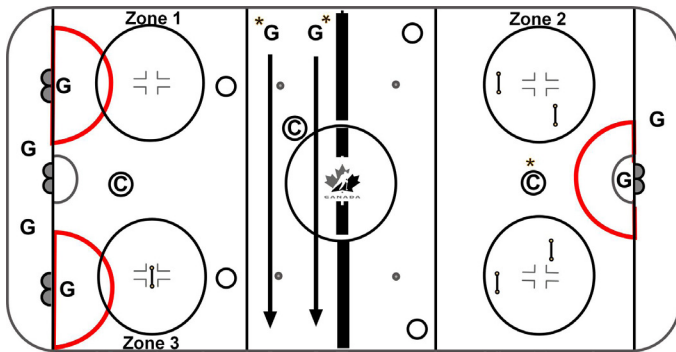
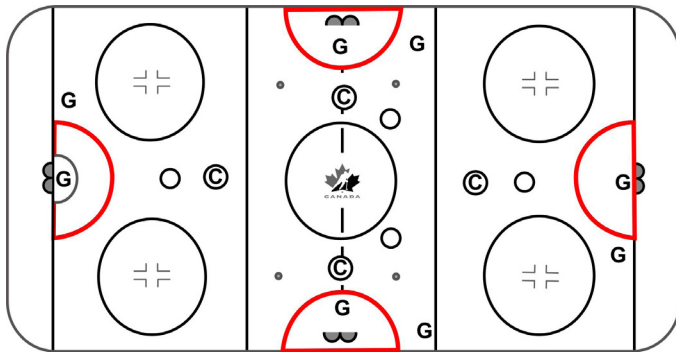


DRILL THEME:

# Goaltenders

DRILL NAME:

## Three-Zone Goaltender Set-Up



**8 Goalies / 4-6 Shooters / 2-3 Coaches**

### Drill Description:

The three-zone set-up works well with approximately eight goalies on the ice (while still allowing for shooters and respecting proper distancing), making sure goalies get enough net time. Maximum of two goalies per net. Coaches can identify skills in each zone to be practiced in and out of the crease. Rotate through different skills every 3-5 minutes. Coaches should be mindful of work-to-rest ratios depending on the number of players on the ice and at each station. Make sure there is proper rest and hydration.

### Skills:

#### SEQUENCE #1

- Skating skills
- Crease skating skills
- Stationary shots

#### SEQUENCE #2

- Hands drills
- Sliding skills
- Moving shots

#### SEQUENCE #3

- Stick saves
- Rebounds
- Tips and deflections

#### SEQUENCE #4

- East-west plays
- High-to-low / low-to-high plays
- Entries