



VGA Coaching/Goaltenders' Clinic

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

Activity: Pick a door!

Full team activity

Objective: Goaltender will work on crease movements as well as cutting down the angle. It is important to note that during this drill the goaltender will likely be able to push him/herself for 12-15 shots before a break is necessary.

Description:

This activity can be set up so that all the players start in corner A then finish in corner B or, players can be split in two and alternate sides. The first option has a built in break, while the second forces the goaltender to do more lateral movements.

- ❑ Players and pucks should begin in the same corner.
- ❑ Players are instructed to skate full speed towards the pylons. Upon reaching them, they will choose one of the opening, skate through it and immediately take a shot.
- ❑ The activity can be adjusted so that players take go around the pylon and attack the goaltender one on one. The goaltender needs to work on gap control so that they do not leave the shooter too much room to shoot.



