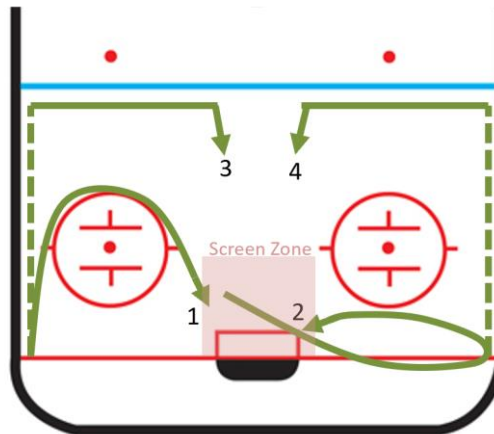
## Goalie Evaluations

### 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

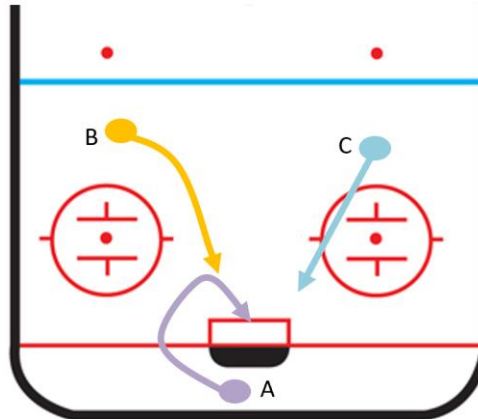
{diagram found on the next page}

*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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## Goalie Evaluations

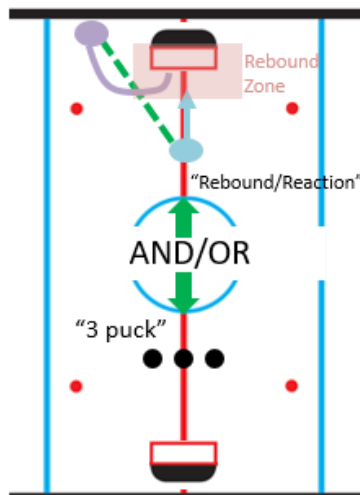


### Station #3 (Rebound/Reaction):

- 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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