



VGA Coaches Guidelines

34 Wright Court
South Burlington, VT
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Activity: Can't See, Deflections and rebounds.

1 or 2 shooters/coaches needed for the drill

Objective: Goaltender should work to stay in his/her crouch, fight to see the puck, and recover quickly.

Description:

It is important that the goaltender be given time to recover between shots.

- ❑ Put a pile of pucks at point A.
- ❑ Place net against the boards.
- ❑ Drill begins with the coach shooting a puck at the net. Goaltender makes the save.
- ❑ The goaltender then moves on a back diagonal to make the save.
- ❑ He/she should try to be square to the puck and to make the save with the middle of his/her body.

*** Again, this drill can be adapted to be a team activity.



