



## VGA Coaching/Goaltenders' Clinic

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

**Activity:** Butterfly binge!

Goalie and one coach

**Objective:** This activity is geared towards improve the goaltenders lateral movement in the butterfly position and recovery.

### Description:

The nice part about this activity is that it can be done anywhere on the ice. All that is needed are 10-15 pucks and two pylons.

- ❑ Place two pylons about 7-9 feet apart along the boards.
- ❑ Begin the activity by shoot the puck towards one of the pylons. The goaltender should slide towards the puck to make the save.
- ❑ After the first save has been made, the goaltender should recover and shuffle back towards the middle of the pylons.
- ❑ The coach then shoots another puck towards one of the pylons which the goaltender must again  $\frac{1}{2}$  butterfly towards in order to make the save.



