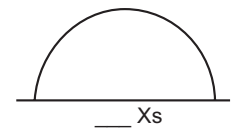
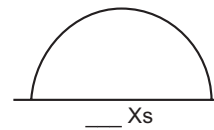
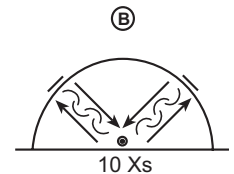
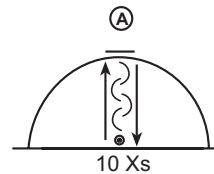




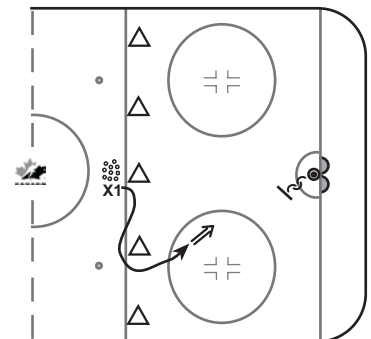
## Hockey Canada Skills Development Program

### Goaltender Practice Plan - Beginner

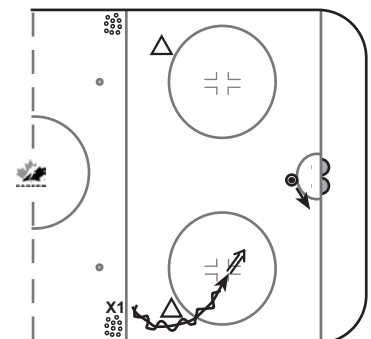
| Time | Description  | Key Points |
|------|--|------------|
| 10   | Movement Warm Up   |            |
|      | <ol style="list-style-type: none"> <li>1. Scull out to top of crease</li> <li>2. Scull back to start line</li> <li>3. Scull out to glove side crease edge</li> <li>4. Scull back</li> <li>5. Scull out to blocker side crease edge</li> <li>6. Scull back</li> </ol> |            |



| Time | Description  | Key Points |
|------|--|------------|
| 5    | Primary Drill  |            |
|      | <ol style="list-style-type: none"> <li>1. Shoot randomly selects pylon to drive around and takes shot on net</li> <li>2. Goalie comes out to challenge</li> <li>3. Repeat using different pylon each time</li> </ol> |            |



| Time | Description   | Key Points |
|------|---|------------|
| 10   | Secondary Drill   |            |
|      | <ol style="list-style-type: none"> <li>1. X1 drives around pylon for shot on net</li> <li>2. Goalie starts in middle of crease</li> <li>3. Goalie shuffles to proper position</li> <li>4. Repeat from opposite sides</li> </ol> |            |

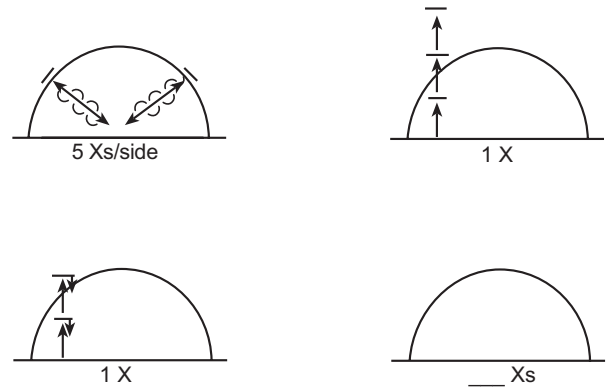




## Hockey Canada Skills Development Program

### Goaltender Practice Plan - Intermediate

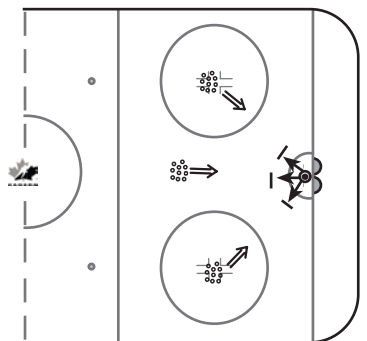
| Time | Description   | Key Points |
|------|---|------------|
| 10   | Movement Warm Up  |            |
|      | <ol style="list-style-type: none"> <li>1. Step out to Glove side</li> <li>2. Scull back to start position</li> <li>3. Step out to Blocker side</li> <li>4. Shuffle forward, stop</li> <li>5. Shuffle forward, stop</li> <li>6. Shuffle forward, stop</li> <li>7. Shuffle forward, pad save upon shot</li> <li>8. Shuffle forward, pad save upon shot</li> </ol> |            |



| Time | Description   | Key Points |
|------|---|------------|
| 5    | Primary Drill   |            |
|      | <ol style="list-style-type: none"> <li>1. Drive around pylon for shot</li> <li>2. X2 skates towards pylon, without puck</li> <li>3. X2 picks up puck, and takes shot</li> <li>4. Drive around pylon, takes 3<sup>rd</sup> shot on net.</li> </ol> |            |



| Time | Description  | Key Points |
|------|--|------------|
| 10   | Secondary Drill  |            |
|      | <ol style="list-style-type: none"> <li>1. Shot on net</li> <li>2. Shot on net</li> <li>3. Shot on net</li> </ol> |            |

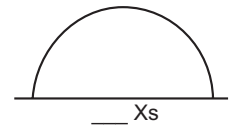
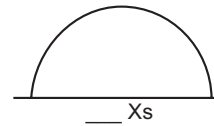
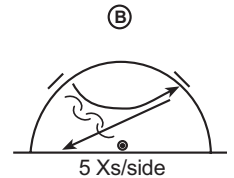
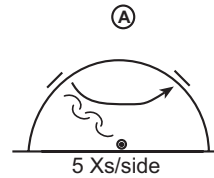




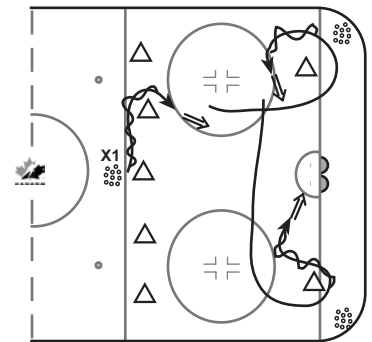
## Hockey Canada Skills Development Program

### Goaltender Practice Plan - Advanced

| Time | Description  | Key Points |
|------|--|------------|
| 10   | <b>Movement Warm Up</b>  |            |
|      | <ol style="list-style-type: none"> <li>1. Scull out to edge of crease, glove side</li> <li>2. Stop. Set</li> <li>3. Step-back, pivot, move to blocker side</li> <li>4. Do 5 times, alternating sides</li> <li>5. Lateral slide back across net to original side</li> <li>6. Do 5 times, alternating sides</li> </ol> |            |



| Time | Description  | Key Points |
|------|--|------------|
| 5    | <b>Primary Drill</b>   |            |
|      | <ol style="list-style-type: none"> <li>1. Drive around pylon, take shot</li> <li>2. Drive to corner, pick up puck, take second shot.</li> <li>3. Repeat using different pylons and corner each time</li> </ol> |            |



| Time | Description   | Key Points |
|------|---|------------|
| 10   | <b>Secondary Drill</b>  |            |
|      | <ol style="list-style-type: none"> <li>1. Drive around pylon</li> <li>2. Shot on net</li> <li>3. Drive around second pylon</li> <li>4. Shot on net</li> <li>5. Drag puck to middle of ice for shot</li> <li>6. Drag puck to middle of ice for shot</li> </ol> |            |

