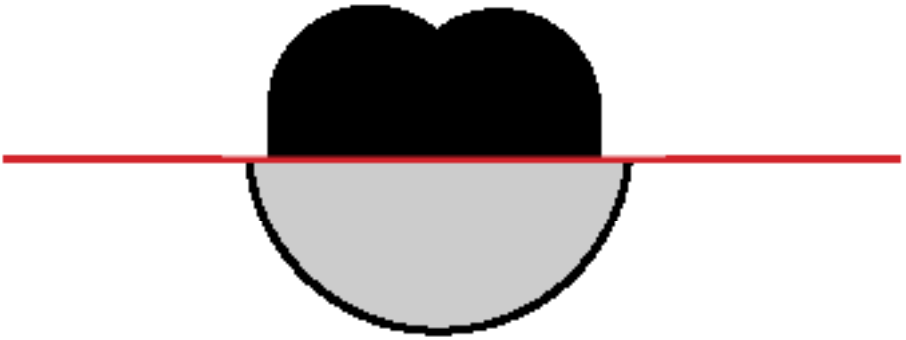
JOE BERTAGNA GOALTENDING DRILLS



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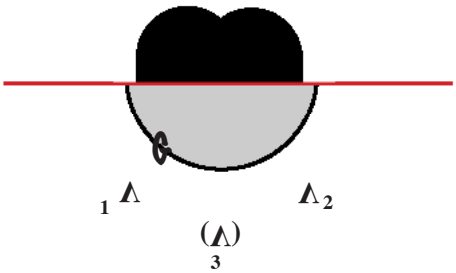
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www.bertagna goaltending.com



JOE BERTAGNA GOALTENDING DRILLS

Crease Drills for Start of Practice
With or w/o Teammate to Help

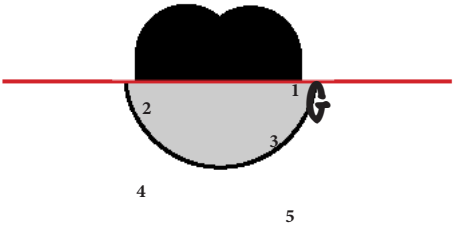
STOPPING ON PROPER FOOT



Goalie lines up on Cone, #1 above (or use pucks.) G is going to practice moving across the crease from #1 to #2 by doing a "C Cut" with left leg, opening hips and then pushing off right inside edge and moving out to Cone #2. Goalie should attempt to stop with weight on inside edge of outside (left) skate when moving toward #2. Then reverse this and make a "C Cut" with right skate and push toward #1.

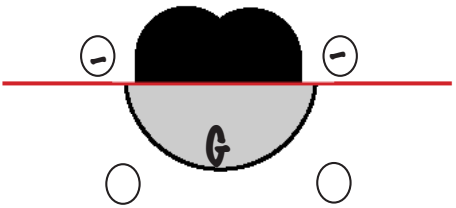
Philosophy here is to get centered first and then gain depth by moving out on puck. Cone #3 can be used as a varied option: after 2-4 lateral moves on feet, G leaves feet and does a butterfly to Cone #3.

On Feet/Butterfly Tracking Warm-Up



Goalie moves from number to number in sequence or reverse sequence. This can be done on one's feet or via butterfly slide. A good variation is to start on feet, 1 thru 5, and retreat via butterfly slide, 5 thru 1.

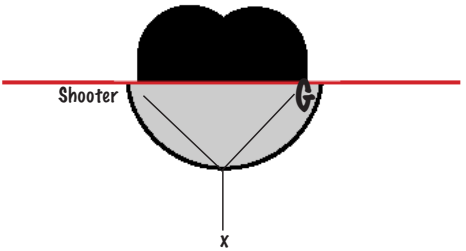
Puck Placement Drill



Goalie has four circles to deal with. Two off to the side, just the behind goal line and two out front and off to the side as shown.

The drill starts with a puck in each of the "behind the line" circles. Goalie has to bring puck from back circle to front and then take shot from Shooter. Then goalie goes to other side and repeats, puck from back to front and then second shot. Then he reverses: front to back left, shot; front to back right, shot. Coach should let each shot play out to completion. Goalies change after each 4-puck cycle. CAN BE DONE ALONE WITHOUT SHOTS!

"Y" DRILL



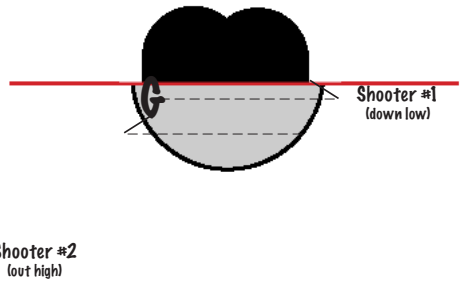
Goalie starts at post on feet. Does T-Push to top of crease and stops. Pushes out again beyond crease to pre-determined mark on ice (x at right). Stops. Backs into the crease and then on command, butterlies to whatever side coach indicates (often far post). Can be done with or without shots.

Can also be done with second shot; in this drill, shooter can either have asecondpuck for secondshot or can play rebound off first shot and cut across crease to far side. Alternate starting post.

JOE BERTAGNA GOALTENDING DRILLS

Crease Drills for Start of Practice
With or w/o Teammate to Help

Post-To-Post-And-Out Drill

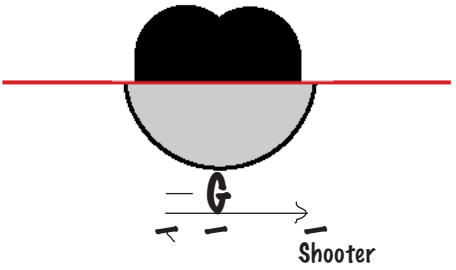


Goalie starts at post on feet. Strong Shuffle to far post and back. Number of times can vary. Either after set number of pushes or on whistle, goalie moves out to Coach with puck.

Coach can shoot or, if there are ample shooters, can pass to others who will shoot.

Alternate Method: Coach moves to different spots so when whistle blows, there are a variety of spots that goalies move to.

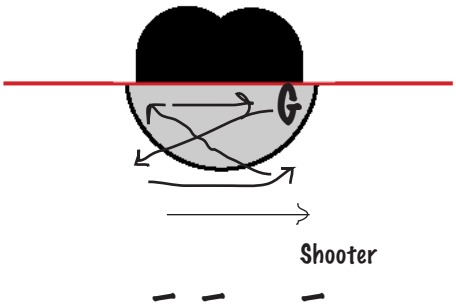
Three-Puck Butterfly Push



Goalie does entire drill down on his knees in butterfly. He starts centered on middle puck, "does a butterfly push" to his right, centering on closest puck, then has to reverse his course and do a longer butterfly push to his left to center on far puck and take a shot from the shooter.

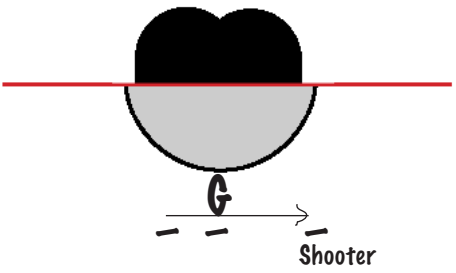
Vary this drill by varying distance and depth of shooter, sometimes placing him far enough away that the goalie must read that he needs to actually get up from his knees and move out.

"T" - "Bfly Slide" - "Bfly Push"



This incorporates the basic goaltender movements:
Start with T-Push out diagonally...
...Then...Shuffle on Feet....
...Butterfly Slide diagonally back.....
...Butterfly Push across goal ine....
.....And then Recovery to Feet.

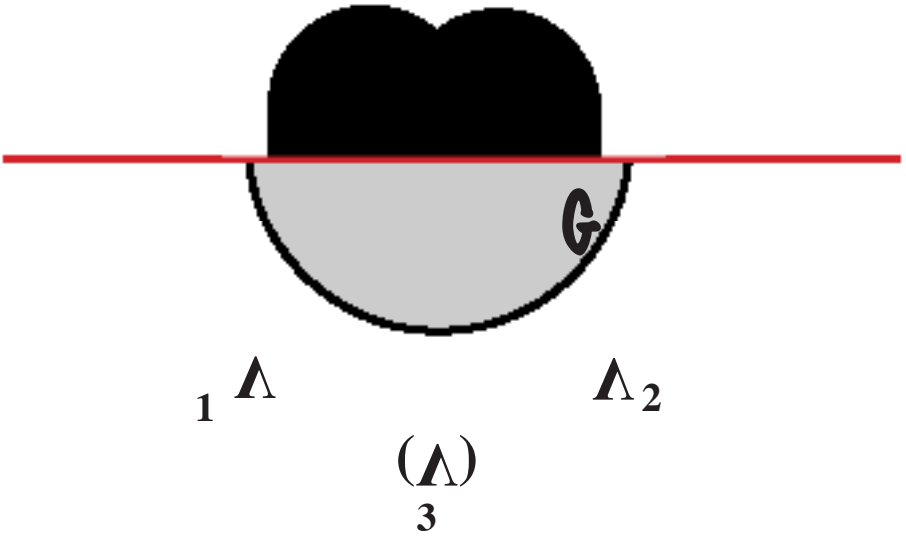
Recovery Practice



Goalie works on recovery to feet: from knees, stomach, back and side.

In between, Goalie has option of including other moves from drill at left (T, Shuffle, Butterfly Slide or Butterfly Push.)

STOPPING ON PROPER FOOT



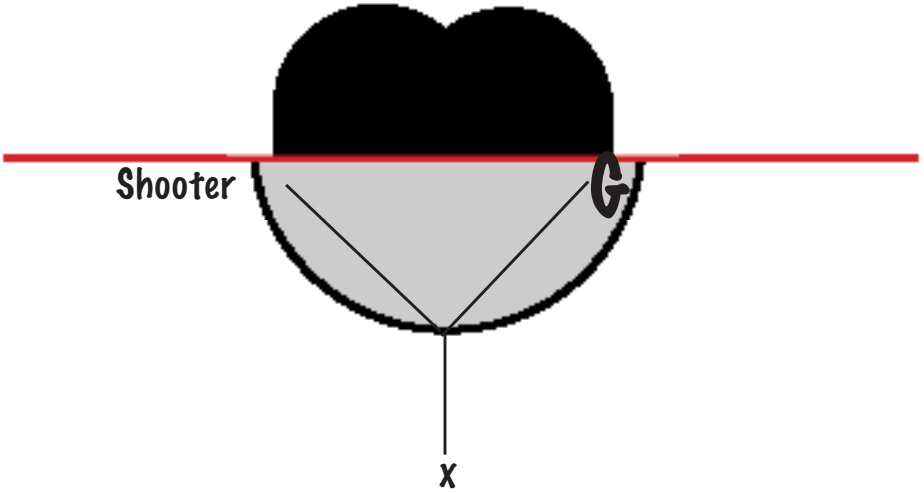
Goalie starts at post, pushing off left inside edge and moving diagonally to Cone #1, centering on cone and stopping on RIGHT INSIDE EDGE.

Then he retreats to near post and pushes off right inside edge and he moves diagonally toward Cone #2, centering on cone and stopping on LEFT INSIDE EDGE.

He retreats to near post. Optional: have him move to top of crease, either centered on Cone #3 or taking shot from coach. (Snow-plow stop at top of crease?)

JOE BERTAGNA GOALTENDING DRILLS

"Y" DRILL



Goalie starts at post on feet. Does T-Push to top of crease and stops. Pushes out again beyond crease to pre-determined mark on ice (x at right). Stops. Backs into the crease and then on command, butterlies to whatever side coach indicates (often far post).

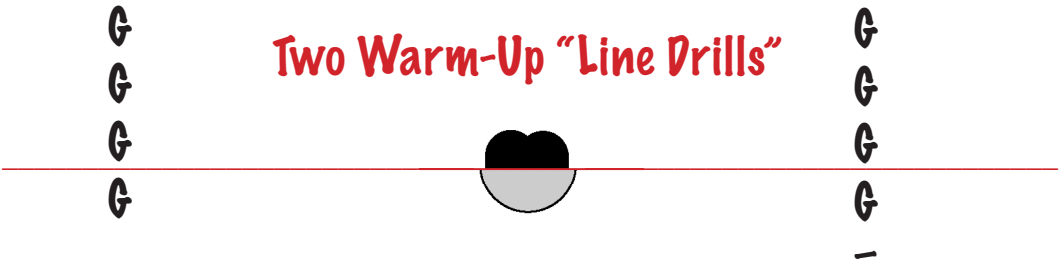
Can be done with or without shots.

Can also be done with second shot; in this drill, shooter can either have asecondpuck for secondshot or can play rebound off first shot and cut across crease to far side.

Alternate starting post.

JOE BERTAGNA GOALTENDING DRILLS

Two Warm-Up "Line Drills"



"Leap Frog" Drill

Goalie at back of the line strts this drill. He steps laterally (you can go right or left) and stops. Skates forward in his stance, using his edges, until he gets ahead of the front goalie. He stops and takes a step back in line, now being the front guy. Each goalie moves this way.

Progression: butterfly slide out of the line, get up, move forward, butterfly slide back in line, recover.

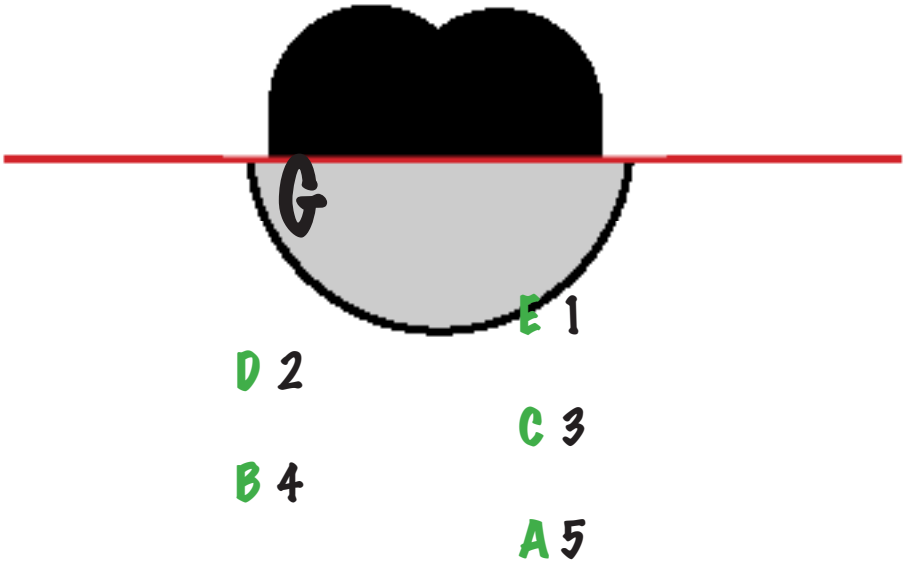
Puck Handling Warm-Up

Front goalie pushes puck in his stance, both hands ahead of his body. Tell goalies to try to look straight ahead, rather than staring down at the puck.

Goalie brings puck to coach at the blue line and then skates backwards, in his stance. When goalie gets to hash mark of face-off circle, coach should make a hard pass to goalie. Goalie should control the pass and then deliver puck to next goalie in line.

JOE BERTAGNA GOALTENDING DRILLS

"T" Out and Butterfly Back Drill

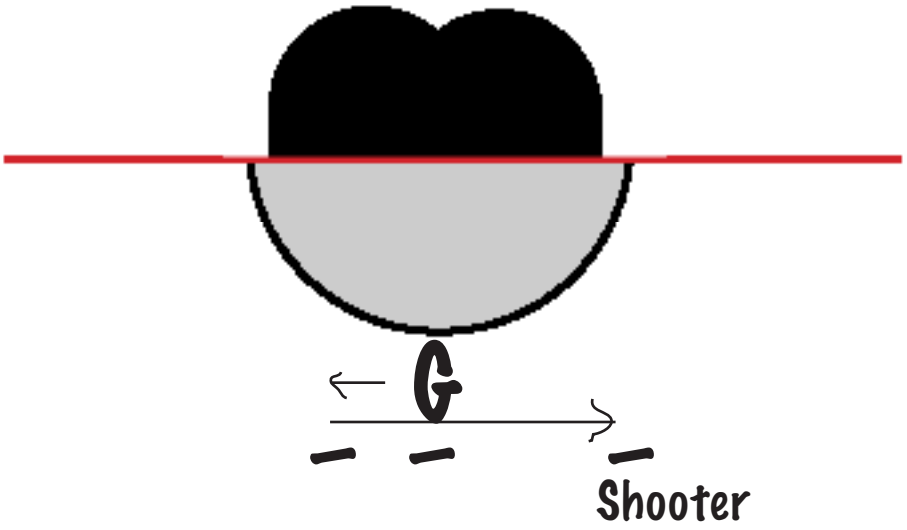


Net really isn't needed for this.

Goalie will "tack" his way from mark to mark (you can paint marks on ice or use cones or pucks or other objects.) Numbers represent goalie moving on feet (in "T-Push") from 1 to 2 to 3 etc.

Goalie "retreats" A to B to C and so forth by rotating upper body and gliding into butterfly position to each mark, recovering up to feet after completing butterfly movement. Goalie ends up at start position.

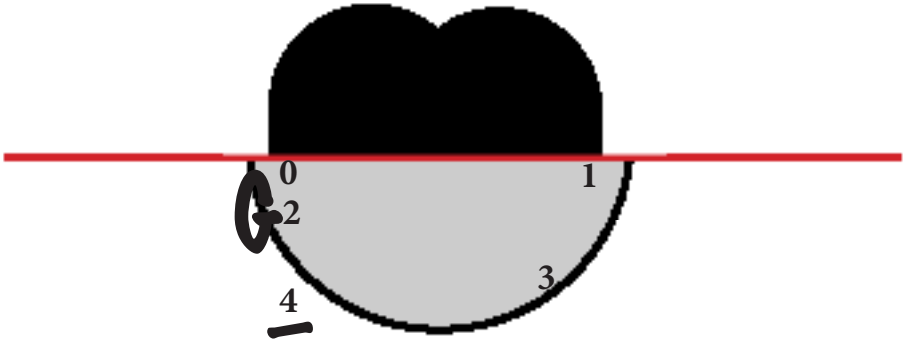
Three-Puck Butterfly Push



Goalie does entire drill down on his knees in butterfly. He starts centered on middle puck, "does a butterfly push" to his right, centering on closest puck, then has to reverse his course and do a longer butterfly push to his left to center on far puck and take a shot from the shooter.

Vary this drill by varying distance and depth of shooter, sometimes placing him far enough away that the goalie must read that he needs to actually get up from his knees and move out.

Butterfly Warm-Up

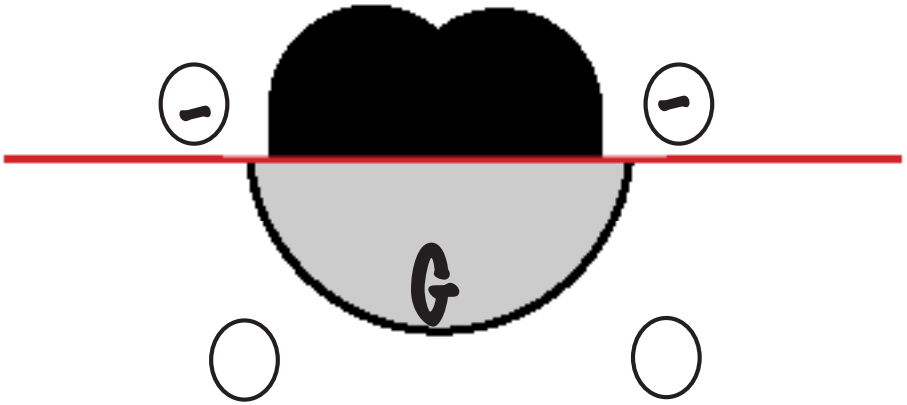


This is a simple crease movement drill to be used as a warm-up, without a shot, thoiugh the latter can be added, Goalie starts at the post and goes post-to-post twice, or, from "0" to "1" back to start or "2".

Then goalie fires out diagonally to "3" and then makes a butterfly save to puck positioned above at "4."

Stress leading with hands, being centered on puck in tight butterfly when down and, pf particular importance, NOT sliding past the puck. End up centered on puck with a good vertical upper body ("playing tall!")

Puck Placement Drill



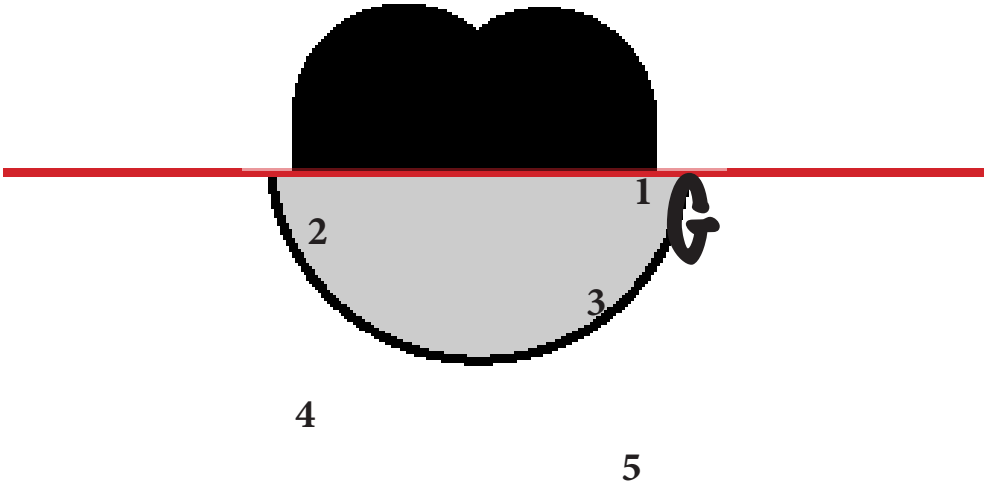
Goalie has four circles to deal with. Two off to the side, just the behind goal line and two out front and off to the side as shown.

The drill starts with a puck in each of the "behind the line" circles. Goalie has to bring puck from back circle to front and then take shot from Shooter. Then goalie goes to other side and repeats, puck from back to front and then second shot. Then he reverses: front to back left, shot; front to back right, shot.

Coach should let each shot play out to completion. Goalies change after each 4-puck cycle.

JOE BERTAGNA GOALTENDING DRILLS

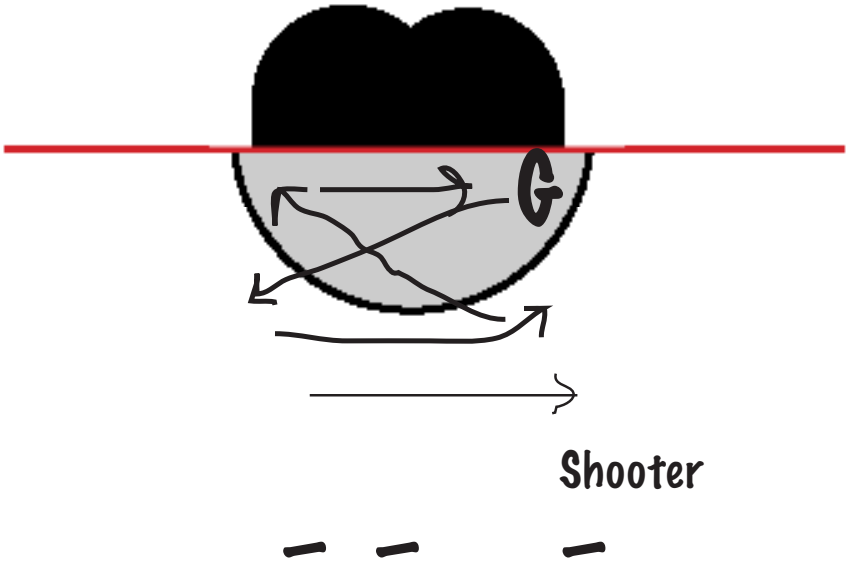
On Feet/Butterfly Tracking Warm-Up



Goalie moves from number to number in sequence or reverse sequence. This can be done on one's feet or via butterfly slide. A good variation is to start on feet, 1 thru 5, and retreat via butterfly slide, 5 thru 1.

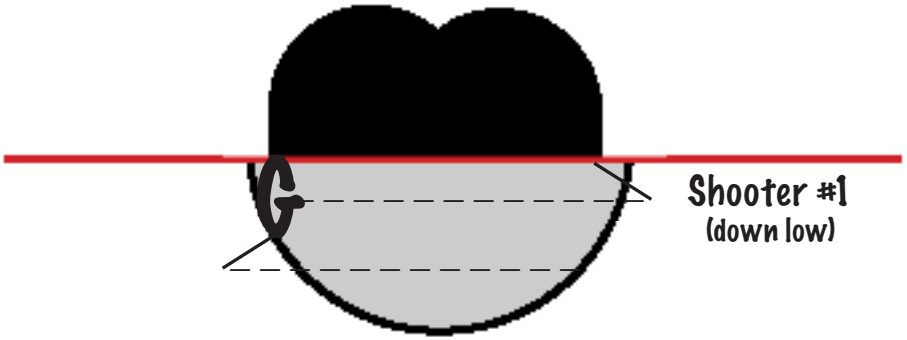
JOE BERTAGNA GOALTENDING DRILLS

"T" - "Bfly Slide" - "Bfly Push"



This incorporates the basic goaltender movements:
Start with T-Push out diagonally...
...Then...Shuffle on Feet....
...Butterfly Slide diagonally back.....
...Butterfly Push across goal ine....
.....And then Recovery to Feet.

Post-To-Post-And-Out Drill



Shooter #2
(out high)

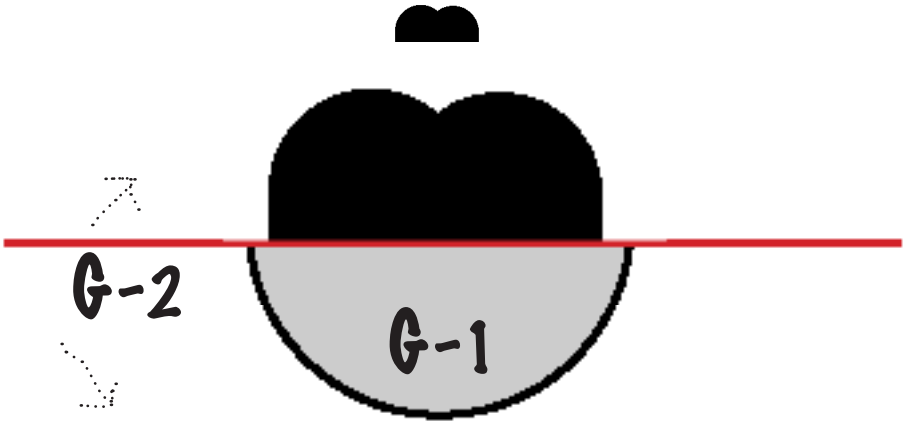
Coach w/pucks

Goalie starts at post on feet. Strong Shuffle to far post and back. Number of times can vary. Either after set number of pushes or on whistle, goalie moves out to Coach with puck.

Coach can shoot or, if there are ample shooters, can pass to others who will shoot.

Alternate Method: Coach moves to different spots so when whistle blows, there are a variety of spots that goalies move to.

Blocker Placement Drill

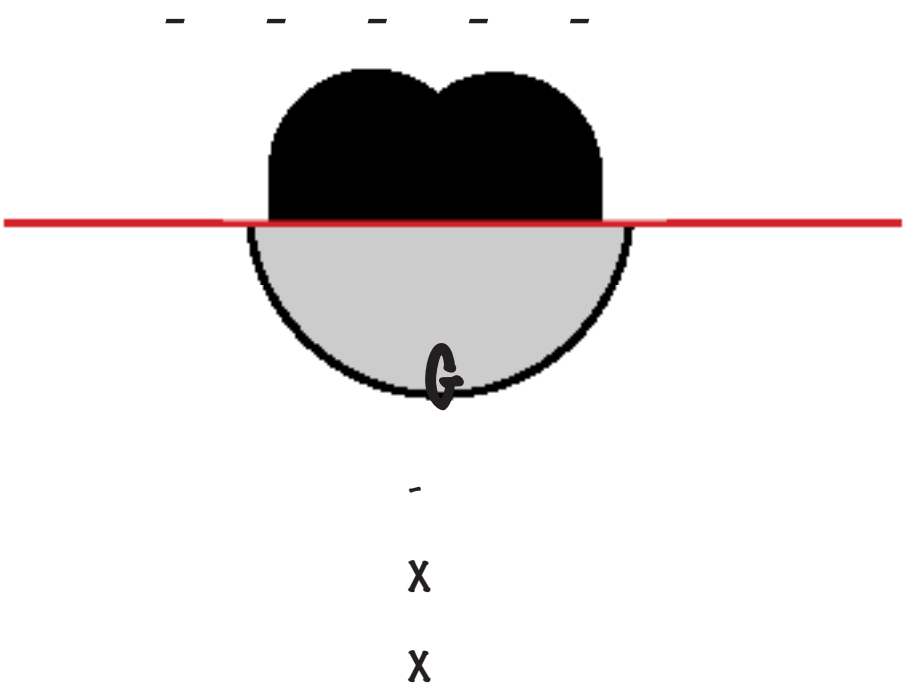


Coach w/pucks or balls

Coach tosses a puck or a ball to G1 who deflects object with his blocker to G2. This can be done with G1 standing or on his knees. (G1 can also be in motion or standing still.)

And G2 can move to different spots so G1 learns to direct with greater precision.

Breakaway/Wraparound Drill

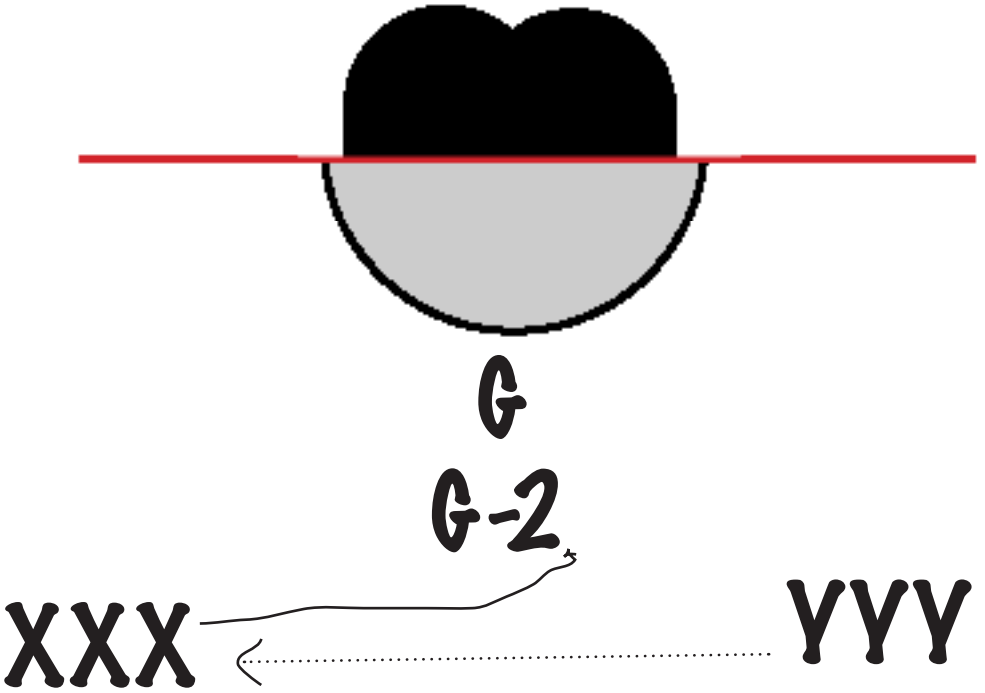


This is a fairly simple but competitive drill and can't be varied many ways. Above, player X has a short-distance breakaway on the goalie and then goes behind the net to pick up a second puck for a wrap-around.

Variations: Do from different distances and angles or use two different shooters; i.e. Player A comes in from one side on a breakaway and Player B does wraparound from the other side.

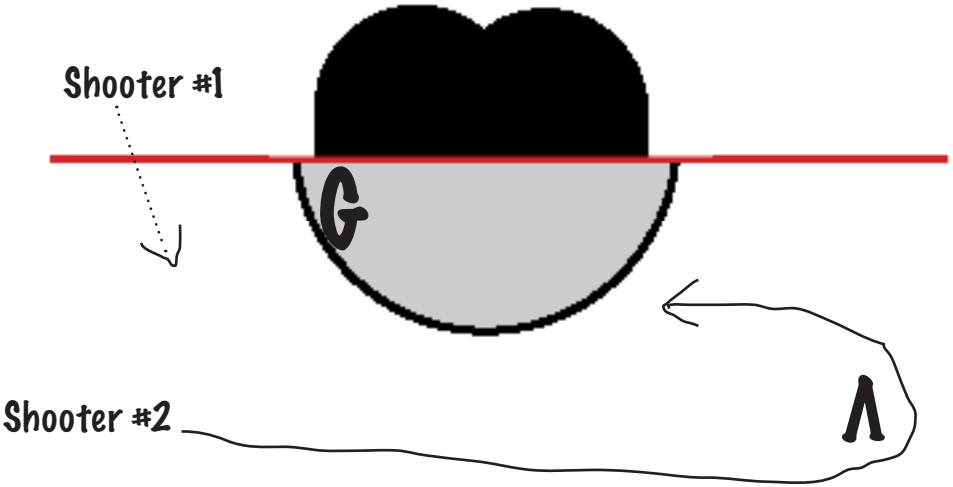
JOE BERTAGNA GOALTENDING DRILLS

Lateral Movement With Screen



One line of shooters on each side as shown. Front player from one line passes across to other line. Shooter X receives pass and cuts laterally across the ice (above G-2, the screening goalie.) Player X is encouraged to "use the screen" by shooting through G-2's pads or just as he crosses G-2. Reverse process from oter side. Have G-2 stand with legs wide and either no stick or stick resting above pads.

Down Low Play Drill #1

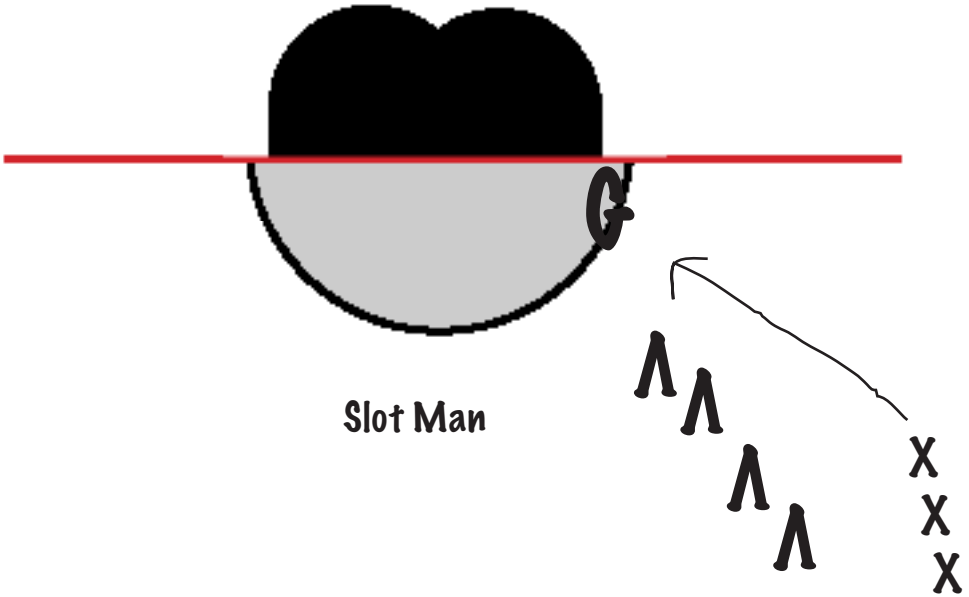


Shooter #1 and Shooter #2 "play catch" with the puck from positions as shown. Each should hold the puck 1-2 seconds, not "one-touch" the passes. This gives goalie time to move out and back.

On verbal cue from #1, Shooter #2 takes off around cone on far wing and cut in toward goal, staying down low and parallel with goal line.

Progression: 1) Shooter #1 steps out and must pass to #2 for one-timer.
2) Shooter #1 steps out with option to shoot or pass.
3) Shooter #1 has the same options above but now Shooter #2 has option of one-timer or to receive puck and cut across crease to far side. Do from both sides.

Down Low Play Drill #2

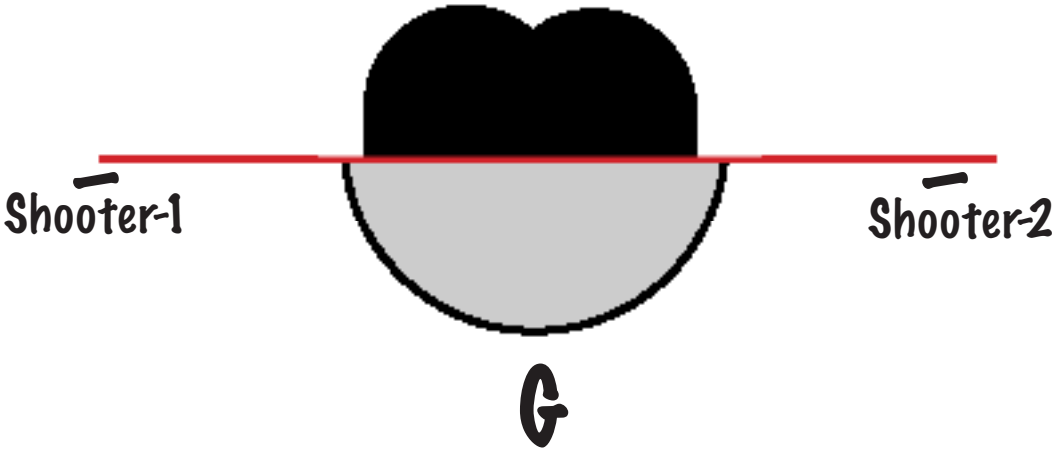


Bulk of shooters lined up as shown (XXX). One other (or coach) in low slot.

Shooter comes down the wing with option to shoot or pass to slot. Shooter is given a bad angle intentionally. This will encourage passes to be made. Shooter coming down the wing becomes the guy in the slot for next player in line.

Goalie's job is to challenge shooter but still allow for movement with pass. Stress to goalie that the movement can't just be lateral but must have some depth toward puck. Goalies should also know to look to slot ahead of time to see where that guy is and how he shoots. Move that guy around to different spots. Do from both sides.

Down Low Play Drill #3



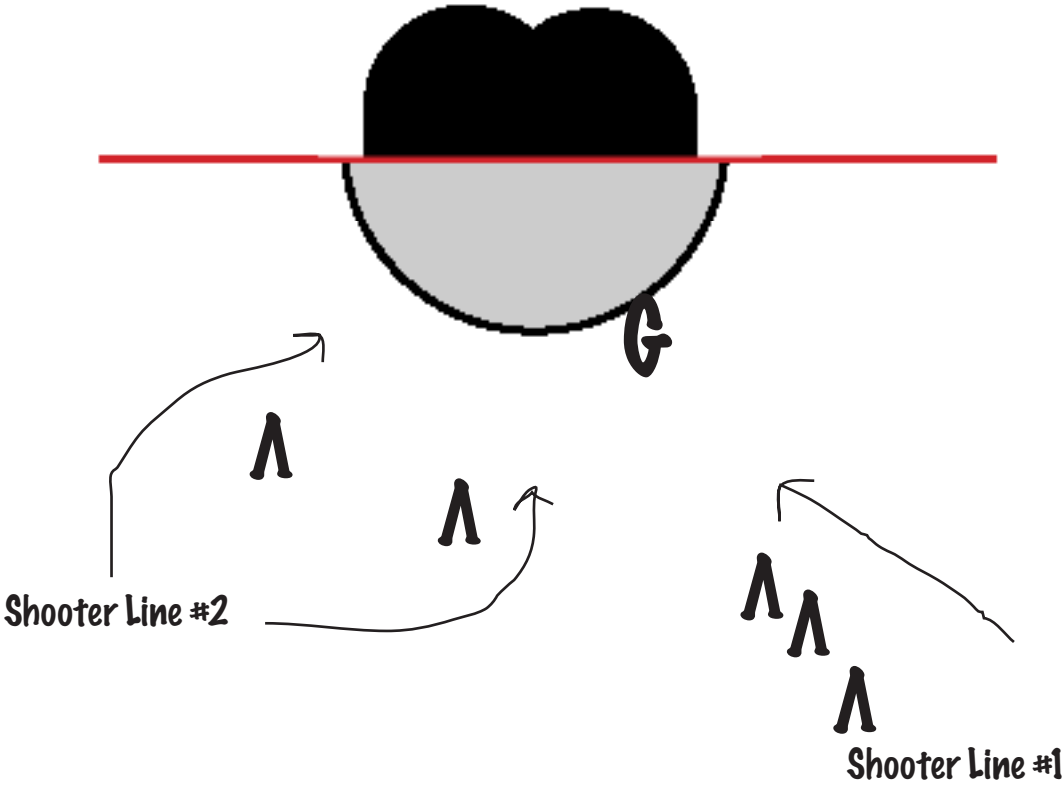
Coach w/Pucks

Put shooters in each corner. Coach has all the pucks in high slot. Coach hits either shooter with pass. Shooter attacks net along goal line with option of coming straight across or going behind and doing a wraparound.

Give coach the option of shooting for one variation. For another, send player without the puck, either to be a rebounder or to receive a pass.

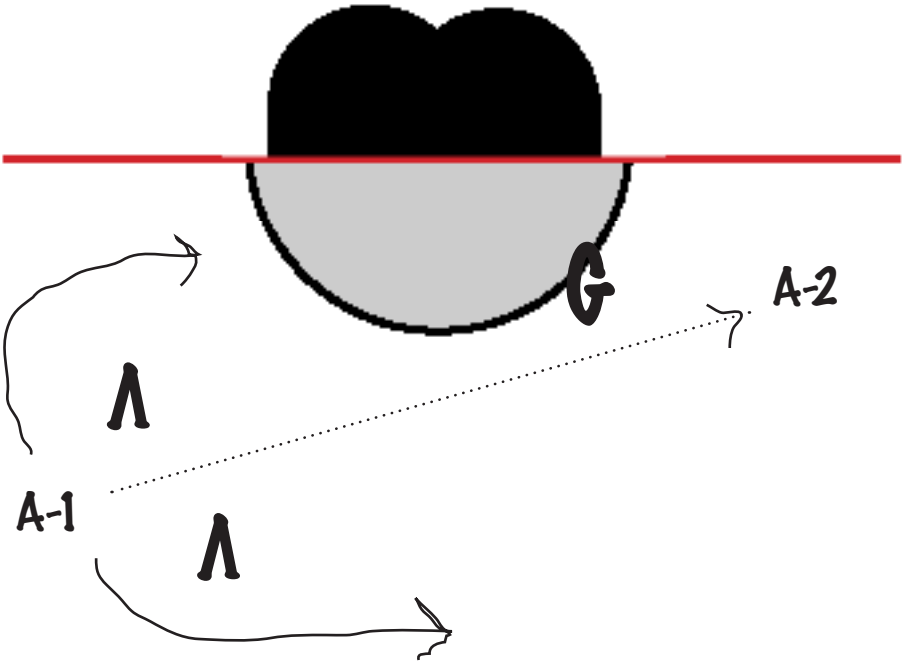
If shooters start cutting out toward slot, place comes down low or some other visual aid so that shooters stay below that object.

Down Low Play Drill #4



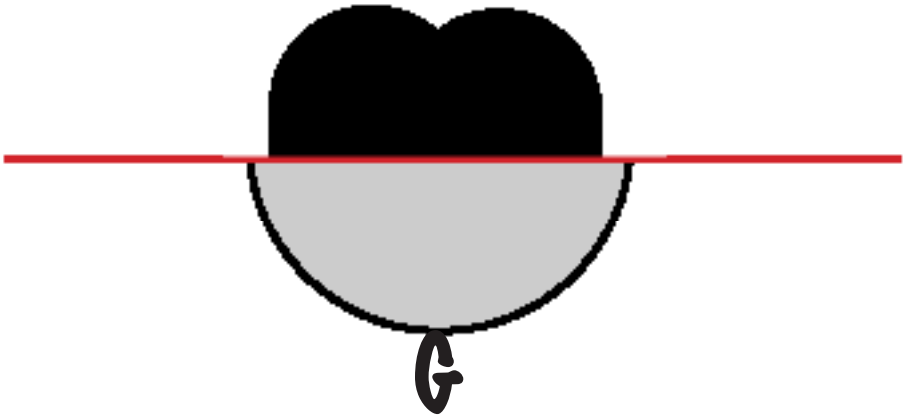
This is a variation of Down Low Play Drill #2. The difference is instead of a stationary guy in the slot for the puck carrier (from Line #1) to pass to, the open guy from Shooter Line #2 has a choice. He can move to the left of the cones and come in for a pass, almost parallel to goal line. Or he can move to the right of the cones and get a pass like guy in Down Low Play Drill #2. Goalie has to read where open guy is coming from, moving more "laterally" to lower guy and more "out" to slot guy. You can also allow guy receiving pass from far side to collect pass and cut across goal mouth.

Shooter Option Off Pass*



A-1 above passes through cones to A-2. A-1 then moves either below one cone to receive in-close pass or moves above other cone to receive a pass in the high slot. Goalie should track a-1 before he receives the pass to anticipate either moving in a butterfly across the crease if A-1 is down low or move out on feet to top of crease if A-1 goes higher.

Two-Tip Drill (w/3rd Shot)*

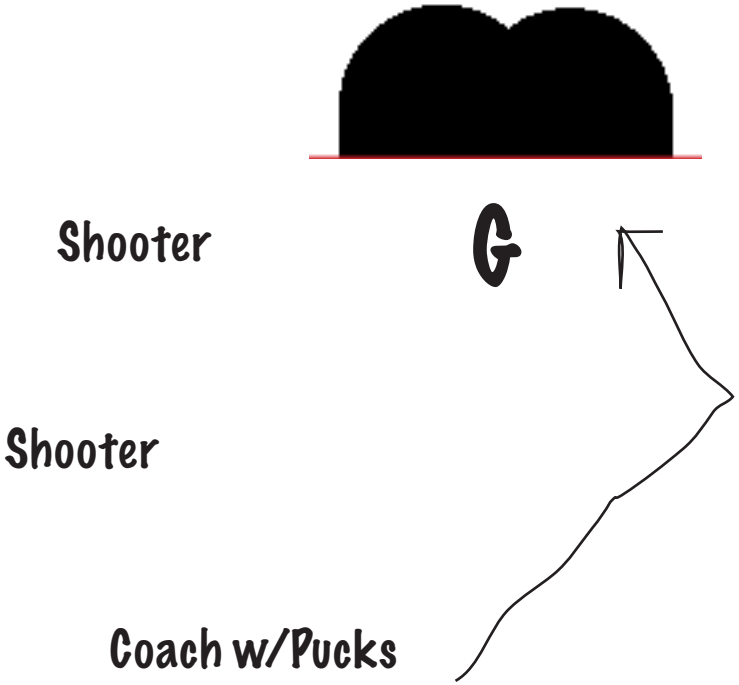


Two shooters to each side of the Coach. Everyone has pucks.

Shooter A-1 breaks for near post and receives a pass from B-1, tipping puck on goalie who has to execute butterfly with proper rotation to his right. A-1 then hustles back to get a puck while B-1 breaks far a pass and A-1 hits him for a tip. Coach waits just a little for goalie to recover and fires a third shot from his spot. Players A-1 and B-1 go for rebound. Repeat with A-2 and B-2, etc.

*From Alex Westlund

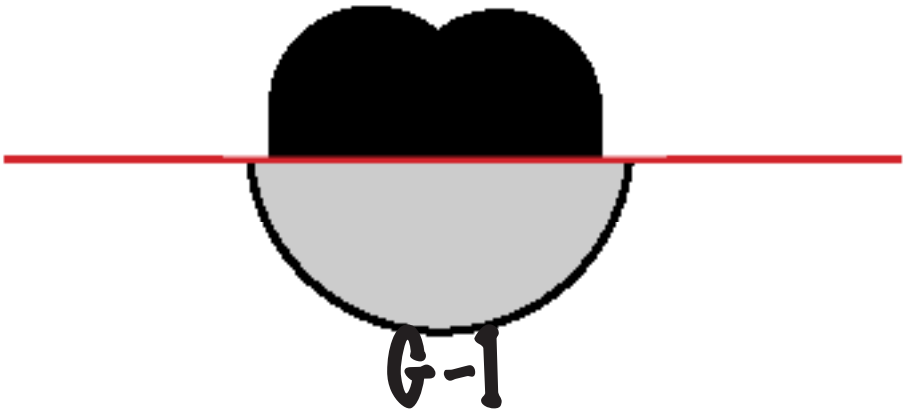
Bank Off Boards w/Second Shot



Coach starts drill with a "bank shot" off boards. Goalie must butterfly, skate to post, to shut off open space. Goalie then recovers on proper leg (in this example the left leg) and prepares for coach to pass to one of the shooters for a second shot. Play to completon. Turn net around to work other side.

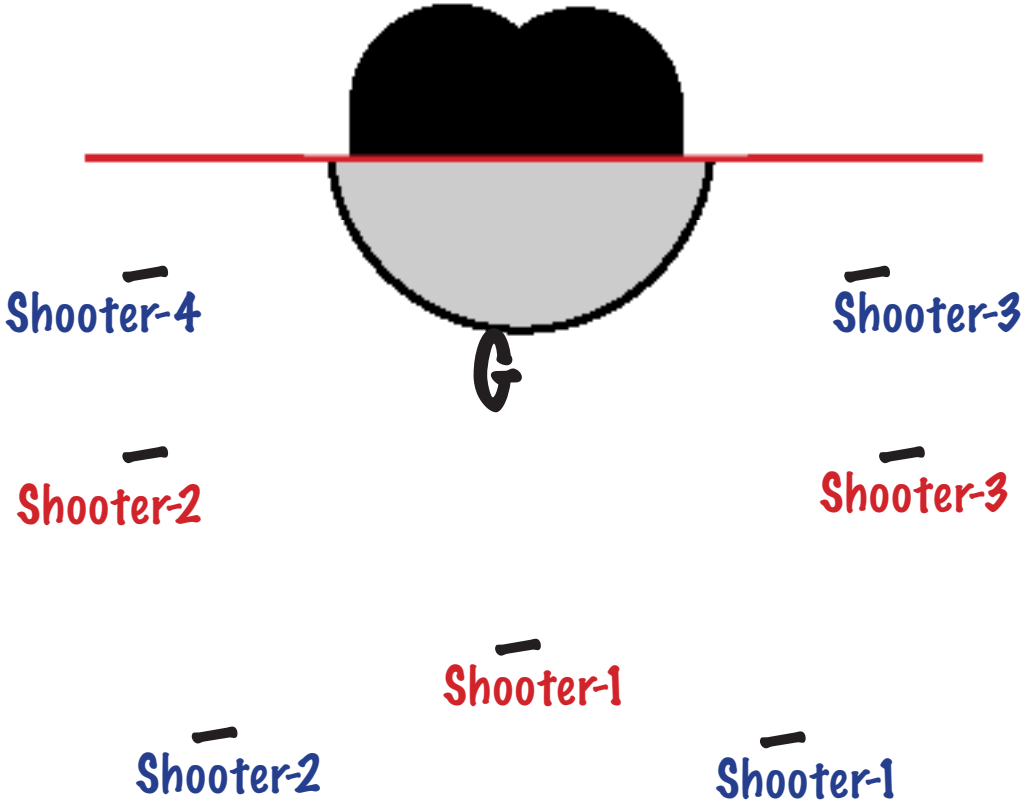
JOE BERTAGNA GOALTENDING DRILLS

3-Puck/2-Shot w/Screen



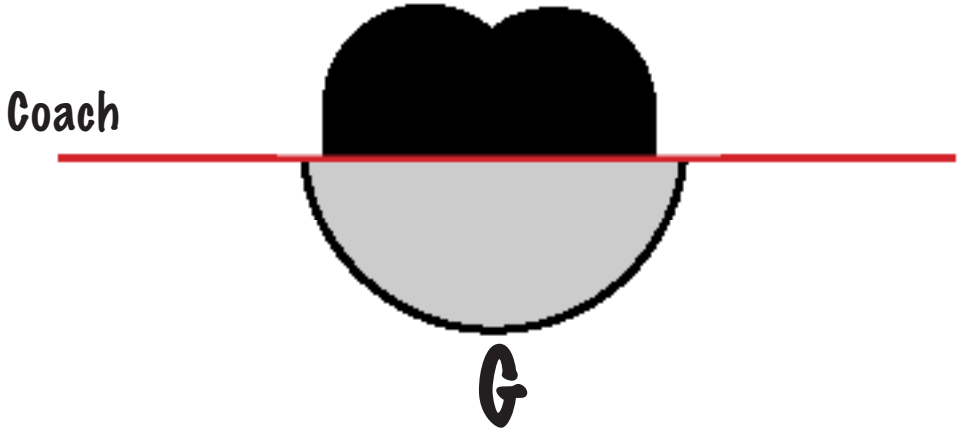
G-1 starts on his feet. Shooter will take two shots in this drill, always starting by shooting the puck he has through or around G-2 who is positioned to screen G-1. After that initial shot, Shooter then chooses one of the two pucks placed on either side of G-2. G-1 must recover from first shot to face second sheet, either by "butterfly push" or full recovery. Vary drill by how close or far away the side pucks are placed next to G-2.

Multi-Puck Movement Drills



These are two different multi-puck movement drills. Give each shooter anywhere from two to four pucks each and have them take turns in rotation. For example, in RED above, the sequence is Shooter 1, Shooter 2, Shooter 3 and then repeat as many times as you want. In BLUE above, again go Shooter 1, Shooter 2, Shooter 3 and Shooter 4, and then repeat. Always have goalies moving right to left, left to right, etc. For young goalies, do a 6-puck (red) or 8-puck (blue) drill. For older, 12-puck or 16-puck.

"Mini-Breakaways" Drill

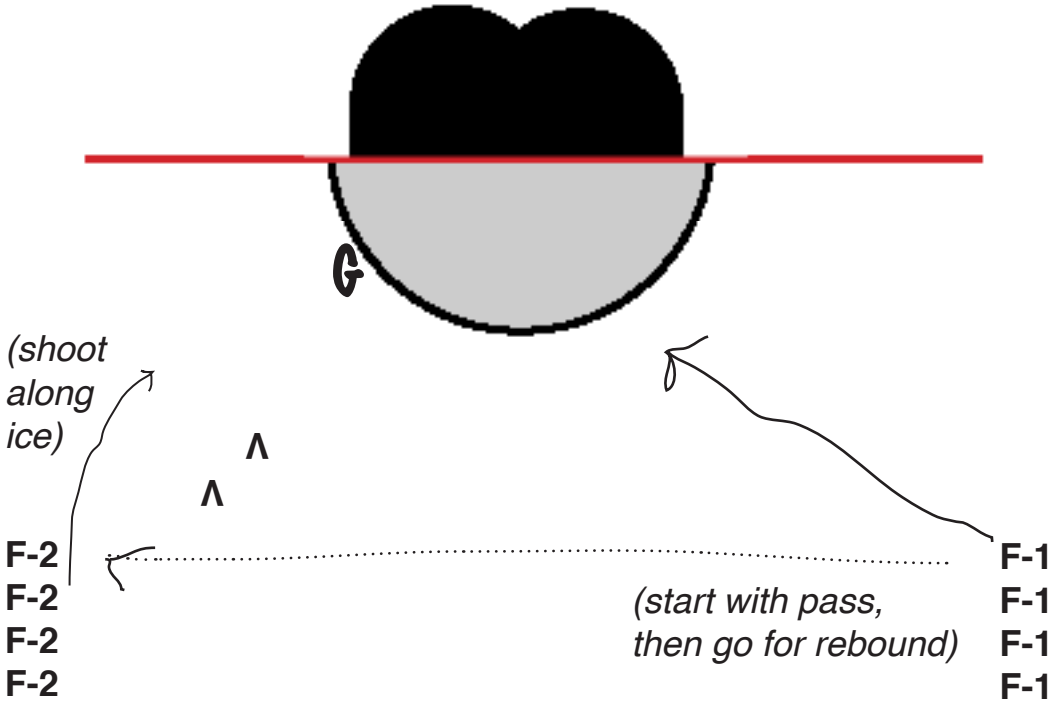


Shooter-1 Shooter-2 Shooter-3

Three shooters, each with a puck, line up so that there is a player on each face-off dot and one in the high slot. Coach stands behind goal line so goalie can't see him. Goalie is told that the coach will point to a player and that player will then come in on a "mini-breakaway." (Coach also has to look out for errant puck coming his way!) Goalie should start at top of crease and keep all shooters in sight. (Good drill to work on peripheral vision!) As an option, move Shooters #1 and #3 down to the goal line. Goalie will retreat a little to be able to pick up their movement. Also, this creates a different type challenge. (Hint: Use a fourth shooter to move into spot vacated by shooter.)

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Simple Rebound Drill



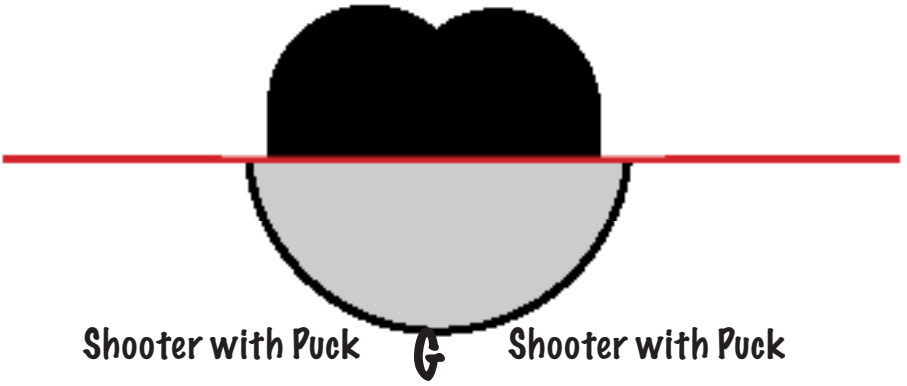
F-1 passes to F-2; F-2 receives pass and skates outside cones and is told to shoot low on goal. F-1 moves in for rebound. Goalie's job is to stop F-2's shot without allowing rebound to F-1.

Goalie works on rebound control.
F-1 works on getting into proper position to reach rebounds.
F-2 works on putting low shot on net, PREFERABLY from middle of net to goalie's far (left) pad. Any shot closer to the shortside post can be deflected into corner to goalie's right.

Probably should alternate passes going R to L and then L to R.

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React to Puck at Sides Drill



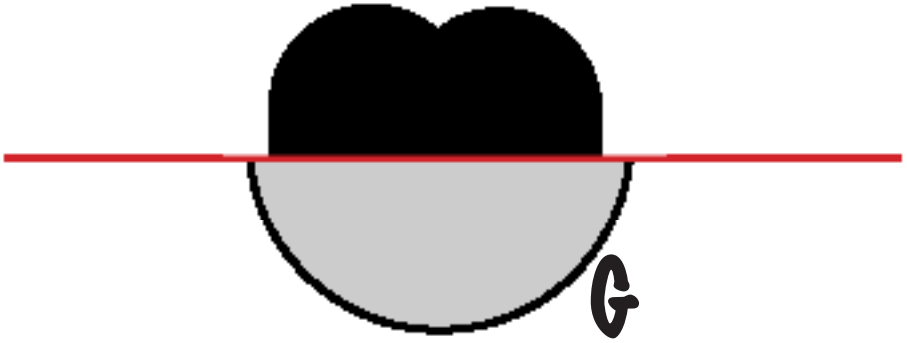
Goalie is on his knees in a butterfly position, facing the coach.

Each shooter shown above has a puck and on a cue from the coach, the designated shooter will fire the puck into the goalie's leg pad closest to him.

Upon hearing/feeling shot, goalie has to react to that side and play that puck vs. that shooter.

Goalie will want to move body into open space on that side and, if possible, play the puck at the same time — attacking it, clearing it, or tying it up.

Lateral Movement Drill (out high)



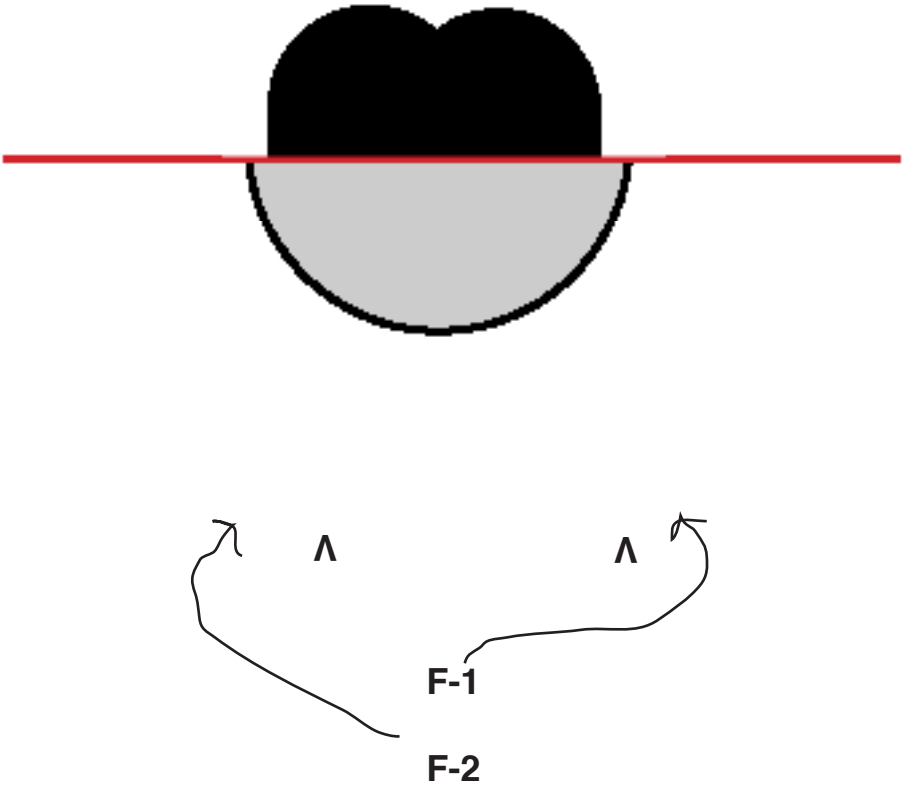
Shooter-2 Shooter-1

Try to do this drill out high so the goalie works on movement while staying up on his or her feet. Both shooters have two pucks. Shooter 1 begins the drill by passing his first puck to Shooter 2 who shoots. Shooter 2 then passes his first puck to Shooter 1 who shoots. Then Shooter 1 takes his second puck and cuts across, NOT IN, and eventually shoots. Tell him not to shoot until he at least gets halfway across. Then Shooter 2 cuts across, again NOT IN, and eventually takes his shot. Drill works goalie on angle play and lateral movement.

Variation: Have Shooters positioned one high and one low, as opposed to equally across from each other out high.

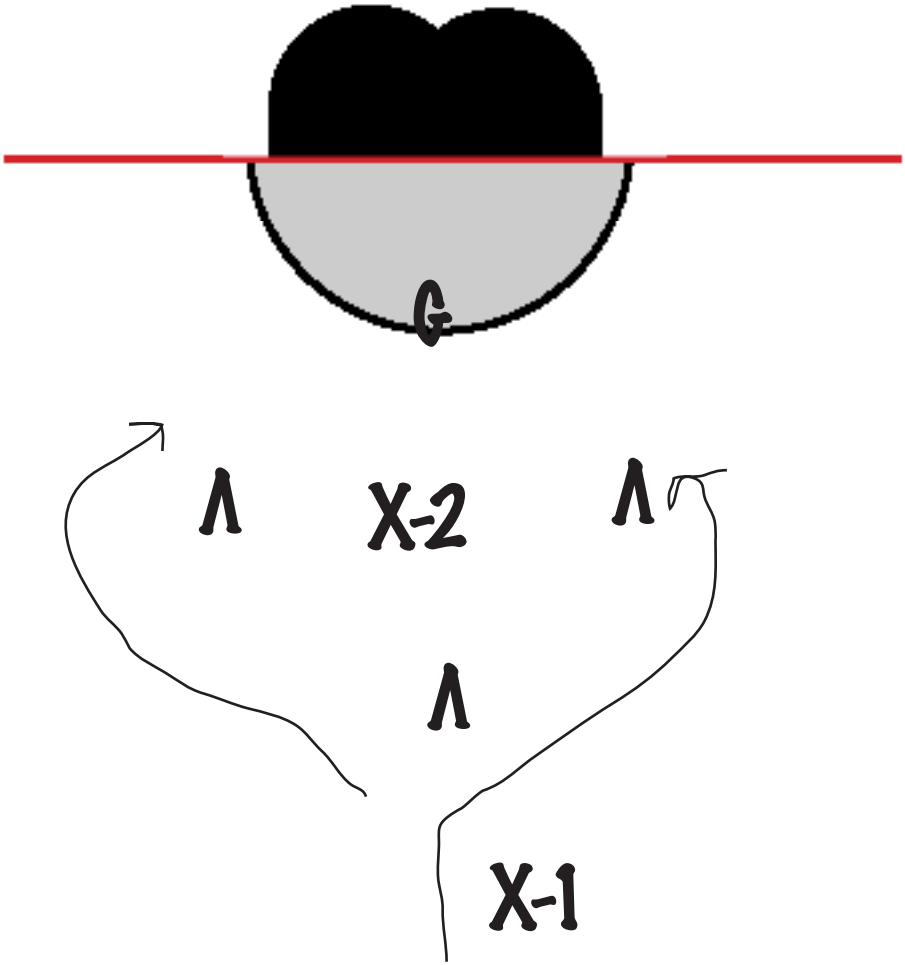
JOE BERTAGNA GOALTENDING DRILLS

Spot Angles Drill (w/Back Diagonal Pass Option)



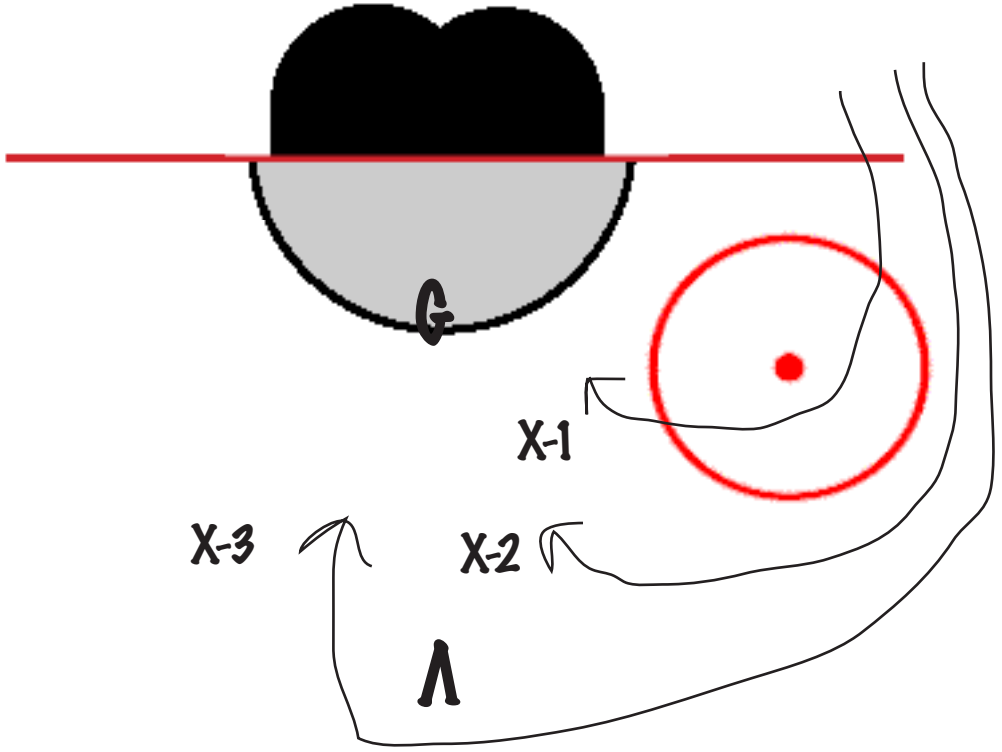
Shooters move laterally, on their forehand, and shoot just outside cone.
Cones can be moved to work different angles.
Option is that F-1 goes to cone and F-2 trails for back diagonal pass.

Off-Angle w/Rebounder Drill



X-1 has option of skating with puck to left or right of cone. He moves in for a shot while X-2 positions himself for a rebound.

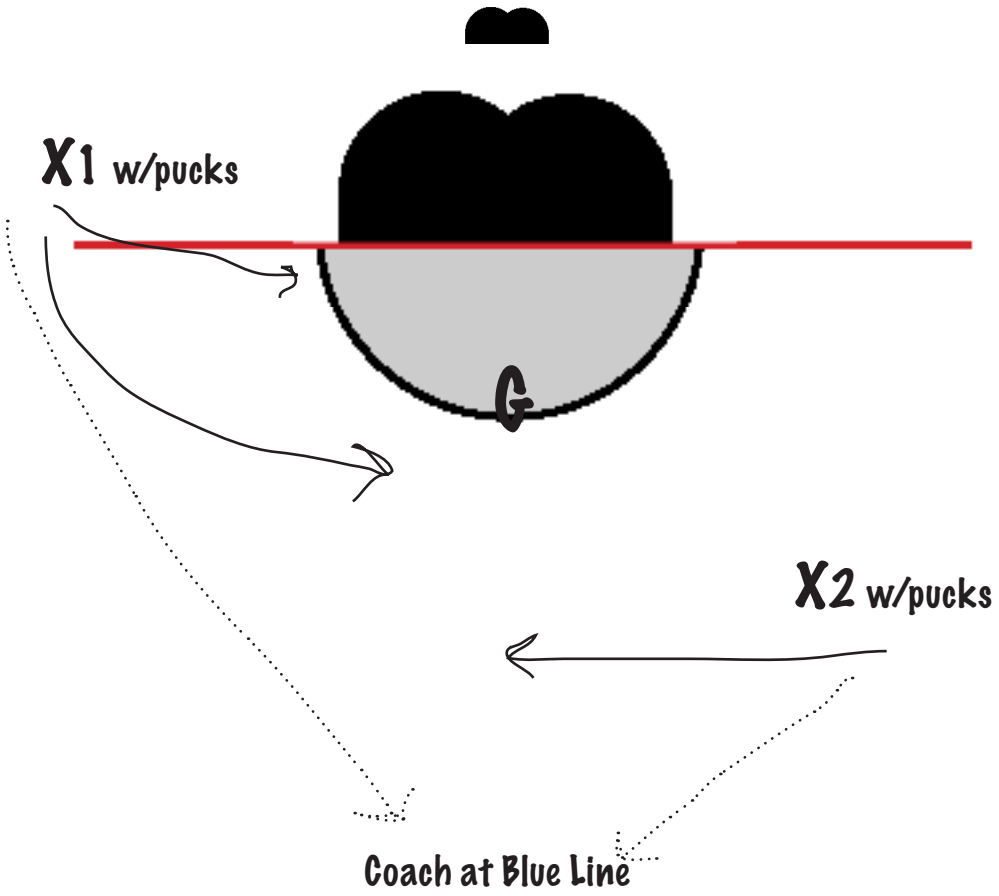
Multi-Angle w/Rebounder Drill



X-1 comes around face-off dot, shoots and remains in area. X-2 comes around top of the circle, shoots and camps out on the opposite side of net from X-1. X-3 comes out the highest, around cone as shown, and moves down slot to shoot, with X-1 and X-2 serving as rebound. Only play rebound on third shot. Do out of both corners.

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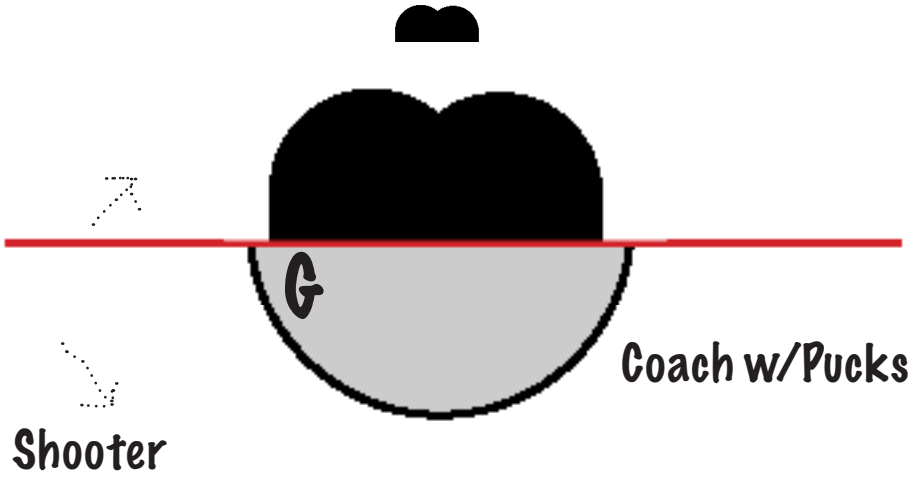
Layered Tip Drill



X1 passes to Coach and goes for a tip on shot from the coach. (One of two paths.) Stays in front of net.

X2 passes to coach and goes to high slot for a similar tip. He can tip directly on goal or re-direct to X1 for him to deal with. Drill can be done with multiple tippers and/or with two point men.

3-Drill Progression: Tight Lateral Movement

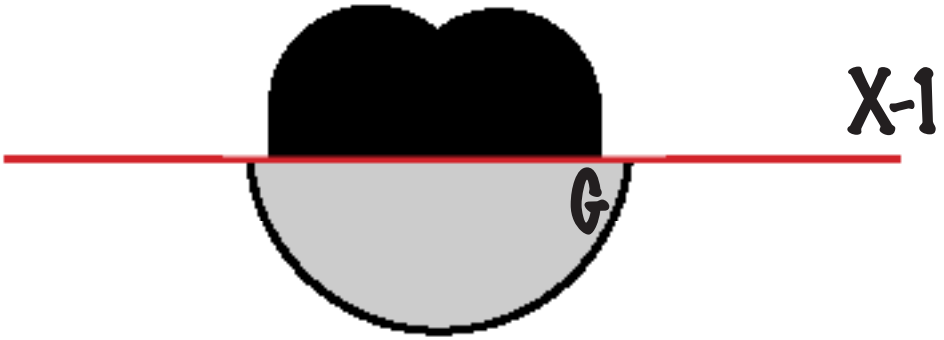


1) Goalie at far post from coach. Coach, with pucks, bangs stick. Goalie comes across in butterfly.

2) Add shooter. Coach bangs stick, goalie comes across but coach passes to shooter. Goalie has to work on stopping and reversing direction. Shooter could be in different depths but always on that back side.

3) Same as #2 above but coach has option of shooting or passing.

Good Angle / Bad Angle Drill



X-2

This drill recognizes that containing/controlling shots from bad angles can be a challenge. The "Good Angle" part of the drill is X-1 passing to X-2 who shoots from a good angle. (This can be done with multiple "X-2s.")

Then X-1 steps out above the goalie line and shoots at the lower part of the goalie's pads, hoping to create a rebound for X-2 to play. Goalie has to control bad angle shot so puck doesn't go out to slot.