

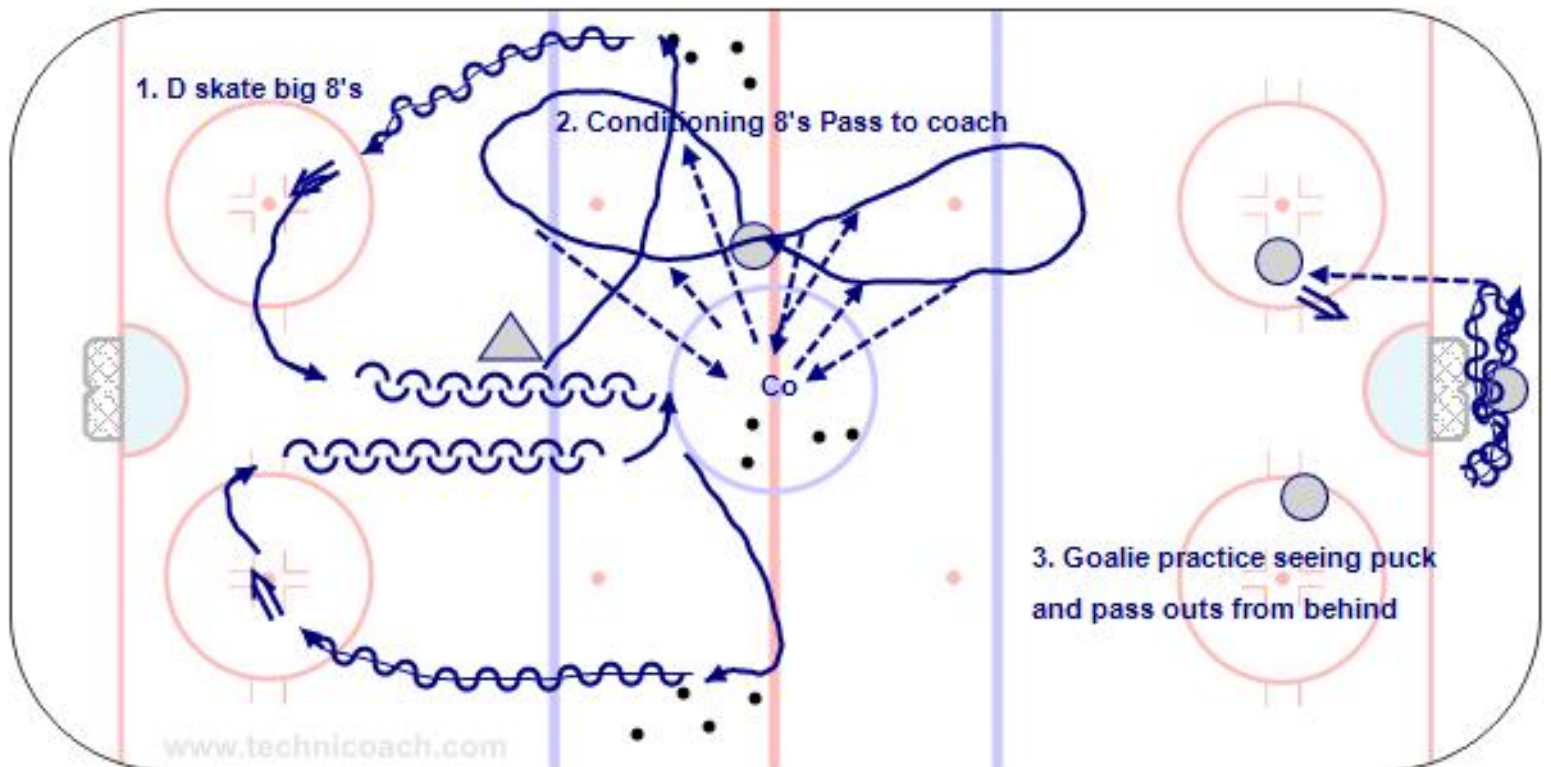
G Conditioning and Goalie Technique

Key Points:

Skate all directions and pivots.

Description:

1. D get a puck from the red line, skate in and shoot, Backwards thru middle lane, get a puck from other side at the red line, skate in and shoot.
2. Lateral figure 8's, facing the coach and exchange passes.
3. Player behind net go from side to side and pass out or walk out for a shot. Goalie read movement.



G - Walk out and Pass Across - Shot - Finnish U20

Key Points:

Goalie be square with the puck carrier out of the corner and push and slide across to be square to the one timer shot on the far side.

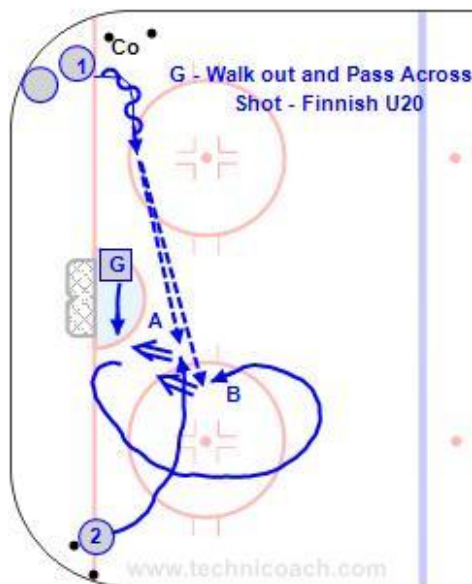
Description:

A. Player one walk out of the corner and pass to player two going to the net from the far corner. Player two take a one time shot.

B. Player two circle back and go to the far post from the top of the circle. Player one get a second puck and skate out of the corner and pass to player two.

*Repeat from both sides.

<http://www.hockeycoachingabcs.com/filemgmt/index.php?id=98>



G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

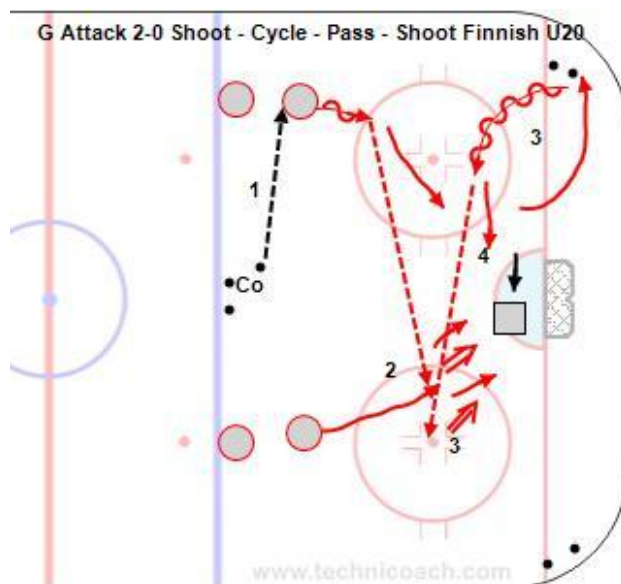
Key Points:

Goalie must track the puck from side to side and use the inside edges to push.

Description:

1. Coach pass to a forward.
2. Two forwards attack 2-0 with a one timer shot and look for a rebound.
3. One forward pick up a puck from either corner and pass to the other forward who shoots a one timer.
4. Both forwards rebound.

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G 3-0 - Triangle Attack Finnish U20

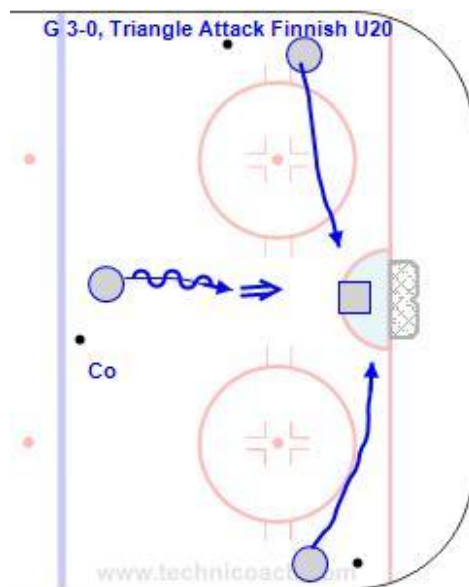
Key Points:

Goalie must stay square to the puck and make the save and then battle to stop the rebound.

Description:

1. One player on each side and one at the mid point.
2. Players take turns skating in and shooting while the other two skaters come in for a rebound.

<http://www.hockeycoachingabcs.com/mediagallery/media.php?f=0&sort=0&s=20120307090122582>



G - Goaltending: Video Demonstrations

Various coaches work with goalies by themselves or with shooters.

G-B6 Walk out and Pass Across - Shot - Finnish U20

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G 3-0 - Triangle Attack Finnish U20

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G Attack 2-0 Shoot - Cycle - Pass - Shoot Finnish U20

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Goalie Warm Up and Drills - Todd Laurin talks about why he is doing various drills and demonstrates.

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Goalie Movement – Positioning and goal crease movement.

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Goaltender Tracking the Puck – tracking the puck after a rebound.

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Goalie Technique and Playing Shots pt. 1 – Pro goalie practice.

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Goalie Movement with Todd Laurin pt.2 - Crease movement.

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Goaltending Pt. 3 – Movement from various starting positions.

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Goalie Skating – Finnish goalie practices skating.

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Goaltending with former Flames coach Dave Marcoux Dave explains goalie movement.

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Goalie Movement 2 with Dave Marcoux of the Flames - Dave is on ice with college and a young Mexican goalie.

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Goalie Movement – The entire 17 minute video with Dave Marcoux and five goalies.

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