



NATIONAL TEAM DEVELOPMENT PROGRAM GOALTENDER DRILLS

WILDCAT BUTTERFLY SERIES

Drill Description:

NOTE: Begin drill by evaluating goaltender dropping into a butterfly from stance position.

Part 1:

- Goaltender (without stick) starts on the corner angle of the top of the crease. S1 begins at the top of the circles in the middle of the slot.
- Goaltender small T - pushes to the middle of the top of the crease and sets feet.
- Once goaltender sets feet, S1 shoots at the five hole.
The goaltender repeats the drill from opposite side.

Part 2:

- Goaltender (with stick) starts at the corner angle of the top of the crease. S1 begins at the edge of the face-off circle, just below the dot.
- S1 walks to the middle (on forehand) and can shoot anytime at the five hole. The goaltender shuffles across the crease with the shooter. S2 repeats the drill from the opposite side.

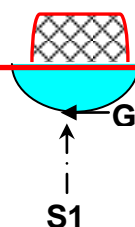
Part 3:

- Goaltender (with stick) begins in the middle at the top of the crease. S1 begins in the slot at the top of the circles.
- S1 skates with the puck on a diagonal angle toward cone placed inside the bottom of the face-off circle. S1 shoots at the five hole or between the goaltender's arms.
The goaltender stays square to the shooter while following across the crease.

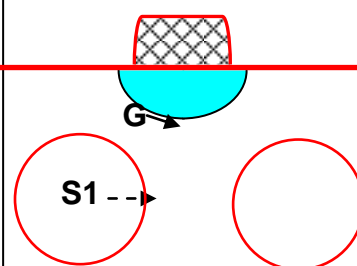
Key Teaching Points:

- While using the butterfly save the goaltender should:
 - Drive the knees to the ice
 - Press hips forward
 - Keep the chest up and shoulders level
 - Squeeze pants/pads together
 - Maximize net coverage with pads extended
 - Be ready to close holes under the arms and keep hands in stance position

Part 1



Part 2



Part 3

