



VGA Coaching/Goaltenders' Clinic

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

Activity: Kelly Hrudey Tip Drill (fun, conditioning, agility)

3-4 Shooters/coaches needed for the drill

Objective: This drill is great to improve goaltenders agility and crease movements. It also can be used as a conditioning drill.

Description:

It is important that it be done at a base that forces him/her to push him/herself. A goaltender should face four or five rotations (10 shots) then take a quick break.

- ❑ Shooters should be stationed at A and B with pucks.
- ❑ Shooter at point A takes a shot then crashes the net.
- ❑ Shooter from point D shoots low for a deflection. The goalie should make the save and immediately recover.
- ❑ The shooter from point C should then shoot low for a deflection. Again then goalie makes the save then moves to face shooter B.
- ❑ Continue alternating sides.

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



