



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

OUT, OVER, BUTTERFLY SLIDE BACK

Drill Description:

1. Goaltender T - pushes or C - cuts out to the middle of the top of the crease and sets feet.
2. The goaltender small T - pushes to the corner angle of the top of the crease on the side from where he/she started from and sets feet.
3. The goaltender then rotates hips and butterfly slides back to just outside opposite side post.
4. Repeat drill from opposite post.

Repeat drill 2X each way for a total of 4 reps.

Key Teaching Points:

1. Off post the lead leg should be placed in the middle of the net. This places the goaltender on angle to potential shots.
2. Once arriving at the top of the crease the goaltender's heels should be on the red, feet should be set for approximately 1 – 2 seconds and square to the potential shot angle.
3. Butterfly slide – Bring drive leg and lead leg together flush on the ice.
4. Butterfly slide - Goaltender should catch skate edge just outside of the post. This will keep goaltender square to the shooter and in position to move in another direction. If the goaltender hits the post it will push him/her off angle and limit his/her ability to move in another direction while also causing a small opening on the post side for the shooter.



