



## VGA Coaching/Goaltenders' Clinic

November 10, 2004

34 Wright Court  
South Burlington, VT  
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**Activity:** 3-puck drill (fun, conditioning, agility)

1-5 Shooters/coaches needed for the drill

**Objective:** Promote athleticism, competition, conditioning, reflexes and to force the goaltender to make the impossible save. Most goaltenders love this drill.

### Description:

This activity can be done with as many as five shooters or as few as one. Three seems to be an ideal number.

- ❑ Place 3 pucks between the hash marks.
- ❑ Shooters retrieve first puck move in on goal and play until they score.
- ❑ After scoring with the first puck they grab a second puck and repeat until all three pucks have gone into the net or for 45 seconds, whichever comes first.
- ❑ The goaltender wins if he/she is able to keep the players from scoring for 45 seconds. The players win if they are able to score with all three pucks before the time elapses.

\*\*\* This can also be adapted and used as a conditioning activity for forwards as well. A group of three players attacks opposite nets simultaneously. Pucks are placed at both blue lines. Three players attack opposing nets simultaneously. All three players must touch the puck before a goal is scored. After a goal is scored all three players must clear the zone before attacking again. The group of three players to score with all three pucks wins.



