



VGA Coaching/Goaltenders' Clinic

November 10, 2004

34 Wright Court
South Burlington, VT
802-863-6985

Activity: 15 puck angle drill

3 shooters and one goaltender

Objective: This activity is meant to improve the goaltenders skating and lateral movements.

Description:

The coach should feel free to vary the position and number of shooters in this activity-move them in closer or further out depending on the needs and level of your goaltender.

- ❑ Each shooter should have 5 pucks each. The coach should decide on a pattern ABC or BCA or CBA....
- ❑ Each shooter takes one shot follow by the next, followed by the next.
- ❑ The goaltender should work on being square to the shooter and staying in his/her stance.
- ❑ This is an excellent conditioning drill. Feel free to adjust the number and speed of the shots if your goaltender seems to be getting through the drill too easily.



