



# NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

## DOUBLE OPTION POLE WORK

### Drill Description:

X1 spots puck in corner for himself.

X2 moves to position himself in the strong side sweet spot.

X3 moves to just above top of the crease in the middle of the net.

X1 retrieves puck and can initially either pass to X2 in sweet spot for shot or pass to X3 above the crease.

If X1 moves behind the net, X2 slides across to sweet spot on opposite side of the ice. X1 then again has the option to pass to X2 for a shot or pass to X3 at the top of the crease.

The goaltender must always be aware of X2 and X3's position on the ice.

### Key Teaching Points:

*Shot from sweet spot:* Goalie C-cuts or T-pushes out to the top of the crease, sets feet and makes the save.

*Pass to top of crease:* Goalie reads in tight quick shot and slides out in butterfly, leads with stick and gloves toward the shooter's stick blade. Shoulders and waist must turn in the same direction as his stick and gloves are going.

On in tight rebounds, use on-ice recovery over to shooter. On outside rebounds, use full recovery and get into position for second shot.

