

SIMPLE DRILLS TO DEVELOP GOALIES ON AND OFF THE ICE
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2005 USA HOCKEY NATIONAL COACHES SYMPOSIUM
GRAND RAPIDS, MI

- *On Ice Goalie Sessions – Drills*
 - Philosophy of Drills
 - Purpose
 - Create and maintain good habits that a goalie will utilize during regular practices and games
 - Quantity and variety of drills used
 - Very few with slight variations of select drills
 - Simple
 - Repetitive
 - Consistent
 - Great athletes must “work past boredom” to establish great habits (Muscle Memory)
 - Focus of Drills
 - Not used for Conditioning
 - Goalie should be set for each shot
 - Explanation of Drills on Handout – Video

- *Off Ice Agility - Quickness – Eye/Hand Coordination Drills*
 - All of these exercises are Goalie specific
 - Sample Workout has been provided
 - Drills are divided into 4 areas
 - Goalie Plyos – 8 Minutes
 - Goalie Lateral Hurdle Drills – 8 Minutes
 - Goalie Agility Drills – 8 Minutes
 - Tennis Ball Drills – 16 Minutes
 - Total workout time is 40 minutes
 - Two workouts per week
 - Each workout has One Plyo drill, One Lateral Hurdle drill, One Goalie Agility drill, and Multiple Tennis Ball drills
 - For the Plyo, Lateral, and Agility drills phases have been provided. Each phase should last about 3 weeks
 - Do 5-7 reps of each drill.
 - Do each drill three times, except the tennis ball drills.
 - **Do a core exercise after each drill**

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GOALIE AGILITY – QUICKNESS – EYE/HAND COORDINATION
SAMPLE WORKOUT WITH DRILL EXPLANATION

- **Goalie Plyos – 8 Minutes Each Day**
 - *Hockey Bound and Stick – Phase 1 Day 1*
 - In Goalie stance execute an over-exaggerated shuffle pushing off with outside leg for maximum height and distance, landing on opposite leg with stick.
 - *Single leg/Single hurdle hop and stick – Phase 1 Day 2*
 - Stand on one leg and jump over single hurdle with a stick on the SOFT landing. Repeat opposite direction on same leg
 - *Hockey Bound Continuous – Phase 2 Day 1*
 - Same as above Hockey Bound but without stick, changing direction as quickly as possible
 - *Single leg/Single hurdle hop continuous – Phase 2 Day 2*
 - Same as above without stick and minimizing time on ground
 - *Zig Zag Hockey Bound with Stick – Phase 3 Day 1*
 - Perform Hockey Bound moving at a 45-degree angle. Stick each landing prior to exploding opposite direction
 - *Single leg/Three hurdle hop and stick – Phase 3 Day 2*
 - Same as above but jump over three hurdles rather than one
 - *Zig Zag Hockey Bound continuous – Phase 4 Day 1*
 - Same as above but no stick. Minimize time on ground.
 - *Single leg/Three hurdle hop continuous – Phase 4 Day 2*
 - Three hurdles minimizing time on ground
 - *Continuous Shuffle Bound – Phase 5 Days 1 and 2*
 - Execute an exaggerated shuffle pushing for maximum height and distance and repeat in same direction
- **Goalie Lateral Hurdle Drills – 8 Minutes**
 - *2 Feet Shuffle with Stick (2 hurdles) – Phase 1 Day 1*
 - Start on outside of first hurdle on outside leg. Shuffle over both hurdles with a stick on outside of second hurdle. Move as fast as you can through the cones until you stick.
 - *2 Feet Shuffle with Stick and tennis ball toss – Phase 1 Day 2*
 - Movement is same as above. Now at each stick I will toss a tennis ball for G to track into hand and catch
 - *2 Feet Shuffle continuous (2 hurdles) – Phase 2 Day 1*
 - Same movement as above but no stick. Move quickly on each end in the opposite direction
 - *2 Feet Shuffle continuous with tennis ball toss – Phase 2 Day 2*
 - Same movement as above, adding tennis ball toss at each end. Must throw ball in advance so G can catch and move quickly in opposite direction
 - *2 Feet Shuffle with Stick (3 hurdles) – Phase 3 Day 1*
 - Same movement – Add on more hurdle
 - *2 Feet Shuffle with Stick and tennis ball toss – Phase 3 Day 2*
 - Three hurdles with tennis ball at each end on stick
 - *2 Feet Shuffle continuous (3 hurdles) – Phase 4 Day 1*
 - Same movement no stick
 - *2 Feet Shuffle continuous with tennis ball toss – Phase 4 Day 2*
 - Tennis ball toss on end. Quickly in opposite direction
 - *Figure 8 – Phase 5 Day 1*
 - Same 3 hurdle set up. G utilizes small concise movements to perform figure 8 through the hurdles. Stay low.
 - *Figure 8 with Tennis Ball Toss – Phase 5 Day 2*
 - Same as above, tossing tennis balls at any point.