



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

BUTTERFLY FULL RECOVERY DRILL

Drill Description:

Full Recovery - Goalie recovers onto both feet after going down onto ice to make a save.

A1 is standing in the middle of the slot 2 feet above the top of the circle.

A2 is standing on top of the face-off circle to the goalie's left.

A3 is standing on top of the face-off circle to the goalie's right.

All shooters have pucks.

For all shots goalie stands at the top of the crease.

A1 shoots low to the goalie's left side. Goalie makes save in $\frac{1}{2}$ butterfly then recovers to his/her feet. Goalie then T-pushes over to A2. A2 shoots low. Goalie makes save then recovers to his/her feet. The goalie will then T-push back to the middle for the next shot from A1.

A1 shoots low to the goalie's right side. Goalie makes save in $\frac{1}{2}$ butterfly then recovers to his/her feet. Goalie then T-pushes over to A3. A3 shoots low. Goalie makes save then recovers to his/her feet. The goalie will then T-push back to the middle for the next shot from A1.

Key Teaching Points:

Goalie is in his/her stance at the top of the crease.

Track puck into pads or stick and control rebounds.

Full Recovery: When moving to the right, get up with left leg. When moving to the left, get up with right leg.

After extending leg to make save, the goalie needs to recover with the foot of the outside leg in front of the extended knee. This rotates goalie on angle. While recovering, continue to keep the lead leg extended in order to fill space. Weight should be placed on the inside edge of the outside leg.

